



2025 Crew Guide

Date: August 23-24, 2025

Start location: Pacific Crest Middle School, Bend OR

Finish Location: Sisters Middle School track, Sisters OR

Start Time: 100M - 6:00AM / 50M – 10:00AM

General Info

- Crew must follow instructions from race 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.
- Crew parking outside of designated areas risk disqualifying their runner.
- Crew going to aid stations they are not supposed to go to risk disqualifying their runner.
- Don't litter.
- No smoking/fires as this is high fire season in Central Oregon.
- Please be considerate of runners, volunteers, other crew and other users of our national forests.

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
- Met Win (AS 13) - Mile 92.5

DUTCHMAN AID STATION 4 – MILE 26.4

- Directions from [Bend to Dutchman](#)
- Only 1 car per crew allowed – the parking lot is small.
- Absolutely NO parking is allowed on Cascade Lakes Hwy.
- Cell service is pretty good at this location.
- Swampy Lakes is located 10 minutes from Dutchman.

SWAMPY LAKES AID STATION 5 – MILE 33.7

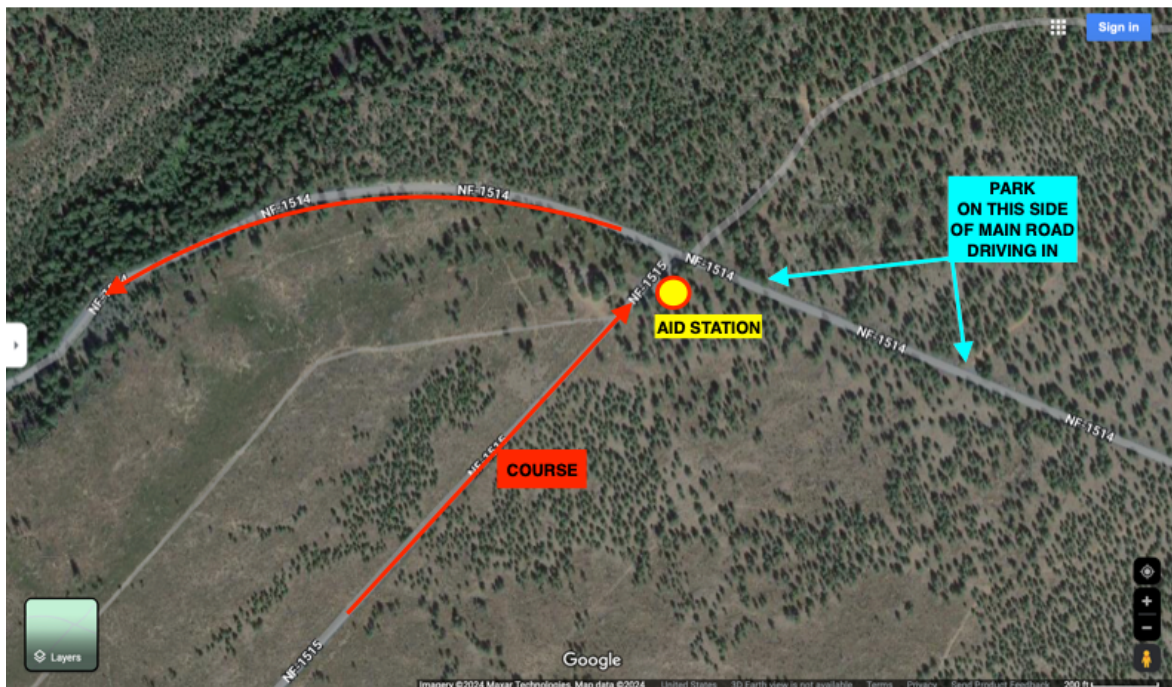
- Directions from [Dutchman to Swampy Lakes](#)
- Paved road surface.
- Cell Service is spotty at this location.
- Ample parking is available in the parking lot.
- Only runners over 60 years old may pick up a pacer here.
- Runners may have a drop bag here. Crew may retrieve drop bag if their runner has passed through the AS.

SKYLINERS AID STATION 7 – MILE 48.4

- Directions from [Swampy Lakes to Skyliners](#)
- Directions from [Bend to Skyliners](#)
- Paved road surface.
- No cell service.
- This is the first location a pacer can join in (*besides those > 60 years old*)
- Parking is along the road leading to/from AS – 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.

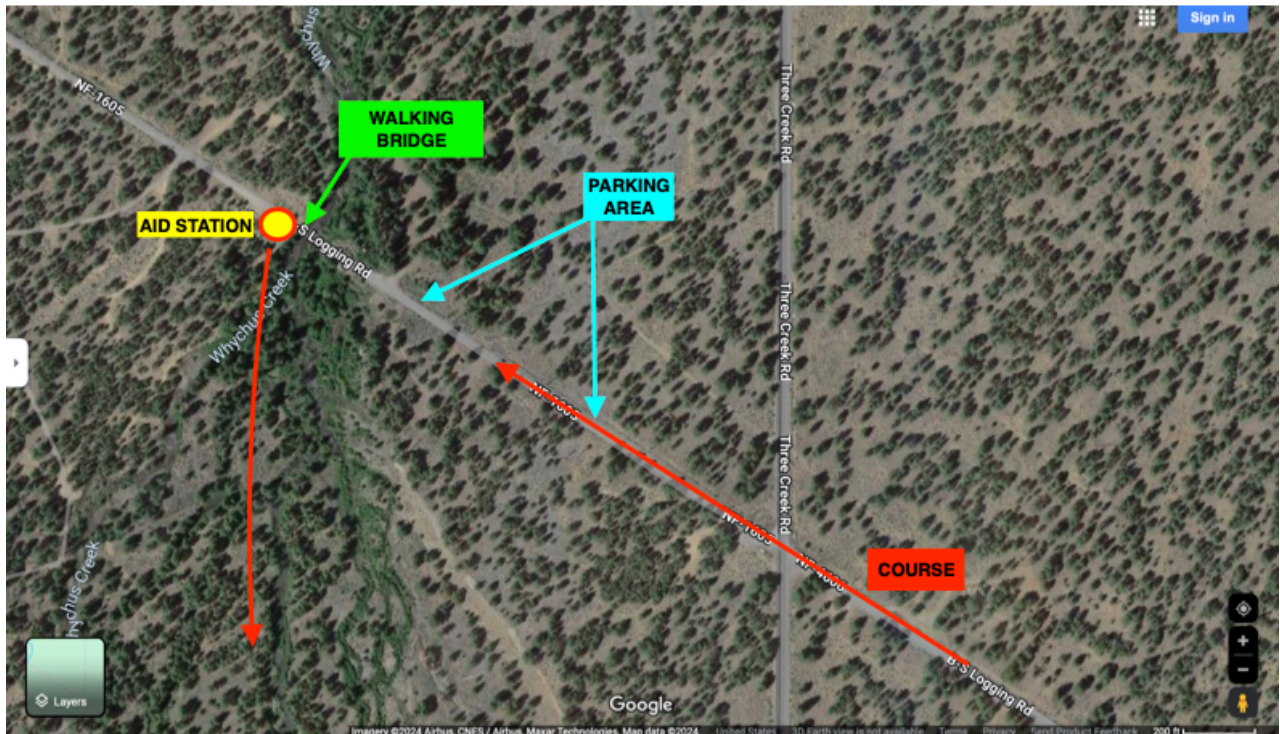
1514 AID STATION 10 – MILE 73.8

- Directions from [Skyliners to 1514](#)
- There is a short gravel road section to the AS – no 4x4 needed.
- No cell service
- Runners may have a drop bag at this aid station.
- Pacers are allowed at this aid station.
- Please see the map below for parking information.



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 ¼ mile 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 at this aid station.
- Please see the map below for parking information.



MET WIN AID STATION 13 – MILE 92.5

- Directions from [Sisters Middle School to Met Win AS](#)
- Good cell service.
- There is a short gravel section (no 4x4 needed) and a ¼ mile walk to access this aid station.
- Pacers are allowed at this aid station.
- Please see map below for parking information.
- DO NOT drive into the aid station location. You must walk the ¼ mile.

