# **Aid Station Descriptions**

All Aid Stations will have Eldorado Springs water and Nuun Electrolyte Enhanced Drink, toilet, basic first aid supplies, and communication to emergency medical services.

Honey Stinger Energy Gels will be available at the Bagel Hill Aid Station - Mile 19.1

### 1...Rock Tunnel Aid Station

West Side of the Rock Tunnel (2.6 mile mark) elev. 5983, 2.4 miles to the next aid N 40 41.598 W 105 22.488

### 2...Ouzel Aid Station

Ouzel Day Use Area (5 mile mark) elev. 5827, 2.2 miles to the next aid N 40 41.486 W 105 20.349

#### 3...Poudre Park Aid Station

Columbine General Store (Poudre Park, 7.2 mile mark) elev. 5707, 2.9 miles to the next aid N 40 41.162 W 105 18.059

#### 4...Whitewater Aid Station

Raft Put-in and Parking (10.1 mile mark) elev. 5464, 2.7 miles to the next aid N 40 41.827 W 105 15.897 (road mile mark 114.2)

## 5...Green Pipe Aid Station

Green Pipe (12.8 mile mark) elev. 5366, 2.5 miles to the next aid N 40 41.316 W 105 14.188 (road mile mark 117.5)

# 6...Lower Canyon Aid Station

Guard Rail (15.3 mile mark) elev. 5267, 1.5 miles to the next aid N 40 39.911 W 105 13.277 (road mile mark 120)

# 7...Crazy Ted's Aid Station

Ted's Place (16.8 mile mark) elev. 5234, 2.3 miles to the next aid N 40 39.880 W 105 11.745

## 8...Bagel Hill Aid Station

Bagel Hill (at the top of Goat Hill) (19.1 mile mark) elev. 5235, 2.3 miles to the next aid N 40 38.740 W 105 09.865

## 9...Lyon's Park Aid Station

Lyon's Park (21.4 mile mark) elev. 5107, 1.8 miles to the next aid N 40 37.315 W 105 08.382

## 10...Taft Hill Aid Station

Taft Hill Road (23.2 mile mark) elev. 5054, 1 mile to the next aid N 40 36.449 W 105 06.802

# 11...Shields Aid Station

Shields Road (24.2 mile mark) elev. 5025, 1 mile to the next aid N 40 36.172 W 105 05.737

#### 12...Lee Martinez Aid Station

Lee Martinez Park (25.2 mile mark) elev. 5008, 1 mile to the finish