



8 AID STATIONS

A - Hydration

- Water
- Rehydrate
- Apple juice
- Chocolate milk
- Coca Cola
- Sprite
- AdvoCare Gel

B - Snack

- Orange
- Banana
- Grapes

C - Food

- CFA sandwich
- PB&J
- Fig Newtons
- Grilled cheese
- Chicken strips
- Fries
- Oreos
- M&M's
- Cookies

D - First Aid

E - Bag Drop

F - Porta-Potty & Sink

Stations

- 1 - A, F
- 2 - A, B, C, D, E, F
- 3 - A, F
- 4 - A, B, C, D, E, F
- 5 - A, F
- 6 - A, B, C, D, E, F
- 7 - A, B, F
- 8 - A, B, C, D, E, F

SOFORFL.COM

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RELAY FOR RECOVERY

A Production of:

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