



Nutrition & Hydration on Course



All AR aid stations are stocked with Neversecond C30 Energy Gels, Skratch Sport Hydration Drink, Skratch Energy Chews, SaltStick Electrolyte Caplets & Organic Jambars.

- Neversecond C30 Energy Gels (Caffeinated and Non-Caffeinated)
- Skratch Sport Hydration Drink (Caffeinated and Non-Caffeinated)
- Skratch Energy Chews
- SaltStick Electrolyte Caplets

Folsom Point

- Neversecond – Non-Caffeine Energy Gels – Orange, Passion Fruit, Unflavored
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Willow Creek

- Neversecond – Non-Caffeine Energy Gels – Passion Fruit, Fruit Punch, Unflavored
- Skratch Orange Sports Hydration Drink – (No Caffeine)
- Skratch Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Black Miners Bar

- Neversecond – Non-Caffeine Energy Gels – Passion Fruit, Orange, Citrus
- Skratch Lemon+Lime Sports Hydration Drink – (No Caffeine)
- Skratch Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)



Nutrition & Hydration *(continued)*

Beal's Point

- Neversecond – Non-Caffeine Energy Gels – Passion Fruit, Orange, Citrus
- Skratch Orange Sports Hydration Drink – (No Caffeine)
- Skratch Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin' Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Granite Bay

- Neversecond – Non-Caffeine Energy Gels – Citrus, Passion Fruit, Unflavored
- Neversecond – Caffeine Energy Gels – Berry
- Skratch Lemon+Lime Sports Hydration Drink – (Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin' Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Horseshoe Bar

- Neversecond – Non-Caffeine Energy Gels – Orange, Passion Fruit, Unflavored
- Neversecond – Caffeine Energy Gels – Berry
- Skratch Orange Sports Hydration Drink – (No Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin' Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Rattlesnake Bar

- Neversecond – Non-Caffeine Energy Gels – Citrus, Passion Fruit, Fruit Punch, Unflavored
- Skratch Lemon+ Lime Sports Hydration Drink – (No Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin' Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)



Nutrition & Hydration *(continued)*

Dowdins Post

- Neversecond – Non-Caffeine Energy Gels – Citrus, Passion Fruit, Fruit Punch, Unflavored
- Skratch Lemon+ Lime Sports Hydration Drink – (No Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Last Gasp

- Neversecond – Non-Caffeine Energy Gels – Orange, Citrus, Unflavored
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch Orange Sports Hydration Drink – (No Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)