



All Rio aid stations are stocked with:

- GU Energy Gels (caffeine and no caffeine)
- GU Chews
- GU Roctane Energy Drink
- GU Roctane Electrolyte Capsules

#### Willow Creek

- Non-Caffeine Gels – Lemon Sublime; Pineapple
- Caffeine Gels– Salted Lime; Cola; Chocolate Outrage; Cherry Lime
- Liquid Energy- Lemonade (No Caffeine)
- Orange Chews
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

#### Negro Bar

- Non-Caffeine Gels- Pineapple; Strawberry Kiwi
- Caffeine Gels- Salted Lime; Cola; Sea Salt Chocolate; Cherry Lime
- Orange Chews
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

#### Beal's Point

- Non-Caffeine Gels- Lemon Sublime; Strawberry Kiwi; Pineapple
- Caffeine Gels- Sea Salt Chocolate; Salted Lime; Cola; Cherry Lime
- Orange Chews
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

#### Granite Beach

- Non-Caffeine Gels – Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Cola; Sea Salt Chocolate; Cherry Lime
- Orange Chews
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

#### Horseshoe Bar

- Non-Caffeine Gels- Lemon Sublime; Pineapple; Strawberry Kiwi
- Caffeine Gels- Salted Lime; Cola; Sea Salt Chocolate; Cherry Lime
- Orange Chews
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

### Rattlesnake Bar

- Non-Caffeine Gels- Lemon Sublime; Pineapple
- Caffeine Gels- Blueberry Pomegranate; Cola; Sea Salt Chocolate; Cherry Lime
- Orange Chews
- Summit Tea Roctane Energy Drink- Caffeine
- GU Roctane Electrolyte Capsules

### Overlook

- Non-Caffeine Gels- Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Cola; Sea Salt Chocolate; Cherry Lime
- Orange Chews
- Summit Tea Roctane Energy Drink- Caffeine
- GU Roctane Electrolyte Capsules

### No Hands Bridge

- Non-Caffeine Gels- Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Cola; Sea Salt Chocolate; Cherry Lime
- Orange Chews
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

### ALT

- Non-Caffeine Gels- Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Cola; Sea Salt Chocolate; Cherry Lime
- Orange Chews
- Summit Tea Roctane Energy Drink- Caffeine
- GU Roctane Electrolyte Capsules

### Cool Fire Station

- Non-Caffeine Gels- Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Cola; Sea Salt Chocolate; Cherry Lime
- Orange Chews
- Summit Tea Roctane Energy Drink- Caffeine
- GU Roctane Electrolyte Capsules