



Volunteer Handbook
Last Chance Aid Station

From: Robin Mills & Jean Pommier
To: All volunteers for the Last Chance Aid Station
Subject: Western States 100-mile Endurance Run, June 28, 2008
Date: May 31, 2008

Dear Volunteers

Welcome to the 35th edition of this prestigious Western States Endurance Run.

Thank you for giving-up your time to support the runners in this demanding challenge. More than any other race, this extremely arduous and remote event couldn't happen without the support of hundreds of volunteers - about 1,300 of them each year.

SPECIAL NOTE. Experienced volunteers may skip the rest of this letter because no substantial changes have been made in this year's event. Conditions on the trail this year are fine. We're not anticipating a lot of snow – however we'll have to wait and see how hot it turns out to be.

The Mosquitoes at Last Chance should be as bad as usual, so please be extra careful and use insect repellent - and remember repellent attack anything made of plastic such as glasses, watches, camcorders, cameras... - take care! The finish rate in the 2005, 06 and 07 has been 69%, 46% and 80%. The low finish rate in 2006 was caused by excessive heat in Duncan Canyon, causing runners to arrive later than usual at our aid station. However cut-off time will remain at 5:15pm.

This packet contains a lot of information collected from various sources and over the years during which Stevens Creek Striders have successfully managed this aid station. According to some club historians, this will be the 27th year in 2008; as a matter of fact, we're starting to loose memory of some details of the early years, proving this has become a genuine "tradition" ☺

A special mention to our friends of San Jose Fit (also called the Fitters) who join us for this event with invaluable experienced volunteers.

Jean's running again this year (an amazing 15th place last year) and Robin will be 'the man' at Last Chance on event day.

Thank you again for your support. We're both looking forward to seeing you all at Last Chance on Saturday June 28, 2008.

Robin Mills & Jean Pommier
Last Chance (LC) Aid Station Co-Captains



Summary of the arrangements (more details later):

- **When:** The race will be held on Saturday June 28, 2008. You're welcome and actually encouraged to come to the station the day before on Friday afternoon to set-up the camp, enjoy the pre-race eve, and avoid rushing on Saturday morning before access road closes at 9 am (Dusty Corner). Also, I will have tickets for the race-end brunch in Auburn on Sunday end of morning for those interested (ask me when picking-up your t-shirt at the station).
- **Where:** in the middle of nowhere... Well, just kidding, but we will be camping in the Sierras, this is dry camping (no shower, just two port-a-potties). The station is at mile 43.3 on the race course. See attached instructions to drive up the station from Auburn. This is about a 5 to 6-hour drive from Cupertino.
- **Who:** 413 runners are registered. About 380 should be at the start and will go through the station. On our side, we're expecting around 30 volunteers who will enable us to provide outstanding support to the runners. Last Chance is reputed for its very personalized attention to every runner. As in previous years, Dr Bob and Nurse Pat will be part of the medical team. Both have been coming from out of State to serve the event for quite a few years.
- **How:** as I said, being 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 are interested in car pooling, please contact me and I'll try to accommodate all the requests.
- **What:** we are the third major medical aid station, just before one of the toughest canyons, the climb to Devil 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). If you can, one or two bags of ice per person, in a cooler (keep receipt to get reimbursed). 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.



More information:

- Official website for Western States:
<http://www.ws100.com>
- PARTICIPANT'S GUIDE
<http://www.ws100.com/pguide.htm>
26 pages of up-to-date information on this year event (course description, rules and regulations, race week agenda for the runners, etc.)
- Appendices to this Document:
 - Program for the Weekend
 - Stuff to bring
 - History of the race
 - What should you do if you encounter a mountain lion
 - Directions to Last Chance
- This year the following Striders are running in the race:
 - Eileen Vosti
 - Jean Pommier
- Volunteer list (as of 5/31)

Coming (26):

Robin & Alison Mills + Jamie
Gene Kiernan
John Koester
Dennis Connor + Felicity and friend
Ron Wolf
Mariza Lew + Jared and Jamie
Bill Jones
Gary Sparer + friend
Michael Obadia + spouse
Tom Kaisersatt
Peter Johnson
Bill Dodson
John McKiernan
Rob Larson
Judy Reyes
Sandi Radcliff
Ellen Mastros
Georgiana Boewer

Maybe (24):

Larry Myers
Tim Dalbec
Amanda Williams
Lewis Cramer
Steve Reagan
Terry Ridgeway
Jerry Hill
Peter Hargreaves
Rebecca Feng
Christina Brownson
Gayla Johnson
Anil Rao
Larry Phelam
Michael Florence + Sister
Judy Mays
Mike Shields
Don Murdoch
Dave Radtke
Randy Ison
4x WSER Volunteers



Program for the Weekend

Friday, June 27

It takes at least 5 hours (possibly longer) to get to Last Chance from Cupertino.

You can caravan to Auburn (3 1/2 hours), stop for lunch and pick up final supplies (mainly ice at Raley's). If you can not leave Friday morning, I strongly suggest you depart no later than 4:00p.m. so as to arrive before dark at 9:00p.m.

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 food and water for your stay at Last Chance. The Aid Station supplies of water and food are required for the runners and we request all volunteers to provide for themselves and their family members.

Friday evening, we'll have a campfire with stories 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 vehicles are allowed into Last Chance after 9:00 a.m. (access road re-opens at 6:00 p.m.)

7:00am - 9:30am	Breakfast (on your own)
7:00am – 7:30am	Early morning short run to visit our colleagues of Dusty Corner
9:30am - 10:30am	Set-up Aid Station and general instruction meeting at 10:00 a.m.
11:15am – 5:15pm	First runner around 11:15 a.m., cut-off time at 5:15 p.m.
5:30pm	Closing and clean up
6:00pm	Time to Go

You're welcome to stay at Last Chance on Saturday evening if you wish. In this case, bring a dish to share at the potluck dinner. More story telling time, music and sing along around the camp fire.

Most volunteers elect to leave to help crew, go to the finish, or simply return home. Please be ready to help by taking out some trash with you. We will need help taking back the drop bags to the finish and could use some help. We also might need help taking some runners back to Foresthill should we have drops (unusual that "early" in the race, but a possibility). Please check needs with Captains before leaving the station.

Sunday, June 29

Brunch is provided in the Stadium at Placer HS, Auburn for 8-12 noon. You'll be given a voucher on Saturday.



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 all your food and water for your stay at Last Chance. And you may need a stove if you wish to cook.

There are no showers or rest rooms, just two port-a-potties. The closest store is 40 miles away. The spring water is fine for washing, however untested for human consumption.

- **Ice and Cooler (please bring 20lb+ per car of ice from Raley's in Auburn)**
- 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
- Coffee pot, coffee, tea, sugar & cream
- All food and drinks for your personal consumption (Aid Station is for runners)
- Running clothes & stuff
- Night time warmer clothes (altitude so cool at night, hot during the day)
- Soap, washcloth and towel
- Beer and wine if you wish
- **Mosquito repellent – a new bottle - last year's may not be strong enough!!!**
- Lantern and Flashlight
- Warm jacket
- Toiletries, Suntan lotion, sunglasses, hat
- Music (Bill will bring his guitar –I hope—you're welcome to bring other instruments for the eves around the camp fire)
- Optional: GPRS radio to get connected on race day and announce the runners getting in the station ahead of time

Optional Stuff for helping runners and the Aid Station

- Extra High Style Lawn Chairs (not the low to the ground type)
- Additional folding tables are always useful if you can bring one
- 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)

This is Mountain Lion Country PLEASE READ the safety notice in this document.

Dogs are not permitted at the aid station during the race, sorry.



History of the Western States Trail

Over the crest of the Sierra Nevada lies the Western States Trail. The 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. In the late 70s, 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.



History of Striders at Last Chance

It has been my privilege to be part of Western States 100 since 1981. For most of those years I have been a part of the coordination of the Last Chance Aid Station. Here is what I know about the early history and start of our club's participation in the Aid Station.

In 1981 an early Strider Board Member, Bob Downs, was asked by Phil Gardner (then Vice President of Western States) to help him devise and keep records of runners times. Bob in 1982 asked Kathy Stinson (later to become the wife of our early club president Larry Gomez) to sponsor with the help of the Stevens Creek Striders Club members the Last Chance Aid Station in exchange for a club entry in 1983. Larry Gomez, who I think that year was supporting Ray Clark or Lee Schmidt, had gotten the Western States Bug. Since he wanted to make sure he could run the race in 1983, he strongly encouraged his girlfriend Kathy and fellow club members to help out at Last Chance. You could say it was a little politically driven, but I must confess that the club entry helped a lot of us, myself included, get into the race, especially after the lottery system was put into place.

In 1983 Tom Williams, Ernie Flores and myself paced Larry Gomez in his first entry into the race, and we all got the Western States Bug. Larry was our club's first Silver Buckle Winner. That same year Kathy Stinson again helped put together a group from our early club to run the Aid Station. I believe some of the early volunteers at the aid station were Shelly and Rich Grieb, Lirio Guevara (who the club names our yearly Big L award after), Julie Bryson, Terry Seyfarth, Al Morotti, Don Savant, George Black, Jim Lamb, Rich Siemens, Charlie Snygg and Lenore Sheridan, who continued to coordinate the Aid Station in the early years for the club. The first few years the aid station was setup in the meadow, and we just used the spring water for the runners. It was a very low key station, but the club members received many ardent accolades for a great job well done. The Levi and Nike sponsored volunteer T-Shirts of the early years were also a keeper. This increased the willingness of our members to return each year to help out. The campfire stories and the great fellowship camping over the weekend has been a highlight for the members who have participated. Visits by miner Bob and his dogs have added to the folklore of the history of this old gold mining ghost town.

Starting in 1985, Tom Williams and I teamed with Lenore Sheridan, and then later Martha Landis, to take turns as Aid Station captains until 2000. The tradition continues on. Some of the faithful long term helpers I can think of are Carol Borders, Pat Koren, John Felde, George and Shelley Black, Bob Campbell, Rich Siemens, Dick Wedge, Bob and Margaret and so many more. The new club leadership has continued to support this effort each year.

The earliest photo of the club at Last Chance that I have is from 1988 or 1989. Finally, all I can say is that the road into the aid station has gotten better over the years and the mosquitoes have gotten worse.

Jerry Hill



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 30.0-30.6 go right. 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.