

2022 High Lonesome 100 Crew Manual

Last updated: 07/08/2022

Crew rules:

- A shuttle is required to access Cottonwood aid station. No driving above the parking area for any reason.
- Crews are limited to one vehicle at the Cottonwood and Hancock aid stations.
- Crews must display their crew pass to access Hancock.
- Crews may not visit non-crew accessible aid stations FOR ANY REASON.
- Crews may not provide support to runners outside of crew accessible aid stations.
- Crews should attempt to arrive at aid stations close to the time their runners are due.
- Crews must follow all parking requirements
- Crews must be courteous to volunteers, runners, and crews. Rude crews will have their crew pass confiscated.

Pacer Rules:

- Pacers are allowed from Hancock AS to the Finish.
- Pacers must check-in – AT THE AID STATION THE ARE LEAVING FROM – to receive a bib.
- Pacers must always wear a bib.
- Pacers must always carry the required gear.
- Pacers cannot be picked up or dropped off at non-crew accessible aid stations.
- No muling - pacers cannot carry things for the runner.
- Pacers cannot have drop bags but may use their runner's bag.
- Pacers must check in and out of all aid stations with their runners ("Runner ## and pacer are out/in!" for example).
- Runners over the age of 65 may have a pacer from the start.
- Only one pacer per runner is allowed, except for the final 3.5 miles where multiple pacers are allowed. Specifically once runners leave the Colorado Trail and run on CR290.

Dogs:

This isn't a good race for dogs, but it is a great opportunity for a doggy sleepover with a friend. I strongly encourage you to board your dogs. If you absolutely must bring them, please note the following rules. Note that these are rules...not suggestions.

- No dogs in any aid station or within 100ft of aid stations or runners.
- No dogs within 300ft of the finish line or finish line aid station. If you're within the food or drink area, it's a no go. Too many dog fights and owners who don't like leashes...
- No dogs are allowed at Cottonwood or on the shuttles to Cottonwood.
- Dogs must be on leash at all times
- Dogs cannot be left unattended, especially not unattended in vehicles.
- Cleanup after your pup

Please note that these rules pertain to crews, but volunteers are allowed to bring their well-behaved pets in some situations. Since this race doesn't happen without volunteers, we have these rules in place to protect their animals and allow them to do their work supporting runners.

Required gear for Pacers:

Pacers must carry the relevant required gear with them. The gear list is broken down into two lists (Base Gear and Divide Gear) and gear is checked at the aid station the pacer is leaving from. Failure to carry the required gear may result in being disqualified from the race.

Base required-gear list (required at all times)

- Whistle
- [SOL Emergency Bivvy](#)
- Minimum 1.5L water capacity (you don't have to have it full, just have the capacity to carry 1.5L)
- Emergency light source (must be at least 10 lumens, [example](#))
- Waterproof jacket or poncho (must have taped seams)
- Collapsible cup (bottles do not count, [suggested option](#))
- Mask or neck gaiter

Divide required-gear list (required from Cottonwood to Monarch)

- Pants (can be leggings, tights, running pants, waterproof pants, etc.)
- Two light sources (primary source + previously carried emergency light source)
- Beanie
- Extra layer (long sleeve T-shirt or warmer. NO COTTON)

Check-in Process for Pacers:

Pacers must check-in before they can begin pacing. Pacers can check-in at the following locations:

- Runner check-in (Buena Vista High School)
- Hancock Aid Station
- Monarch Aid Station
- Blanks Aid Station
- Raspberry 2 Aid Station

Any pacer can check in early on Thursday. For pacers unable to check-in early, they can check in **at the aid station they are leaving from**. So, if you are pacing from Monarch to Blanks, pick up your bib at Monarch not Hancock. If you're pacing from Blanks to the Finish, pick up your bib at Blanks.

Pacer check-in Process:

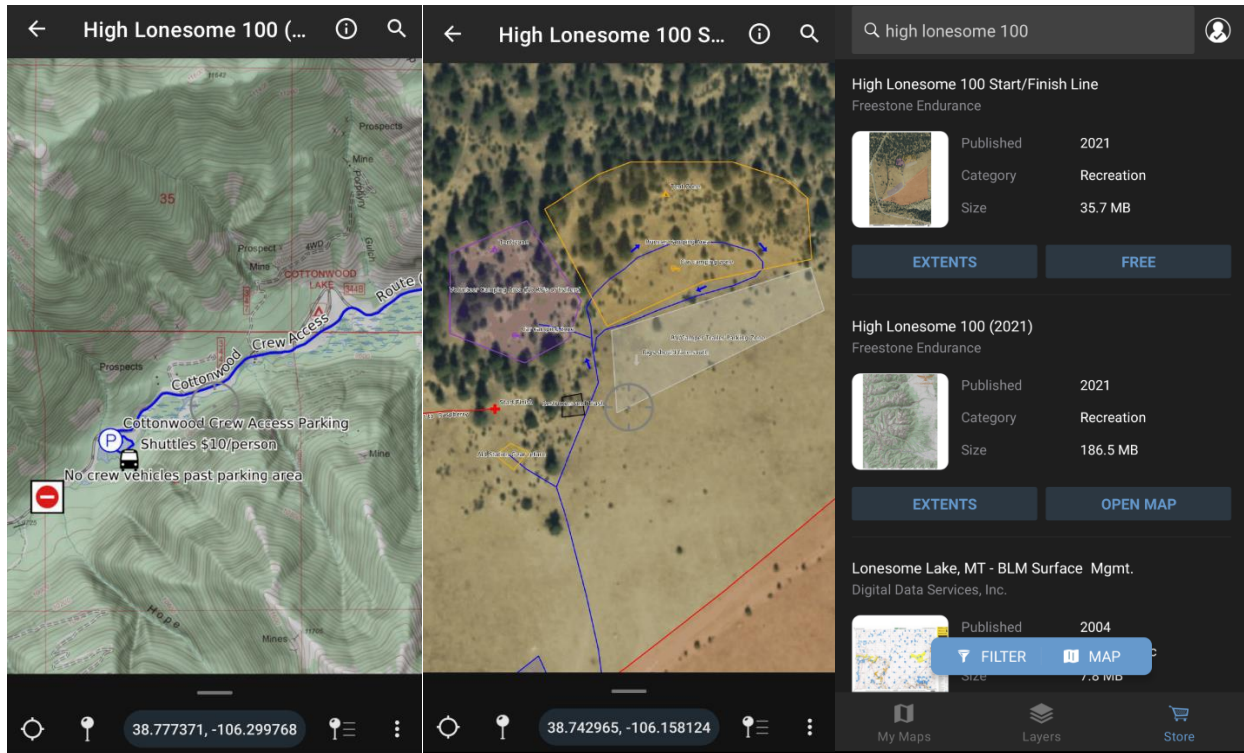
- Go to the aid station you are pacing from and find the Comms Table or Aid Station Captain.
- Bring your CORSAR Card and required gear for your section
- Sign the waiver
- The toad bath is only required for pacers checking in on Thursday. It is not required for anyone checking in at an aid station.

How to be a successful crew:

- Make a detailed plan:
 - o Cover every detail, have all the stuff you need before the race starts. Don't wait until the last second to figure out where you are going, when you need to be there, or how to get there.
- Assume your phone won't help
 - o Cell coverage is spotty, so have written directions and maps. Have extra batteries, charging cables, food, and water.
- Download the google maps area and the Avenza map so it works offline
 - o If you are going to try and use a phone, download the directions so they work offline. Google maps works well and is easy to use.
 - o The free High Lonesome 100 map on Avenza has crew driving directions and works in airplane mode.
- Be self-sufficient
 - o Have everything you need from the start to the finish. Don't plan on whipping into town or finding a place to eat in the middle of the mountains.
- Bring a way to sleep
 - o Sleep is critical for a crew, so bring stuff to get some rest. Don't forget an alarm.
- Drive to the aid stations before the race
 - o Visit the aid stations in the build up to the race so you know where to go.
- Don't count on volunteers for directions
 - o Many of our volunteers only know one or two aid stations. Most haven't even seen the other spots. If you are absolutely lost, your best bet is another crew. In full out dire situations, the AS Captains can most likely help, but they are usually insanely busy so be tactful and polite.
- Drive a high-clearance vehicle
 - o While a low clearance vehicle can work, it's not wise. If you are renting, rent something with at minimum AWD and some ground clearance. You don't need a jeep (but we'd recommend 4wd), but a Subaru or Rav4 (at minimum) will get the job done.

AVENZA maps:

We have two custom maps on Avenza that are extremely useful. Avenza is a free app and our maps are also free. Simply download the app and search "High Lonesome 100" in the app's map store. You'll see the course map and a map of the start/finish line.



Start Line

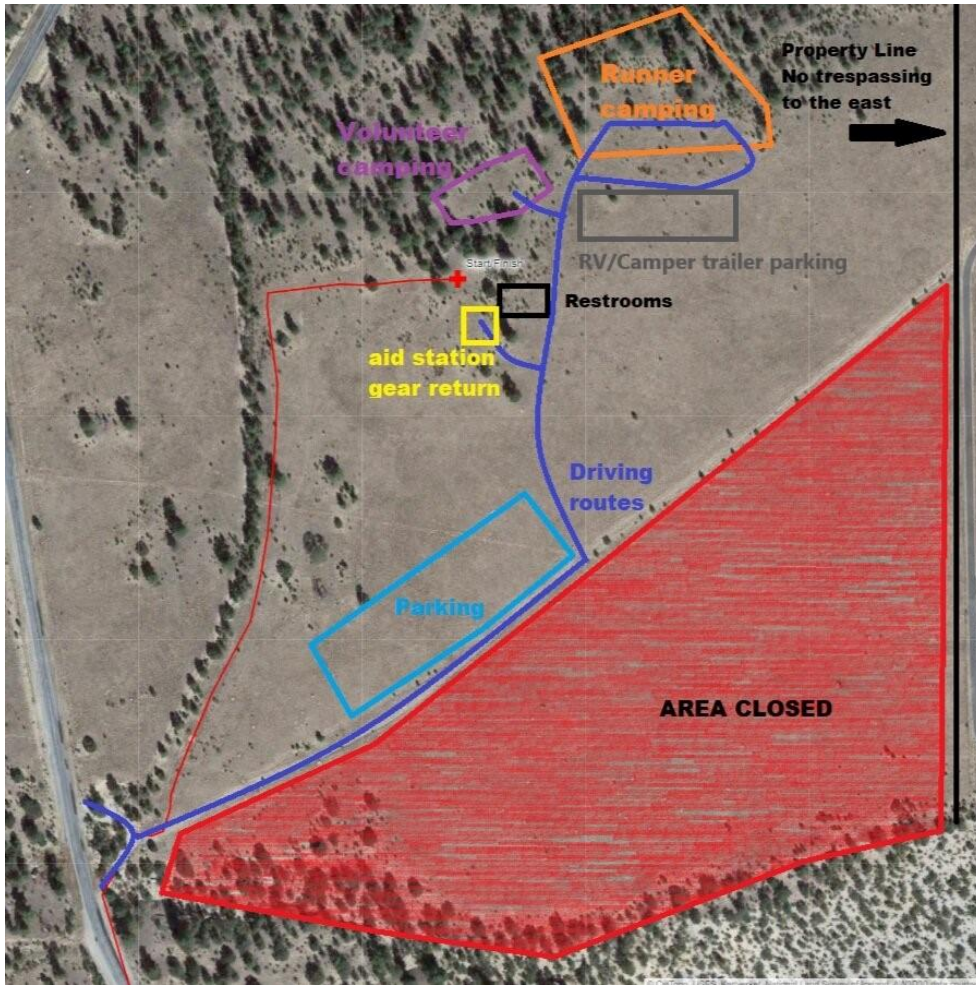
Driving directions from SALIDA to Start Line – 35-minute drive time

- **AS Coordinates: 38.740295, -106.161073**
- From Salida, get onto US 285 heading north. Turn left (west) onto CR 162. Drive for 4.5 miles before turning right (north) onto CR 321. Drive for 1 mile and look for signs directing you into a large field to the east.

Driving directions from BUENA VISTA to Start Line – 15-minute drive time

- From Buena Vista, drive to the intersection of Main St and US 24. It's the main stoplight in town. Go west on Main St towards Cottonwood Pass. Go for about $\frac{3}{4}$ of a mile and turn left (south) onto CR 321. Stay on CR 321 for 7 miles and look for a left turn into a large field to the east.

Finish Line site plan:



Cottonwood Aid Station

Shuttle required

One vehicle, crew pass required

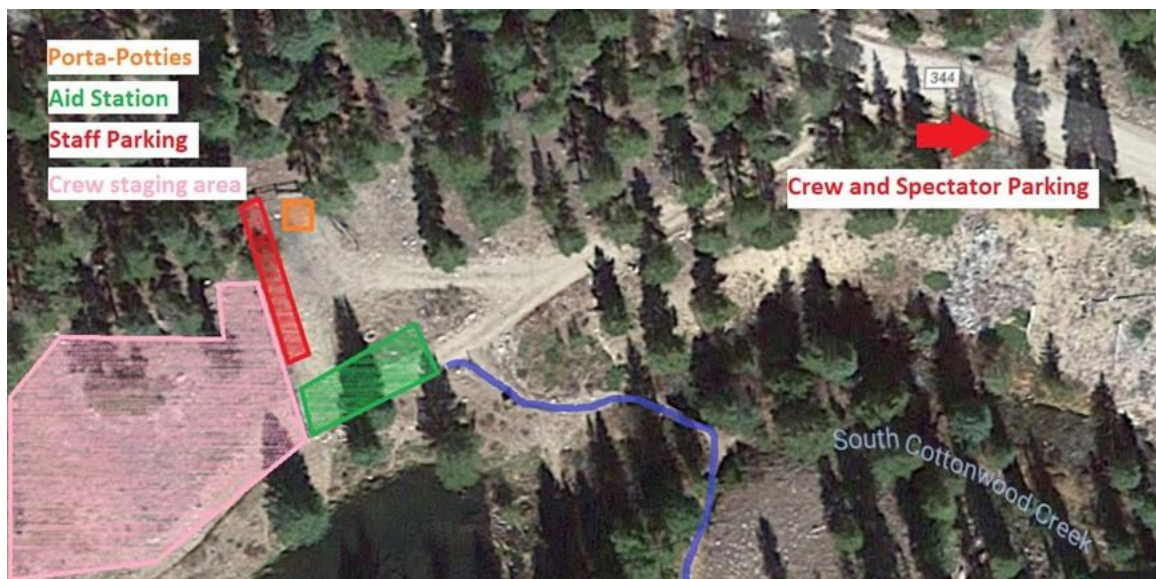
Driving directions from Start to Cottonwood – 45-minute drive time

- **Cottonwood AS Coordinates: 38.764577, -106.336511**
- From the start, turn right and head north on CR321 until it intersects Cottonwood Pass RD/West Main Street/306. Turn left (west) and drive about 6 miles and turn left onto CR344. You will see signs for Cottonwood Lake at the junction. Drive for about 4.9 miles, passing the lake until you reach a very large field on your left. Follow the parking attendant's instructions exactly. From here you will take the shuttle up to the aid station.

Cottonwood specific details:

- Most people won't need to get to Cottonwood before noon. Given this, we highly recommend going into Buena Vista for breakfast. The Roastery, Blend, and Brown Dog Coffee both have good coffee, great food, and Wi-Fi. To make it easy on you, our directions will route you through BV.
- Crews will park above Cottonwood Lake (Coordinates: 38.775506, -106.306989) and be shuttled to the Aid Station by our friends at CORE.
- Shuttle Rides are \$10 (round trip)/person, please bring cash.
- Shuttles will take about 15 minutes, so please arrive a little early.
- Crews are NOT allowed to drive to the aid station unless given permission by the Aid Station Captain.
- [You can read more about CORE's mission and purpose by visiting their website.](#)

Cottonwood site plan:



Hancock Aid Station

One vehicle, crew pass required

Driving directions from Cottonwood to Hancock – 1.5-hour drive time

- **Hancock AS Coordinates: 38.639211, -106.361804**
- To return to BV. From the intersection of Main St and HW24, take 24 South. Stay straight on 24 where it merges into 285/50. 8 miles after leaving the intersection of Main St and 24, turn right onto CR162. Stay on 162 for 15.4 miles. Around 15.3 you will pass the Last Chance restroom on your left. It is a large gravel lot with a restroom. Slow down here and look for a small gravel road up and to your left. It is just about 0.1 miles after the restrooms. If you go into St. Elmo, you missed the turn. Here is a picture of the junction and the sign about 30 yard after the turn:



- After turning onto CR295, continue for roughly 5.4 miles until you reach the parking zone. You will pass some odd driveways, but just stay on 295 until you reach the parking attendant. PLEASE NOTE, CR 295 is full of large potholes. You can, with careful driving, get to the aid station in a 2WD vehicle, but it's slow going. Parallel park on the east side of the road. GET AS FAR OVER AS POSSIBLE...even if your co-pilot must crawl out the driver's side.

Hancock site plan:

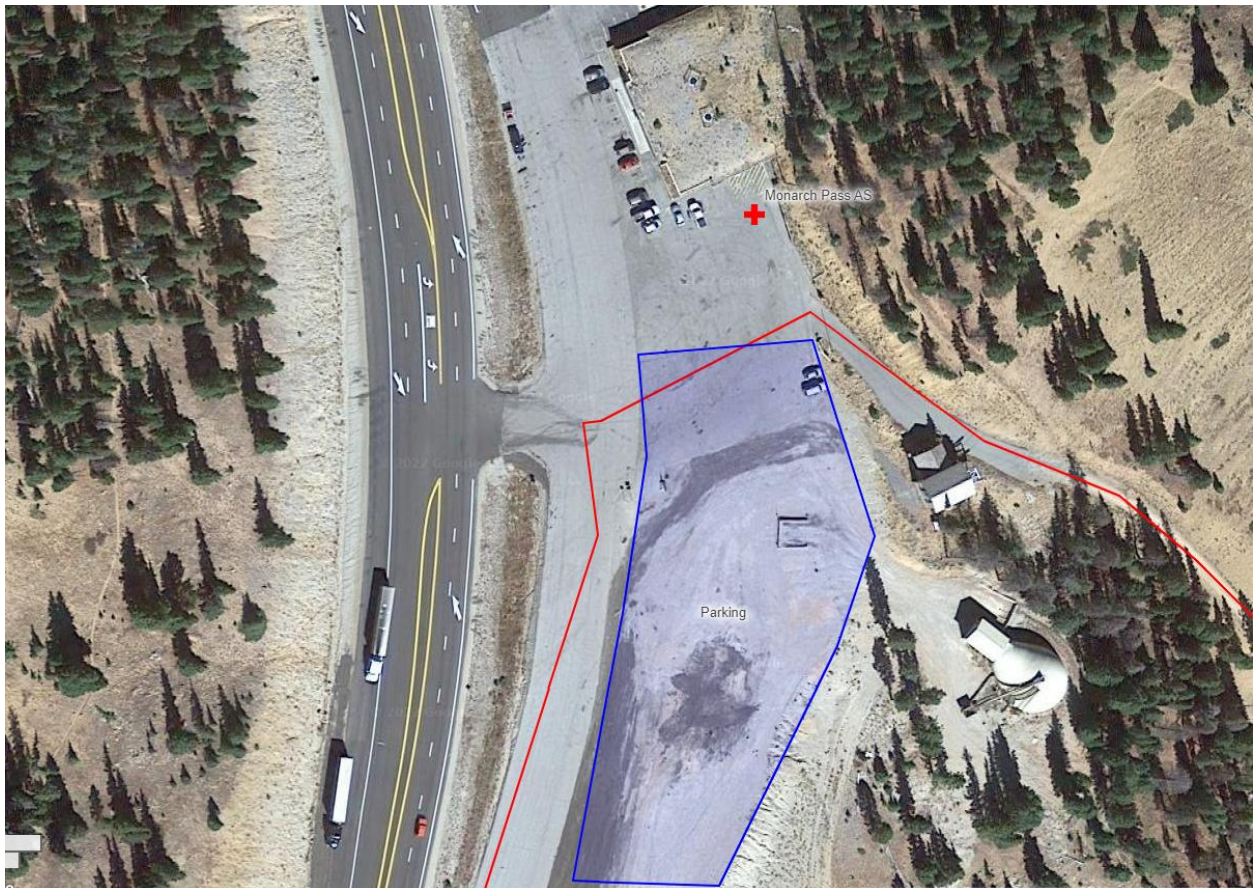


Monarch Aid Station

Driving directions from Hancock to Monarch Pass – 1.75-hour drive time

- **Monarch Pass AS Coordinates: 38.496236, -106.325321**
- Turn around and drive back down CR295 towards St. Elmo. Turn right/East onto CR162 and drive all the way back to Highway 50/285. Turn right and drive 15.5 miles to a large “T” in the road in Poncha Springs. Turn right to stay on HW50 towards Monarch Pass. Drive 17.5 miles up to the crest of the pass, where a large parking lot is on your left. Turn into the lot and park on the west side. If you have AT&T, you will have cell service on the pass.
- Please do not park around the gift store. They are very kind to let us use their spot, and they only ask that folks leave the spots around the shop for customers.

Monarch Site plan:



Blanks Cabin Aid Station

Driving directions from Monarch Pass to Blanks Cabin – 1-hour drive time

- **Blanks Cabin AS Coordinates: 38.595998, -106.199863**
- From Monarch Pass, go East on HW 50 towards Salida. Around 15.8 miles from the pass, turn left/North onto CR250. There is signage showing mileage to the Shavano trailhead. Stay on CR250 for almost 5 miles until you hit a large “Y” in the road. Stay left onto CR252. Drive roughly 3 miles to a hard-left bend and a large parking lot. The parking lot has a restroom if you need it, but **DO NOT PARK THERE**. Take the bend to the left and go 0.2 miles to a large field and the parking zone.
- Please note, the last 4-5 miles of this route is on rough roads, but with care can be drive in a 2WD vehicle. If you are in a 2WD vehicle, plan that it will take you longer and you might not be able to drive the whole way if the weather gets bad.

Blanks Cabin site plan:



Raspberry 2 Aid Station

Driving directions from Blanks Cabin to Raspberry Gulch 2 – 1 hour drive time

- **AS Coordinates: 38.689344, -106.170766**
- Return the way you came on CR252 and back onto CR250. 7.3 miles from the parking zone, turn left/East onto CR140. Take CR140 until you reach HW 50/285. Turn left/North and drive 11.2 miles where you turn left on CR270. Stay on CR270 as it turns into CR272. Drive 2 miles on CR272 before reaching the junction for Browns Creek TH. You will see a brown USFS sign (pictured below) on your left.



- Stay straight on 274 and go another 0.3 miles before turning left onto CR273. CR273 turns into a rougher road and is difficult to drive in low clearance vehicle. Continue until you reach the parking zone.
- Parking is on either side of the road, perpendicular to the road. You cannot be more than the length of your vehicle from the road.

Raspberry site plan:



Finish Line

Driving directions from Raspberry Gulch 2 to Finish – 15-minute drive time

- **AS Coordinates: 38.740295, -106.161073**
- Turn around and go back down CR273 and CR272. At the intersection of CR270, turn left and take it all the way to CR162. Turn left, then right onto CR231. Turn right into the start area and look out for runners.

Finish Line site plan:

