**CREW STUFF**

After the **START**, **JUNEBUG** will ride with Kate Freeman to **ROBINSON FLAT**

**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.

*I don’t anticipate Gabi being that far behind me at this point, but even if she is, there is*

*no cause for concern. You have PLENTY of time to get back to Foresthill so just chill*

*and enjoy!*

TEAM **MON**-**DOM** will roll to Duncan and Dusty. Look out for Rogue Mountain Cows, circa 2009.

**START:**

2 Bottles (1 Carbo-Pro/Nuun, 1 Water)

2 Flasks Non-Caf Gel

7 SaltStick Baggie

Buff

Sunglasses

iPod Nano

Plan to start in singlet, unless cold – then I might throw on a L/S or my Minimus jkt

May wear calf sleeves

**ROBINSON ITEMS for** **JUNE**

**TAKE:**

* 2 Bottles (Water) Ice if hot! – will refill my bottles at the A/S
* 1 Flask Non-Caf Gel

**OPTIONS:**

* Ice Bandana if hot!
* Justin’s Nut Butter
* Mojo Bar

**1. DUNCAN CANYON MON**-**DOM**

**Squaw Valley to Duncan Canyon—THE DRIVE:**

Allow 3½ 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. This is a VERY steep, winding road, so proceed with caution. Go approximately 36.2 miles, and look for sign and trailhead. **You must park in designated off-road parking areas only!**

*You’ll want to leave right after the start, as I could be there in as early as 4 hours. Plus it*

*will be one of the only places you’ll actually see the leaders, if you’re into that sort of thing. Parking is not easy around there, so I’d suggest having your coffee bought, and needs sorted out before the gun.*

**TAKE:**

* 2 Bottles (1 Carbo-Pro/Nuun, 1 Water) If hot, ICE!
* 1 Flask Non-Caf Gel
* 7 SaltStick Baggie

**OPTIONS:**

* Justin’s Nut Butter Pkt
* Mojo Bar
* Ice Bandana if Hot
* Body Glide

*\*\*If I started with extra clothes and still have them around my waist, remind me to ditch!*

**2. DUSTY CORNERS**– **MON**-**DOM**

**Duncan Canyon to Dusty Corners – THE DRIVE:**

Head back towards Foresthill on Mosquito Ridge Road for approximately 12.7 miles, and look for "Road N-44" sign. Turn right 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!**

*Again, parking ain’t so easy around these parts, so once you’re done at Duncan, hit the*

*road.*

**TAKE:**

* 2 Bottles (Water) Definitely ICE!
* 2 Flask Non-Caf Gel
* 10 SaltStick Baggie

**OPTIONS:**

* Justin’s Nut Butter Pkt
* Mojo Bar
* Cold G2
* Pringles (Once you pop, you can’t stop, bitches.)
* Ice Bandana (Likely Yes)
* Towel or wipe for face
* 890s – just in case my feet are really beat up
* Calf sleeves, if not already wearing them
* Xtra Spray on Sunscreen
* Body Glide

*\*\*I’ll probably give you my shirt here, too.* ***Dom****, remind me to take it off – you’re always good for that. Heyo!*

**3. MICHIGAN BLUFF**-- **MON**-**DOM**

**Dusty Corners to Michigan Bluff – THE DRIVE**

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.

**JUNEBUG** *will reunite with Team Panda in a furious blaze of glory at either Michigan Bluff or Foresthill, depending on timing, Once back in Foresthill, you should be able to check and see if I’ve gone through Michigan yet.*

*Be sure to grab any food/beverage needs at Worton’s IGA right outside of Foresthill. They’ve got mad sammiches and every other thing you could need. I’d recommend going before heading to Michigan Bluff, since you’ll have time. Also, there’s usually burgers and drinks for sale at Michigan Bluff too.*

**TAKE:**

* 2 Bottles (Water) ICE!
* 1 Flask Non-Caf Gel
* 4 SaltStick Baggie

**WILL SWITCH SHOES TO 890S HERE**

**Fresh Injinjis - maybe**

**OPTIONS:**

* Justin’s Nut Butter Pkt
* Mojo Bar
* Cold G2
* Pringles
* Ice Bandana (Likely Yes)
* Towel or Wipe for face
* Calf sleeves, if not already wearing them
* Headlamp if I’m moving slow and it’s getting dark

**4. FORESTHILL**– **MON**-**DOM-JUNE-SUZANNA = PARTY!**

**Michigan Bluff to Foresthill – THE DRIVE**

Allow 20 minutes. Return to the Foresthill Highway. Turn left. Go approximately 4 miles to Foresthill.

**THE SUZANNA** *will pace from Foresthill to the river.*

**ALL CREW** *can run back to Bath Rd. and run the 1.4 mi into Foresthill if they so wish.*

*Just have things ready and accessible for when we get back – people can sprint ahead*

*and pull it out when we get close. And by sprint, I mean run slightly faster than the nice*

*jog I’ll have kicking. I’ll have to get on a scale there, so there will be time.*

*Also, I’ll likely change my shoes, so I won’t be in a total rush to get out.*

*June or Dom will drive Suzanna’s car to Green Gate*

**TAKE:**

* 1 Bottle (1 Water& ICE!)
  + Have 1 CarboPro/Nuun bottle ready in case I want to take it/if not, I will drink it at the A/S
* 2 Flask Caf Gel – I realize that if I leave with 1 bottle, I leave with 1 flask; that is ok, as I can grab gels at the A/S
* 10 SaltStick Baggie
* HEADLAMP!
* **DOM** – please take my sunglasses from me before I head for the scale and switch out the lenses to clear. UNLESS, I am really early to Foresthill. Then I will switch at the river.

**OPTIONS:**

* Justin’s Nut Butter Pkt
* Mojo Bar
* Cold G2
* Red Bull (likely no)
* Pringles
* Ice Bandana (If still super Hot)
* Towel or Wipe for face
* Calf sleeves, if not already wearing them
* Body Glide

*\*\*If for some reason I didn’t want to stop and change shoes in Michigan Bluff, I definitely will here. 890’s away!*

**Also, remind me to leave my iPod with you**

**5. GREENGATE – DOM (MON/JUNE OPTIONAL)**

**Foresthill to Greengate – THE DRIVE**

Allow 1 hour to get to Cool. Go back on the Foresthill Highway towards Auburn. After about 14 miles, turn left onto Old Auburn-Foresthill Road and proceed downhill for about 2 miles to the confluence of the North and Middle Forks of the American River. Turn left at the bridge, onto Highway 49 (No Hands Bridge is visible 200 yards downriver) and proceed uphill for about 3½ miles to the town of Cool

Continue south on Highway 49 through the town of Cool and turn left at the light onto Georgetown Road (Route 193.) Travel about 6¼ miles, look for the Calvary Chapel Church on your left. Park in the church parking lot (please don't block other cars from getting out) and board the shuttle bus that will take you to the end of Sliger Mine Road. From there it is a 1¼ mile hike to the Green Gate aid station and an additional 2 miles to the river crossing area. The route is a steep, uneven dirt road. Wear ~~hiking shoes.~~ *Leather NB walking shoes would be preferable.*

**DOM** *– hike on down and get ready for some pacing fun with Panda*

**OPTIONS:**

**MON**/**JUNEBUG** *– you can either hike down, or enjoy a nice sleep in the car & wait for*

**SUZANNA** *to hike up after she’s done pacing. If it’s only DOM, just send him with a*

*bookbag and* **SUZANNA** *can bring it back up.*

*Also,* **ALL CREW** *can hike all the way down to the river if you want and run/hike up to*

*Greengate with me. If you do, you can leave the bag of stuff at the Aid Station.* **DOM***, I’d*

*really like for you to head down, as it will give you, Suzanna and I to discuss what’s been*

*going on, what’s working and the plan of action in continuing. Plus you probably want to*

*see the river crossing/take pictures and stuff anyway:)*

**TAKE:**

* 1 Bottle (Water & Ice)
  + Have 1 CarboPro/Nuun ready too, as I will either take or drink
* 2 Flask Caf Gel (will only take 1 if only taking 1 bottle)
* 8 SaltStick Baggie
* Clear lenses for sunglasses, if I didn’t already switch at Foresthill

**May change shoes again here- have 2nd pair 890’s & 1400’s + fresh pair of Injinjis**

**OPTIONS:**

* Justin’s Nut Butter Pkt
* Mojo Bar
* Red Bull
* BODY GLIDE
* Calf sleeves, if not already wearing them
* Singlet
* Tshirt
* Jacket or LS shirt, in the off chance it cooled off (hahahahahaaaaa…ha)

**6. HIGHWAY 49 – MON/JUNEBUG**

**Greengate to Highway 49 Crossing – THE DRIVE**

**NOTE: Do NOT stop enroute** at the the 49 Crossing checkpoint; there is no parking at the checkpoint. Continue reading for shuttle service information.

From the Church, go back to Highway 49 on Georgetown Rd (Route 193). Take a right on Highway 49 to take you back into Cool. Arriving in Cool, park in the lot on your left just before 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 crew/spectator parking is allowed at the checkpoint or along Hwy 49 in either direction. Nor is stopping to load/unload passengers at the aid station is allowed. The highway and its shoulders are narrow, and traffic moves very fast. **Crewmembers who attempt to stop/park at the 49 Crossing checkpoint risk having their runner disqualified.** Also, the State Highway Patrol will be monitoring the aid station area; anyone parking or stopping on the shoulder of Hwy 49 will be ticketed.

*NOTE: While you technically can go to No Hand’s Bridge as well – I’d rather y’all just go park at the finish and meet me at Robie. More fun for you. More fun for me.*

**TAKE:**

* 1 Bottles (Water) Ice if Hot
* 1 Flask Caf Gel
* 4 SaltStick Baggie

**OPTIONS:**

* Justin’s Nut Butter Pkt
* Mojo Bar
* Red Bull
* Cold G2
* Body Glide
* Calf sleeves, if not already wearing them
* Singlet
* Tshirt
* Jacket or LS shirt, in the off chance it cooled off (hahahahahaaaaa…ha)
* Regular sunglass lenses in case it’s getting light; or sunglasses if I said to hell with switching lenses

**7. FINISH – MON/JUNEBUG**

**Highway 49 to Finish Line – THE DRIVE**

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

**MON**/**JUNEBUG** – You can walk back to Robie Point if you want and run the last 1.3 in with me, if you want. Up to you, but I would very much welcome all my BFFs bringing me home/singing/partying on up to the track. **JUNEBUG** knows the way. She knows the way very well…

**NEEDS:**

* Hugs
* Lots and lots of hugs

**GENERAL NOTES:**

* I will attempt to move through aid stations as quickly as possible
* I’ll walk through with you guys and switch bottles on the fly
* Please have bottles pre-packed with gel flasks and SaltStick
* I’ll mainly eat gel, but will also incorporate food from the aid stations
* I cannot have any dairy whatsoever
* The main goal will be keeping me wet and cool throughout the day – the ice towel on the back trick works very nicely
* My race almost entirely depends on maintaining a positive attitude and razor focus
* June and Monica are in charge of all time related decisions
* Dom is in charge of course details – let me know what mile I’m at, how many to the next aid station & any advice you have based on weather, what people have been saying, etc.
* Suzanna will be meeting us in Foresthill. At some point, we will need to get her back to her car.
* Please remember to take care of yourself! Eat! Drink! Be Merry!
* Take naps if you can/need to

**PACERS:**

* In the non-crew aid stations, I’ll plan to move through quickly
* When the aid station is approaching, let’s talk about what I need to do there
* I’ll eat fruit, chips/pretzels, potatoes and drink Coke/Ginger Ale/etc.
* If I’m super tired, I will drink coffee at night
* I only want to sit if there is a problem that I need to take care of
* Singing and stories work well
* I generally respond well to just keeping an even keel, everybody staying happy, etc. I’ll usually listen to whatever you say
* If I don’t listen to what you say, it probably means I’m low on calories – feel free to tell me to shut the f up and eat my gel
* I generally don’t respond well to yelling or demands – but you know, if for some reason you have to do that, go ahead
* Please know, that I am very grateful for what you are doing for me :)