

Crew Access Points & Directions to Aid Stations (50 & 100 Milers)

We encourage all runners to utilize a support crew during the race. Please remember, however, that each runner is ultimately responsible for the actions of their crewmembers (and pacers, for the 100 milers). We ask that everyone not running in the event be considerate to other crew members, spectators, aid station volunteers, medical staff and, most importantly, other runners. Also, as much as we'd love to see your pets, please leave them at home – our permit requires this.

Each 25 mile loop on the course has 5 crew access locations. On the course map, the five stations (AS#2, #4, #5, #8) are noted with a "blue-green box" and are easily reached by vehicle (or foot) at all times. Additionally, one aid station (AS#2/Fred's Mountain) has "limited access" via the Dreamcatcher Chairlift – that is, access is weather and time permitting based on Grand Targhee's hours of operation.. (If you wish to take the chairlift to the top, you must purchase a lift ticket at the Grand Targhee Resort's Activities Center.)

Again, the aid stations with crew access are fairly simple to locate. In fact, if the crew drives up Ski Hill Road to Grand Targhee, they will drive by two of these points (AS #4 & #5) on the way to Grand Targhee Resort. There is only one road that leads to and from the Resort, so your crew will not be able to use the "I/we got lost trying to find the Aid Station" excuse for this event. We will review the crew access points at the pre-race meeting, but please do not hesitate to ask a race official or volunteer about these directions. We have used the Aid Station numbers here for convenience, but it might be easier for the crew to refer to each by the actual name listed on the Course Profile.

BASE AREA-MAIN STATION / AID STATION #2, #7, #9

Course Distance (Ultras): 5.6 miles/ 20 miles/ 25 miles/ 30.6 miles, 45 miles, 50 miles, 55.6 miles, 70 miles, 75 miles, 80.6 miles, 95 miles, 100 miles

Course Distance (Trail Marathon): 6.8 miles, 21.2 miles

This Main Aid Station (Start-Finish line) is located at the base of the Dreamcatcher Chairlift, just above the swimming pool and Spa area. If you watch the runners depart from the starting line, you will most likely notice the large tent here. (This is also the main medical station for the Races, so if you, or your runner, have any problems please do not hesitate to speak with a race official or volunteer.) Runners for all races will pass through this Aid Station three times per loop, so it is a good location to assist them, especially if you do not have access to a vehicle. Once your runner passes through this station the first time, you can relax at the Resort, or drive down to meet them at the Ski Hill Road-Lower Aid Station (#4).

SKI HILL ROAD-LOWER / AID STATION #4

Course Distance (Ultras): 11.3 miles/ 36.3 miles/ 61.3 miles/ 86.3 miles

Course Distance (Trail Marathon): 12.5 miles

From the Start/Finish line/ Base Aid Station (AS#5) area, locate your vehicle in the parking lot – there is no need to run...you will be driving, downhill on a paved road, almost the same distance that your runner is running, about 5.6 miles from the Log Arch as you depart the Resort. Please, for everyone's safety, do not speed on this road; there are many curves and blind turns that can be dangerous when wet and the road sees a good amount of bike traffic. Additionally, you might encounter race competitors coming up a portion of the road. From the base of the resort, you will travel the 5.6 miles (passing the Cold Springs / Aid Station #5 along the way) to the bottom of the hill, where you will take your first left onto the paved Teton Canyon Road. (If you cross over the

cattle grate you have just passed the turn and gone too far.) The Ski Hill Road-Lower Aid Station (#2) will be just ahead on the left. Please park before reaching the aid station and leave enough room for other vehicles. You may wish to back into your parking spot so it is easier to see oncoming runners when leaving this aid station. We are requesting that crews do not drive past the Aid Station, however, you are welcome to walk down the Teton Canyon Road and run/walk with your runner before they enter the Aid Station. From here, your runner will travel up Ski Hill Road, heading up the paved road to the Grand Targhee Resort. Please remind your runner to run on the right hand side of the road. This is for safety reasons due to some blind curves on the road.)

COLD SPRINGS TURNOFF / AID STATION #5

Course Distance (Ultras): 14.6 miles/ 39.6 miles/ 64.6 miles/ 89.6 miles

Course Distance (Trail Marathon): 15.8

Be careful of runners and vehicle traffic when leaving the Ski Hill Road-Lower aid station. Exit the parking lot on Teton Canyon Road by returning the same way you entered. Turn right at the Stop Sign (Dead End), heading back up Ski Hill Road towards the Resort. In approximately 3.2 miles you will arrive at the COLD SPRINGS TURNOFF / AID STATION #3, which you passed on your way down from the Resort. The Aid Station will be located on the right side of the road, just after the second "Slower Traffic Use Turnout" sign. Ski Hill Road is part of the actual race course, so please be very careful while driving on this section of winding pavement as you'll be sharing the road with the runners, as well as other drivers and bikers; speeding, reckless driving, or stopping along Ski Hill Road will not be tolerated by the Forest Service, Teton Country Sheriff's Office or race officials. Park your car in the paved parking area on the left side of the road immediately after the COLD SPRINGS TURNOFF aid station. Be sure to look both ways when crossing the road to meet your runner at the Aid Station and when returning to your vehicle.

You can next see your runner back at the Base Area/ Main Aid Station. Leave the Cold Springs Turnoff aid station and continue heading back uphill towards the Resort. There is no need to rush back to the Resort...you will drive about 2.5 miles but your runner has to cover 5.4 miles of terrain and most of it is uphill. Once back at the Resort, park and head to the Base of the Dreamcatcher Chairlift to wait for your runner at the BASE AREA/START FINISH – AID STATION #7.

Since Aid Station #7 doubles as Aid Station #9, your runner will pass through here and return to this same location after traveling 5 miles through Rick's Basin. You can wait for them here or, if operating, take the Dreamcatcher Chairlift to the top of Fred's Mountain and wait for them there.

FRED'S MOUNTAIN / Aid Station #1 (via the Dreamcatcher Chairlift)

Course distance (ULTRAS): 27.8 miles/ 52.8 miles/ 97.8 miles

Course distance (Marathon): Chairlift will NOT be open in time to meet Marathon runners.

The Dreamcatcher Chairlift does not open until mid-morning, so it is not possible to see your runner here immediately after the start of their race. (This applies to all races.) Additionally, we suggest that you do not count on this being a fully accessible crew access point as it is fully dependent on the chair lift schedule, as well as the weather. Should the weather not cooperate, or the chairlift malfunction and be forced to close, your runner could arrive at the Fred's Mountain Aid Station (#1) wondering where you are. If the chair is running (and we hope it is because the Teton views from the top are priceless) you will need to purchase lift tickets from the Resort Activities Center in order to board the lift and get to the top. Once at the top, exit the chair and you will see the Aid Station at the top left. You can either return to the base via the chairlift (but keep in mind that you could miss your runner at the bottom) or hike 2.8 miles down the service road, which is the actual race course, to the Base Area.