



Volunteer Manual

September 13-14, 2024

Steamboat Springs, CO

All or part of this operation is conducted on Public Lands under special permit from the City of Steamboat, Steamboat Resort and U.S. Forest Service.

Welcome to the Run Rabbit Run 50/100! If you have any special skills such as Emergency Medical training, loving to cook in the backcountry, are a good computer operator, or anything else; let us know so we can make best use of your time and energy.

First, thanks for volunteering! Aid station volunteers should bring adequate things for spending a night in the Rocky Mountains: warm clothes, rain gear, flashlights, headlamps, camping equipment, any special food not supplied below, like beer, wine, tequila and steaks.

Please feel free to bring whatever you'd like to contribute to the aid station, including a good sense of humor. Runners love homemade cookies, hot soup, boiled potatoes, music and costumes and a high level of cheer. Bunny ears are also in keeping with the spirit of the event.

Introduction

This manual gives you a basic overview of volunteering opportunities and logistics at RRR, including aid stations, communications, medical/rescue, course marking & clearing, trail work, and much more. One of our biggest hopes is that you have a fun, rewarding experience and want to come back year after year.

The easiest way to volunteer is to go to this [link](#) and sign up for a volunteer time slot. There are many different positions we need filled and there are descriptions of each at the link. If there are any specific questions, please email rabbitvolunteer@gmail.com.

The backcountry nature of Run Rabbit Run lends significant authority to the volunteers on the spot for any questions. Please try to solve problems locally, but use the Starlink/cell service to contact the Volunteer Coordinator or the overall Race Directors when local solutions don't seem to be working out.

We would very much like to make use of the experience you gain this year, so please provide any feedback about how to improve Run Rabbit Run and also look for a survey to come out in the weeks following the run.

Thank you so much for volunteering your time to help out at this race! As a charity organization, we donate thousands of dollars annually to local NW Colorado non-profits and this would not be possible without your help! In 2023, we donated \$55,000 to these organizations!

General Schedule:

Tuesday, September 10: Aid station organization at Olympian Hall/Storage Unit

Wednesday, September 11: Aid station organization at Olympian Hall

Thursday, September 12:

10am-2pm: Aid Station Captains load/pick up supplies at Olympian Hall

3-6pm: 100 mile check in

6-7pm: 100 mile pre-race briefing

7-8pm: Pre Race Volunteer briefing/happy hour

Friday, September 13:

6am: Start line set up

7am: Early starter start

9am: Tortoise Race Start

1pm: Hare Race Start

4-6pm: 50 mile check in

6pm: 50 mile pre-race briefing

Saturday, September 14: 5am: 50 mile early starters start

6am: 50 mile start

10am: Our great beer/food party at finish

7pm: race cut-off, Hares

9pm: race cut-off, 50 milers and 100 mile tortoises

9pm: race clean up/take down

Sunday, September 15:

10:30am: Awards at Olympian Hall

9am-2pm: Race clean up/storage of gear/supplies

Volunteer Opportunities:

Aid Stations

Medical

Course Marking

Sweeping

Pre-Run Prep

Post-Run Cleanup

Travel & Accommodations

There are numerous options for lodging before and during Run Rabbit Run, including area motels, bed & breakfasts, campgrounds, and dispersed camping.

Camping: We have overnight parking/car camping available at the Olympian Hall parking area as well as Knoll parking lots. Unfortunately tent camping is not permitted, but contained car/van/rooftop tent camping is allowed.

If you are working at an aid station at Long Lake, Billy's Rabbit Hole, or Summit Lake, you can camp at or near the aid stations.

What to Bring

It is just as important for you to bring adequate gear for your own safety and comfort as it is for the runners. You will be at high altitude and likely up for much of the night. Weather can include high wind, snow, hail, sleet, or driving rain, as well as very bright sunlight in the thin air that can burn skin quickly.

PARTIAL GEAR CHECKLIST FOR VOLUNTEERS

Poncho or Rain Suit

Backpack

Water Bottle

Book/Magazine

Headlight & Spare Batteries

Dry Clothes

Sunglasses

Sunscreen

Parka or Heavy Coat

Hat
Fluids

Gloves
Snacks/Meals

Insect Repellent
Sense of Humor

Check with your Aid Station Captain or Race Director if they have other suggestions for your specific site. Please be prepared to care for yourself and bring anything that will make you more comfortable!

They may also be looking to recruit gear that you can help provide (e.g. tables/chairs, lights/ decorations, crockpots, etc)

Contact Information

Friday Night Emergency Contact Shifts (call/text these people first!):

10pm-1am: Callie Cooper (904) 860-0896

1am-4am: Fred Abramowitz (505) 280-0368

4am-7am: Paul Sachs (970) 846-9777

Race Directors:

Fred Abramowitz (505) 280-0368

Paul Sachs (970) 846-9777

Finish Line Coordinator:

Erica Hewitt (970) 846-1073

Timing/Medical Coordinator:

Ken Rogers: (970)846-7999

Volunteer Coordinator:

Callie Cooper (904) 860-0896

Food/Beverage Coordinator:

Jettie Shin (970) 846-3831

Aid Station Captains:

Dry Lake: Anne Lance, (970) 218-5400

Summit Lake: Tara Streeb, (970) 488-0368

Long Lake: Karl Meltzer, (651) 728-1531

Fish Creek Falls: Russ Garrity, (410) 340-5087

Billy's Rabbit Hole: McKendree Hickory, (801) 792-6892

Olympian Hall: Bronwyn Rittner, (307) 690-6527

Emerald: Greg Hamilton, (970) 846-5285

Mt Werner: Richard Schneider, (720) 224-6231

Base Camp: Frederica Manning, (970) 846-0684

Dumont: Kristen Heard, (203) 253-9669

Aid Station Chart 100 miler:

Aid Station	Miles	Total Miles	Elevation	Drop Bag	Crew/Pacer	Lead Male Hare 18:00 hour pace	Lead Female Hare 21:00 hour Pace	Tortoise 24 hour pace	Tortoise 30 hour pace	Tortoise 36 hour pace	Absolute Cut off
1.Start	0	0	6886	Yes	Yes/No	1:00pm	1:00pm	9:00am	9:00am	9:00am	-
2. Mount Werner	5.4	5.4	10372	No	No/No	2:00pm	2:10pm	10:15am	10:30 am	10:45am	3:30pm
3. Fish Creek Falls TH**	12.3	17.7	6952	No	Yes/No	3:30pm	4:15pm	12:30pm	1:15pm	1:45pm	6:00pm
4. Long Lake	6.6	24.3	9850	No	No/No	5:15pm	6:00pm	2:30pm	3:45pm	5:45pm	
5. Summit Lake (via Continental Divide)	5.8	30.1	10316	Yes	No/No	6:30pm	7:30pm	4:15pm	6:00pm	8:30pm	
6. Billy's Rabbit Hole*	4.2	34.3	10040	No	No/No						
7. Dry Lake (via Flash of Gold)***	10.2	44.5	8272	No	Yes/Yes	8:30pm	9:45pm	6:45pm	9:15pm	12:30am	
8. Olympian Hall	6.7	51.2	6669	Yes	Yes/Yes	9:30pm	10:45pm	8:00pm	10:45pm	2:30am	3:00am
9. Lane of Pain*	3.2	54.4	8180	No	No/No						
10. Lane of Pain*	3.7	58.1	8180	No	No/No						
11. Olympian Hall	5.8	63.9	6669	Yes	Yes/Yes	11:45pm	1:15am	11:15pm	2:45am	6:15am	8:00am
12. Dry Lake (via Spring Creek)***	6.9	70.8	8272	No	Yes/Yes	1:15am	2:15am	1:15am	5:00am	9:15am	10:30am
13. Billy's Rabbit Hole*	5.8	76.6	10040	No	No/No						
14. Summit Lake (via Grouse Trail)	4.2	80.8	10316	Yes	No/No	3:30am	5:45am	4:00am	8:45am	1:45pm	3:00pm
15. Long Lake (via Wyoming Trail)	8.2	89.0	9850	No	No/No	5:00am	7:30am	6:00am	11:15am	4:45pm	6:30pm
16. Mount Werner	6.8	95.8	10372	No	No/No	6:15am	9:15am	8:00am	1:45pm	7:30pm	8:00pm
Finish	6.0	101.8	6886	Yes	Yes	7:00am	10:00am	9:00am	3:00pm	9:00pm	7:00pm (Hares) 9:00pm (Tortoises)

Aid Station Chart 50 miler:

#	Aid Station	Miles	Total Miles	Elevation	Drop Bag	Crew	Lead Runner 7 1/2 hour pace	Last Runner 15 hour pace	Absolute Cutoff (All)
	Start	0	0	6886	Yes	Yes	6:00 am	6:00 am	
1	Mount Werner	6.4	6.4	10372	No	No	7:00 am	8:00 am	-
2	Long Lake	6.8	13.2	9946	No	No	8:00 am	10:00 am	-
3	Base Camp	5.2	18.4	9950	Yes	No	8:45 am	11:30 am	-
4	Dumont	3.9	22.3	9508	No	Yes	9:15 am	12:30 pm	-
5	Rabbit Ears Turnaround (No Aid)	2.7	25.0	10534	-	-	9:45 am	1:15 pm	-
6	Dumont	2.7	27.7	9508	No	Yes	10:00 am	2:00 pm	2:30 pm
7	Base Camp	3.9	31.6	9950	Yes	No	10:45am	3:30 pm	4:00 pm
8	Long Lake	5.2	36.8	9946	No	No	11:45am	5:00 pm	5:30 pm
9	Mount Werner	6.8	43.6	10372	No	No	12:45 pm	7:15 pm	7:30 pm
10	Finish	6.4	50.0	6886	Yes	Yes	1:30 pm	9:00 pm	9:00 pm

Setting up at the aid stations:

Aid station captains will coordinate for pick up and transport of all supplies with race staff on Thursday pre-race.

1. When you arrive at the aid station, set up tents, chairs and tables, prepare Tailwind (there will be instructions) and put it into jugs, fill another jug or two with water.
2. Set out whatever food you have on the tables. Prepare hot soup if available.. Cut sandwiches/wraps and energy bars in halves or quarters. Cut fruit into small pieces. (Runners tend to graze in small bites).
3. Open other drinks (coke, non-cola) and set them on the tables. All food items must be placed on plates or in small containers and either set on the table or handed to the runners. You may fill the hydration packs & water bottles from pitchers or from the water jugs – runners may not self-serve from these containers.
4. Open a trash bag at exit of aid station
5. Assign someone to note when runners arrive, noting bib number (Tortoises and Hares will have different colored bibs and different numbers).
6. Make coffee, hot food. Play music if you're not disturbing neighbors.

7. There is spectator and crew access at this aid station, although they may only arrive via foot or bicycle. NO CREW ACCESS VIA CAR! We may permit Press. If a runner has a crew meet him or her by car, please verify and report this to Headquarters – it's grounds for disqualification, unless they are picking up a runner who has dropped from the race.
8. Communication by cell phone will be available at the aid station.

What to Do When Runners Arrive:

1. Greet each runner as they approach. Cheer. Yell. Dance. Play music. Offer them a chair and something to eat or drink. Yeah, you might want to offer to wipe their feet (blisters), but isn't that what their pacers are for?
2. Offer to help fill their water bottles or their camel backs. Remember; there are no cups so runners will need to be assisted with filling their bottles, camelbacks, etc. Lie and tell them how good they look.
3. When the runner leaves, make sure they are going in the right direction (see above).
4. Collect trash/paper cups from the trail. Be smiley-faced even if it's raining. Or snowing. The runners will be much more miserable than you. And they paid money for it; at least you didn't do THAT.
5. Don't offer specifics about the upcoming terrain unless you've run it yourself. Nothing bothers an ultra-runner more than hearing "it's all downhill from here to there," or "just one more mile to go!" when it just ain't so. Aid stations will be provided signs telling runners the total mileage at the aid station, and the distance to the next aid station.
6. The course will be well marked. They will be going back up the way they came down.
7. There will be a sweep following the last runner. They will have some form of communication device. When the sweep passes through it means the last runner has passed through and the aid station can be closed. You might want to call race headquarters and tell them the last runner has come through.

Runners Dropping from the Race:

Runners drop out of the race for many reasons. Early in the race some runners may come to their senses and decide they have undertaken too much. Late in the race it may be extreme fatigue, muscle soreness or plain old pain. Of course, injuries or common sense may make them stop as well, or they may wish to stop for no ascertainable reason whatsoever.

Aid station volunteers should use their judgment in deciding whether or not to encourage a runner to continue, but we do have a limited ability to shuttle runners out of this aid station. As a general proposition aid station personnel should do all they can within reason to encourage a runner to finish.

While health and safety is the primary concern, mere fatigue is no reason for a runner to drop. Most runners at this aid station (not Hares) will have pacers who can assist them in determining whether a runner should continue. Bear in mind that a dropped runner must usually be kept warm before being transported and may otherwise require attention.

Runners have been told that if they choose to drop from the race, they must check in at an aid station and report that they are dropping. The communication person should report all drops to Headquarters.

Runners who drop may be transported down with an aid station volunteer.

If a family member or other non-race person evacuates a runner, please note their name, telephone number and local address.

COURSE SWEEP AND COMMUNICATION, ACCOUNTING FOR ALL RUNNERS, CLOSING THE AID STATION:

We must ensure the safety of each of our runners. This includes keeping track of all active and dropped runners throughout the course of the day and communicating that information to the appropriate people.

A bicycle or runner sweep will follow the last runner back to the finish. The sweep will ensure that all runners have reached an aid station and are not left mindlessly twitching on the side of the trail. The sweep will ensure all runners are accounted for.

Once the sweep has determined that all runners are accounted for and have passed your aid station for the final time, the sweep will continue on the course, and – after checking with Race Headquarters - you can close your aid station, pack up everything, check for trash, and proceed to the finish for endless amounts of beer, pizza, gratitude and thanks.

Instructions for encountering a runner in distress.

Should you encounter a runner in distress or experiencing a medical emergency, find the EMT and aid station Captain and alert them to the situation. You may offer whatever assistance you can or may be comfortable with.

Timing

Timing is a critical part of the race at each aid station. There are volunteers assigned to this area, and if you are one of these, you will receive specific instructions from Ken Rogers prior to the race. This is how we maintain runner tracking throughout the race, so for both crew and for safety reasons, this is an incredibly important role!

Medical

Medical staff are required per our permitting to be present at every aid station. There is per diem available for these positions, and specific instructions will be sent by Ken Rogers to all of these volunteers prior to the race.

Cut-offs

It is never fun to pull a runner from the race, but this is an incredibly important task. If a runner fails to enter the aid station by the time noted in the aid station charts above, they must be pulled from the course. Additionally, the aid station cannot close (partial pack up is fine, but not full closure) until the sweeper comes through. This is vital to ensure the safety of runners and cannot be ignored.

Items to expect at the aid stations:

Note, these items are somewhat different at each aid station, but generally, this is what can be expected. Interested in knowing exactly what will be at your aid station? Check out this [link](#):

Water	Peanut Butter and Jelly	Cookies, other sweets
Tailwind (including mixing instructions)	Ginger Ale	Cola

Coffee, tea, whitener	Various Hot Soups	Hot food (cans of chili, etc.), beans, rice
Pretzels, nuts	Trash Bags	Potato chips, other salty items
Honey Stinger Products	M & M's	Breakfast items, pancakes, syrup, eggs, bacon
Fruit	Tortillas	White bread
Turkey	Cheese	Carrots
Bowls, Plates	Cups, for hot and cold	Vaseline
Duct Tape	3 Pop –up Tents	Timing device
Coolers	Toilet Paper	Sharpies
Handi-Wipes	Clipboard/Master Start list of runners	Sunscreen
2 Tables	Chairs	Ibuprofen
Water Jugs, 5 gallons, 2 or 3 per aid station, one for water, one for Succeed	Utensils for making/cutting sandwiches, wraps, mixing Succeed	Communication device and a list of all cell phones numbers.
Large baggies	Paper towels	First aid kit, moleskin, blister band aids, baby powder
Space Blankets	Spare headlamps	Charts, signs with mileages, etc.

I've never worked at an aid station, what can I expect to do?

Generally speaking, a volunteer's role at an aid station is to provide food, beverage and hygiene items (blister support, lubricant, etc.) to runners. Defer to your aid station captain for specific instructions, but expect to help out with all kinds of activities from setting up tents, tables, chairs, etc., preparing food, serving food, filling water bottles, mixing electrolytes, and most importantly, providing moral support and enthusiasm to runners completing an incredibly difficult race!

It is vitally important that the aid station is set up before the first racer arrives, and is completely broken down and brought back to Olympian Hall as the aid station closes. Prepare to help with set up/take down as instructed to by your aid station captain.

Depending on your aid station, there may be a theme in place, so reach out to your captain to see if you can bring a costume, music, props, etc. to make the aid station that much more exciting for runners, and more fun for volunteers!

Pre Race Prep/Clean up/Logistics

If you have volunteered for one of our logistics positions prior to race day, you'll be given specific tasks to help get the race prepared for race day!

Tuesday, Wednesday and Thursday consist of helping to unload the storage unit and bring gear to [Olympian Hall](#) for sorting, as well as receiving delivery of food and sorting for aid stations as well, and loading them into U-hauls for transport to the aid stations. Jettie Shin and Callie Cooper are your key contacts for these responsibilities.

100 mile and 50 mile check in volunteers will assist runners with picking up race packets and organizing/transporting drop bags at Olympian Hall.

Working at the finish line (see aid station below) is especially rewarding as you get to give finishers their buckles, mugs, hot food and cold beer. Erica Hewitt is your go-to person if you are working in this area!

What to expect at each aid station:

Mt Werner (x4 runner visits in total):

100 Miler: Aid #1, #15, Mount Werner Aid, Miles 5.3, 95.2

50 Miler: Aid # 1, # 8, Miles 6.4, 43.6

Mt Werner is the first aid station on Friday for 100 milers, and the last one on Saturday, as well as the first and last for 50 mile runners. In order to get to this aid station, you must have a permit to drive up the mountain. Please contact the volunteer coordinator to complete a waiver and submit the required information in order to obtain a permit. The first volunteers will drive up on Thursday night with the aid station supplies (truck and trailer), and the last volunteers will pull the trailer down on Saturday night.

If you are not planning to drive, please coordinate to carpool with other volunteers. Keep in mind that it takes approximately 45 minutes to drive from the base of the mountain to the aid station.

During the first shift on Friday, the aid station is more minimal- with the only hot items served to be coffee/hot water and broth.

Expect runners to be in good spirits if you see them on Friday, and to be a bit more weary come Saturday! They come through very quickly and in big waves on Friday, and are much more spread out on Saturday. The 50 milers also come through very quickly on the way out, and a bit slower on the way back!

Longtime ultrarunner Richard Schneider is the aid station captain here- he is a seasoned veteran and always ensures runners get back down to the finish!

Timeline	Activity & Comment
Thursday afternoon, TTBA	Supply pick-up at Olympian
Friday 06:00 am	First Shift leaves ski basin for Mount Werner- 45 minute drive time. Make sure you have the permit from the ski basin!

Friday 7:00 am. Early start 100 milers	Men over 60; women over 50. Early start runners have been told this aid station may not be set up when they arrive here.
Friday 9:00 am	100 mile Tortoises (citizen runners) start time.
VARIOUS	All volunteers at this aid station driving their own vehicles will be required to get a permit from the ski basin.
9:30 am	First Tortoises (early starters) arrive from start
10:30 am	First non-early starters arrive from the start. They will be bunched together
11:30 am	Last Tortoises arrive from Start
11:30 am- 1:30 pm	No Runners should be passing through!
1:00 pm	Hares (Elites) start time
1:45 pm	First Hares arrive from Start
3:00 pm	Last Hares arrive from Start
3:30 PM	Absolute cutoff for runners. Tell runners arriving after this time they may not continue.
Friday, 3:30 pm – 6:30 pm	50 Mile Race check-in, pre-race briefing NO RUNNERS EXPECTED AT MT. WERNER FROM 3:30 PM FRIDAY UNTIL 6:30 AM NEXT SATURDAY MORNING! VOLUNTEER NEEDED TO WATCH SUPPLIES ONLY!
Friday 5:00 pm	Second Shift leaves ski basin for Mt. Werner
Saturday 5:00 am	Third Shift Leaves Start!
Saturday 5:00 am	Early starters start, 50 miler

6:00 am	50 mile run starts
6:00 am	Third Shift arrives at Mt. Werner
7:00 am	First 50 milers arrive from start
8:00 am	Last 50 milers arrive from the start
12:30 pm	First 50 milers arrive from Long Lake (second time through)
1:00 pm	Fourth and final shift leaves to arrive by 2pm
Saturday 7:30 pm	Last runners arrive from Long Lake (second time through)
8:00 pm	ABSOLUTE CUTOFF FOR ALL RUNNERS. NO RUNNERS MAY PROCEED AFTER THIS TIME! NO EXCEPTIONS!
8:45 pm (est.)	Last runner with sweep arrives. Begin to close aid station when "sweep" arrives but do not close aid station until you have received the okay from the Race Headquarters!

Fish Creek:

Mile 16.1 Aid station manned from Friday 12:00 pm to 7:00 pm (plus drive time).

Russ Garrity has run this aid station for many years, and as an early aid, he and his volunteers have the joy of seeing runners while their hopes and dreams are still alive and well! As one of the early aids, runners are usually in good spirits and are riding the high of the beauty of Fish Creek Falls trail. Drops are not as frequent here, but when they do occur it is usually from walking back down to the aid after leaving it the first time and realizing they are not cut out for the climbs to come! This is not an uncommon sight, especially amongst the hare racers. [Here](#) is the location of the aid station. It is easily accessed from town, however carpooling is highly encouraged as parking is limited.

There is spectator and crew access at this aid station, although they may only arrive via foot or bicycle. NO CREW ACCESS VIA CAR! We may permit Press. If a runner has a crew meet him or her by car, please verify and report this to Headquarters – it's grounds for disqualification, unless they are picking up a runner who has

dropped from the race.

Communication by cell phone will be available at this aid station.

Time Line	Activity & Comment
Thursday 12:00 pm – 5:00 pm	Water, chairs, tables, jugs, Food, at Olympian Hall.
Friday, 11:00 am	Leave for aid station, drive time 30-40 minutes from Olympian Hall.
Friday, 12:30 pm	First runners (Tortoises) arrive from Mount Werner
Friday 5:00 pm	ABSOLUTE CUTOFF FOR ALL TORTOISES!
Friday, 6:30 pm	Last runners (Hares) arrive from Mount Werner
Friday 6:30 pm	ABSOLUTE CUTOFF FOR ALL RUNNERS!

Long Lake (x4 runner visits in total):

100 Miler - Aid #3, #15, Miles 22.2 and 88.8.

50 Miler - Aid #2, #7, Miles 13.2 and 36.8.

Long Lake is our most remote aid station. Please coordinate with other volunteers to carpool as 4WD vehicles are required. Camping is plentiful and is the best way to experience this aid station! 100 milers hit this aid station twice and so do 50 milers. They are usually in good spirits on the first trip through, but might need a bit more of your enthusiasm the second time through!

[Here](#) is the location of the aid station. It is best to drive up Buffalo Pass Road from the east side (from Walden) as the road is much smoother. You'll pass Summit Lake aid station, turn left to go pass Fish Creek Reservoir, and eventually get to a locked gate at the end of the road. A gate code is required to get to the aid station. If you plan to drive, please ensure you have received this code prior to driving up there as cell service is limited. It takes 2-3 hours to drive to this aid station from Steamboat.

Karl Meltzer, the OG Speedgoat, is the long time aid station captain here. He is famous not only for his shoes and race, but also his pierogies dolled out to weary runners as they complete the final miles of the race!

Time Line	Activity & Comment

Thursday	Supplies and food at Olympian
Thursday	First shift – Get Code for Forest Service gate from Callie
11:30 am	First Shift leaves ski basin for Long Lake – 1-1/2 hours drive time.
1:00 pm	Arrive Long Lake, begin set up.
2:30 pm	First Tortoises arrive from Fish Creek
8:30 pm	Last Hares arrive from Fish Creek
6:30 pm	Second Shift leaves ski basin for Long Lake
8:00 pm	Second Shift arrives at Long Lake; First Shift Leaves
Saturday 5:00 am	First runners arrive from Summit Lake (via Wyoming Trail)
8:00 am	First 50 mile runners arrive from Mount Werner
10:00 am	Last 50 mile runners arrive from Mount Werner
Noon	Third Shift leaves ski basin for Long Lake
11:30 am	First 50 Mile runners arrive from Base Camp
1:30 pm	Third Shift arrives at Long Lake, Second Shift leaves when relieved
5:30 pm	Last 50 Mile runners pass from Base camp; “sweep” follows.
6:30 pm	ABSOLUTE CUTOFF FOR ALL RUNNERS. NO RUNNERS MAY PROCEED AFTER THIS TIME! NO EXCEPTIONS!

6:30 pm (est.)	<p>Last runner with sweep arrives. Begin to close the aid station when “sweep” arrives but do not close the aid station until you have received the okay from the Race Headquarters!</p>
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Summit Lake (x2 runner visits in total):

Aid #4, #13, Summit Lake (Buffalo Pass), Miles 27.6 and 80.1:

This is another remote aid station. Just like Long Lake, it is recommended to drive up Buffalo Pass road from the East (Walden side) as the road is much smoother. In fact, if going from this direction 4WD is not required. However carpooling is certainly encouraged. Camping is ideal from this location with many options- dispersed, at the aid station, and at an established campground nearby. [Here](#) is the location of the aid station. Note that from Steamboat it takes approximately 2 hours to drive here.

This is a critical aid station where runners will need substantial aid. There are also drop bags here, which will need to be distributed as runners come in. Extracting dropped runners from this location is difficult but not impossible.

Tara Streeb and the non profit organization out of Fort Collins, Teaching Tree, have been the long time captains of this station. As teachers, they bring top notch organization and enthusiasm to this remote aid!

Time Line	Activity & Comment
Thursday	Supply pick-up at Olympian Hall- Captain Schedule time with Callie/Jettie
2:00 pm	Volunteers leave ski basin; drive time 1 + hours; set up
4:00 pm	First runners arrive from Long Lake
9:00 PM last runners arrive from Long Lake	First time through ...
Saturday 3:00 am	First runners arrive from Dry Lake/Billy's
Saturday 3:00 pm	Last cutoff time for runners running up from Dry Lake/Billy's. NO RUNNERS MAY CONTINUE AFTER THIS TIME

3:30 pm (approx.)	Begin to close aid station when “sweep” arrives but do not close aid station until you have received the okay from the race headquarters!
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Billy’s Rabbit Hole (x2 runner visits in total):

Aid #5, #12, Miles 32 and 75.6

Previously coined as a minimal aid station, Billy’s has turned into a crowd favorite with fare such as wood fired pizza making an appearance in years past! This aid station is usually adopted by local Steamboat runners. It is another remote aid station located halfway up Buffalo Pass Road. 4WD vehicles and carpooling are recommended. Camping is easy and accessible at this aid station. [Here](#) is the location of the aid station.

Billy Grimes has stepped back this year, and local runner extraordinaire, McKendree Hickory, has taken on aid station captain duties here for 2024.

Time Line	Activity & Comment
Thursday	Water, chairs, tables, and all supplies at Howelsen Hill Lodge
4:00 pm	Volunteers leave ski basin; drive time 1 hour; set up aid station
5:30 pm	First runners arrive from Summit Lake
11:00 pm	Last Runners arrive from Summit Lake
1:30 am	First runners arrive from Dry Lake
11:00 am	Last Runners arrive from Dry Lake
11:30 am (est.)	Begin to close aid station when “sweep” arrives but do not close aid station until you have received the okay from the Race Headquarters!

Dry Lake (x2 runner visits in total):

Aid #6, #11, Dry Lake, Miles 42.5 and 69.7:

This aid station is located about 20 minutes from downtown Steamboat. 4WD is not necessary, however carpooling is encouraged since parking is limited. The most challenging aspect of this aid station is managing all

of the runners, crew, spectators, and the general public that pass through. It is hunting season and therefore there is substantial traffic on Buffalo Pass road and it must remain open to the public. Additionally, runners pass through here in four different directions, which creates its own challenge in ensuring they are going the correct way. [Here](#) is the location of this aid station.

This year, Boa has adopted this aid station and will be broadcasting the livestream of the race on a projector screen throughout the night- it is sure to be a good, albeit very busy, aid station!

Anne Lance and the other side of the Teaching Tree group out of Fort Collins is the long time aid station captain here- they run a tight ship and love to have a good time!

Time Line	Activity & Comment
Thursday	Water, chairs, tables, and all supplies at Howelsen Hill Lodge
4:00 pm	Volunteers leave ski basin; drive time 1 hour; set up aid station
6:30 pm	First runners arrive from Summit Lake
1:00 am	First runners arrive up from Spring Creek
10:00 am	Last cutoff time for runners running up from Spring Creek. NO RUNNERS RUNNING UP FROM SPRING CREEK MAY CONTINUE AFTER THIS TIME!
10:30 am (est.)	Begin to close aid station when "sweep" arrives but do not close aid station until you have received the okay from the Race Headquarters!

Olympian Hall (x2 runner visits in total):

Aid #7, #10 Olympian Hall, Miles 49.2 and 63.0

This is the aid station where we see the most drops- it is in town and just so easy to DNF when your crew is waiting for you not once but twice through this aid station. Energy levels are very high, but it is certainly a place where dreams come to die. Getting runners out of this aid station the second time around can prove quite challenging at times!

As an indoor aid station, there are substantial resources including the warmth of Olympian Hall. The timing team is critical here to ensure we know if runners decide to drop. It is also a challenging aid station to ensure runners know how to come in/leave and head out in the right direction. [Here](#) is the location. This is also where overnight car camping is available for volunteers. Again, please complete this [form](#) if you plan to utilize this!

Bronwyn Rittner is the long time aid station captain here, and she keeps the ship sailing all through the night! The Steamboat Figure Skating club staffs the majority of the volunteers here and their enthusiasm is unmatched!

Time Line	Activity & Comment
Thursday	All supplies will be at your station when you arrive
7:00 PM	First runners crossing Lincoln Ave.
7:30 PM	First Tortoises arrive from Spring Creek
7:00 PM Friday to 8:00 AM Saturday	Runners Crossing Lincoln Avenue
9:00 pm	First Hares arrive from Spring Creek
11:00 pm	First Tortoises and First Hares arrive from Lane of Pain.
Saturday 2:30 AM	Cutoff for runners arriving from Spring Creek
Saturday 7:45 am	Last cutoff time for all runners. NO RUNNERS MAY CONTINUE AFTER THIS TIME!
8:00 am (approx.)	Begin to close aid station when "sweep" arrives but do not close aid station until you have received the okay from the Race Headquarters! Lincoln Ave. crossing maintained until okay is received from aid station captain!

Emerald/Lane of Pain:

Aid #8, #9, Miles 52.4 and 56.5. Aid station manned from Friday 8:00 pm to Saturday, 7:00 am (plus drive time).

This aid station is coined as a minimal aid station, but Greg Hamilton and the Friends of the Yampa always bring the party- usually with live music and hot options for runners despite the short distance between it and Olympian Hall aids.

Runners tend to be in one of two places here: running strong or really dragging and questioning their life decisions (and deciding whether they will drop at Olympian the next time around!)

Time Line	Activity & Comment
Thursday 12:00pm – 5:00 pm	Water, chairs, tables, jugs, Food, at Olympian Hall.
Friday, 7:00 pm	Leave for aid station, drive time 30-40 minutes from Olympian Hall.
Friday, 8:30 pm	First runners arrive from Olympian Hall, first time through.
Friday, 2:30 am	Last runners arrive from Olympian Hall, first time through.
Friday, 10:30 pm	First runners arrive, second time through.
Friday, 7:00 am	Last runner arrives, second time through. Wait for sweep to confirm no other runners are on course.

Base Camp (x2 runner visits in total):

50 Miler: Miles 18.4, 31.6

This aid station is only hit during the 50 miler and is a hit with runners as it is led and staffed by the extraordinary staff from UC Health medical center. They are top notch volunteers and are always a favorite with runners.

Frederika Manning is the aid station captain and her and her staff do a phenomenal job ensuring runners are well cared for in the 50 mile race!

Time Line	Activity & Comment
Friday	Pick up supplies at Olympian Hall
6:00 am	Volunteers leave for aid station; set up.
8:30 am	First 50 milers arrive from Long Lake
10:45 am	First 50 milers arrive from Dumont

11:30 am	Last 50 milers arrive from Long Lake
3:30 pm	Last 50 milers arrive from Dumont
4:00 pm	ABSOLUTE CUTOFF FOR ALL RUNNERS. NO RUNNERS MAY PROCEED AFTER THIS TIME! NO EXCEPTIONS!
4:15 pm (est.)	Last runner with sweep arrives. Begin to close aid station when "sweep" arrives but do not close aid station until you have received the okay from the Race Headquarters!

Dumont (x2 runner visits in total):

50 Miler: Miles 22.3, 27.7

Dumont aid station is adopted by Kristen Heard and the Steamboat Mountain School. These folks are well versed in mountain/backcountry movement and ensure the 50 mile runners are heading back in the right direction to knock out the 50 miler!

Time Line	Activity & Comment
Friday	Water, chairs, tables, jugs and other supplies Coordinate time with Callie for Pick up between 10 am and 2 pm
7:00 am	Volunteers leave for aid station; set up; drive time is 45 minutes.
9:00 am	First 50 milers arrive from Base Camp
10:15 am	First 50 milers arrive from Turnaround
Noon	Last 50 milers arrive from Base camp

2:30 pm	Last 50 milers arrive from Turnaround
2:30 pm	ABSOLUTE CUTOFF FOR ALL RUNNERS. NO RUNNERS MAY PROCEED AFTER THIS TIME! NO EXCEPTIONS!
2:45 pm (est.)	Last runner with sweep arrives. Begin to close aid station when "sweep" arrives but do not close aid station until you have received the okay from the Race Headquarters!

Finish Line

The finish line is where the party is at! Erica Hewitt is our fearless finish line leader. If you are volunteering for this location, you will be put into a role of either helping runners at the finish (handing out buckles, mugs and hugs), preparing food at the aid station, or helping with timing and other miscellaneous duties. Please note the best place to park is at Knoll parking lot (free, unlimited time), which is about a 10 minute walk from the finish location. You may also be helping with setup/take down of the finish line at this location. Please bring your energy as runners are dead tired- they just finished a 50 or 100 mile race and need your help finding their family, getting food and/or a cold beverage. [Here](#) is the location of the finish line.

Time Line	Activity & Comment
Friday	Set up at finish line: 7-10pm
~6:00 am	First 100 mile finisher expected
6:00 am	50 Mile Race Starts
6:00 am-11 am	First Volunteer Shift
11:00 am -4 pm	Second Volunteer Shift
3-9pm	Third Volunteer Shift

9-11pm	Volunteer Clean up Shift