



## 2024 CREW GUIDE

**Date:** August 24-25, 2024

**Start Location:** Pacific Crest Middle School, Bend OR

**Finish Location:** Sisters Middle School track, Sisters OR

**Start Times:**

**-100M - 6:00AM**

**-50M - 10:00AM**

### GENERAL INFORMATION

- Crew must follow instructions from race directors/volunteers.
- When parking, please be aware of the environment.
- Parking is only allowed in designated areas. Refer to maps included in this guide for parking instructions. Crews parking outside of designated areas risk disqualifying their runner.
- Don't litter.
- No smoking in any part of the National Forest. If you must, please do so in the City of Bend or Sisters.
- No fires of any kind as this is fire season in Central Oregon.
- Please be considerate of runners, volunteers, other crew and other users of our national forests.

### 100M CREW ACCESSIBLE AID STATIONS

- Dutchman (AS4) - Mile 26.4
- Swampy Lakes (AS5) - Mile 33.7
- Skyliners (AS7) - Mile 48.4
- 1514 (AS10) - Mile 73.8
- Whychus Creek (AS12) - Mile 85.3
- Cow Camp (AS 14) - Mile 94.5

## **50M CREW ACCESSIBLE AID STATIONS**

- Skyliners (AS 1) - Mile 7.8
  - 1514 (AS 4) - Mile 35.8
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### **DUTCHMAN AID STATION 4 – MILE 26.4**

- Directions from [Bend to Dutchman](#)
- Paved surface
- Only 1 car per crew allowed – the parking lot is small
- Please park as close to another vehicle as possible
- Absolutely NO parking is allowed on Cascade Lakes HWY
- Cell service is pretty good at this location
- Swampy Lakes AS is located only 10 minutes away so there is no need to rush

### **SWAMPY LAKES AID STATION 5 – MILE 33.7**

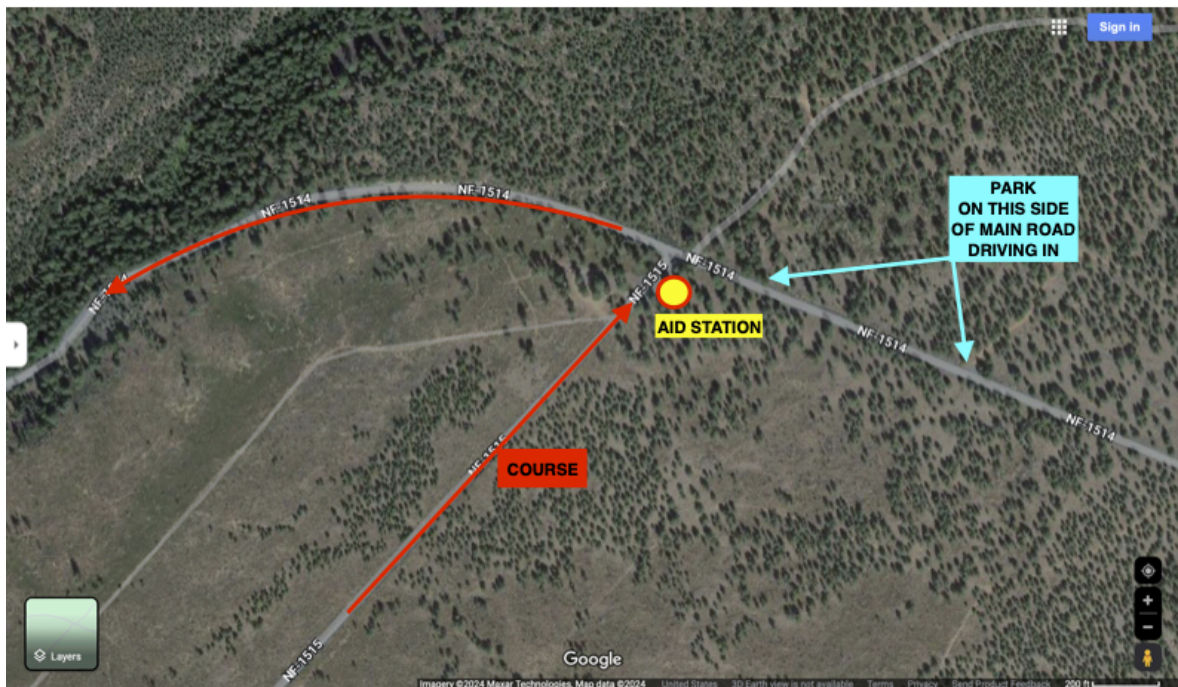
- Directions from [Dutchman to Swampy Lakes](#)
- Paved surface
- Cell service is spotty at this location
- Ample parking is available in the parking lot
- Runners *60 years and older* may pick up a pacer here
- Runners may have a drop bag here. Crew may retrieve drop bag if their runner has passed through the aid station

### **SKYLINERS AID STATION 7 – MILE 48.4 (100M)/MILE 7.8 (50M)**

- Directions from [Swampy Lakes to Skyliners](#)
- Directions from [Bend to Skyliners](#)
- Paved road surface
- No cell service
- This is the first location all other pacers may join their runner
- Parking is along the road leading to/from aid station – there is also a small parking area that can fit roughly 20 cars
- Runners may have a drop bag here and crew is welcome to retrieve it once the runner has passed through the aid station

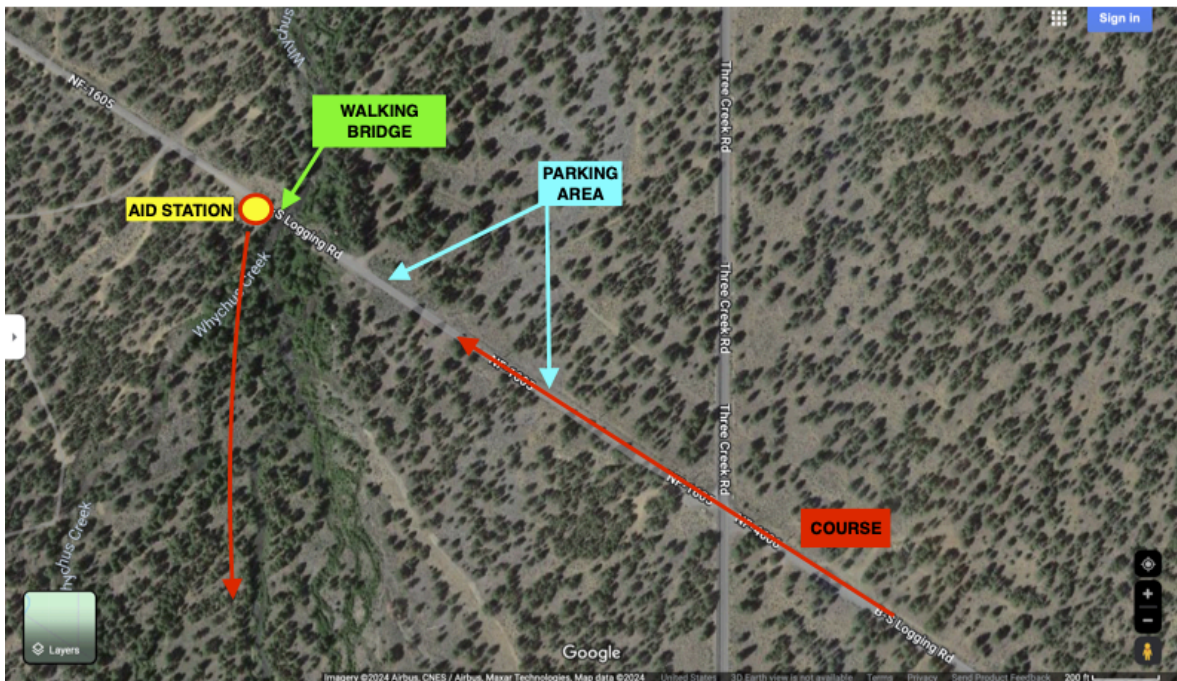
## **1514 AID STATION 10 – MILE 73.8 (100M)/MILE 35.8 (50M)**

- Directions from [Skyliners to 1514](#)
- There is a short (1/2 mile) gravel road section to the aid station – no 4x4 needed
- Very limited cell service
- Runners may have a drop bag at this aid station
- Pacers are allowed from this aid station
- Please see map below for parking information
- Please drive slow to avoid dust!!



## **WHYCHUS CREEK AID STATION 12 – MILE 85.3**

- Directions from [1514 AS to Whychus Creek](#)
- Good cell service
- There is a short gravel section (no 4x4 needed) and a short walk over a sturdy footbridge to access this aid station. Parking and access is only allowed from this side of the gravel road/bridge. You must park and walk over the bridge otherwise you risk disqualifying your runner.
- Pacers are allowed from this aid station
- Please see map below for parking information
- Please drive slow to avoid dust!!



## **COW CAMP AID STATION 14 – MILE 94.5**

- Directions from [Sisters Middle School \(Finish\) to Cow Camp](#)
- Good cell service
- There is a short gravel section (1 mile) - no 4x4 needed - and a ¼ mile walk to access this aid station
- Pass the Sisters Cow Camp sign by driving down the road 1/4-1/2 mile and doing a U-Turn. Park on the right side.
- Pacers are allowed from this aid station
- Please see map below for parking information
- Please drive slow to avoid dust!!



Updated 7/25/24