

Towpath Marathon, 10k Race Length, Aid Stations

Mile	Name	Water	Gatorade	Bananas	Energy Gel	Portalet	Bathroom
Start	North of Boston Mills Ski Resort	x				x	
1	Boston Store, mile 0.9	x				x	x
2	Stanford House, mile 2	x	x				
3	Red Lock, mile 3.2	x	x			x	x
TA	Mile 3.5						
4	Red Lock, mile 3.8	x	x			x	x
5	Stanford House, mile 5	x	x				
6	Boston Store finish, mile 6.2	x	x			x	x