

## Aid Station "Gum Springs"– Gum Springs Overlook



■ Energy Drink Table

■ WATER Table

➔ Runners' Paths

■ Port-a-Jon

Parking is limited to 4 cars at this location, but only 2 cars for the aid station. All other cars need to park at Chestnut Ridge Overlook, about a mile north of this aid station, and shuttle back.

Vehicular traffic is strictly prohibited in this area from 7am-11:30 (or when NPS releases you). ONLY the NPS & zone captains may drive during the race.