

# 2026 CREW GUIDE

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<b>Date</b>	July 25–26, 2026
<b>100M Start</b>	Pacific Crest Middle School, Bend OR — <b>6:00 AM</b>
<b>50M Start</b>	Swampy Lakes Sno Park, Bend OR — <b>10:00 AM</b>
<b>Finish</b>	Sisters Middle School Track, Sisters OR

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## GENERAL INFO

- Crew must follow instructions from race volunteers.
- Parking only in designated areas (see maps in this guide). Parking outside designated areas **risks disqualifying your runner.**
- Crew going to Park Meadow **will result in disqualification of runner.**
- No littering. No smoking or fires — high fire season in Central Oregon.
- Be considerate of runners, volunteers, other crew, and national forest users.

★ **CREWS PACK OUT THEIR OWN TRASH — Aid station trash cans are for runners/volunteers only.**

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## CREW ACCESSIBLE AID STATIONS

Aid Station	100M Mile	50M Mile	Pacers	Drop Bags
Dutchman (AS3)	26.1	—	No	No
Swampy Lakes (AS4)/Start	33.4	Start	60+ only	100M only
Skyliners (AS6)/AS1	48.1	9.0	100M only	100M only
1514 (AS9,10)/AS4	73.7 & 80.1	34.6	100M only	100M & 50M
Whychus Creek (AS12)/AS6	93.4	47.9	100M only	No

**50M runners: drop bags at 1514 (Mile 34.6) ONLY**

## DUTCHMAN AID STATION

AS3 – Mile 26.1 (100M only)

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- Only **1 car per crew** — parking lot is small.
- **NO parking** on Cascade Lakes Hwy.
- Cell service: good. | Drop bags: No.
- Swampy Lakes is 10 minutes away.

Directions: Bend → Dutchman



## SWAMPY LAKES AID STATION

AS4 – Mile 33.4 (100M) | 50M Race Start

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- Paved road. Ample parking. Cell service: spotty.
- Pacers: **60+ year old runners only** may pick up a pacer here.
- **100M drop bags allowed.** Crew may retrieve once runner passes through.
- **50M: NO drop bags here. Drop bags at 1514 only.**

Directions: Dutchman → Swampy Lakes



## SKYLINERS AID STATION

AS6 – Mile 48.1 (100M) | AS1 – Mile 9 (50M)

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- Paved road. Parking along road + small lot (~20 cars). Cell service: **None**.
- Pacers: **first location pacers can join** (except 60+ runners).
- **100M drop bags allowed**. Crew may retrieve once runner passes through.
- **50M: NO drop bags here. Drop bags at 1514 only.**

Swampy Lakes → Skyliners



Bend → Skyliners



# 1514 AID STATION

AS9/10 – Miles 73.7 & 80.1 (100M) | AS4 – Mile 34.6 (50M)

- Short gravel road to AS — no 4x4 needed. Cell service: **None**.
- Pacers allowed.
- **Drop bags allowed for both 100M and 50M runners.**
- **50M runners: this is your ONLY drop bag location (Mile 34.6).**
- See parking map below.

Directions: Skyliners → 1514



# WHYCHUS CREEK AID STATION

AS12 – Mile 93.4 (100M) | AS6 – Mile 47.9 (50M)

- Short gravel section (no 4x4) then ¼-mile walk over a footbridge to reach the AS.
- **Park on the designated side of the gravel road and walk over the bridge.** Driving to the wrong side risks disqualifying your runner.
- Cell service: good. | Pacers allowed.
- Drop bags: No.
- See parking map below.

Directions: 1514 → Whychus Creek

