



2022 Midstate Massive Food Plan on Course



Miles	Location	Food
0.0	100M Start: Windblown	Coffee/tea service
8.0	AS 1 Old Pierce Road	Fruit, gummies granola bars
6.0	AS 2 Jewell Hill	Fruit, cookies, trail mix PB&J
8.1	AS 3 Wachusett Dental	Fruit, gummies, pickles Avocado rolls Soda
5.4	AS 4 Wachusett Mountain	Fruit, cookies PB&J Pepperoni, olives, cucumber, crackers Boiled potatoes, pickles Soda
8.5	AS 5 Old Colony Rd	Potatoes, bacon (vegan option available) Pickles, gummies, candy, rice crackers Soda
8.1	AS 6 Barre Falls	Vegetable broth, sweet potatoes, Cheez-its, rice crackers, cookies Soda, ginger tea
6.1	AS 7 Rutland Long Pond / 50 M Start	Vegetable broth, chicken noodle soup, crackers, rice crackers Burrito halves (vegan options available) Tortilla chips, plantain chips, guacamole Cookies, candy, fruit Coffee/Tea service, soda
7.3	AS 8 Camp Marshall (Vibram)	Italian theme items from Vibram Savory charcuterie -Pepperoni -Hard cheese -Olives -Crackers -Pickles (mini gherkins) Italian Wedding Cookies Espresso, Italian Soda Fruit, gummy bears



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4.7	AS 9 Moose Hill (TARC)	Untapped waffles & syrup Quesadillas Trail mix, rice crackers, crackers, candy Soda
	30 Mile Start	
7.1	AS 10 Four Chimneys	Granola bars, gummies, cookies Pickles, plantain chips, Cheez-Its, crackers Soda
3.2	AS 11 Fay Mountain Farm	Pierogies, veg broth, crackers Candy Soda
7.6	AS 12 Leggett & Platt	Pancakes, bacon (+veg option), potatoes, oranges Trail mix, rice crackers Soda
5.7	AS 13 Whittier Farms (TMIRCE)	Pumpkin pie, apple cider donuts, fruit Pickles, crackers Apple cider, soda
5.1	AS 14 Rt 16 Douglas	Fruit, granola bars, cookies, PB&J Potatoes, Cheez-Its soda
3.7	AS 15 Douglas State Park	Water only
3.7	Finish	Coffee/Tea service, Bon Me (food truck)

*All Aid Stations will have water and skratch labs hydration mix

**Food plan is subject to change due to availability