

2020 DAYTONA 100/50: AID STATION FARE

NOTE: PLEASE, DUE TO COVID-19, IF YOU ARE CREWED, RELY PRIMARILY UPON YOUR CREWS FOR YOUR HYDRATION/NUTRITION NEEDS DURING THE RACE, AND KEEP THE AID STATION FARE FOR THE UNCREWED RUNNERS DURING THE RACE. WE ARE NOT SAYING CREWED RUNNERS ARE NEVER ALLOWED TO GRAB SOME WATER OR A QUICK BITE IF THEIR CREWS ARE NOT AROUND, ETC. . . JUST THAT WE HOPE EVERYONE DOES HIS OR HER PART TO KEEP THE RACE AS SAFE AS POSSIBLE FOR ALL INVOLVED. THANKS!)

AID STATIONS 1-4:

- WATER
- GATORADE
- COKE
- GINGER ALE
- M&MS (PLAIN)
- GINGER CHEWS
- POTATOES/SALT
- POTATO CHIPS
- PRETZELS
- PICKLES
- BANANAS
- PEANUT BUTTER SANDWICHES
- COOKIES
- HUMMUS PITAS

(NOTE: WE HAVE A RUNNER WITH A SEVERE TREE NUT ALLERGY, SO IF YOU ARE AT THE AID STATION, PLEASE DO NOT TAKE OUT ANY TREE NUTS (CASHEWS, ALMONDS, ETC) THAT YOU MAY HAVE BROUGHT ON YOUR OWN WHILE YOU ARE AT THE AID STATION. THANKS!)

AID STATIONS 5-FINISH:

- WATER
- GATORADE
- COKE
- GINGER ALE
- M&MS (PLAIN)
- GINGER CHEWS
- POTATOES/SALT

- POTATO CHIPS
- PRETZELS
- PICKLES
- BANANAS
- PEANUT BUTTER SANDWICHES
- COOKIES
- HUMMUS PITAS
- GRILLED CHEESE
- PIZZA
- RAMEN NOODLES
- VARIOUS OTHER HOT DISHES
- BREAKFAST FOOD (AT AS9 AND FINISH)