## **Aid Stations**

All aid stations have Gordon Water, Gatorade, Two portajohns, and enthusiastic volunteers

#	Mile	Special Extras	Staffing
1	1.9		Grand Rapids Christian Cross
			Country
2	3.7		Catholic Central CC Team
3	5.1		Union Cross Country Team
4	6.6	Gummie Bears, Cookies	Smash Baseball
5	8.1	GU Packets	Grand Valley Rugby
6	9.8	Pretzels	Rockford Boys Cross Country
7	12		Boy Scouts Troup 292B & 292G
8	13.4	Pretzels	West Catholic Baseball
9	14.6	Cookies, Pretzels, Pickle Juice	Grandville & Hudsonville Girls
			Cross Country Teams
10	15.9	GU Packets, Bananas	Wayland Road Runners
11	17.5	Orange Wedges	Run GR
11	18.4	Orange Wedges	Run GR
10	19.9	GU Packets, Bananas	Wayland Road Runners
9	21.4	Cookies, Pretzels, Pickle Juice	Grandville & Hudsonville Girls
			Cross Country Teams
4	23.5	Gummie Bears, Cookies	Zeeland Girls Cross Country
3	25		Union Cross Country Team





