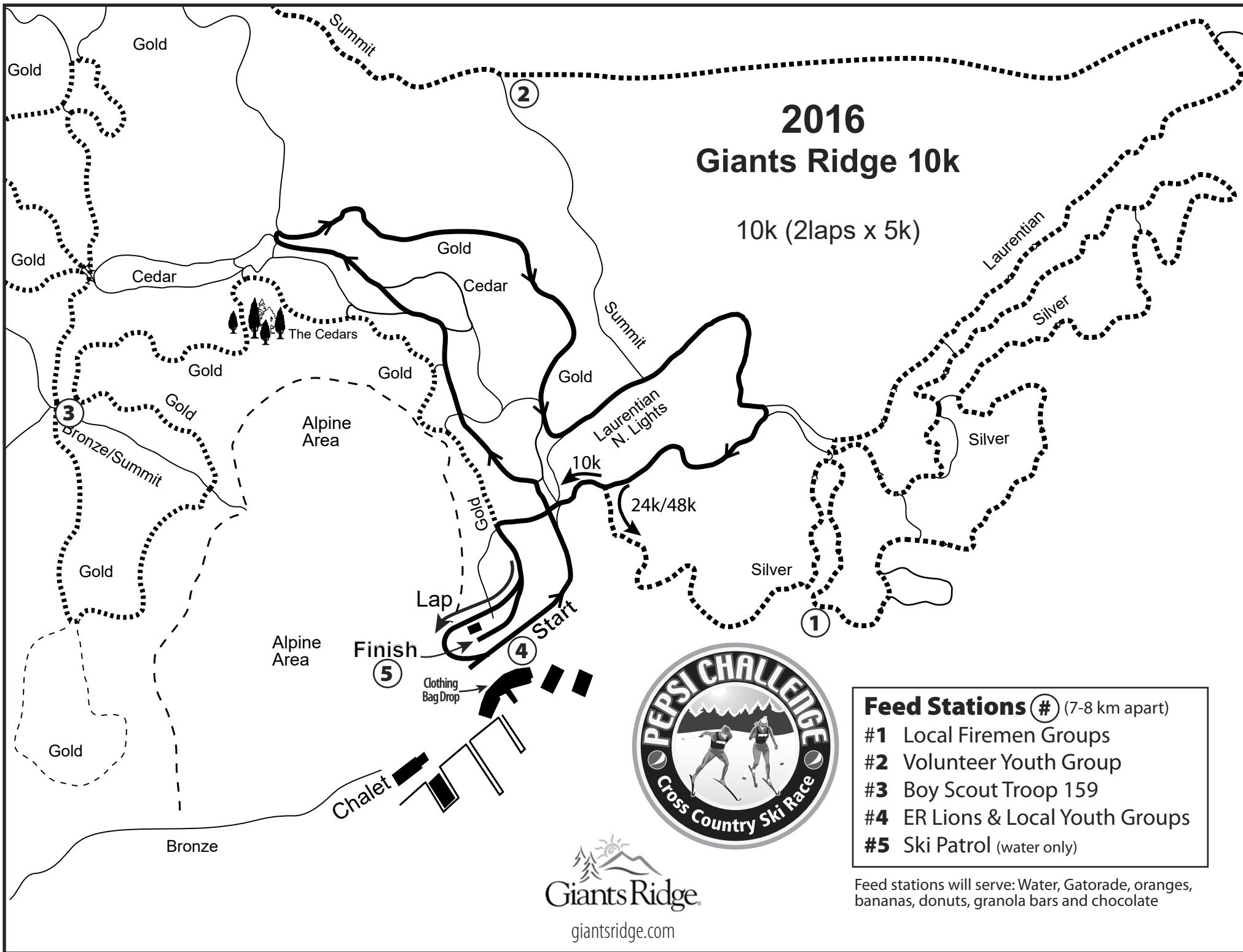


2016 Giants Ridge 10k

10k (2laps x 5k)



- Feed Stations #** (7-8 km apart)
- #1 Local Firemen Groups
 - #2 Volunteer Youth Group
 - #3 Boy Scout Troop 159
 - #4 ER Lions & Local Youth Groups
 - #5 Ski Patrol (water only)

Feed stations will serve: Water, Gatorade, oranges, bananas, donuts, granola bars and chocolate