

Dear Western States Duncan Canyon Aid Station Volunteers:

We are just under two weeks from race day! This is the first of a few emails you will receive from me regarding details for volunteering at Duncan Canyon.

Schedule:

**Monday (6/21) evening meeting** – For those of you that live in the San Jose area, we will be having a meeting on Tuesday (6/21) at my house 971 California Avenue, San Jose to go over the logistics of hauling gear up to Duncan Canyon. We will also give out some T-shirts and race programs. All are welcome to attend, but the meeting is optional. Meeting will start at 7:30PM and end no later than 8:30PM. Snacks and beverages provided.

**Friday (6/25)** - People are welcome to arrive at Duncan Canyon at anytime on Friday, but the caravan from San Jose will not arrive until about 4PM (I will be arriving with the caravan). From Friday at 4PM onward there will be signage telling folks where to park and how to get to the actual aid station location (which is about .25 miles off the paved road).

**Saturday (6/26)** – Most folks get up around 6:00AM and dress for the day. We will have breakfast food for folks in the morning, but please try to eat before 7:00AM. We will be having a meeting of all volunteers at 7:00AM on Saturday June 26<sup>th</sup> (race day). We will have introductions and go over assignments at that time. Then we will set-up the aid station in time for the first runner which should be between 8:00 and 8:30AM. After the last runner comes through we will close the aid station and have a group lunch (food provided).

**Camping** – For folks coming up Friday night, camping is permitted. You will not need a permit to camp, but we will ask folks to camp in areas that will not restrict our getting gear up to the top of the ridge (where the aid station is). Someone will be on site to let people know where it is ok to camp. Most likely, we will be able to have a campfire for the group. Also, directions to the aid station will be posted at the road. Also, for late night arrivals, the trail from the road to the aid station will be posted with glow sticks.

**Friday Caravan from San Jose** – I will be contacting people individually about caravanning up from San Jose on Friday morning (6/25).

For what to bring and directions to Duncan Canyon, see below.

Remember – please email or call me directly if you have questions.

Thanks for your help!

-Dorsey Moore

Duncan Canyon Aid Station

408-439-6653

### **Details & Directions for Duncan Canyon Aid Station**

If you are helping out at the aid station, please try to be at Duncan Canyon no later than 7AM to help set up. If you are coming from the start at Squaw Valley just get there when you can.

Directions to Duncan Canyon Aid Station:

- From Interstate 80 coming from Sacramento drive to Auburn and take the Forest Hill – Auburn Ravine Road Exit.
- Make a right turn at the end of the ramp.
- Go straight at the next intersection and this will put you on Forest Hill Road. You will take this road for 16.7 miles. This will take you into the Town of Foresthill.
- At 16.7 miles you will see a street sign for Mosquito Ridge Road heading off to the right.
- Make a right turn onto Mosquito Ridge Road.
- Take Mosquito Ridge Road for 32.8 miles (note there are several turn offs along the way leading to various places. Just stay on Mosquito Ridge Road (the main road). It will take you the better part of an hour to drive this 32.8 miles as it is a windy mountain road.)
- At 33 (+/-) miles from the juncture of Forest Hill Road and Mosquito Ridge Road you will see a yellow Forest Service sign on your left (it should be on the crest of a hill). Look for a dirt road on the left by the sign. We will have a Duncan Canyon Aid Station

sign (with glow sticks) at the road as well. Look for parking on that dirt road. If there are no parking spots left, please park in the open areas beside the turn off. There is a spot for five cars a few feet before the turn off and a spot for about 20 cars about 50 feet on the left past the turn off to the aid station. Please note that if you end up at the French Meadows Reservoir Dam – you have gone about a half mile past the aid station.

- Once you park you will have to walk about .25 miles to the top of the ridge to get to our camping area. I will try to mark it with flagging tape or glow sticks for those of you arriving at night.

Other items:

- It is a good idea to keep all food locked up in your car at night so not to attract bears or other animals.
- Cell coverage is not good once you leave Foresthill so don't plan on calling anyone.
- Please don't drive tired on Forest Hill Road or especially Mosquito Ridge Road. These are dangerous windy roads that will require your full attention. If tired, pull off the road someplace and take a nap. Proceed only when you are up to it. The hard part is getting to the aid station. Once you are there the fun will start. Promise.

As a reminder, it would be a good idea to bring the following items with you for the event:

- Sleeping bag
- Warm clothes for nighttime
- Ground cover
- Folding/lawn chair
- Insect repellent
- Flashlight
- Spare car key
- Sunglasses
- Sunscreen
- Swimming clothes for a dip in French Meadows Reservoir after working the aid station
- Book
- Camera
- Tent
- Sun hat
- Plenty of food and drinks (water, soft drinks, beer, wine, spirits, etc.)

Please plan to bring your own dinner in on Friday evening. We will have breakfast food for everyone Saturday morning and lunch for Saturday.

Please let me know if you have any questions. I can be reached on my cell phone (408 - 439-6653) until about 1PM on Friday and then I will be out of cell range.

-Dorsey