**CASCADES 100**

**DROP BAG GUIDELINES**

**AID STATION LOCATIONS**

Rock Creek  - AS3/12 - Miles 18.4/66.7

Skyliners - AS6 - Mile 37.8

Swampy Lakes     - AS9 - Mile 50.4

Quarry                - AS14 - Mile 83.1

Three Sisters Creek - AS16/17 - Miles 92.9/96

**GUIDELINES**

* Clearly label your drop bag with your **NAME, AID STATION LOCATION AND BIB #.**
* Securely close all drop bags. Do not use cinch bags, paper or

 plastic bags as they easily open and/or tear.

* Drop bags must less than 40 cubic liters.
	+ Example: [Patagonia Black Hole](https://www.patagonia.com/product/black-hole-duffel-bag-40-liters/49338.html?dwvar_49338_color=COB&cgid=luggage-black-hole-bags-duffels#tile-5=&start=1&sz=24)
* One bag per aid station.
* No glass bottles/containers.
* Race directors/personnel or volunteers are not responsible for

 lost items.

Drop bags will return to the finish when the aid station closes and the volunteers bring them back. Should you drop out of the race or finish early, we will not go out and get the drop bags. Each of these aid stations (with the exception of Rock Creek) are accessible by crew. If you have crew, they are welcome to get your bag(s). Thank you.