



skratch LABS



All Rio aid stations are stocked with GU Energy Gels, Skratch Sport Hydration Drink, SaltStick FastChews/Electrolyte Capsules, Organic Jambars and Krams.

Willow Creek

- GU Non-Caffeine Gels – Lemon Sublime; Strawberry Banana
- GU Caffeine Gels– Chocolate Outrage; Vanilla Bean; Espresso Love; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Black Miners Bar

- GU Non-Caffeine Gels- Lemon Sublime; Strawberry Banana
- GU Caffeine Gels- Cold Brew; Espresso Love; Tri-berry; Vanilla Bean
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Beal's Point

- GU Non-Caffeine Gels- Lemon Sublime; Strawberry Banana; Pineapple
- GU Caffeine Gels- Vanilla Bean; Espresso Love; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Granite Beach

- GU Non-Caffeine Gels – Strawberry Banana; Lemon Sublime
- GU Caffeine Gels- Salted Watermelon; Espresso Love; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Horseshoe Bar

- GU Non-Caffeine Gels- Pineapple; Strawberry Banana
- GU Caffeine Gels- Vanilla Bean; Espresso Love; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Rattlesnake Bar

- GU Non-Caffeine Gels- Pineapple; Strawberry Banana
- GU Caffeine Gels- Vanilla Bean; Espresso Love; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Overlook

- GU Non-Caffeine Gels- Strawberry Banana
- GU Caffeine Gels- Salted Watermelon; Espresso Love; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

No Hands Bridge

- GU Non-Caffeine Gels- Lemon Sublime; Strawberry Banana
- GU Caffeine Gels- Salted Lime; Tri-berry; Espresso Love
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

ALT

- GU Non-Caffeine Gels- Lemon Sublime; Strawberry Banana
- GU Caffeine Gels- Chocolate Outrage; Espresso Love; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Cool Fire Station

- GU Non-Caffeine Gels- Strawberry Banana; Lemon Sublime
- GU Caffeine Gels- Chocolate Outrage; Vanilla Bean; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews
- SaltStick Electrolyte FastChews – Orange or Lemon Lime