

Nutritional Detail
Deer Creek Challenge
August 21, 2011
deercreekchallenge.com

Aid Station <small>(See course maps to view location)</small>	Distance <small>(miles)</small>	Courses	Supplies	
Aid Station #1: Phillipsburg	4.5		Water / Electrolyte CLIF bar - minis	
Aid Station #2: Intercanyon Fire Station	7.98	33-mile Metric Century	Water / Electrolyte Coffee Bananas String Cheese	Peanut M&Ms Trail Mix Peanut Butter Pretzels CLIF Bar - minis
Aid Station #3: Foxton Road - Descending	19.26	Century	Water / Electrolyte Grapes Bananas Red Vines	Peanut M&Ms Trail Mix Peanut Butter Pretzels Oreos
Aid Station #4: Foxton Road - Ascending	30.7	Century	Water / Electrolyte Grapes Bananas Red Vines	Peanut M&Ms Trail Mix Peanut Butter Pretzels Oreos
Aid Station #5: Grange Hall/Old School House	33.43	33-mile Metric Century	Water / Electrolyte Apples Bananas Peanut Butter & Jelly Sandwich Cheese Cubes	Crackers Peanut M&Ms Salted Pretzels Clif Bar - minis
Aid Station #6: Phillipsburg	41.03	33-mile Metric Century	Water / Electrolyte CLIF bar - minis	
Aid Station #7: Intercanyon Fire Station	44.34	Metric Century	Water / Electrolyte Watermelon Raisins Bananas Peanut Butter Jelly Bagels	String Cheese Red Vines Oreos Clif Bar - minis
Aid Station #8: Marshdale Elementary School	51.76	Metric Century	Water / Electrolyte Apples Bananas Cheese Cubes Crackers Red Vines	Pizza (cheese and cheese/pepperoni) Peanut M&Ms Peanut Butter Pretzel Bites Oreos CLIF Bar - minis Gluten-free Banana Bread Home-made Brownies
Aid Station #9: Sheriff's Office in Evergreen	68.01	Metric Century	Water / Electrolyte Raisins Bananas Grapes String Cheese Red Vines	Pizza (cheese and cheese/pepperoni) Peanut M&Ms Salted Pretzels Oreos Otter Pops Clif Bar - minis
Aid Station #10: Intercanyon Fire Station	80.49	Metric Century	Water / Electrolyte Watermelon Raisins Bananas Peanut Butter Jelly Bagels	String Cheese Red Vines Oreos Clif Bar - minis
Aid Station #11: Grange Hall/Old School House	90.26	Metric Century	Water / Electrolyte Apples Bananas Peanut Butter & Jelly Sandwich Cheese Cubes	Crackers Peanut M&Ms Salted Pretzels Clif Bar - minis
Post-ride Party: Scenic Overlook at the Johns Manville Technical Center		ALL	Water / Electrolyte Watermelon Red Vines Oreos Clif Bars	BBQ Hamburgers BBQ Veggie Burgers BBQ Chicken Breasts Potato Salad Green Salad Cookies FREE Beer - Colorado Native