

Location	Aid	Distance (miles)	Menu
Eagle Ridge	Start	0.0	- water only
Black Mountain	Minor	5.1	- water only
Cypress	Major	7.5	- water, flat coke, Hammer/Heed sports drink/ gels - bananas, oranges, watermelon - fig/fruit newtons, cookies, jube jubes, m&m's - potato chips, pretzels - cooked potatoes -pickles
Hollyburn Lodge	Minor	10.2	- water only -jube jubes / m&m's -small selection cookies/chips
Cleveland Dam	Major	15.0	- water, flat coke, Hammer/Heed sports drink/ /gels - bananas, oranges, watermelon - fig/fruit newtons, cookies, jube jubes, m&m's - potato chips, pretzels - cooked potatoes -pickles
Skyline Drive	Intermediate	17.7	- water, flat coke, - bananas, oranges, watermelon - fig/fruit newtons, cookies - potato chips, pretzels
Mountain Highway	Minor	20.4	- water, flat coke -Jube Jubes/chips

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LSCR	Major	22.0	<ul style="list-style-type: none"> - water, flat coke - Heed/Hammer gels/drink - bananas, oranges, watermelon - fig/fruit newtons, cookies, jube jubes, m&m's - potato chips, pretzels - cooked potatoes -pickles
Lillooet Road	Minor	23.7	<ul style="list-style-type: none"> - water, flat coke - watermelon/chips/ jube jubes
Hyannis Drive	Intermediate	24.8	<ul style="list-style-type: none"> - water, flat coke, - Heed/Hammer Sports Drink, gels - bananas, oranges, watermelon - fig/fruit newtons, cookies - potato chips, pretzels - cooked potatoes -pickles
Mt. Seymour Road	Intermediate	27.5	<ul style="list-style-type: none"> - water, flat coke, - Heed sports drink - bananas, oranges, watermelon - fig/fruit newtons, cookies, jube jubes, m&m's - potato chips, pretzels - limited supplies of Hammer gels
Panorama Park (Deep Cove)	Finish	30.0	<ul style="list-style-type: none"> - water, flat coke, Heed sports drink -limited gels - bananas, oranges, watermelon - fig/fruit newtons, cookies - potato chips, pretzels - Honey's doughnuts -pickles