

# INDIANA TRAIL 100

INDIANA'S ONLY 100 MILE TRAIL RACE



## Aid Stations

There are five aid stations spaced 3 – 5.5 miles apart. All aid stations will be very well stocked with water, electrolyte drinks, carbonated beverages, as well as a large assortment of food. A wide variety of hot and cold food will be available. Food items will include the traditional fare that is provided at most 100 mile events, as well as a local variation of the standard theme. Each aid station will have roughly the same types of beverages and foods, with some slight variation, so runners will know what to expect.

Runners will be responsible for their own gels, energy bars, electrolyte supplements, medications, and personal hygiene products. Those with strict dietary requirements or special medical conditions are advised to pack needed items in personal drop bags.

**Drop bags:** The available locations are the start/finish line and the rally campground (halfway point of the course). The drop bags will be transported to the rally campground right after the start of the race. These bags will be returned to the Main Tent if placed in the return location at the aid station or after the race. The participants will also have the option of picking up the drop bags after they've finished. Please note that there will be no drop bags allowed at the schoolhouse.