

# CUPLESS RACING

If you opted in to cupless racing, remember to bring your Hydrapak cup you received at packet pick up. There will be water jugs and pitcher fill stations at all 3 aid stations and you can locate these by the CUPLESS flags on the race course. At each station there will be volunteers at all stations directing you to the area to fill your cup.

| AID STATION   | MILE | WATER | CUPLESS STATION | TOILETS                                  |
|---------------|------|-------|-----------------|--|
| Aid Station 1 | 1.7  | 💧     | Y               | Portable toilets just off trail on road  |
| Aid Station 2 | 3.5  | 💧     | Y               | Toilets inside Grandpa's Woods Clubhouse |
| Aid Station 3 | 5.2  | 💧     | Y               | Portable toilets just off trail on road  |

## THE SPEEDCUP™

A collapsible, reusable cup designed to replace single-use cups at race events and minimize waste on trails and roads.

### LIGHTWEIGHT

Constructed with ultra-light, abrasion resistant TPU & RF welded seams for superior durability

### FINGER LOOP

Provides support when drinking or pouring, use with a clip to attach to packs & belts

### FREE STANDING

Stands like a cup both when empty or full

### COMPRESSIBLE

Soft material is flexible and ultralight so you can stuff it anywhere

### SAFE & EASY TO CLEAN

100% BPA & PVC free; top rack dishwasher safe



# HOW TO CARRY A SPEEDCUP

The SpeedCup was designed to be lightweight, easy to hold and collapsible so it can be tucked almost anywhere.



## PACK

Collapse or fold the cup and tuck it in your short, belt or pack pocket.



## CLIP

Use a mini carabiner to clip the cup to your belt, pack or bra strap.



## STASH

Tuck in arm sleeve, compression shorts or stash in your sports bra.



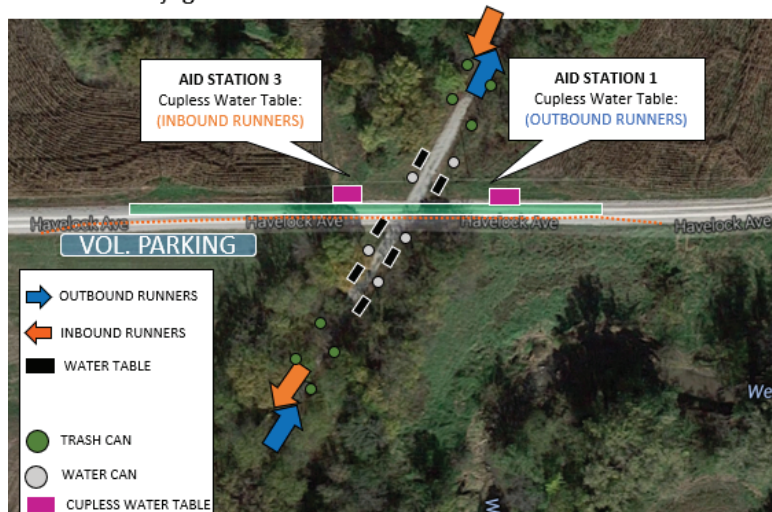
## HOLD

Use the finger loop to carry the cup in your hand

### AID STATION 1 & 3 | Cupless Map

The cupless water tables will be located off the trail on Havelock Avenue.

- See map below for site setup.
- Look for Cupless Feather Flags
- Be patient if you must wait in line to fill from the water jugs



### AID STATION 2 | Cupless Map

The cupless water tables will be located off the route, just south of the White Barn

- See map below for site setup.
- Look for Cupless Feather Flags
- Be patient if you must wait in line to fill from the water jugs

