

# **Answers to the questions you might be asked - and What to expect, how to help**

## **CUTOFF TIME FOR CHANTRY FLAT**

- The cutoff at Chantry Flat is 5:25 AM.
- They must have gone past the upper lot's timing table.

## **NEXT AID STATION - IDLEHOUR - 9 miles away**

- It is about 9 miles to the next station : Idlehour. Most mid-packers who arrive here between Midnight and 5 AM will take about 3 to 3.5 hours (or more) to do this section. Make sure they leave with enough water and supplies for this amount of time.

## **OUTBOUND TRAIL - 3,000' up - then 2,000' down**

- Many runners know how tough the climb out of Chantry is. But if any runner or crew asks you what they can expect in the next section, it's basically : a 3,000' climb up for about 6 miles to the Mt. Wilson Toll Road. From there, they will mostly descend on a fire-road about 2,000' in about 3 miles into the Idlehour aid station. This road is reasonably smooth and not too steep.

## **NEXT CUTOFF - 8:45 AM - 200 minutes after Chantry**

- The cutoff at Idlehour is 8:45 AM. Help the runner by figuring out how long they have to get there. Leaving Chantry Flat near the cutoff makes it very hard. Calculation : 9 miles in 200 minutes requires 22 minute per mile average. The first part is a tough section - especially miles 3 through 6 - but they may be able to make up time on the 3 mile downhill fire-road to Idlehour.

## **THEIR LAST MAJOR SUPPORT STATION :**

- This is mile 75 - and the runners call it the "Halfway Point". They know that the last 25 miles is going to be tough.
- Some runners will come into Chantry feeling physically and mentally spent, and questioning if they should drop. Tell them how long they have until cutoff - suggest they rest, eat, rehydrate for some time - and then decide. They have come 75 miles - and that last kilometer into Chantry has been extra tough on them.
- The rest and replenishment to body and soul which Chantry offers, even to those with a crew, is crucial to their success.

## **MEDICAL HELP**

- If they are complaining about something that's causing them discomfort, get them to medical for help.
- Are they nauseous? Try ginger (If the aid station has it!) or something with potassium like Watermelon or Bananas, etc.

## **SOLO RUNNERS - Yellow medical band, "SOLO" bib**

- New runner coming in - "Is this a SOLO runner ?".
- "SOLO" will be on their bib, and they have yellow medical bands. Think of yourself as a personal assistant to whomever you are helping, but especially if they are a Solo runner. They have nobody else. Stick with them through their (hopefully short) stay in the aid station, guide them through everything, help them go through their mental checklists.

## **RANDOM TIPS**

- Greet runners but don't overwhelm them with more than one question at a time. An excellent first question is :

**Do you have a drop bag ?**

- Try not to ask open-ended questions like: How are you feeling? Their brains are not going to be firing on many (if any) cylinders. Try to ask specific, easy to answer, YES or NO questions.

## **GOOD QUESTIONS TO ASK**

- Can I fill your bottles/bladder with water ? Electrolyte ?
- Do you want ice ?
- Would you like some soup ? (or name something specific)
- If you want, come see what looks appetizing to you.
- Do you have any trash you'd like to get rid of ?
- Do you need to change shoes/socks ?
- Do you want something with caffeine ?
  
- Get familiar with what the food offerings are at the aid station as soon as you get there. When runners ask "do you have \_\_\_\_\_" you'll be able to answer more quickly. Also take note of the things that are vegan, gluten free, etc. People with special needs may inquire about these things, too.

And if you have questions - ask the shift's leader !

## **CHANTRY - THE "GET OUT" CUTOFF TIME !!**

- Runners must be completely out of the aid station -** this is all the way through the parking lots including the upper level, and then checked OUT at the timing table just before the uphill-exit road **before the 5:25 AM cutoff.**
  
- The closer it gets to 5:25 AM, the more you have to up your "volunteer game."

## **IT'S GETTING LATE !**

- The runners coming in near cutoff time really need you! Offer to give them some food to go, help them fill their bottles/bladders as quickly as possible.
- Even though you'll be getting tired too, really encourage and motivate them!
- Maybe escort them out of the station for awhile, encouraging them along the way. Help them to just keep moving!

## **IF THEY NEED A LITTLE EXTRA HELP**

- Please walk your runner up the road all the way to the checkout station at the top of the upper lot. Give them the best hope and send them off in the best possible condition.

## **HERE WE GO AGAIN !**

- This aid station is a well oiled machine that has been manned by the Foothill Flyers since the first race in 1986 ! The old pros certainly know what they're doing, but they are getting past their prime and need younger people to do as they did so long ago - choose to serve the volunteer side of the table once a year, and take over. It's so rewarding to be a part of such a stellar operation ! Many of these amazing runners will recall the Chantry Flats aid station and say how exceptional it was and that it helped turn their race around.
- Enjoy the experience! Just remember, you can make a big difference in someone's race! You can help them Finish !