

## Crystal Springs - Aid Stations

	Distance (mi)	Next Aid (mi)
<b>8K</b>		
1. Werder Shelter (Finish)	4.7	
<b>Half Marathon</b>		
1. Kings Mountain	6.0	2.5
2. Kings Mountain	8.5	4.6
3. Werder Shelter (Finish)	13.1	
<b>35K</b>		
1. Kings Mountain	6.0	5.7
2. Bear Gulch	11.7	5.7
3. Kings Mountain	17.4	4.6
4. Werder Shelter (Finish)	22.0	
<b>Marathon</b>		
1. Kings Mountain	6.0	5.7
2. Bear Gulch	11.7	4.4
3. Bear Gulch	16.1	5.7
4. Kings Mountain	21.8	4.6
5. Werder Shelter (Finish)	26.4	
<b>50K</b>		
1. Kings Mountain	6.0	5.7
2. Bear Gulch	11.7	8.9
3. Bear Gulch	20.6	5.7
4. Kings Mountain	26.3	4.6
5. Werder Shelter (Finish)	30.9	