

White Mountains 100 - 2011 Food List

There will be food at each checkpoint. The 2011 menu is similar to last year. The food at the checkpoints is intended to provide racers with a warm dish and a few snacks to warm your heart and spirit. The grub at the checkpoints is *not* intended to be your only food source while you are on the race course and we have a limited serving for each racer. Be considerate of the racers coming behind you – don't gorge yourself. While a few items can be carried with you down the trail, we didn't plan for you to stuff your pockets. Bring your own goodies and extra meals as appropriate. There will be unlimited warm water and a lot (almost unlimited) of Gatorade or Tang and hot cocoa.

The following is what you can count on (unless there is a disaster with one of our snowmachiners), but please note that the checkpoint volunteers reserve the right to cut you off at any time if they think you're getting greedy.

Checkpoint 1 (Haystack JNC- Mile 17):

- pretzels and chips
- granola bar
- cookies and/or brownies
- Gatorade and/or Tang
- hot cocoa
- warm water

Checkpoint 2 (Cache Mtn – Mile 39):

- a warm baked potato w/following toppings:
 - o ketchup, salt, and butter
 - o single serving of cheese and bacon
- chips
- cookies and/or brownies
- Gatorade or Tang
- hot cocoa
- warm water
- coffee
- Coca Cola

Checkpoint 3 (Windy Gap – Mile 62):

- a bowl of warm meatball soup (incl meatballs, rice, broth) with parmesan cheese, butter
- chips
- cookies and/or brownies
- Gatorade or Tang
- hot cocoa
- warm water
- coffee
- Coca Cola

Checkpoint 4 (Borealis – Mile 82):

- ramen noodles w/broth or spaghetti sauce parmesan cheese
- pepperoni slices and cheese
- homemade bread and butter
- chips
- cookies and/or brownies
- Gatorade or Tang
- hot cocoa
- warm water
- coffee
- Coca Cola

Wickersham Trail Shelter (Mile 91) – Not an official check point:

- sausage, cheese, crackers
- some chips, fritos, nuts
- Gatorade or Tang
- hot cocoa
- warm water