



## GRANDMA'S MARATHON

**Water and Ultima Replenisher**  
Miles: 3, 5, 7, 9, 11, 13, 15, 17, 19, 20, 21, 22, 23, 24, 25

**Clif SHOT**  
Mile: 17

**Time Splits**  
Miles: 1, 5, 6.2, 10, 13.1, 15, 20, 25, 26

## GARRY BJORKLUND HALF MARATHON

**Water and Ultima Replenisher**  
Miles: 2, 4, 6, 7, 8, 9, 10, 11, 12

**Time Splits**  
Miles: 2, 5, 10K, 10



*The balanced electrolyte drink.*

OFFICIAL RACECOURSE PERFORMANCE DRINK

