

CREW AID STATION DRIVING INSTRUCTIONS

Support crews are only allowed to meet runners at the following aid stations:

1. Sunrise 1 (mile 21) – Park diagonally on Sunrise Hwy (S-1). You can park cars and carpool from here.
2. Pioneer Mail 1 (mile 28.2) – Park as directed on Sunrise Hwy/parking lot. Obey parking no parking signs.
3. Meadows (mile 48.8) – Park on both sides of Sunrise Hwy facing direction of traffic.
4. Red Tailed Roost (mile 55) – Park on both sides of Sunrise Hwy or in parking lot if room available.
5. Cibbets Flat (mile 64) – Park in campground and along Fred Canyon Road. Do not block campsites.
6. Pioneer Mail 2 (mile 84.3) – Park in Pioneer Mail lot as directed or along either side of S-1 (Sunrise Hwy).
7. Sunrise 2 (mile 91.5) – Park diagonally on either side of S-1 and as directed.
8. Start Finish Line at Lake Cuyamaca – Turn and park in either of the two main parking areas of Lake Cuyamaca or along Hwy 79.

NOTE: DO NOT PARK IN FRONT OF THE LAKE CUYAMACA RESTAURANT – FOR CUSTOMERS ONLY.

Parking at all aid station locations is very limited. **One crew vehicle per runner is strictly enforced**, carpool from Sunrise 1/2 if necessary. Traffic along Sunrise Hwy (S-1) is very dangerous due to speeders and motorcycles that do not slowdown in spite of warning signs and flashing lights. **PARK COMPLETELY BEHIND THE SOLID WHITE** or you will be ticketed. Pay close attention and be very cautious when walking to & from vehicles. **Dogs are not allowed at any aid stations or the start finish line.**

Directions to Crew Accessible Aid Stations:

1. **Lake Cuyamaca (start) to Sunrise 1** – Take Hwy 79 northeast towards Julian for 3 miles and turn right on Hwy S-1 (Sunrise Hwy). Follow S-1 south for 3 miles to Sunrise 1 which is located at the **S-1 green mile marker #34.5**. This takes about 8 minutes driving time. Obey parking marshals.
2. **Sunrise 1 to Pioneer Mail 1** – Take S-1 south for 5 miles to Pioneer Mail 1 @**green mile marker #29.5**. This takes about 8 minutes driving. Obey parking marshals. Park in lower lot or on S-1.
3. **Pioneer Mail 1 to Meadows** – Take S-1 south for 10.5 miles to Meadows & park on both sides of S-1 in the direction of traffic. Be sure both wheels are behind the white line on the side of the road. Meadows Aid Station is located @**green mile marker #19**. Driving time is 20 minutes. Obey parking marshals.
4. **Meadows to Red Tailed Roost** – Take S-1 north for 3.5 miles to Red Tailed Roost Aid Station which is located @ **green mile marker #22.5**. This takes about 6 minutes driving time.
5. **Red Tailed Roost to Cibbets Flat** – Take S-1 south for 10 miles to Interstate 8 (I-8). Take I-8 east towards El Centro. Drive 7 miles and take exit 54 (Kitchen Creek Rd towards Cameron Station. Turn left on Kitchen Creek Rd and drive north for 4.7 miles to Fred Canyon Road. Turn right into Cibbets Flat Campground. Follow signs to camp site #9 which is the location of the aid station. There are campers in the campground, please be courteous and quiet!
6. **Cibbets Flat to Pioneer Mail 2** – Exit the camp ground, turn left and go south on Kitchen Creek Road for 4.7 miles to I-8. Take I-8 west for 7 miles and take exit #47, turn right on Sunrise Hwy and travel north for 13.5 miles to Pioneer Mail Aid Station. Pioneer Mail is at **green mile marker #29.5** on S-1. There is limited parking at Pioneer Mail so try to not arrive well ahead of your runner's estimated arrival time.
7. **Pioneer Mail 2 to Sunrise 2** – Take S-1 north for 5 miles to Sunrise 2 aid station, located @ **green mile marker #34.5** Driving time is about 8 minutes.

8. **Sunrise 2 to Lake Cuyamaca Finish Line** – Drive north on S-1 for 3 miles and turn left onto Hwy 79. Drive three miles west on Hwy 79 to Lake Cuyamaca Headquarters and park in either the larger parking lots behind the restaurant. Do not park in front of the Restaurant.

Important Reminders: Drive carefully and do not speed. USFS Adventure Passes are required for parking in Cleveland National Forest areas which include Meadows, Red Tail Roost, Cibbets Flat, Penny Pines, and Pioneer Mail aid stations. Please be quiet and courteous in Cibbets Flat Campground or you jeopardize our future permit access. US Forest Service Adventure Passes may be purchased for \$5 a day at the Mt Laguna Store, Visitor Center or at Pine Valley Mart.