DIRECTIONS TO AID STATIONS

All directions begin at the intersection of SR 3 and SR 97 unless otherwise noted.

STATION A – GORGE OVERLOOK AID STATION

Crew & Family Access Permitted

Directions:

- From SR 3, travel WEST on SR 97 approximately one mile to the first park entrance.
- Turn RIGHT and follow the winding park road up the hill, staying to the right.
- Continue past Gorge Overlook to the parking area just east of the overlook.
- Race signs along the road will help direct you to the parking area.

Parking: Ample parking is available.

STATION B – FIRE TOWER AID STATION

Crew & Family Access Permitted

The aid station is located just behind the southwest corner of the Fire Tower at the first trail split.

Parking: Crew and volunteer parking is available ONLY at the following locations:

- **Mountain Bike Trailhead Parking Lot:** Approximately one-half mile from Fire Tower.
- **Mohican Youth Center:** Located a few blocks farther down the road and closer to the Fire Tower and handler location.

Both locations require a short walk to the aid station.

Directions:

- From SR 3, travel WEST on SR 97 approximately three miles to the second park entrance.
- Continue approximately two blocks until the park road forks (Y).
- Bear RIGHT.
- Continue one block to the Mountain Bike Trailhead entrance on the right. Look for the sign marked "Mountain Bike Trailhead."
- From the trailhead parking lot, walk EAST along the mountain bike trail to the aid station.

The Mohican Youth Center parking lot is located a few blocks farther down the road and provides another parking option.

Fire Tower Handler Location:

The Fire Tower handler location is accessed using the same directions listed above. Crews will need this access point for:

- Mohican Marathon runners.

- Mohican 50-mile runners on their second lap.
- Mohican 100-mile runners on their third and fourth laps.

PLEASANT HILL DAM – HANDLER LOCATION

Handler Access

Directions:

- From SR 3, travel WEST on SR 97 approximately five miles to McCurdy Road. Look for the sign indicating "3 miles to Pleasant Hill Dam."
- Turn RIGHT onto McCurdy Road and travel NORTH approximately 1.8 miles to Goon Road.
- Turn RIGHT onto Goon Road and continue approximately 3.2 miles to Pleasant Hill Dam.

Available Facilities:

- Restrooms
- Running water
- Shelters
- Picnic tables

STATION C – COVERED BRIDGE AID STATION

NO CREW OR FAMILY ACCESS

IMPORTANT: Crew and family members are NOT permitted at this aid station. Failure to comply may result in the runner's disqualification.

Authorized Personnel Only: Supply personnel and volunteers.

Directions:

- From SR 3, travel WEST on SR 97 approximately three miles to the second park entrance, located next to the day-use horse bridle area.
- Turn RIGHT into the second park entrance.
- Continue approximately two blocks until the park road forks (Y).
- Bear LEFT and follow the road downhill across the Covered Bridge.
- Turn RIGHT into Class B Camping, where the aid station is located.

Available Facilities:

- Water
- Restrooms
- Picnic tables

STATION D – HICKORY RIDGE AID STATION

NO CREW OR FAMILY ACCESS

Authorized Personnel Only: Supply personnel and volunteers.

Directions:

- From SR 3, travel WEST on SR 97 approximately three miles to the second park/forest entrance, located next to the day-use horse bridle area.
- Turn RIGHT into the park entrance.
- Continue approximately two blocks until the park road forks (Y).
- Bear LEFT and travel downhill across the Covered Bridge.
- Turn LEFT and follow the park road uphill to the top of the hill.
- Continue to the first stop sign at the intersection with CR 959.
- Turn LEFT onto CR 959 and travel approximately one mile to the end of the road at TR 3006.
- Turn RIGHT onto TR 3006 and continue approximately 0.1 mile.
- Bear RIGHT onto the road marked "No Outlet."
- Follow the road to the dead end, where the parking area and aid station are located.

STATION E – MOHICAN ADVENTURES AID STATION

Crew & Family Access Permitted

Mohican Adventures is also the first designated pacer meeting location for 100-mile runners, subject to the age-based pacing rules.

Runner Directions:

Runners approaching the finish will turn LEFT and follow a separate, clearly marked **FINISHERS ONLY** chute through Mohican Adventures to the finish line.

Runners continuing another lap will turn RIGHT and proceed toward the Gorge Overlook Aid Station.

HAMMER NUTRITION – OFFICIAL NUTRITION SPON

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Hammer Nutrition is the official nutrition sponsor of the Mohican Trail 100.

Aid stations will provide water, Hammer Heed, and a variety of sweet and salty foods. All aid stations will feature Hammer Nutrition products, including Hammer Heed.

Hammer Nutrition products are all-natural and do not contain artificial sweeteners or simple sugars. They have become the choice of many top athletes.

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