

NUTRITION & HYDRATION ON COURSE

WAY TOO COOL
50K&10M
ENDURANCE RUNS
PRESENTED BY
ALTRA



All WTC aid stations are stocked with Neversecond C30 Energy Gels, Skratch Sport Hydration Drink, Skratch Energy Chews, SaltStick FastChews & Organic Jambars.

- Neversecond C30 Energy Gels (Caffeinated and Non-Caffeinated)
- Skratch Sport Hydration Drink (Caffeinated and Non-Caffeinated)
- Skratch Energy Chews
- SaltStick Electrolyte FastChews

Fire Station

- Neversecond – Non-Caffeine Energy Gels – Passion Fruit, Citrus, Unflavored
- Neversecond – Caffeine Energy Gels – Berry, Unflavored with Caffeine
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- Skratch – Super High Carb Sports Drink Mix
- Skratch – Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Lower Quarry

- Neversecond – Non-Caffeine Energy Gels – Orange, Citrus, Unflavored
- Neversecond – Caffeine Energy Gels – Berry, Unflavored with Caffeine
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- Skratch – Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

NUTRITION & HYDRATION ON COURSE (CONT'D)

WAY TOO COOL
50K&10M
ENDURANCE RUNS
PRESENTED BY
ALTRA



ALT

- Neversecond – Non-Caffeine Energy Gels – Fruit Punch, Orange, Unflavored
- Neversecond – Caffeine Energy Gels – Berry, Unflavored with Caffeine
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch – Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Goat Hill

- Neversecond – Non-Caffeine Energy Gels – Citrus, Passion Fruit, Unflavored
- Neversecond – Caffeine Energy Gels – Berry, Unflavored with Caffeine
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch – Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Highway 49

- Neversecond – Non-Caffeine Energy Gels – Citrus, Fruit Punch, Unflavored
- Neversecond – Caffeine Energy Gels – Berry, Unflavored with Caffeine
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch – Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)