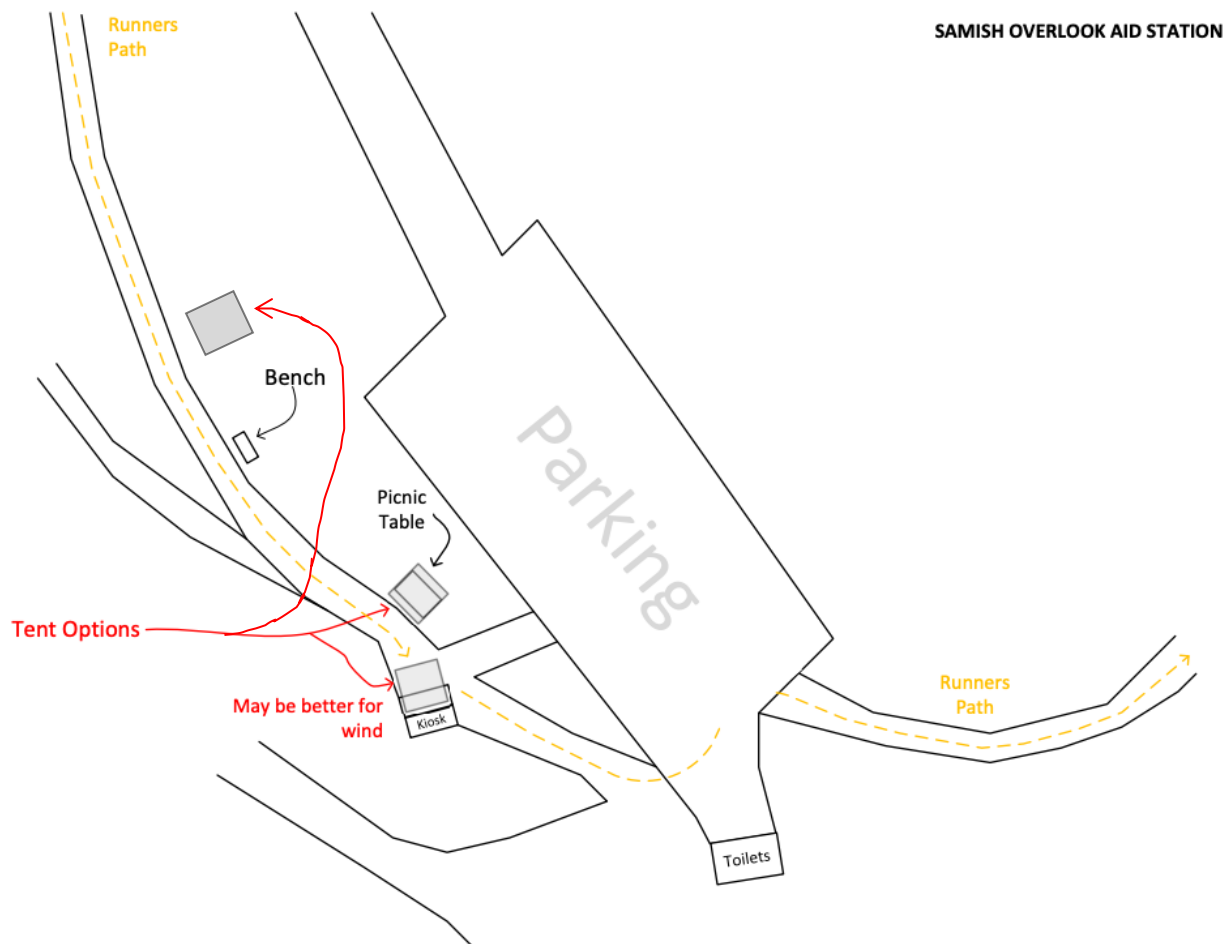


Samish Overlook Aid Station

The race's only aid station is located at the Samish Overlook approximately 6 miles into the course. There are two pit toilets located at the Overlook.

I will leave it up to your judgment which location would work best for you (likely dependent on wind) but over the years we have positioned the aid station anywhere from right where the Samish Bay Connector trail leaves the woods, at the picnic table, or up against the kiosk. With the likelihood for wind this weekend I have a feeling either using the kiosk as a back stop might be the best spot. Here is a rough sketch of the overlook:



A few other things to note:

- There will be a separate volunteer that will be based at the Samish Bay / Chuckanut Drive turn to help ensure people do not get lost
- I will provide you with a clipboard and print out for tracking what bib numbers come through. The order is not super important, but this is mostly to give us some ideas on where someone may be if they are missing at the cutoff
- The sweepers will drop off a lot of signage to you all to bring down to the finish line

Items:

- Tent
- Table
- Water jugs
- Electrolyte + pitchers for distributing
- Food
 - Chips, candy, bananas, gels
- Cups
- Several bowls, cutting device
- Trash bags
- Clip board, printout, and pens
- First aid kit
- Heater + propane tank
- Emergency Blankets
- Feminine hygiene products
- Box for signage

Please let me know if you have any other questions and thanks again.

[Directions to the Lower Blanchard Parking Lot](#)

[Directions to the Samish Overlook](#)

Thanks!

Tim

(513) 289-2135