

Directions to each aid station from SR3 and SR97

Station A : Gorge Overlook Aid Station: Crew/Family Access

From SR3, proceed WEST on SR 97 one mile to the 1st park entrance. Turn right and following the winding park road to the top of the hill and stay to the right. This will lead you past the Gorge Overlook to a parking area just east of the overlook. You will notice the back of the race signs along the road and they will lead you there. Plenty of Parking available.

Station B Fire tower: Crew/Family Access.

Aid station B is located just behind the southwest corner of the fire tower at the first trail split.

Volunteer and Crew PARKING is only available at either the MTB parking lot about a half mile from the fire tower or at the closed juvenile facility parking lot, just a few blocks from the fire tower. Both are a short walk to the aid station and fire tower handler location.

How to get there: Proceed WEST on SR97 3 miles to the 2nd Park entrance. About two blocks up, the park road will "Y". Proceed to the right. The trailhead entrance is one block farther on the right. Sign reads: "mountain bike trailhead". Walk east on mountain bike trail to aid station. The Mohican Youth Center parking lot located a few blocks further down the road, closer to the aid station and handler location.

Handler Location: Fire tower: see above info for directions. Crews will only need this access point for Mohican Marathon runners, Mohican 50 mile runners on lap two and Mohican 100 mile runners on laps 3 and 4.

Handler location: Crew Access at Pleasant Hill Dam: Proceed WEST on SR97 5 miles to McCurdy Road. There is a sign that says "3 miles to Pleasant Hill Dam". Turn Right and Proceed north on McCurdy for 1.8 miles to Goon Road. Turn Right on Goon Road 3.2 miles to Pleasant Hill Dam. There are restrooms, running water, shelters and picnic tables available here.

Station C Covered Bridge:

Absolutely **NO Crew or Family Access**. Failure to comply may result in disqualification of the racer.

Supply personnel and volunteers only: Proceed WEST on SR97 3 miles to 2nd Park entrance located next to the day use horse bridle area. Turn RIGHT on

the second park road entrance located next to the day use horse bridle area. About two blocks up, the park road will "Y". Proceed to left and downhill on the park road across the covered bridge. Turn right into class B camping where aid station will be located. There is water, restrooms and picnic tables available here.

Station D Hickory Ridge : No Crew or Family Access

Supply personnel and volunteers Proceed WEST on SR 97 3 miles and turn RIGHT onto 2nd Park/Forest entrance located next to the day use horse bridle area. About two blocks up the park road will "Y". Proceed LEFT and downhill on the park road across the covered bridge and left up the hill . Follow the park road to the top of the hill to the first stop sign and intersection at CR959. TURN left on CR959 and proceed for about one mile to the end of the road at TR3006. Turn RIGHT onto CR3006. Go straight .1 mile and bear RIGHT onto TR 3006. TR 3006 is indicated as 'no outlet.' Follow the road to dead end where parking area and Aid Station are located.

Station E Mohican Adventures: Crew/Family Access and first place pacers allowed to meet 100 mile racers. Runners who are finishing will turn left and proceed through a separate well marked finisher's only chute to Mohican Adventures to finish. Runners who are lapping will turn right and proceed to the Gorge Overlook aid station.

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

Aid Stations will stock water and Hammer Heed along with a variety of foods, both salty and sweet. All Aid stations will feature Hammer Nutrition products including Hammer Heed. All Natural Hammer Nutrition products do not contain artificial sweeteners or simple sugars and have become the choice of many top athletes. To learn more about hammer nutrition and how you can benefit now by including Hammer Nutrition in your training plan, visit www.hammernutrition.com