

NORTH FORK TRAIL RACE

Crew Directions and Instructions 2019

Crews, please drive slowly and patiently on gravel and dirt roads, and watch carefully for runners on the road. Do not park where you will interfere with aid stations, runners or other trail/road users, and please cheerfully follow any instructions given by aid station workers. Do not give any aid (other than words of encouragement!) outside of aid stations and their adjacent parking areas.

The drive to Shinglemill and Meadows via FS 550 can easily be done in any vehicle. To continue on to Rolling Creek, it is best to have good clearance as FS 550 gets a bit more rugged past Meadows. The entire route from Pine Valley to Shinglemill, Meadows and Rolling Creek is marked in green on the crew map.

To Shinglemill aid station (mile 8.2) from Bippy: Turn R on Hwy 126 and go 4 miles up a big hill to FS Road 550. Look for the big green and brown signs for Wellington Lake, Buffalo Creek Recreation Area and campgrounds. Turn R on FS 550 (your navigation system may call this Redskin Creek Road; it is a fairly good, wide gravel road) and go 1.5 miles to the aid station on your right. **NOTE: There is limited parking at Shinglemill.** If the small lot is full, please follow the directions of the aid station staff. You may have to drive some distance to a pull-out to park. Do NOT park with any part of your vehicle on the 550 road surface—you can get a ticket.

To Meadows aid station (mile 14.7 for everyone; also 20.7 and 32.5 for 50 Mile) from Bippy: Follow the above directions to Shinglemill and keep going on 550 past the Shinglemill aid station. At 5 miles from 126 (3.5 miles past Shinglemill), turn L on the road into Meadows Group Campground. The aid station will be on your right in less than one tenth mile. **Again, parking is limited.** Be patient and follow the directions of the aid station staff.

To Rolling Creek aid station (mile 27.1 in 50 Mile only) from Meadows aid station: (**NOTE:** This drive is on narrower, rougher dirt roads; it can be done without 4-wheel drive, but good clearance is best. If you do not have it, skip this aid station and wait for your runner to return to Meadows.) Go back to FS 550 and turn L. **WATCH OUT FOR RUNNERS ON THE ROAD ON THIS SECTION OF 550! You may not stop along 550 and you may not give aid to your runner. If you do so, your runner may be disqualified.** When the road splits in .4 mile, stay R on 550. The road splits again in 2.1 miles; go L on 550. In another 2 miles you will come to a stop sign at Wellington Lake Road. Turn L, and the aid station will be on your right in 1.1 miles.

To return to Meadows from Rolling Creek: **Please do not go back the way you came!** To avoid creating two-way traffic on narrow roads, make a loop back as described here. Following the route marked in orange on the crew map, continue on Wellington Lake Road past the aid station 2.9 miles to Buffalo Creek Road/FS 543 (you will drive through an outdoor school; Buffalo Creek Road is just past the entrance to Wellington Lake recreation area). Turn L on Buffalo Creek Road and go 2.7 miles (the first mile of which is a very steep, rough downhill) back to FS 550. Turn R on FS 550, and go .2 mile to Meadows aid station. To Bippy, continue another 5 miles on 550 to Hwy 126 and turn R.