



West Line Winder 50K Aid Station Example Menu

There are three types of aid stations on the course: water only, basic and full.
Please note, these are example menus and not everything is guaranteed at each aid station.

AID STATION	Location (miles in)	Miles to Next	CUT OFF	CREW ACCESS	DROP BAG	TYPE
START	0	5.5	-	Yes	No	Water only
MIDLAND	5.5	6.25	-	No	No	Basic
SPECULATOR	11.75	4.5	-	No	Yes	Full
SHIELDS	16.25	7.1	1:30 PM	No	No	Full
VALLEY VIEW	23.35	4.15	3:30 PM	Yes	Yes	Full
LAST CALL	27.5	3	-	No	No	Basic
FINISH	30.5	-	6:00 PM	Yes	No	Basic

BASIC

Coke
 Ginger Ale
 Tailwind
 Water

 Avocados
 Bananas
 Oranges
 Watermelon
 Chocolate Candies*
 Energy Gels & Chews*
 Cookies**
 PB&J Rollups**
 Pickles
 Potato Chips**
 Pretzels**
 Crackers**

FULL

All of basic menu + the following:
 Coffee/Tea
 Hot Cocoa

 Bacon
 Cheese Quesadilla*
 Potato & Cheese Pierogis
 Pizza Rolls*
 Freezer Pops**
 Ramen**
 Broth**

* Vegetarian

**Vegan