

XVI. CREW INSTRUCTIONS

Familiarity with access routes to the major checkpoints will be of considerable benefit to those crewing the Western States Run. Because access roads are extremely narrow and parking is limited, please obey the "No Parking" signs. Failure by crews to observe parking and access instructions can lead to the disqualification of their runners. Crews must always observe safe speeds; there is adequate time to travel between major checkpoints and greet runners as they come in.

CREW "A" INSTRUCTIONS

If you have one crew, we strongly suggest that they follow the instructions listed for Crew "A."

1. Squaw Valley to Robinson Flat -- Allow 2½ hours. Take I-80 West. Exit at the Foresthill exit. Turn left. Follow the Foresthill Highway approximately 17 miles into Foresthill. Continue on this same road approximately 34 more miles to Robinson Flat. A shuttle bus service is provided from the Sailor Flat parking area, approximately four miles south of Robinson Flat. It is a 20-minute uphill walk from Robinson Flat to the Little Bald Mt. Aid Station.
2. Robinson Flat to Michigan Bluff -- Allow 1¼ hours. Go back on the Foresthill Highway, approximately 30 miles. Turn left on the road to Michigan Bluff and go approximately three miles. This is a very steep, winding road; so proceed with caution.
3. Michigan Bluff to Foresthill -- Allow 20 minutes. Return to the Foresthill Highway. Turn left. Go approximately 4 miles to Foresthill.
4. Foresthill to Highway 49 Crossing -- Allow 1 hour. Go back on the Foresthill Highway towards I-80 (approximately 17 miles). Turn left at the signal light (Lincoln Way). Continue along Lincoln Way to the intersection of Highway 49. Turn east (left) onto Highway 49 and proceed 2 miles down the steep, winding road. Turn right at the first bridge (You will notice No Hands Bridge 200 yards down river on the right), cross the American River, and proceed uphill for 3.3 miles to Cool. Park in the lot on your right just past the Cool Firehouse. Shuttle service is provided and will transport crews and pacers to the 49 Crossing aid station beginning at 6:30 p.m. Absolutely no parking or stopping at the aid station is allowed. The highway and its shoulders are narrow and vehicles are moving very fast. The CHP will be monitoring the aid station; anyone parking or stopping on the shoulder of Hwy. 49 will be ticketed.
5. Highway 49 Crossing to Green Gate -- From the town of Cool continue south on Highway 49 for .2 miles to Highway 193. Turn left and travel 6.1 miles to Sliger Mine Road (Lance's Place appears on the right side of the highway). Turn left onto Sliger Mine Road and travel 3.8 miles to where the paved road ends and the dirt road begins; you are not permitted to drive beyond this point. Make a "U" turn and park on the right side of the road ONLY (facing out). YOU SHOULD NOT PARK IN FRONT OF THE GREY HOUSE ON THE RIGHT SIDE (facing out) OF THE ROAD. From there it is a 1¼ mile hike to the Green Gate aid station and an additional 2 miles to the river. The route is along a steep and uneven dirt road. Wear sensible shoes.
6. Highway 49 to Finish Line -- Allow 30 minutes. Return towards Auburn on Highway 49. Cross the bridge over the American River and make an immediate left. Follow the highway uphill for 2 miles. Continue straight on Highway 49. It will become High Street, heading west. Continue on High Street and turn left onto Finley Street, follow three blocks to the stadium.

If you have two crews, second crew should use Crew “B” Instructions.

CREW “B” INSTRUCTIONS

1. Squaw Valley to Dusty Corners -- Allow 3 hours. Take I-80 West. Exit at the Foresthill exit. Turn left. Follow the Foresthill Highway approximately 16 miles. Turn right onto Mosquito Ridge Road. Go approximately 23.5 miles, and look for “Road N-44” sign. This is a VERY steep, winding road; so proceed with caution. Turn left onto Road N-44. This is a chip-seal road for 2 miles that becomes a dirt road. Total distance along N-44 is about 5 miles. Follow this road to the aid station. Do not take the road to Robinson Flat (closed to crews). **You must park in designated off-road parking areas only!**
2. Dusty Corners to Michigan Bluff -- Allow 2 hours. Drive back out to Mosquito Ridge Road. Turn right and return to Foresthill. Turn right at the Foresthill Highway. Go approximately 4.5 miles. Turn right on the road to Michigan Bluff, and go approximately 3 miles.
3. Michigan Bluff to Finish Line -- See Crew “A” instructions.