



## Water Stations

Station #	Course	Mileage	Items	Location	First Runner	Last Runner
1	Full/10K	2.6	Water	2 32nd Ave NE	7:13am	8:00am
2	Full	4.9	Water/Powerade/GU Gel	121 32nd Ave. NE	7:25am	8:30AM
3	Full/Half/10K	6.6/2/4.9	Water	97 23rd Ave. N	7:25am	9:10am
4	Full/Half	7.6/3	Water	El Zagal/Fargo Masonic - First Shift	7:30am	9:15am
5	Full/Half	9.2/4.4	Water/Powerade	2nd Street N / 4th Ave N	7:35am	9:40am
6/6a	Full/Half	10.5/5.6/18.6	Water	2nd Ave S/8th St S	7:40am	12:10pm
7/7a/7b	Full	12.1/14.5/16.6	Water/Powerade/GU Gel	Elm St/7th Ave S in Moorhead	8:00am	11:45am
8	Full/Half	20.2/7.1	Water	1802 7th Street S	7:50am	12:35pm
9	Full/Half	22.3/9.1	Water/Powerade/GU Gel	Grace Lutheran Church - 821 5th Ave S	8:00am	1:06pm
10	Full/Half	23.4/10.2	Water	4th/Broadway	8:05am	1:25pm
4a	Full/Half	25.3/12	Water	El Zagal/Fargo Masonic - Second Shift	8:15am	1:55pm