**CASCADES 100**

**DROP BAG GUIDELINES**

**AID STATION LOCATIONS**

Tumalo Creek Aid Station     - AS3/10 - Miles 16.5/56.5

Swampy Lakes Aid Station    - AS5       - Mile 28.7

Quarry Aid Station                 - AS13     - Mile 76.8

Whychus Creek Aid Station - AS15/17 - Miles 88.2/98.8

**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.

We will get drop bags to the finish when the aid station closes and brings 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 are accessible by crew. If you have crew, they are welcome to get your bag(s). Thank you.