



AID STATION OFFERINGS

The journey is long, so don't forget to fuel up! There are seven aid stations throughout the course, each stocked with delicious snacks and refreshments from local vendors to give you the energy you need to cross that finish line.

You can also make repairs to your equipment and leave any extra clothing that you don't want to carry with you at designated locations.

START LOCATION • THE VILLAGE AT MAMMOTH

6am – 8:30am

SAG / Tech Support Available

Food / Drink Offerings:

Freshly Brewed Coffee with Condiments

REST STOP #1 • PUMICE MINE, MILE 19

(Gran Fondo Riders Only)

7:30am – 9am

Staffed By: Disabled Sports Eastern Sierra

SAG / Tech Support Available

Clothing Drop Location

Food / Drink Offerings:

Homemade Donuts from Mammoth Mountain Ski Area's Resident Baker, Benny

Bananas

Boiled Red Potatoes

Watermelon

Boiled Eggs

Pretzels

Trail Mix

Coffee

Water

Real Hydration Mix by Bonk Breaker Nutrition

REST STOP #2 • SAGE HEN SUMMIT, MILE 40

(Gran Fondo Riders Only)

8:15am – 11am

Staffed By: Eastern Sierra Nordic

SAG / Tech Support Available

Clothing Drop Location

Food / Drink Offerings:

Chocolate-Covered Bacon

Bananas

Boiled Eggs

Boiled Red Potatoes

Strawberries

Fig Newtons

Frozen Grapes

Pretzels

PB&J Uncrustables

Animal Crackers

Watermelon

Water

Mini Coke Cans

Mini Sprite Cans

Real Hydration Mix by Bonk Breaker Nutrition

Nutrition Bars by Bonk Breaker Nutrition

REST STOP #3 • BLACK LAKE, MILE 61

(Gran Fondo Riders Only)

9:30am – 1:30pm

Staffed By: Mono County Search & Rescue

SAG / Tech Support Available

Food / Drink Offerings:

Turkey and Cheddar Sandwiches, Turkey Sandwiches and Cheddar Sandwiches *(Gluten Free Bread Available Upon Request)*

PB&J Uncrustables

Bananas

Boiled Red Potatoes

Pickles

Pineapple

Dried Apricots

Graham Crackers

Trail Mix

Potato Chips

Water

Mini Coke Cans

Mini Sprite Cans

V8 Juice

Real Hydration Mix by Bonk Breaker Nutrition



AID STATION OFFERINGS

REST STOP #4 • WILDROSE, MILE 68 *(Gran Fondo Riders Only)*

10am – 2:30pm

Staffed By: Sierra Classic Theater

Food / Drink Offerings:

- Pywiack Crackers
- Bananas
- Boiled Red Potatoes
- Fig Netwons
- Frozen Grapes
- Pickles
- Red Vines
- Pretzels
- Bagelfuls
- Watermelon
- Water
- Mini Coke Cans
- Mini Sprite Cans
- Real Hydration Mix by Bonk Breaker Nutrition
- Nutrition Bars by Bonk Breaker Nutrition

REST STOP #5 • WATTERSON SUMMIT MILE 77 (Fondo) / 45.6 (Medio) *(Gran Fondo Riders & Medio Riders Only)*

10:30am – 3:30pm

Staffed By: Mammoth Lakes Lions Club

SAG / Tech Support Available

Food / Drink Offerings:

- Turkey and Cheddar Sandwiches, Turkey Sandwiches and Cheddar Sandwiches *(Gluten Free Bread Available Upon Request)*
- Crowley Lake General Store Homemade Banana Bread and Muffins
- Bananas
- Boiled Eggs
- Boiled Red Potatoes
- Strawberries
- Fritos
- Pretzels
- PB&J Uncrustables
- Oreo Cookies
- Watermelon
- Water
- Mini Coke Cans
- Mini Sprite Cans
- Real Hydration Mix by Bonk Breaker Nutrition
- Nutrition Bars by Bonk Breaker Nutrition

REST STOP #6 • WHITMORE, (All Distances) MILE 91 (Fondo) / 31.1 & 60.9 (Medio) / 31.4 (Piccolo)

10am – 4pm

Staffed By: Mammoth Lakes Recreation & Mammoth Lakes Noon Rotary

SAG / Tech Support Available

Food / Drink Offerings:

- Giovanni's Party Cut Pizza
- Sierra Nevada Beer
- Bananas
- Boiled Red Potatoes
- Watermelon
- Gummy Bears
- Pickles
- Pretzels
- Animal Crackers
- Water
- Mini Coke Cans
- Mini Sprite Cans
- Real Hydration Mix by Bonk Breaker Nutrition
- Nutrition Bars by Bonk Breaker Nutrition

REST STOP #7 • CROWLEY LAKE, MILE 23.2 *(Medio / Piccolo)*

8:30am – 11am

Staffed By: Mammoth Lakes Baseball Team

Clothing Drop Location

Food / Drink Offerings:

- Crowley Lake General Store Homemade Banana Bread and Muffins
- Bananas
- Boiled Eggs
- Boiled Red Potatoes
- Strawberries
- Pretzels
- Bagelfuls
- Graham Crackers
- Trail Mix
- Water
- Mini Coke Cans
- Mini Sprite Cans
- Real Hydration Mix by Bonk Breaker Nutrition
- Nutrition Bars by Bonk Breaker Nutrition