



# GRAND RAPIDS TRIATHLON

## Transition Aid Station

- Water, Gatorade

## Bottle Exchange #1a, #2, & #1b (Athletes Visit #1 in Saranac Twice)

- Bottled Water
- Bottled Gatorade Endurance
- Hammer Gel
- Bananas

## Run Aid Station #1

- Water, Gatorade G1
- Pepsi
- Hammer Gel
- Bananas, Oranges, Grapes, Pretzels
- Ice

## Run Aid Station #2

- Water, Gatorade G1
- Pepsi / Mt Dew
- Hammer Gel
- Bananas, Oranges, Grapes, Pretzels
- Ice

## Run Aid Station #3

- Water, Gatorade G1
- Pepsi / Mt Dew
- Hammer Gel
- Bananas, Oranges, Grapes, Pretzels
- Ice

## Run Aid Station #4

- Water, Gatorade G1
- Pepsi / Mt Dew
- Hammer Gel
- Bananas, Oranges, Grapes, Pretzels
- Ice

## Finish Line

- Water, Gatorade G1, Pepsi / Mt Dew
- Watermelon, Bananas, Grapes, Oranges
- Bagels, Pretzels, Cookies
- Ice
- Pizza