

Crewing Tips – 100ec10b

All updates and other suggestions should be sent to racedirector@100ec.org.

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What is the 100-Mile Endurance Challenge Urban Ultramarathon?

The route for the 100EC cuts through the heart and hugs the coast of Southern California. Athletes who participate in this event will run through three counties and 20 cities. This event starts at the 100 Mile Club headquarters in Corona, CA on October 22, 2011 at 8:30am and finishes some time the next day at the Santa Monica Pier. All proceeds go to the 100 Mile Club®. More information about the race can be found [here](#).

What is the 100 Mile Club®?

The 100 Mile Club® is a physical fitness and life skills project for all individuals based on the goal of running (or walking) 100 miles at school or work during a single school year. Their goal is to help runners experience fitness and TRUE personal success through attainable physical fitness goals. More information about 100 Mile Club® can be found [here](#).

What am I suppose to do?

You are the cheering section, pack mule, navigator and information source for the runner who is running the 100EC. You will spend an inordinate amount of time dashing from place to place only to wait. However, we believe you will be inspired by the determination of the runners and the camaraderie between the runners and crew teams. Your runners will appreciate your support in achieving their goals.

Your primary task is to provide your runners encouragement and aid. This means carrying their supplies, meeting them at pre-determined landmarks and helping them in any way they see fit. Runners really like information, including how far it is to the next stop, where their friends are and when you plan to see them next. Runners will want to know if they are slowing down or speeding up.

Note: One member of the crew is required to come to the start of the event. You should arrive at 7am on October 22, 2011. The event starts at 8:30am. The address is: 815 West Sixth Street, Suite 105 Corona, CA 92882.

What should I pack?

Here are some things to consider bringing. This is not an exhaustive list.

1. Car with either with a onboard GPS or a aftermarket one and a full gas tank
2. Chairs
3. Blankets
4. Towels
5. Ice chest
6. Water container (you can get water at the 25, 50 and 75 mile aid stations)

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7. Food for yourself
8. Mobile phone
9. Mobile phone charger
10. Extra warm clothes for yourself
11. First aid for runner (anti-chaffing bar, Band-Aids, ace bandages, salt tabs, etc.)
12. TP
13. Reading material
14. Pillow and blankets (runner may want to nap)
15. Bike (optional)
16. Calculator

What food should I bring?

It is imperative that you bring food and beverages for you to consume throughout the day. You may not have time to stop to get food (or everything may be closed). Your runner needs you to be well fed and happy, not starving and grumpy. Familiarize yourself with the contents of each run bag that you receive from your runner. Have your runner give you a tour through their bag(s), explaining what they expect to need at various points during the run. If you can't meet in them person, have a two or three-way conference call. Study the course.

Landmarks

There are 15 designated meeting places or landmarks along the course. Each landmark is more or less six (6) miles apart. You should try to meet your runner at each landmark. You can try to meet more frequently. But, this can be tricky in that by the time you arrive, the runner may have already passed you. In addition to providing support at the landmarks, you are free to run or ride a bike along side of your runner. However, if you do this, you need at least two crew members. You must have one crew member nearby or in the car at all times.

The event staff has designated three types of landmarks – Stations, Substations and Meet Me locations. Stations are positioned roughly every 25 miles. Substations have been placed at the half-way point between stations. There are Meet Me locations at the half-way point between stations/substations. See the *Legend* on the map of the course below. Click on the map below to view it in Google Maps.

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Notes:

1. Segment #4 (between the 75 and the finish) is 33.5 miles long (not 25).
2. There are three Meet Me locations along Segment #1 (between the start and Mile 25).
3. There is only one Meet Me location along Segment #4.
4. We have received special permission to use parking spots at each of the 25-, 50- and 75-Mile stations. This may not be the case for the other substations and Meet me spots.
5. Each crew team must have one crew member nearby or in the car at all times.
6. You can click on the map above to view it in Google Maps.
7. You can “visit” locations along the route using Google Maps’ Street View. To learn more about Google Maps Street View, click [here](#). Study the course.

What are Cuesheets?

Cuesheets are screens shots taken of the course using Google Maps. You can download and print cuesheets [here](#). These are super valuable materials for both the crew and the runner. There are 62 turns on the course. They are large files so please be patient as they download.

How can I stay in the loop about the race?

To get information before or after the event, you can [subscribe](#) to the 100EC mailing list (look for the word *Subscribe* in the upper-right hand corner of the page). In addition, we will be publishing a lot of detailed information during the event via Twitter. We highly recommend that at least one person on your crew team subscribe to the 100EC Twitter feed. You can learn how to follow 100EC via Twitter [here](#). If you would like to publish something to all the event staff, send an SMS to Tapatha at 714-742-6229. Make sure to identify your name, your runner’s name/bib number, your approximate location and your message. There’s a limit of 140 characters. So, you may need to send multiple SMS messages.

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What are landmarks?

The following table provides information on the distance from the prior landmark, the name of the landmark and the address of the landmark. Using a GPS in your car or on your smart phone, these addresses will be helpful when you are trying to find the next place to go.

Segment	Station Name	Actual Distance	Accum. Distance	Landmark	Address
A	0			100 Mile Club HQ	815 West Sixth Street, Suite 105 Corona, CA 92882
A1	A1	6.1	6.1	Jack in the Box	Just down the road from 4715 Green River Rd Corona, CA 92880
A2	A2	3.8	9.9	Montessori Academy of Yorba Linda	Montessori Academy of Yorba Linda; Use crosswalk to get to the Santa Ana River Trail 23721 La Palma Avenue Yorba Linda, CA 92887
B	12.5	3.6	13.5	Yorba Regional Park	Near Baseball Diamond/Bathroom on Bike Trail 7600 East La Palma Avenue Anaheim, CA 92807
B1	B1	4.3	17.8	Circle K	Step through opening in fence 3899 E Riverdale Ave Anaheim, CA 92807
C	25-Mile (23.4)	5.6	23.4	Denny's	Walk from the Santa Ana River Trail 3000 W. Chapman Ave. Orange, CA 92868
C1	C1	5.7	29.1	Jack in the Box	2502 South Harbor Blvd Santa Ana, CA 92704
D	37.5 Mile	6.5	35.6	Huntington Beach Bike Trail	First bathroom 21601 Pacific Coast Hwy Huntington Beach, CA 92646
D1	D1	8.3	43.9	Jack in the Box	17243 Pacific Coast Highway Sunset Beach, CA 90742
E	50 Mile (25.0)	4.5	48.4	City National Bank	6265 E 2nd St # 101 Long Beach, CA 90803
E1	E1	5.2	53.6	Marina Green Park	First bathroom 386 East Shoreline Drive Long Beach, CA
F	62.5 Mile	7.5	61.1	Jack in the Box	1010 West Pacific Coast Highway Wilmington, CA 90744
F1	F1	6.5	67.6	Corner of Sheppard and Pacific	511 Shepard Street Los Angeles, CA
G	75 Mile (27.3)	7.3	74.9	St Peter's by the Sea	6410 Palos Verdes Dr Rancho Palos Verdes, CA 90275

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Segment	Station Name	Actual Distance	Accum. Distance	Landmark	Address
G1	G1	7.3	82.2	Miramar Park	104 Vía Riviera, Torrance, CA 90277
H	87.5 Mile	5.8	88.0	Manhattan Beach Pier	1112 Ocean Dr # 103A Manhattan Beach, CA 90266
I	100 (25.9)	13.0	101.0	Santa Monica Pier	200 Santa Monica Pier # A, Santa Monica, CA
	Total	101.0			

What should I do when I reach a landmark?

1. Do a quick calculation when you think your runner will arrive. Example: We met Bob at Landmark F (Actual 61.6 miles) at midnight. We are at F1 now (Actual 68.1 Mile station). That's 6.5 miles. It's 1am now. He was running about 4 miles per hour. So, we should see him in 38 minutes. (Hint: Bring a calculator.)
2. Designate one of the crew members as spotter. If it's dark, it's best to stay in the car (warmth and safety).
3. While you are waiting, grab the appropriate run bag and review the contents.
4. When you see your runner, position yourself on the route. Notes:
 - a. You must have a reflective safety vest if you leave the car
 - b. You must use the cross walk to cross the street. Don't jaywalk
 - c. It's best to position the car so that you can meet you runner without crossing the street
 - d. At night assume everyone on the road is intoxicated. There's a good chance they are. Don't assume they will see you or your runner
 - e. Look out for the safety of your runner
 - f. Anticipate danger
5. Provide an update to your runner
6. Ask for an update from your runner (how do they feel). You may or may not get a coherent answer. Encourage your runner.
7. Review the items in the run bag. Ask them if there is anything that's needed from the run bag. Again, you may or may not get a coherent answer. It is critical that the runner remains hydrated without becoming over-hydrated (a serious and potentially deadly condition called [hyponatremia](#)). It is also critical that they continue to eat. If they don't take anything that they have packed, see if there's something else that sounds good to them. A Coke can be the runners "best friend" late in the race (caffeinated, lots of sugar and easy to consume).
8. Be on the lookout for health problems. If you have concerns about yourself, other crew members or your runner, call Tapatha at 714-742-6229.
9. Refill your runner's water bottle or backpack
10. Review the next segment of the course with the runner
11. Determine where and when you will meet next (G)
12. Encourage your runner and say good bye
13. Repack and leave for the next landmark. Repeat

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Notes:

1. If for some reason, your runner needs to drop out of the race call Tapatha at (714) 742-6229
2. Once your runner has departed your final scheduled Pit Crew Stop, head to the finish line and wait for your runner.

What should I do when I reach a station (every 25 miles)?

At the stations, the event staff will have an approved place to park. Try to use one of these approved spots. The event staff's primary function is to check the runner in and out and to weigh him or her. After the runner has been weighed, you should follow the same procedure documented above. (See "What should I do when I reach a landmark?" above.)

Note: You should try to be as self-sufficient as possible. The event staff will have limited supplies. The only thing you should count on is for them to have water.

What are the other rules of the course?

1. Runners and crew must not litter
2. Runners and crew must obey all traffic laws
3. Runner who leave the course (e.g., to use the rest room), must return to the exact point where they left the course
4. Runners and crew must wear a reflective safety vest when they are out of the car.

What should I do when the event is over?

Your runner will have a mix of emotions at the finish – excited, exhausted, hurting, upset with the turnout of the race, etc. Be encouraging and offer advice regarding rehydration, food, etc. If you are not driving your runner home, be sure they are connected with a driver that has slept and is in shape to safely drive your runner home before you part ways.