

## **Run Rabbit Run Aid Stations**

<b>Aid Station</b>	<b>Approximate Mileage</b>	<b>Elevation</b>
<b>Start</b>	0	6,950
1. Mt. Werner	6.2	10,400
2. Long Lake	13.0	9,900
3. Base Camp	18	10,000
4. Old Rabbit Ears	22	9,600
(Turnaround – no aid)	25	10,500
5. Old Rabbit Ears	28	9,600
6. Base Camp	32	10,000
7. Long Lake	37	9,900
8. Mt. Werner	33.8	10,400
<b>Finish</b>	50	6,950

All aid stations will be fully stocked with at least water, soft drinks, electrolyte replacement drink, sweet and salty objects, and sandwiches. Carrots and green leafy vegetables will also be available.