

From: Lina McCain, Peggy Alfred
To: All volunteers for the Last Chance aid station (Western States 100-mile
Endurance Run, June 28-29)
Date: June 6, 2014

Dear volunteers,

Welcome to the 41st edition of this prestigious ultra run of Western States 100 miles!
And thank you for giving-up your time to support the runners in this ultimate challenge.
This extremely arduous and remote race couldn't happen without the support of
volunteers like you.

Any carpool requests should be posted on the Stevens Creek Striders Facebook Group
Page. You are welcome to invite more friends to participate. Also if you have medical
experience and can assist in the Medical Tent, please let us know. Your enthusiasm is
greatly appreciated! We love the fact that in recent years we have enjoyed the company
of a large crew of both returning and new volunteers. At Last Chance we have the luxury
of a large area that supports camping and the aid station set up. For experienced
volunteers who may be tempted to skip the rest of the letter, please note that we are
always appreciative if you can bring extra ice and/or water. If you can, please bring 2
bags of ice per person for the runners and some extra water for the runners. We may not
ask to use your extra water, but we almost certainly will need your extra ice. Also,
mosquitoes should be as bad as usual so be extra careful and use insect repellent (and
remember repellent attacks anything made of plastic, such as watches, camcorders,
cameras...). When packing up to leave, please make sure you have everything that you
brought with you. That includes your coolers and empty or full water containers. Perhaps
you will also be willing to carry some extra trash back to the stadium as well. Please
bring a spare trash bag or two for this purpose.

This packet contains a lot of information collected from various sources over the past 33
years throughout which the Stevens Creek Striders Club has successfully managed this
aid station. In fact, the Striders have the longest running service of any of the aid
stations! It is also worth noting that through Tom Kaisersatt's influence, the San Jose Fit
Club has also been an integral part of the Last Chance Aid Station in recent years.

We have so much fun with the Hawaiian Theme, that we thought we would continue the
same theme this year. So bring your Hawaiian shirts, hats, grass skirts or whatever tickles
your fancy. For the runners, we will provide the normal fare with a Hawaiian flare. As
usual, you are asked to provide the bulk of your own food while camping on Friday and
Saturday, but since there is always a little mix and match going on, feel free to be
creative in the food department.

In short (more to read in exhibits):

- When: The race will be held on June 28-29, 2014. You're welcome and actually encouraged to come to the station the day before on Friday afternoon to set-up camp, and avoid rushing on Saturday morning before the access road closes at 9 am (Dusty Corners).
- Where: in the middle of nowhere... camping in the Sierras...with a bunch of crazy runner enthusiasts. This is dry camping (no shower, just port-a-potties). The station is at mile 43.3 on the race course. See attached instructions to drive up to the station from Auburn. This is about a 5 to 6-hour drive from Cupertino.
- Who: 399 runners are registered, and the majority will start and continue on through our aid station, which is renowned for its very personalized attention to every runner.
- How: be prepared for dry camping in a remote, natural and high altitude location. How to get there? By car, of course, up to the station (fire road for the last few miles). If you cannot find people to car pool with, please contact us and we'll try to accommodate your request.
- What: we are the second major medical aid station after leaving Squaw. Situated just before one of the toughest canyons, Deadwood, and the subsequent climb to Devil's Thumb. What to bring? See list attached. Don't forget camping gear, insect repellent (a must!), some ice for you and the runners (there is never too much). Please bring two bags of ice per person, in a cooler. What to do? We've plenty of work between 9am and 6pm on race day (Saturday): preparing food for runners, and the drinks, greeting and assisting them throughout the station, directing them to medical care, dispatching the drop bags, getting water for the "car wash," cleaning-up the camp site.
- Note that if you need to leave a little early for pacing, then you must park above where the runners come in. If you need to leave a lot early for pacing, then you must park up at Dusty Corners. We cannot have any cars driving on our part of the course until after our cut time of 5:30. No cars can drive through Dusty Corners until their cut time of 4:10. Please adjust your cars for this before 9 a.m. If you have any questions about where to park, please check with Peter or Bruce.
- Peggy and Lina both won random lottery entries and will be running the race this year! Your capable captains for the day are their significant others, Peter and Bruce.

Thank you all for your support. We look forward to seeing you!

Aloha,
 Lina McCain, Peggy Alfred
 Last Chance (LC) Aid Station Captains

More information:

- Official website for Western States : <http://www.wser.org/>
- PARTICIPANT'S GUIDE : <http://www.wser.org/participant-guide/>
- Exhibits:
- Suggested agenda
 - Stuff to bring
 - History of the race
 - What should you do if you encounter a mountain lion
 - Directions to Last Chance

- Striders in the race this year:
 - Peggy Alfred
 - Mike Kreaden
 - Lina McCain

Suggested Agenda

Friday, June 27

We're not setting up a meeting point in Cupertino this year. You can caravan to Auburn (3 1/2 hours), stop for lunch and pick up final supplies (mainly ice at Raley's). If you cannot leave Friday morning, we strongly suggest you depart no later than 4:00 p.m. so as to arrive before 9:00 p.m. It takes 5 to 6 hours to get to Last Chance (depending on traffic...). Enclosed are directions to Last Chance so that you won't get lost. Please follow the directions explicitly – we don't want to go looking for you!

Bring your own snacks for dinner. After dinner those who want to visit a ghost-town we found a few years back can make the 2-mile trip before it gets dark (you'll need to ask Jerry Hill, who will pull in with the drop bags and hang with us for a bit on Friday night). We will have a campfire party with story time and singing for those who want to participate.

Special note: The U. S. Forest Service has requested we limit cars into Last Chance as much as we can, hence the proposition to car-pool. We cannot camp in the Meadow area. The water has not been tested for drinking, so bring extra water. There are two endangered species of plant life in the Meadow, so please be careful when going to and from the spring.

Saturday, June 28

No cars allowed into Last Chance after 9:00 a.m. (access road re-opens at 6:00 p.m.)

7:00 to 9:30 Breakfast (on your own)

6:30 to 9:00 a.m. Hike or run down to the river (arduous), if you like. Not officially organized.

Another nice option is to hike or run up to Dusty Corners. The trail route is much longer than the road. There are nice views of the river canyon on this route.

9:30 to 10:30 Set-up Aid Station and general instruction meeting at 10:00 a.m.

First runner around 11:15 a.m., cut-off time at 5:30 p.m.

5:30 p.m. Closing and clean up

6:00 p.m. **Please check needs with Captains before leaving the station.**

Please be ready to help by taking out some trash with you. We also might need help taking some runners back to Foresthill should we have drops. Please make sure that you take back any chairs, coolers and even the extra water if we didn't use it. We are responsible to cart everything but the porta-potties back out of there.

Sunday, June 29

From 8am to 12pm: Brunch (FREE for the volunteers) served by the Western States Organization at Auburn's Placer High School Stadium.

If anybody has remained to camp a second night at Last Chance: optional adventurous run along the trail down to the river and back. Breakfast on your own.

Tear down and clean campsite. All trash must be removed.

Stuff To Bring

Here is a suggested list of equipment and food to bring to the Last Chance Aid Station. You will be at an altitude of 5,350 feet, so dress accordingly (days can be warm to hot, nights cool to very cold). Please bring a camp stove for meals. During the day you will be able to help yourself to the runner's food and drink supply, but keep in mind that the runners are often tired and heat stressed by this point, and should be encouraged to eat even if they are not very hungry. Definitely encourage the runners to replace sodium along with water. Ask

Lina if we are running low on S-caps. Extra food can be taken to the finish line or used by volunteers. **Please mark with your name your coolers, lawn chairs, tables and pop-ups!** There are no showers or rest rooms, just a port-a-potty. The closest store is 40 miles away. There's a spring with an outlet for washing off, but it is cold and not tested.

- Tent
- Sleeping Bag and Mat
- **Lawn Chair** (folding chair – no seating provided up there)
- Camp Stove (see note on meals)
- Eating and drinking utensils
- **Bottled Water**, gallons (we can always use more for the runners)
- Coffee pot, coffee, tea, sugar & cream
- Food for dinner Friday and breakfast Saturday and Sunday, snacks for Saturday
- Running cloths & stuff
- Night time warmer cloths (altitude so cool at night, hot during the day)
- Soap, washcloth and towel
- **Ice** (one or two bags per person, in a cooler, for yourself and after that for the runners – can find some on the way at Raleigh's before leaving Auburn)
- Beer, wine and Other Drinks
- **Mosquito repellent – a new bottle - last year's may not be strong enough!!!**
- Lantern and Flashlight
- Warm jacket
- Toiletries, Suntan lotion, sunglasses, cap
- **Cooler** (for ice)
- Music (Bill will bring his guitar –I hope—you're welcome to bring other instruments: ukulele?)
- Optional: Walkie Talkies to get connected on race day and announce the runners getting in the station ahead of time

Extra Stuff for the Aid Station and the runners (please masking tape with your name):

- **Extra Water & Ice in Cooler**
- High Style **Lawn Chairs** (not the low to the ground type) (We should be fine with the chairs you bring for you, with the size of our crew this year.)
- Extra tarp to go under the drop bags (bring again if you brought last year)
- **Additional folding tables** are always useful if you can bring one or two
- Extra towels and basin/buckets for the car wash (although we should be all set again this year with Dick's professional car wash equipment)
- **Additional pop-up awnings for shade**

PS: This is Mountain Lion Country PLEASE READ the safety notice attached for runners. Dogs are not permitted at the aid station during the race, sorry.

HISTORY OF THE RACE

Over the crest of the Sierra Nevada lies the Western States Trail, first used by the fleet-footed Paiute and Washoe Indians. Later, with the boots of the Gold Rush pioneers and the Silver Lode miners, and the hooves of their horsed and mules, the trail became indelibly imprinted upon the high mountain ridges and deep river canyons as the most direct route from the gold camps of California to the silver mines of Nevada. Today, although part of the route follows smooth fire roads and crosses some pavement, most of the trail remains in its natural state; years of travel have changed it little. Since 1974, through the vigilance of the late Wendell T. Robie, President of the Western States Trail Foundation, the Western States 100 Miles One Day Ride has been held over the course. Thirty three years ago, a new challenge was officially added: that of traversing the entire 100 miles on foot.

In 1974, Gordy Ainsleigh decided to leave his horse at home and to participate in the Western States 100 Mile Ride on foot. Twenty-three hours and forty-two minutes later Gordy arrived in Auburn, having proven that, indeed, a runner could complete the difficult 100 mile course in one day.

The following year a second runner attempted the feat, only to withdraw two miles from the finish. In 1976, Ken "Cowman" Shirk ran the 100 miles, finishing just 30 minutes beyond the 24-hour time limit. 1977 saw fourteen runners from four different states participating in the first official Western States 100 Miles One Day Endurance Run. Three men completed the course. 1978 heralded a dramatic increase in interest and participation in the Western States Endurance Run and, as word of the event became widespread, more and more runners accepted the challenge of the rugged 100 miles. One hundred forty-three athletes from 21 states and three foreign countries attempted the course in 1979, and from 1980 onward the run reached its full quota of 350 entrants, drawing athletes from across the nation and around the world.

WHAT SHOULD YOU DO IF YOU ENCOUNTER A MOUNTAIN LION?

There's been very little research on how to avoid mountain lion attacks. But mountain lion attacks that have occurred are being analyzed in the hope that some crucial questions can be answered: Did the victim do something to inadvertently provoke an attack? What should a person who is approached by a mountain lion do--or not do? The following suggestions are based on studies of mountain lion behavior and analysis of attacks by mountain lions, tigers and leopards:

DO NOT HIKE ALONE: Go in groups, with adults supervising children.

KEEP CHILDREN CLOSE TO YOU: Observations of captured wild mountain lions reveal that the animals seem especially drawn to children. Keep children within your sight at all times.

DO NOT APPROACH A LION: Most mountain lions will try to avoid a confrontation. Give them a way to escape.

DO NOT RUN FROM A LION: Running may stimulate a mountain lion's instinct to chase. Instead, stand and face the animal. Make eye contact. If you have small children with you, pick them up if possible so they don't panic and run. Although it may be awkward, pick them up without bending over or turning away from the mountain lion.

DO NOT CROUCH DOWN OR BEND OVER: In Nepal, a researcher studying tigers and leopards watched the big cats kill cattle and domestic water buffalo while ignoring humans standing nearby. He surmised that a human standing up is just not the right shape for a cat's prey. On the other hand, a person squatting or bending over looks a lot like a four-legged prey animal. If you're in mountain lion country, avoid squatting, crouching or bending over, even when picking up children.

DO ALL YOU CAN DO TO APPEAR LARGER

DIRECTIONS TO "LAST CHANCE"

Take Interstate 80 to Auburn. Exit at "Foresthill - Auburn Ravine Road". This exit is three exits past State Highway 49. At the exit, go right and through the intersection. I suggest that you fill-up your gas tank at this corner—the round trip from this point is 94 miles on mountain roads. Also, if you need any last minute things there is a Raley's Shopping Center across the street.

Note – Distances are approximate and we include two different measures (different cars, different drivers) to give you a range. The range seems big (half mile), it mostly depends where you reset the odometer on Mosquito Ridge Road. The most important is then to get on "44", which should be signaled by Bob and Marsha by the time you get up-there.

Set your odometer to 00000.

Foresthill is directly ahead of you 16.4 to 16.6 miles.

At mile 16.4 you will see a Valero gas station on your right; right after the station, a sign that says "Welcome to Foresthill"; and a green sign that says "French Meadows 53 →". The road on your right is Mosquito Ridge Road.

Reset your odometer to 00000.

Go right on Mosquito Ridge Road. This is a paved and winding mountain road with no guardrail, so be careful.

At mile 22.8 to 23.2 you will see a brown sign that says "44" - Deep Canyon Road/Last Chance. This is a small sign, so don't miss it. Go left and stay on the paved road. Don't take the dirt road.

Go through the crossing. At mile 24.4-24.9 the road becomes gravel.

At mile 27.6-28.1 go straight. This junction becomes the Dusty Corner Aid Station. From this point on you will be driving on the Western States Trail. Also, the road is rocky, so watch out for your oil pan.

At mile 29.5-30.1 go straight. If you have sharp eyes you will see a "Last Chance" sign.

At mile 30.2-30.7 go left. The yellow ribbons hanging from the trees are the Western States Trail markers. (You are on the trail, that's why you can't drive after 9am on Saturday morning.)

At mile 30.6-31.2 go left. The Last Chance Aid Station is directly ahead.