



2018 COURSE SUPPORT



MARATHON

STATION	MILE	SEPARATION	SUPPORT
1	2.6	X	Water
2	4.4	1.8	Water/Gatorade
3	6.1	1.7	Water
4	7.3	1.2	Water/Gatorade/SIS Gel
5	9.0	1.7	Water
6	10.4	1.4	Water/Gatorade
7	12.3	1.9	Water
8	13.6	1.3	Water/Gatorade/SIS Gel
9	15	1.4	Water
10	16.5	1.5	Water/Gatorade
11	17.7	1.2	Water
12	19	1.3	Water/Gatorade/SIS Gel
13	20.5	1.5	Water/Bananas
14	21.8	1.3	Water/Gatorade
15	23.3	1.5	Water
16	24.5	1.2	Water/Gatorade

HALF MARATHON

STATION	MILE	SEPARATION	SUPPORT
1	2.0	X	Water
2	3.7	1.7	Water/Gatorade
3	4.9	1.2	Water/SIS Gel
4	7.0	2.1	Water/Gatorade
5	8.4	1.4	Water/SIS Gel
6	9.9	1.5	Water/Gatorade
7	11.9	2.0	Water

Gatorade: Lemon-Lime Endurance Formula
SIS (Sports in Science) Nutrition Gel: Flavors TBD
**subject to change at any time*