



All AR50/25 aid stations are stocked with:

- GU Energy Gels (caffeine and no caffeine)
- GU Liquid Energy Gels
- GU Chews
- GU Roctane Energy Drink
- GU Roctane Electrolyte Capsules

Folsom Point

- Non-Caffeine Gels – Lemon Sublime; Strawberry Kiwi
- Caffeine Gels–Chocolate Outrage; Cherry Lime
- Liquid Energy- Mix of Flavors
- Orange Chews
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

Willow Creek

- Non-Caffeine Gels- Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Cola; Cherry Lime
- Liquid Energy- Mix of Flavors
- Orange Chews
- Summit Tea Roctane Energy Drink – Caffeine
- GU Roctane Electrolyte Capsules

Negro Bar

- Non-Caffeine Gels- Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Cola; Chocolate Outrage
- Liquid Energy- Mix of Flavors
- Orange Chews
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

Beal's Point

- Non-Caffeine Gels – Lemon Sublime; Strawberry Kiwi
- Caffeine Gels- Salted Lime; Chocolate Outrage
- Liquid Energy- Mix of Flavors
- Orange Chews
- Summit Tea Roctane Energy Drink- Caffeine
- GU Roctane Electrolyte Capsules

Granite Bay

- Non-Caffeine Gels- Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Cherry Lime
- Liquid Energy- Mix of Flavors
- Orange Chews
- Strawberry Hibiscus Roctane Energy Drink- No Caffeine
- GU Roctane Electrolyte Capsules

Horseshoe Bar

- Non-Caffeine Gels- Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Cherry Lime
- Liquid Energy- Mix of Flavors
- Orange Chews
- Summit Roctane Energy Drink- Caffeine
- GU Roctane Electrolyte Capsules

Rattlesnake Bar

- Non-Caffeine Gels- Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Sea Salt Chocolate
- Liquid Energy- Mix of Flavors
- Orange Chews
- Summit Roctane Energy Drink- Caffeine
- GU Roctane Electrolyte Capsules

Dowdin's Post

- Non-Caffeine Gels- Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Cola
- Liquid Energy- Mix of Flavors
- Orange Chews
- Strawberry Hibiscus Energy Drink- No Caffeine
- GU Roctane Electrolyte Capsules

Last Gasp

- Non-Caffeine Gels- Lemon Sublime; Strawberry Kiwi
- Caffeine Gels- Salted Lime; Cola; Cherry Lime
- Liquid Energy- Mix of Flavors
- Orange Chews
- Summit Tea Energy Drink- Caffeine
- GU Roctane Electrolyte Capsules