42 KM COURSE MAP

LEGEND













Gatorade & Water Basic medical aid every other hydration station

PUMPED UP STATION

More Gatorade & Water PLUS: Gels, Petroleum Jelly, Muscle Spray, Sponges, Ice, Bananas, Massage Sticks





PORTALET

AMBULANCE

BAND/MOBILE

GARMIN.

Sun Life | G@WELL

G GATORADE

FILINVEST CITY

