

## **Aid Stations and SAG Support**

There will be Three Aid Stations along the route:

1. 16.5 miles from Cascade
2. At the Oasis Bar and Grill in Wolf Creek, 31 miles from Cascade. Includes use of the Oasis bathroom facilities.
3. At the intersection of Hwy 434 and 200, the turnaround point for the 100 mile ride, 50 miles from Cascade.

There will be a final Aid Station at the Finish Line.

Items at each Aid Station include:

- Water
- Energy Drink provided by Hammer Gel
- Orange slices
- Bananas
- Bagels with cream cheese or peanut butter
- Cookies
- Manual tire pump for both Presta and Schrader valves

**Please see the 2017 Route Map for Aid Station locations and mileage.**

## **SAG Support**

Support vehicles will be traveling the route for the entire duration of the ride until all riders have completed the route. While the SAG wagon will have a limited number and size of tubes, all riders are encouraged to carry a spare with them. The support vehicle will have an air pump, patches, and limited mechanical support including allen wrenches and other bike tools. The support vehicle will also be available to return riders to the finish line that are unable to finish the ride due to health concerns or unrepairable mechanical issues.