



skratch
LABS



All aid stations are stocked with GU Energy Gels, Skratch Sport Hydration Drink, Skratch Energy Chews, SaltStick FastChews & Organic Jambars.

- Folsom Point & Last Gasp are Express Stations with Skratch Hydration Drink, Skratch Energy Chews, GU, Water, Coke & Ginger Ale
- Ice will be available at all aid stations
- Bring your reusable cup

Folsom Point (Express Station)

- GU - Non-Caffeine Gels – Strawberry Banana & Lemonade
- GU - Caffeine Gels– Tri-Berry, Cherry Lime & Chocolate Coconut
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- Skratch- Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime

Willow Creek

- GU - Non-Caffeine Gels – Strawberry Banana & Lemonade
- GU - Caffeine Gels– Tri-Berry, Cherry Lime & Chocolate Coconut
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- Skratch- Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade) & Tropical Trio (Vegan/GF)

Black Miners Bar

- GU - Non-Caffeine Gels – Strawberry Banana & Lemonade
- GU - Caffeine Gels– Tri-Berry, Cherry Lime & Chocolate Coconut
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- Skratch- Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade) & Tropical Trio (Vegan/GF)

Beal's Point

- GU - Non-Caffeine Gels – Strawberry Banana & Lemonade
- GU - Caffeine Gels– Tri-Berry, Cherry Lime & Chocolate Coconut
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- Skratch- Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade) & Tropical Trio (Vegan/GF)

Granite Bay

- GU - Non-Caffeine Gels – Strawberry Banana & Lemonade & Pineapple
- GU - Caffeine Gels– Tri-Berry, Cherry Lime & Vanilla Orange
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch- Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade) & Tropical Trio (Vegan/GF)

Horseshoe Bar

- GU - Non-Caffeine Gels – Strawberry Banana & Lemonade
- GU - Caffeine Gels– Tri-Berry, Cherry Lime & Vanilla Orange & Blueberry Pomegranate
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch- Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade) & Tropical Trio (Vegan/GF)

Rattlesnake Bar

- GU - Non-Caffeine Gels – Strawberry Banana & Lemonade & Pineapple
- GU - Caffeine Gels– Tri-Berry, Cherry Lime & Vanilla Orange & Blueberry Pomegranate
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch- Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade) & Tropical Trio (Vegan/GF)

Dowdin's Post

- GU - Non-Caffeine Gels – Strawberry Banana & Lemon Sublime
- GU - Caffeine Gels– Tri-Berry, Cherry Lime & Vanilla Orange & Blueberry Pomegranate & Chocolate Outrage
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch- Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade) & Tropical Trio (Vegan/GF)

Last Gasp (Express Station)

- GU - Non-Caffeine Gels – Strawberry Banana & Lemon Sublime
- GU - Caffeine Gels– Salted Watermelon & Cold Brew Coffee & Vanilla Bean & Blueberry Pomegranate
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch- Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime