



## Tour of Anchorage

### More Race Details: Aid Stations & Race Change Requests

#### Aid Stations

**We've made major changes to our aid station plan due to COVID-19.** This year we need racers to be much more self-sufficient because what we provide will NOT sustain you for the duration of your event.

It is imperative that you develop a hydration and sustenance plan and **practice** in advance to work out the kinks. That may mean wearing a Camelbak (and making sure it doesn't freeze), drink belt and/or a small pack with pockets for bottles and snacks. Experiment with grabbing a bottle and opening it while wearing gloves and ski poles, or tearing open snack wrappers with your teeth. Maybe buy some energy gels and consume them while training.



We are providing three “grab-and-go” aid stations for the 50K/40K and two for the 25K. Racers should not spend more than a few seconds there and should pull up a Buff or face mask if in close proximity to others. Items will be placed on five self-serve tables restocked by volunteers. Garbage cans will be placed at the aid stations and about 100 yards beyond each one; please do your best not to litter.

The stations are:

- **University Lake** (just beyond ANTHC) — located at 23K/50 and 11.5K/40
- **Westchester Lagoon** — located at 32K/50, 21K/40 and 8.5K/25
- **Point Woronzof** — located at 39K/50, 27.5K/40 and 15K/25

All three stations will have 8-ounce bottles of water, Mott's fruit gummies, and a choice of fig bars, Nutri Grain fruit bars and Quaker Chewy Granola Bars. The Woronzof station will also provide 8-ounce bottles of Gatorade.

Racers are also allowed to have a **support person** hand off food and drink anywhere along the course (except at aid stations, which need to remain uncluttered). Consult our course

maps on the website to help determine good locations for hand-offs. Supporters, like all volunteers, must wear a face covering.

Please review the aid station section of the website before race day as our plan is fluid and information may be modified.

## Ski Partner Requests:

Ski Partners are skiers in the same COVID bubble that are planning to ride share. We want to encourage folks from the same bubble to race together

The deadline for requesting changes is Monday, March 1st.

Requests for changes should be submitted to Bob Stehn at [bob.stehn@gmail.com](mailto:bob.stehn@gmail.com).

*See the refund policy section for more information about cancelling your registration.*



## Race Change Requests:

Check to check on your registration status [by clicking here](#).

The deadline for requesting changes is Monday, March 1st.

Change requests can be submitted to [bob.stehn@gmail.com](mailto:bob.stehn@gmail.com) (Thanks, Bob!)



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