

AID STATION OFFERINGS



The journey is long, so don't forget to fuel up! There are six 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

6 AM – 8:30 AM

SAG / Tech Support Available

Food / Drink Offerings:

Freshly Brewed Coffee with Condiments
by Mammoth Coffee Roasting Co.

REST STOP #1 • PUMICE MINE, MILE 19

(Gran Fondo Riders Only)

7:30 AM – 9 AM

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 • SAGEHEN SUMMIT, MILE 40

(Gran Fondo Riders Only)

8:15 AM – 11 AM

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
Ritz Crackers
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)

9:30 AM – 1:30 PM

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)*

10 AM – 2:30 PM

Staffed By: Sierra Classic Theater

Food / Drink Offerings:

- Mammoth High School Culinary Class
- Signature Chocolate Chip Cookies
- Bananas
- Boiled Red Potatoes
- Fig Newtons
- 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
- Chocolate Covered Espresso Beans

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

10:30 AM – 3:30 PM

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 Brownies
- Bananas
- Boiled Eggs
- Boiled Red Potatoes
- Strawberries
- Fritos
- Ritz Crackers
- 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)

10 AM – 4 PM

Staffed By: Mammoth Lakes Recreation

SAG / Tech Support Available

Food / Drink Offerings

- Giovanni's Party-Cut Pizza
- Sierra Nevada Beer
- Bananas
- Boiled Red Potatoes
- Watermelon
- Gummy Bears
- Pickles
- Kettle Corn
- 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)*

8:30 AM – 11 AM

Staffed By: Mammoth Lakes Baseball Team

Clothing Drop Location

Food / Drink Offerings:

- Crowley Lake General Store 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