

42KM COURSE MAP

LEGEND

- 1 LOOP 1 11 LOOP 2
- 21 LOOP 3 32 LOOP 4

HYDRATION STATION

Gatorade & water
* Basic medical aid at every other hydration station

PUMPED UP STATION

* More Gatorade and water
* Plus: gels, Apollo petroleum jelly, Perskindol muscle spray, sponges, ice, chocolates, bananas and massage sticks.

DREAM CHASER STATION

PORTALET

AMBULANCE

