

Fat Dog Aid Station Menus 2024

Please note that all menus are subject to change without notification, and thus no food is guaranteed at an aid station. Also, while we do our best to provide allergy-friendly options, we cannot guarantee that there has been no cross-contamination.

Gels are 200 calories, and will be limited to one per racer. We reserve the right to limit race fuel (gels/waffles) at other aid stations.

Aid stations are in different orders for some distances, and not all distances see each aid station. Reference the racer guide for more information.

If you have specific food or allergy related questions, please email info@fatdog120.ca

Aid Station	Hot/prepared food	Other
Heather (120 mile visit 1)		Tailwind electrolyte Naak waffles Oranges Candy Oreos (gf available) Fig Newtons Peanut butter and jam sandwiches (gf option) Pringles chips (gf option) pickles
Nicomen Lake (Washroom)	Ramen noodles Rice with soy sauce or broth (gf, vegan) Instant oatmeal (gf option) Coffee Hot chocolate Soup broth (gf vegan)	Tailwind electrolyte Naak waffles Naak gels Candy Oreos (gf available) Pringles chips Pretzels (gf available) Dried Mango Pop Tarts Honey garlic peperoni sticks
Grainger Creek (Washroom)	Ramen noodles Soup broth (gf, vegan)	Tailwind electrolyte Naak waffles Naak gels Candy Ruffles chips Pretzels (gf available) Dried Mango Pop Tarts Chocolate chip cookies (gf and vegan options) Saltine crackers
Cayuse Flats	Quesadillas (gf and vegan available) Perogies (vegan)	Tailwind electrolyte Oranges

	<p>Soup broth (gf, vegan) Hot chocolate Coffee Bacon</p>	<p>Watermelon Candy Coke Ginger ale Ruffles chips Pickles</p>
<p>Cascade (Drop Bags Available) (washroom)</p>	<p>Cheeseburgers (gf and vegan available) Nugget potatoes (gf, vegan) Soup broth (gf, vegan) Hot chocolate Coffee</p>	<p>Tailwind electrolyte Oranges Watermelon Candy Coke Ginger ale Ruffles chips Pickles Chocolate chip cookies (gf and vegan available)</p>
<p>Tulameen (Drop Bags Available) (washroom)</p>	<p>Perogies Butternut squash soup (gf and vegan) Grilled cheese sandwiches (gf and vegan available) Soup broth (gf, vegan) Hot chocolate Coffee</p>	<p>Tailwind electrolyte Naak waffles Oranges Watermelon Candy Coke Ginger ale Ruffles chips Pickles Blueberry muffins Saltine crackers</p>
<p>Hope Pass (Drop Bags Available) (Washroom)</p>	<p>French toast sticks with syrup, or peanut butter and jam (gf and vegan options) Eggs Breakfast sausages Tater tots with ketchup Soup broth (gf, vegan) Instant oatmeal (gf, vegan) Hot chocolate Coffee</p>	<p>Tailwind electrolyte Naak waffles Oranges Watermelon Candy Coke Ginger ale Ruffles chips Pickles</p>
<p>Heather (visit 2 for 120 mile, visit 1 for all other distances)</p>	<p>Soup broth (gf, vegan) Hot Chocolate Coffee Ramen Noodles Instant oatmeal (gf available) Pop tarts</p>	<p>Tailwind electrolyte Naak waffles Naak gels Candy Pringles chips (gf option) Fruit snacks Dried mango Saltine crackers</p>

<p>*Washroom at Buckhorn camp, 2 km past Heather</p>		
<p>Blackwall (Drop Bags Available) (Washroom)</p>	<p>Fried rice (gf, vegan) with gf soy sauce Pancakes (gf and vegan available) Perogies Quesadillas (gf, vegan available) Butternut squash soup (gf, vegan) Soup broth (gf, vegan) Hot chocolate Coffee</p>	<p>Tailwind electrolyte Oranges Watermelon Candy Coke Ginger ale Ruffles chips Pickles Saltine crackers</p>
<p>Windy Joe's (Drop Bags Available) (Washroom)</p>	<p>Banana berry smoothies (gf, vegan) Nugget potatoes (gf, vegan) Grilled cheese sandwiches (gf and vegan available) Cinnamon buns Bacon Soup broth (gf, vegan) Hot chocolate Coffee</p>	<p>Tailwind Naak waffles Oranges Watermelon Candy Coke Ginger ale Ruffles chips Oreos (gf available) Pickles Saltine crackers</p>
<p>Tom's Bench (120 mile only) Washroom at top of Frosty</p>	<p>Quesadillas (gf and vegan available) Soup broth Perogies (vegan)</p>	<p>Tailwind electrolyte Naak waffles Oranges Watermelon Candy Coke Ginger ale Ruffles chips Pickles Saltine crackers</p>
<p>Strawberry Flats (Drop Bags Available) (Washroom)</p>	<p>Strawberry-rhubarb pie (gf and vegan option) Tortellini with butter and parmesan (vegetarian) Tater tots and ketchup Soup broth (gf, vegan) Hot chocolate Coffee</p>	<p>Tailwind electrolyte Naak waffles Oranges Watermelon Candy Coke Ginger ale Ruffles chips Oreos (gf available) Pickles Saltine crackers</p>

Finish Line (Drop bags available)	Chicken vegetable soup (gf) Butternut squash soup (gf, vegan) Grilled cheese sandwiches (gf and vegan available) Hamburgers (Saturday evening- gf and vegan available) Breakfast sandwiches (Sunday morning – gf and vegan options) Pancakes (gf and vegan available) Soup broth (gf, vegan) Hot chocolate Coffee	Oranges Watermelon Candy Coke Ginger ale Ruffles chips Oreos (gf cookie option) Pickles Saltine crackers
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