

## NORTH FORK TRAIL RACE

### Crew Directions and Instructions

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, you need good clearance as FS 550 gets more rugged. 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 20.2 50K, 38.2 50 Mile) from Pine Valley:** Go the 1 mile from the park out to Highway 126. Turn R and go 7.6 miles to FS 550 (you will go through the towns of Pine Grove and Buffalo Creek and then up a very big hill; look for the big sign 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.

**To Meadows aid station (miles 16.3, 22.3 and 31.9 in 50 Mile only) from Pine Valley:** Follow the above directions to Shinglemill and keep going on 550 past the 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.

**To Rolling Creek aid station (mile 27.1 in 50 Mile only) from Meadows aid station:** (**NOTE:** This drive is on narrow, rough, rocky dirt roads; it can be done without 4-wheel drive, but good clearance is needed. If you do not have it, skip this aid station or drive there the easier but longer way from Pine Valley.) Go back to FS 550 and turn L. 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 single-lane roads, make a loop back as described here or go back directly to Pine Valley by retracing the route described below from Pine Valley to Rolling Creek. To go back to Meadows (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 Rolling Creek (mile 27.1 in 50 Mile only) from Pine Valley:** Go the 1 mile from the park out to Highway 126 and turn L. (From here the route is marked in blue on the crew map.) Go 5.8 miles on 126 up to the stop light at Highway 285 at Pine Junction. Turn L and go 7 miles on 285 to Bailey. Just as you enter Bailey, look for Co. Rd. 68 to Wellington Lake on your left. Rustic Station restaurant is on the corner. Turn L and go 8 miles to the aid station. **If you want to go to Meadows from here:** See directions in preceding paragraph. High clearance is needed for this route. If you are not equipped for this, go back via Pine Valley and follow directions above from Pine Valley.