

UNITED STATES OF AMERICA
DEPARTMENT OF INTERIOR
BUREAU OF LAND MANAGEMENT
MEDFORD DISTRICT OFFICE

**NEPA CATEGORICAL EXCLUSION REVIEW & DECISION RECORD
GRANTS PASS RESOURCE AREA
DOI-BLM-OR-M070-2011-011-CX**

Proposed Project or Action Title: Pine to Palm 100 Mile Endurance Run

Location of Proposed Action: BLM portions are BLM roads #39-5-14 and #39-5-21, and the Grayback Mountain Trail. The legal description is T39S-R5W-15, 20-22, 29, 32 (see attached map for more details).

Land Use Allocation: The Medford District 1995 Resource Management Plan (RMP) land use allocations for this Proposed Action are Matrix, Riparian Reserve, and the Grayback Glades Research Natural Area. The Medford District 2008 RMP land use allocations are Timber Management Area, Deferred Timber Management Area, Riparian Management Area, and the Grayback Glades Research Natural Area.

Proposed Action: The Proposed Action is to grant Rogue Valley Runners a Special Recreation Permit for use of BLM managed roads and trails (described above) on September 17, 2011 for the event, and setup would begin on September 14, 2011. The overall event is a two day running event for approximately 200 participants (runners, staffing, and spectators) using a combination of roads and trails on BLM managed land, county, U.S. Forest Service, city, and private lands. Two days before and after would be used for set up and tear down.

The Pine to Palm Endurance Run is a remote and rugged point-to-point course traversing the Siskiyou mountain range in southern Oregon. It starts outside of Williams, Oregon, and winds its way east to Ashland, Oregon, on a mixture of single-track trail, dirt road, and less than four miles of pavement. The course climbs to 7,000 ft.

The race starts on Saint-Parris Drive road just outside of Williams, OR on September 17, 2011, and finishes in Ashland, Oregon, the next day. The run enters BLM managed lands, on the BLM Rock Creek Road (rd#39-5-14). The runners then follow BLM rd #39-5-21 and the Grayback Mountain Trail to U.S. Forest Service lands. The 100-mile endurance run will use 10 miles of BLM-administered roads and land. Runners would be through BLM administered lands early in the morning on September 17, 2011.

Emergency Medical Service (EMS) and communications staff would be located both at the start line at and at the first manned aid station (within USFS lands) on O'Brien Creek. Course sweeps and monitors would be on the course to attend to and communicate with EMS personnel if issues arise. There would be 21 aid stations along the entire route, 20 of which will be manned (see attached list of Communication & Aid Stations in the Pine to Palm 100 Mile Endurance Run Operating Plan).

PROJECT DESIGN FEATURES

The permittee assumes responsibility for inspecting the regulated area for any existing or new hazardous conditions such as slides, rocks, uneven trail surfaces, weather conditions, limbs or trees, hazardous wildlife, or other hazards which present a risk which the permittee assumes.

Participants, spectators, and event staff would be restricted to the road surface of the Rock Creek Road (BLM rd #39-5-14) to reduce the risk and probability of spreading *Phytophthora lateralis* Port-Orford-cedar root disease.

The BLM would post signs or to provide a brochure to inform participants and other public users of the stream infested with *Phytophthora lateralis* (POC root disease) and how they can reduce the spread of the disease through their actions before and during the event.

See the attached Pine to Palm 100 Mile Endurance Run Operating Plan and Medical Plan for further Project Design Features regarding health, safety, and clean-up of the event.

PLAN CONFORMANCE REVIEW

The Proposed Action is consistent with the Medford District's 1995 Record of Decision (ROD) and Resource Management Plan (RMP) and 2008 ROD/RMP. Following the March 31, 2011 decision by the United States District Court for the District of Columbia in Douglas Timber Operators et al. v. Salazar, which vacated and remanded the administrative withdrawal of the Medford District's 2008 ROD and RMP, we evaluated this project for consistency with both the 1995 RMP and the 2008 ROD and RMP. Based upon this review, the Proposed Action contains some design features not mentioned specifically in the 2008 ROD and RMP. The 2008 ROD and RMP did not preclude use of these design features, and the use of these design features is clearly consistent with the goals and objectives in the 2008 ROD and RMP. Accordingly, this project is consistent with the Medford District's 1995 RMP and the 2008 ROD/RMP.

The Proposed Action is consistent with court orders relating to the Survey and Manage mitigation measure of the Northwest Forest Plan, as incorporated into the Medford District Resource Management Plan.

COMPLIANCE WITH THE NATIONAL ENVIRONMENTAL POLICY ACT

Environmental Policy Act (NEPA) in accordance with 516 DM 11.9 H (1) "Issuance of Special Recreation permits for day use or overnight use . . . and/or for recreational travel along roads, trails, or in areas authorized in a land use plan."

This categorical exclusion is appropriate in this situation because there are no extraordinary circumstances potentially having effects that may significantly affect the environment. The proposed action has been reviewed, and none of the extraordinary circumstances described in 516 DM 2, Appendix 2, apply (See attached checklist).

NEPA CATEGORICAL EXCLUSION REVIEW

Extraordinary circumstances (CFR § 46.215) provides for a review of the following criteria for categorical exclusion to determine if exceptions apply to the Proposed Action based on actions which may:

1. Have significant impacts on public health or safety.

Yes No

Remarks: None

2. Have significant impacts on such natural resources and unique geographic characteristics as historic or cultural resources, park, recreation, refuge, lands, wilderness areas, wild or scenic rivers, sole or principal drinking water aquifers, prime farmlands, wetlands (Executive Order 11990); floodplains (Executive Order 11988); ecologically significant or critical areas (including those listed on the Department's National Register of Natural Landmarks).

Yes No

Remarks: The proposed running route is present within a portion of the Grayback Glades Research Natural Area (RNA) in T39S-R5W-29 & 32. The RNA is designated for scientific research and baseline study area against which human impacts on natural systems can be measured for terrestrial white-fir, Port-Orford-cedar, and an aquatic first order stream. RNAs are also to "Provide for recreation uses and environmental education in outstanding natural areas. Manage uses to prevent loss of outstanding values," (Medford District 1995 RMP/ROD, p.56).

The Proposed Action is within natural range of Port-Orford-cedar (POC). A POC Risk Key Analysis is completed for the Proposed Action (see attached). After recent field review (8/2011) by a BLM silviculturalist, there were no POC trees within sight of the trail. Therefore the probability of spreading *Phytophthora lateralis*, assuming the spores would be picked up, would be low. Since the trail is open to the public and use is not restricted on any given day, an event with a large number of users would not add appreciable additional risk to the existing condition, given the probability of spread is low. No management specific to POC and POC root disease (*Phytophthora lateralis*) is required; however, the proposed activities are in a high risk area since Rock Creek is infested with POC root disease (*Phytophthora lateralis*), which parallels Rock Creek Road. Therefore, the BLM silviculturalist recommends vehicles and people be restricted to the surface of Rock Creek Road (BLM rd #39-5-14). It is also recommended, to post signs (or to provide a brochure) to inform participants and other public users of the infested stream and how to reduce the spread of POC root disease. These recommended actions have been added to the Project Design Features of the Proposed Action (above). As such, there would be no negative effects to the RNA and the event would not degrade the values for which the RNA was designated.

3. Have highly controversial environmental effects or involve unresolved conflicts concerning alternative uses of available resources (NEPA section 102(2)(e)).

Yes No

Remarks: None

4. Have highly uncertain and potentially significant environmental effects or involve unique or unknown environmental risks.

Yes No

Remarks: None

5. Establish a precedent for future action or represent a decision in principle about future actions with potentially significant environmental effects.
 Yes No
 Remarks: None
6. Have a direct relationship to other actions with individually insignificant but cumulatively significant environmental effects.
 Yes No
 Remarks: None
7. Have significant impacts on properties listed, or eligible for listing, on the National Register of Historic Places as determined by either bureau or office.
 Yes No
 Remarks: None
8. Have significant impacts on species listed, or proposed for listed, on the List of Threatened Species, or have significant impacts on designated Critical Habitat for these species.
 Yes No
Remarks: The BLM portion of the proposed route is within the range of *Fritillaria gentneri*, but there are no sites near the trail or proposed parking area. A *Cypripedium fasciculatum* site is over 300 feet from the trail, so no effects to the plant site are anticipated due to activities being limited to the Grayback trail and existing roads on BLM managed land.
9. Violate a Federal law, or State, local, or tribal law requirements imposed for the protection of the environment.
 Yes No
 Remarks: None
10. Have a disproportionately high and adverse effect on low income or minority populations (Executive Order 12898).
 Yes No
 Remarks: None
11. Limit access to and ceremonial use of Indian sacred sites on Federal lands by Indian Religious practitioners or significantly adversely affect the physical integrity of such sacred sites (Executive Order 13007).
 Yes No
 Remarks: None
12. Contribute to the introduction, continued existence, or spread of noxious weeds or non-native invasive species known to occur in the area that may promote the introduction, growth, or expansion of the range of such species (Federal Noxious Weed Control Act and Executive Order 13112).
 Yes No
Remarks: There are no noxious weeds on the Grayback trail system. Knapweed is present on road #39-5-14 (starting point of race) and possibly in the parking area on private land. The Grayback Glade Research Natural Area is dominated by large trees and canopy cover that would discourage weed recruitment. Runners would be confined to the existing trails and roads; therefore, no ground disturbance is a part of this action to facilitate the establishment or spread of weeds.

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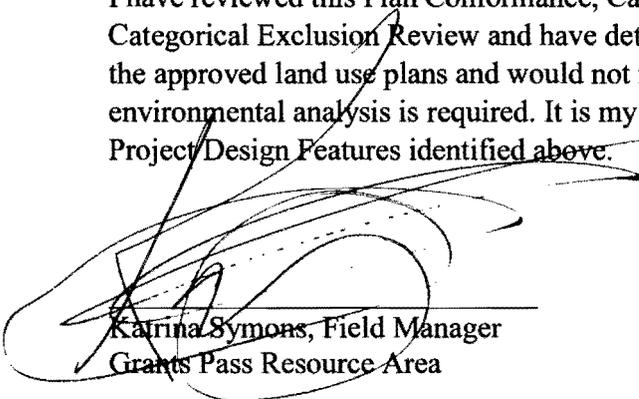
NEPA CATEGORICAL EXCLUSION DECISION

DOCUMENTATION PROPOSED ACTION

The proposed federal action is to issue a Special Recreation Permit to Hal Koerner for hosting the Pine to Palm 100 Mile Endurance Run (BLM portion). The BLM portion is a single day running event BLM portions are BLM roads #39-5-14, #39-5-21, and #39-5-21.2, and the Grayback Trail.

DECISION AND RATIONALE

I have reviewed this Plan Conformance, Categorical Exclusion Determination and attached NEPA Categorical Exclusion Review and have determined that the proposed project is in conformance with the approved land use plans and would not involve any significant environmental impacts. No further environmental analysis is required. It is my decision to implement the project, as described, with the Project Design Features identified above.



Katrina Symons, Field Manager
Grants Pass Resource Area

9/12/11
Date

ADMINISTRATIVE REMEDIES

Administrative review of special recreation permit decisions requiring National Environmental Policy Act (NEPA) assessment will be available under 43 CFR Part 4 to those who have a “legally cognizable interest” to which there is a substantial likelihood that the action authorized would cause injury, and who have established themselves as a “party to the case.” (See 43 CFR § 4.410 (a) – (c)). Other than the applicant for the Special Recreation Permit, in order to be considered a “party to the case” the person claiming to be adversely affected by the decision must show that they have notified the BLM that they have a “legally cognizable interest” and the decision on appeal has caused or is substantially likely to cause injury to that interest (See 43 CFR § 4.410(d)).

EFFECTIVE DATE OF DECISION

This is a land decision on a Special Recreation Permit in accordance with BLM regulations at 43 CFR Subpart 2930. All BLM decisions under 43 CFR Subpart 2931.8(b) “All decisions BLM makes under this part will go into effect immediately and will remain in effect while appeals are pending

unless a stay is granted under 4.21(b) of this title”, unless the Director of the Office of Hearings and Appeals or an Appeals Board has determined otherwise in accordance with specified standards enumerated in 43 CFR 4.21(b).

RIGHT OF APPEAL

This decision may be appealed to the U.S. Department of the Interior, Office of Hearings and Appeals, Interior Board of Land Appeals (Board) by those who have a “legally cognizable interest” to which there is a substantial likelihood that the action authorized in this decision would cause injury, and who have established themselves as a “party to the case.” (See 43 CFR § 4.410). If an appeal is taken, a written notice of appeal must be filed with the BLM officer who made the decision in this office by close of business (4:30 p.m.) not more than 30 days after the date of service. Faxed or e-mailed appeals will not be considered. Only signed hard copies of a notice of appeal that are delivered to the Grants Pass Field Manager 2164 NE Spalding Avenue, Grants Pass, OR 97526, will be accepted.

In addition to the applicant, in order to qualify as an appellant, a “party to the case,” you have the burden of showing possession of a “legally cognizable interest” that has a substantial likelihood of injury from the decision. (See 43 CFR § 4.410(d)). The person signing the notice of appeal has the responsibility of proving eligibility to represent the appellant before the Board under its regulations at 43 CFR § 1.3. The appellant also has the burden of showing that the decision appealed from is in error. The appeal must clearly and concisely state which portion or element of the decision is being appealed and the reasons why the decision is believed to be in error. If your notice of appeal does not include a statement of reasons, such statement must be filed with this office and with the Board within 30 days after the notice of appeal was filed.

According to 43 CFR Part 4, you have the right to petition the Board to stay the implementation of the decision. Should you choose to file one, your stay request should accompany your notice of appeal. You must show standing and present reasons for requesting a stay of the decision. A petition for stay of a decision pending appeal shall show sufficient justification based on the following standards:

1. The relative harm to the parties if the stay is granted or denied,
2. The likelihood of the appellant’s success on the merits,
3. The likelihood of immediate and irreparable harm if the stay is not granted, and
4. Whether the public interest favors granting the stay.

A notice of appeal with petition for stay must be served upon the Board, the Regional Solicitor and the applicant, Rogue Valley Runners, at the same time such documents are served on the deciding official at this office. Service must be accomplished within fifteen (15) days after filing in order to be in compliance with appeal regulations. 43 CFR § 4.413(a). At the end of your notice of appeal you must sign a certification that service has been or will be made in accordance with the applicable rules (i.e., 43 CFR §§ 4.410(c) and 4.413) and specify the date and manner of such service.

The IBLA will review any petition for a stay and may grant or deny the stay. If the IBLA takes no action on the stay request within 45 days of the expiration of the time for filing a notice of appeal, you may deem the request for stay as denied, and the BLM decision will remain in full force and effect until IBLA makes a final ruling on the case.

Or for additional information concerning this project, contact Michelle Calvert, Planning and Environmental Coordinator, at (541) 471-6505.

Additional contact addresses include:

- U.S. Department of the Interior
Office of Hearings and Appeals
Interior Board of Land Appeals
801 N. Quincy Street, MS 300-QC
Arlington, Virginia 22203
- Regional Solicitor
Pacific Northwest Region
U.S. Department of the Interior
500 N.E. Multnomah Street, Suite 607
Portland, Oregon 97232
- Rogue Valley Runners
Hal Koerner
161 E Main St
Ashland, OR 97520

Attachments:

Map

Port Orford Cedar Risk Key Analysis for the Pine to Palm 100 Mile Endurance Run

Risk Key is from Alternative 2 of the FSEIS for Management of Port Orford Cedar in Southwest Oregon 1/2004

QUESTION		*Other project activities by Section (prescribed fire, fuels reduction, young stand maintenance, etc.)	
1a.	Are there uninfected POC within, near ¹ , or downstream of the activity area whose ecological, Tribal, or product use or function measurably contributes to meeting land and resource management plan objectives?	No	
1b.	Are there uninfected POC within, near ¹ , or downstream of the activity area that, were they to become infected, would likely spread infections to trees whose ecological, Tribal, or product use or function measurable contributes to meeting land and resource management plan objectives?	No	
1c.	Is the activity area within an uninfested 7 th field watershed ² as defined in Alternative 6	No	
			<i>If the answer to all three questions, 1a, 1b, and 1c, is no, then risk is low and no POC management practices would be required.</i>
	<i>If the answer to any of the three questions is yes, continue.</i>		
2.	Will the proposed project introduce appreciable additional risk ³ of infection to these uninfected POC?	No	
			<i>If no, then risk is low and no POC management practices are required.</i>
	<i>If yes, apply management practices from the list below [within FSEIS] to reduce the risk to the point it is no longer appreciable, or meet the disease control objectives by other means, such as redesigning the project so that uninfected POC are no longer near or downstream of the activity area. If the risk cannot be reduced to the point it is no longer appreciable through practicable and cost-effective treatments or design changes, the project may proceed if the analysis supports a finding that the value or need for the proposed activity outweighs the additional risk to POC created by the project.</i>		**Management Practices by Road/Road System
			Recommending management practices 4 & 5 (below) along Rock Creek Road of T39S-R5W-Sections 15, 20, 21, 22, 29, 32.

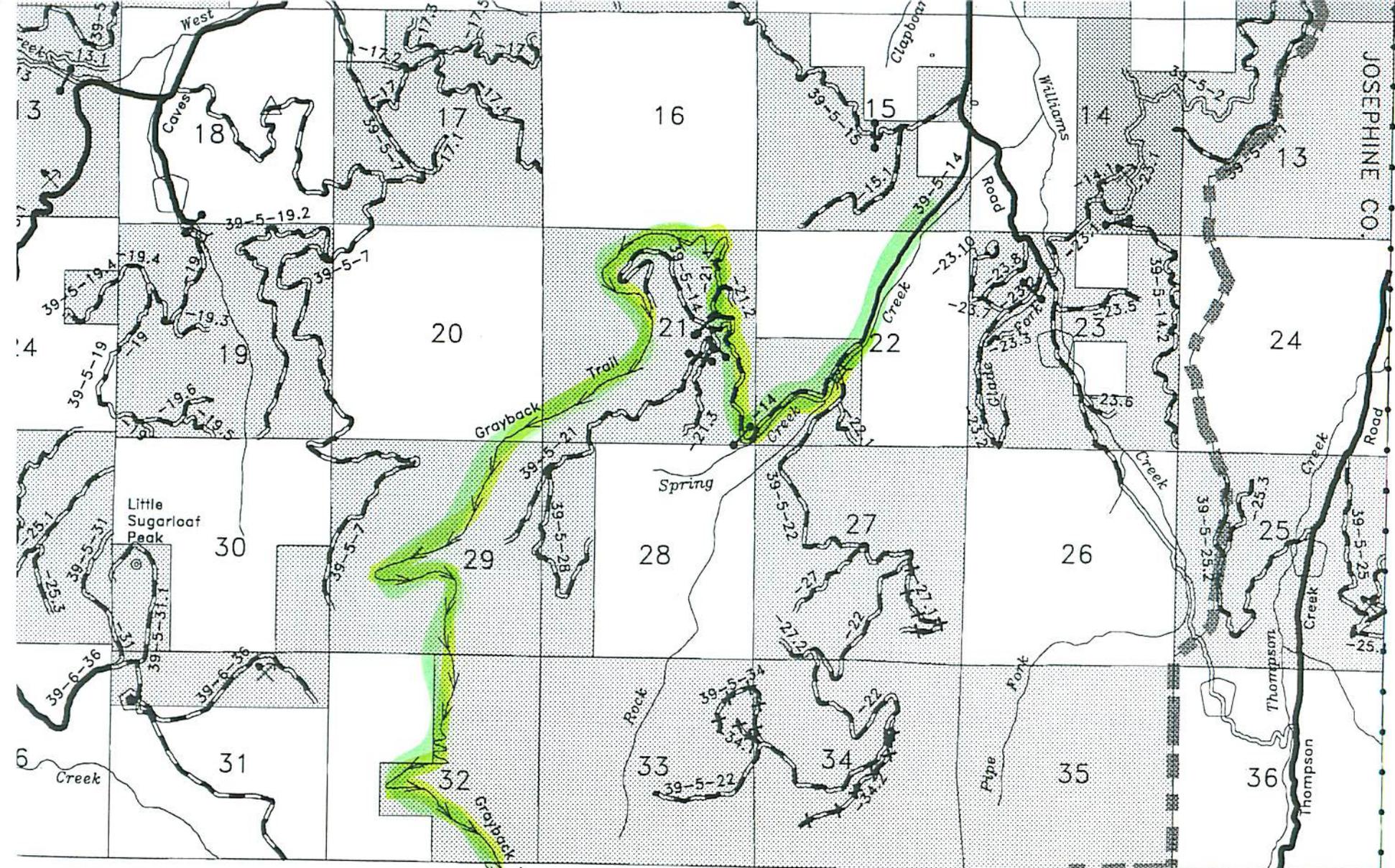
1 - In questions 1a and 1b, "near" generally means within 25 to 50 feet downslope or 25 feet upslope from management activity areas, access roads, or haul routs; farther for drainage features; 100 to 200 feet in streams.

2 - Uninfested 7th field watersheds are listed on Table A12-2 [of FSEIS] as those with at least 100 acres of POC stands, are at least 50% federal ownership, and are free of PL except within the lowermost 2 acres of the drainage.

3 - Appreciable additional risk does not mean "any risk." It means that a reasonable person would recognize risk, additional to existing uncontrollable risk, to believe mitigation is warranted and would make a cost-effective or important difference (see Risk Key Definitions and Examples for further discussion.)

* Activities within these sections should incorporate management activities regardless of POC occurrence within the individual stand due to access routes containing POC.

**Management practices: 1) project scheduling, 2) utilize uninfested water, 3) unit scheduling, 4) access, 5) public information, 6) fuels management, 7) incorporate POC objectives inot prescribed fire plans, 8) routing recreation us, 9) road management measures, 10) resistant POC planting, 11) washing project equipment, 12) logging systems, 13) spacing objectives for POC thinning, 14) non-POC special forest products, 15) summer rain events, 16) roadside sanitation, and 17) site-specific POC management



JOSEPHINE CO.

R5W

unnamed trail to the Middle Fork of the Applegate River and FS Rd 1040, and then to Seattle Bar.

Runners will continue onto the Stein Butte Trail to Elliot Ridge and then down to Squaw Lake via the Summit Lake Trail. (Race officials and crewmembers need to be aware that Elliott Creek Road {Forest Road 1050} is closed by a gate. The only way to get to Maple Dell Gap and onto Elliott Ridge is via the 2015 Road, then the 410, 420, and 500 roads.) The crossing of paved Jackson County Road 859 at Seattle Bar is on somewhat of a blind corner. Signs will be posted on the road to warn motorists and runners will be made aware of this safety issue. They will circle Squaw Lake once in a counterclockwise direction and continue down (west) on Squaw Creek Rd and take a right (north) on Kilgore Gultch Rd (Forest Road 490). Onto the Little Grayback Trail to the summit of Squaw Peak. (The road to Squaw peak Lookout is closed by a gate and motorized vehicles are prohibited.) They will then retrace their steps to USFS Rd 2010 and continue east on Rd 2010 to Beaver Creek Rd (Forest Service Road 20). Once on Forest Service Road 20 runners will follow it south and then east to Silver Fork Gap and Dutchman Peak.

They will summit Dutchman Peak via the 805 and 800 roads and then return to FS Road 20 (now called the Mt. Ashland Rd.). Near Big Red Mountain at Wrangle Gap runners will take a left (north turn) on Little Applegate Rd (FS 2030). They descend along Glade Creek and then take a right on Brick Pile Rd (2250) to Wagner Gap. From Wagner Gap runners will run up and south on Wagner Gap Rd to Wagner Butte Trail (#1011). They will summit Wagner Butte and then return and descend down the new Wagner Glade Trail to FS Rd 2060 (Ashland Loop Rd). Runners will turn left on FS Rd 2060 and stay on Forest Rd 2060. From 2060 runners will take a left and head downhill on Hitt Road (Forest Road 300) and take the trail down onto the streets of Ashland, OR. Runners finish at Pioneer Hall near Lithia Park in Ashland, OR.

5. Number of acres needed:

Various trail and road segments upon National Forest System lands and Bureau of Land Management lands between Williams, OR and Ashland, OR. (See attached map or <http://www.roguevalleyrunners.com/P2P100/images/Pine%20%20Palm%20100%20map.pdf> for course information.)

6. Planned number of participants: Estimated 125 runners.

7. Number of spectators anticipated:

It is anticipated that accompanying family, friends, crew and safety runners will number around 200 but most will remain at the start and finish areas of the event in Williams and Ashland, OR. It is estimated that some of these spectators will visit segments of the course and other trails within the Rogue River-Siskiyou National Forest during the day but those that actual use portions of the National Forest lands will likely not exceed 50-75 people. See below as to where these people will be allowed to park and attend to their runners during the event.

8. Duration of event (including pre/post event set-up days):

Event set-up and course marking will begin on the Wednesday prior to the event.

Event dates: September 17-18, 2011

Event and course clean-up will be completed by Thursday following the event.

Runners will have 34-hours to complete the event.

Cut-off: Runners must reach the Dutchman Peak Aid Station by midnight of the first night.

9. Overnight areas needed:

The only needed overnight areas on National Forest lands will be the locations of several aid stations. Below are those aid stations with the mileage that they are located in the event. Double listed aid stations are the same location, runners simply pass through those aid stations twice (out and backs). Aid stations that come before Dutchman Peak will be taken down well before midnight. The Dutchman Peak Aid Station has a midnight cut-off.

Dutchman Peak	62
Dutchman Peak	64
Wrangle	
Spring/Shelter	68
Glade Creek	75
Wagner Gap	81
Wagner Glade (Butte)	85
Wagner Glade (Butte)	89
2060 Rd	91.5

If we use the Wrangle Shelter location we will post a sign one day prior to the event. At this point in time we are not intending to use the Shelter. We are planning on having a water-only stop just down the 2030 Rd from the Shelter.

10. After hour activities for multiple events (music, food, etc.):

None

11. Notification of adjacent permit holders or landowners:

Additional landowners/permit holders include:

**City of Ashland, OR
Bureau of Land Management (Grants Pass, OR)
Jackson County Oregon**

12. List other permits required and coordination or cooperating agreements. (Attach copies).

To be attached upon receipt.

FACILITIES

13. Facilities provided (i.e., tents, canopies, stage, booth, benches, chairs, showers):

In order to provide fluid and nutrition replacement for participating runners, the Palm to Pine Endurance Run event will staff aid stations at the following locations.

Aid Station (Location)	Mileage
Start: Williams, OR (Williams Grange)	
Rock Creek (TH) unmanned	6
O'Brien Creek	17
Steamboat Ranch (1035 and Carberry Creek RD)	24
Seattle Bar/Applegate River	31
Stein Butte	36
Squaw Lakes	42
Squaw Lakes	44
French Gulch	47
Hanley Gap (Squaw Peak)	52
Hanley Gap (Squaw Peak)	53.5
Squaw Creek Gap	60
Dutchman Peak	65
Dutchman Peak	67
Wrangle Spring	71
Glade Creek	78
Wagner Gap	83
Wagner Glade (Butte)	88
Wagner Glade (Butte)	92
2060 Rd	93.5
Finish: Ashland, OR (Pioneer Hall)	101.5

See Attached Map for exact aid station locations.

See Attachment for crew driving instructions.

Each aid station will use a variety of equipment including tables, chairs, tents, pop-up canopies, and garbage collection facilities (garbage bags, etc.). Vehicles and aid station equipment will be placed so as not to block right-of-way of potential emergency traffic and other Forest users. The course is located within or near several botanical areas with rare plants. Aid station equipment and event-associated vehicles will be located on already disturbed sites. Wide turnouts and large road intersections will be utilized so as not to disturb or trample local flora and fauna. Runners and event staff will use only approved roads and trails for movement.

Aid station personnel will be required to completely break down the aid station and conduct trash pick-up on the course within one-half mile of their aid station before retiring for the day. Additionally, aid station personnel will advise other trail systems users of the event and about potential alternate trail routes should they desire to use other trails within the area.

14. Provisions for drinking water (quantity, locations, bottled vs. truck):

Adequate water will be available at all aid stations listed above. Aid station volunteers will drive in all potable water for contestants in their own vehicles. Water will be both carried in 5-gallon reusable containers and store purchased bottled jugs/bottles as well.

15. Signing (i.e., route marking, parking, trails, and event schedules):

The P2P100 course will be marked during the three days prior to the event using colored flagging, white spray chalk and glow sticks during the night sections of the course. The flagging and glow sticks will be tied to tree branches and brush adjacent to trails to accommodate easy removal and minimize any possible damage. In addition to the flagging, on-the-ground marking will be provided using “non-toxic”, water-based spray chalk. Night-time marking is enhanced using glow sticks. All course markings will be removed by no later than the day after the event during course clean up and trail maintenance. Any trail maintenance that will be necessary following the event would be conducted using standards set by the US Forest Service.

Event administrators will post “pre-event notices” at the key locations previously identified on the P2P course trails/roads used by the event at least one week in advance of the event to advise other users within National Forest System lands.

Additionally, contact will be made with other known P2P100 course user groups (i.e., mountain bike and equestrian clubs) so they are aware of the event dates and the trails used by the event. All trails would remain open to other uses.

16. Sanitation plan (i.e., numbers of toilets, garbage cans, recycle bins):

Event management will be responsible to work with cooperating officials to ensure that adequate portable toilets are available at the start line in order to reasonably accommodate the participants and volunteers of the event without overtaxing the existing restroom facilities.

The event staff will work with USFS officials to assure that garbage collection and removal are adequately met. All aid station personnel will be responsible to collect and dispose of trash from all aid station locations before demobilization.

17. Accommodations for disabled visitors (i.e., parking, access): The restrooms at Seattle Bar and Wrangle Shelter complies with ADA standards. No other facilities or trails along the course provide for disabled visitors.

18. Describe your power supply requirements:

A few of the aid stations located within USFS Lands during nighttime hours may utilize the use of portable generators for lighting. Generators will be located on mineral soil (no duff, twigs, etc.) or some other non-combustible material. A Class B fire extinguisher will be located at each generator site along with a minimum of 5 gallons of water and a shovel. No campfires will be started/used at aid stations.

19. Describe public address system requirements:

None on National Forest lands

VENDORS

20. Will food and beverage be provided?

Yes, at Aid Stations and at the event Finish Line and Award Ceremony locations

21. Included in price?

Yes.

22. Agreements with vendors and caterers:

Yes. (Pioneer Hall, Ashland, OR and Williams Grange, Williams, OR)

23. Number of vendors or caterers:

None on National Forest System lands.

24. Location of food or beverage (identify on map):

Aid Stations (see list above), Finish Line (Pioneer Hall, Ashland, OR) and Start Line (Williams Grange, Williams, OR)

25. Alcohol for sale? Vendor obtained state and local permits?

None

26. Insurance coverage for alcohol (attach a copy of the liability portion & all endorsements and exclusions):

N/A

27. Other products for sale (i.e., T-shirts, hats, ice, souvenirs):

None on National Forest System lands.

28. Other equipment for rental (i.e., snowmobiles, skis, boards, jet-skis, rafts, kayaks):

None

29. List additional third party agreements.

None on National Forest System lands.

PARKING AND VEHICLES

When planning for parking, be aware that one lane must always be open for emergency vehicles):

30. Amount of parking needed (i.e., number of spaces, acres, include disabled parking):

There is limited parking needed at each of the aid stations located within USFS land. Listed here:

O'Brien Creek	4
Seattle Bar/Applegate River	25
Stein Butte	30
Squaw Lakes	37.5
Squaw Lakes	40.5
French Gulch	43.5
Hanley Gap (Squaw Peak)	48.5
Hanley Gap (Squaw Peak)	50
Squaw Creek Gap	56
Dutchman Peak	61.5
Dutchman Peak	63
Wrangle Spring	67
Glade Creek	74
Wagner Gap	79.5
Wagner Glade (Butte)	82.5
Wagner Glade (Butte)	85.5
Horn Gap Rd	93

Each of the above aid stations will have one to two aid station staff vehicles parked there. Crew (runner assistants), pacers and spectator access will be available at **ONLY** these aid station locations (besides start and finish): Seattle Bar, Squaw Lake, Dutchman Peak and Wagner Gap. There is ample parking at these locations to accommodate the extra vehicles and not create resource issues. Use of Seattle Bar will be coordinated directly with the concessionaire, Glen Richardson. Because runners will be well spread out along the course we expect vehicular congestion at these areas and along roadways to be minimal. No campfires will be used/started at any aid station locations.

See Attachment for crew driving instructions.

31. Locations (identify on map):

See Attached Map.

32. Parking attendants and locations used (i.e., parking direction, lot full posting, information):

None on National Forest System lands.

33. Parking lot security (i.e., overnight parking, remote lots):

N/A

34. Traffic controls (i.e., one way, signing):

N/A

35. Shuttle service (type, when and where used):

None on National Forest System lands.

36. Will any road closures be needed? (where and how long?):

None needed

37. SAFETY / COMMUNICATIONS / MEDICAL:

See below and **see attachment** at end of this operating plan.

The Pine to Palm 100 Endurance Run will prepare an annual Incident Action Plan (IAP) outlining all medical, safety and communication strategies. The IAP will be reviewed by key race management personnel and all identified cooperative public service agencies will be advised and provided a copy prior to the event.

Event management officials are currently researching purchase of communication equipment to further enhance event communications for both safety and logistic needs. The event will purchase once the appropriate equipment is identified. Cell phone coverage is **not available** on over 90% of the course. The only dependable coverage is in the Dutchman Peak/Wrangle Gap vicinity, Grayback Mountain, Wagner Glade Gap, and portions of the Ashland Watershed.

The communication plan is to use simplex, two radios communicating on the same frequency, to relay communications from aid stations: Seattle Bar, Squaw Lakes and Squaw Peak, and Wagner Gap directly to Jackson Gap (Dutchman Peak Aid Station). The frequency used may be 146.400 Mhz, but could change. Different frequencies might be used for different locations, if they interfere with each other. The central relay point at Jackson Gap is crucial though, because it does have pretty good radio coverage to each of these locations, and it has cell phone coverage to relay info if necessary by cell phone to the finish and to race management.

The rest of the plan is to communicate from Jackson Gap (Dutchman) to the Road 2060 Aid Station and the finish by using the Mt. Ashland repeater (147.20 Mhz), which Jackson Gap can easily access and so can the finish.

Dr. Kelly Lange will serve as the Medical Director of the event. She will guide and supervise sports medicine residents during the ultra-event planning and the onsite event medical coverage.

Goals and Objectives:

Goals: Upon completion of the Sports medicine fellowship, the sports medicine resident is expected to be able to:

Advise ultra-event planners on how to develop a medical plan that will provide onsite medical care as well as reduce patient load on area emergency facilities and provide rapid access to emergency facilities for participants in need of advanced care

- Act as a medical group leader in the event setting
- Treat common illnesses and injuries in a ultra-event setting.
- Arrive at assignments in a timely manner
- Triage and stabilize serious injuries and illnesses in a mass event wilderness setting

- Coordinate a medical evacuation.

Objectives: Patient Care-Medical care at mass participation events is best delivered by predetermined protocols. These protocols direct acute on-site care, determine who needs to be transported, and determine limits to participation or return-to-play. While some events may require pre-participation screening; in general, it is neither practical nor cost effective.

At a minimum, one first aid / CPR certified individual will be available at each medical aid station. In addition, some medical professionals (MD's, DPM's, RN's etc.) will be available at each medical aid station and at the start/finish area on a volunteer basis. The event will make all volunteer personnel knowledgeable as to the locations of possible helicopter landing zones. The event will utilize helispots landings zones previously identified by USFS operations. Event administrators will be responsible to coordinate event details with the nearest care-flight services and local fire protection district emergency medical services.

In conjunction with the 100M event, specific aid stations will also require "med checks" of all 100M participants. These "med checks" will be staffed by licensed medical volunteers. We will follow the traditional 3/5/7% weight loss guidelines used at other 100's. A 3% weight loss will warrant a caution. At 5% down, a runner will be held until he can get some fluids in and his weight back up. If a runner's weight is 7% down he may be pulled from the race.

Medical personnel, the race director, and aid station captains have the right to pull a runner if they feel the runner may be a danger to himself/herself.

All runners must abide by the directions of the medical personnel and aid station captains.

All participants in the Palm to Pine Endurance Run are required to complete a medical form prior to participation. This will be reviewed with the participant at their initial weigh-in the evening prior to the start of the event. This will help medical professionals to expedite decision-making based on pre-existing medical conditions of the individual and retain consistency with our medical protocol. Vital signs such as blood pressure and pulse will also be recorded at this time. In addition, all participants and their handlers will be required to attend a mandatory meeting the evening prior to the event so that we may go over the necessary aspects of the medical protocol.

Course sweepers will be assigned to clear behind the last runners for their segment of trail in order to ensure that all participants have cleared each section of trail. Sweepers will also be able to notify Aid Station volunteers when their services are no longer required and to keep event administrator briefed on the status of the participants. Where possible, sweepers will also begin the process of removing course markings to help facilitate timely course clean up. Course Safety Patrols will work specified trail sections in order to monitor and provide first aid and/or medical assessment for participants.

38. Describe communications type and number of equipment used:

See above

39. Specify safety closures for high risk areas and protection of spectators (i.e., barriers, closures, restricted areas):

None required

ADVERTISING

All advertising must include acknowledgement that the event is located on the National Forest.

40. Description of event advertising (i.e., flyers, radio, TV, magazines, Internet):

Event web site: <http://www.roguevalleyrunners.com/P2P100/raceinfo.html>

41. Target audience (i.e., local, regional, national, limited membership):

Local, regional, national: There will be a diverse group of runners attending.

42. Planned filming (land, air, water):

None

43. What is the reason for filming (i.e., advertising, promotion):

44. Type of advertising proposed for the event (i.e., banners, signs, posters, commercial vehicles):

All advertising will be located at the start and finish lines; not on Forest Service lands.

CLEANUP

45. Time frame to remove all facilities and garbage after the event (including removal of signs, advertising, flagging, route markers):

See above

46. Garbage collection site location (land fill or transfer station):

See above

47. Mitigation plan to rehabilitate resource damage (i.e., closures, revegetation):

We anticipate no need for resource damage mitigation. Event staff (and vehicles) and runners will not stray from USFS approved roads, parking lots and trails. If any resource damage is accrued during the event event staff will adhere to US Forest Service protocol while mitigating the damage.

Note: It is the event management's intention to form a work party. The work party will be organized before the 100-mile event to do some trail work along the course. Event staff will confer with USFS staff before performing this work party in order to discuss the logistics of said event.

48. Time frame to complete mitigation:

FEES

Land use rental fees are 5% of adjusted gross receipts for one time events and 3% of adjusted gross receipts for multiple events under on permit. Adjusted gross receipts are the gross revenue less the cost of the holder of the permit of prizes awarded. Only those prizes which are paid for by the holder or come from the entry fee costs can be deducted. Donated prizes cannot be deducted.

Additional fees (3% or 5% of gross receipts minus cost to the holder of the permit of prizes awarded) for this use have been exempted or waived pursuant to 36 CFR 251.57, or revisions thereto, and direction in FSH 2709.11, Chapter 30. These fees have been waived because of the trail maintenance that is performed provides a valuable benefit to the public and to the Forest Service. The \$100.00 minimum fee is still a requirement.

This fee structure will be reviewed annually. If trail maintenance is not performed then a land use rental fee of 3% will be used for fee calculation.

Pine To Palm 100 Mile Endurance Run MEDICAL PLAN

Race Director:

Hal Koerner

Medical Director:

Kelly Lange, DC

Certified Chiropractic Sports Physician®

Introduction

In this section we will do a general review of what is expected of you and what you may expect while participating as a medical volunteer for the Pine to Palm 100 Mile Endurance Run. Please understand the information provided to you here is not all-encompassing and is provided as a courtesy to give you a heads-up on what to expect. We are relying on your skills and clinical judgment to address issues that are not covered in these pages.

The major conditions you are likely to see P2P participants experiencing along the course will involve their feet, their stomachs and their musculoskeletal system. This includes blisters, nausea/vomiting, dehydration, exhaustion, and muscle pain. Although it is not as common, we also have to be watchful for more major issues, most notably hyponatremia and renal failure.

At each of the major medical checkpoints, the primary mission will be to weigh and record each participant's weight as they come through which may be compared to their start weight recorded on their wristband (which will also include baseline blood pressure and pulse). We will also be observing their mental status (i.e. confusion, disorientation, impairment of motor skills, etc.) to detect potential problems. If you decide the athlete needs medical assistance, or if aid is requested by the runner, you may provide it at that time. Should you decide to pull a runner from the event, or if the runner is requesting to be finished, you will notify the Aid Station Captain as only he/she has the authority to remove the runner's wristband. This will ensure that no wristbands are misplaced so that we keep accurate account of the athletes still competing; we don't want to go searching for someone in the woods simply because *we* didn't keep track of their whereabouts.

Although some doubt its effectiveness in evaluating athletes' physical condition en route, we will use change in weight as assessment along with observation of their mental status. We will follow the 3 – 5 – 7 rule, which will be explained in more detail later. However, weight change is not the only factor that will dictate whether we feel an athlete is in danger; mentation is weighted just as heavy.

The runners have been instructed that they are ultimately responsible for getting themselves to the finish line in one piece. This means they are instructed to carry with them, or have crew/drop-bag access to the things they need. For example, albuterol if they are asthmatic, an epi pen if they are allergic to bees, tape or blister supplies if they are dealing with major blisters, a glucose monitor if they are diabetic, etc. However, we will provide these things for them as we can. If what they need is beyond our means, we will have them transported to the nearest hospital, at their expense. If any runner is transported or directed to the hospital, the aid station captain and the medical director should be notified immediately.

If intravenous treatment is required, the runner is immediately removed from the race. IV therapy should be limited to 2 liters of normal saline; if 2 liters is not adequate, the runner should be transported to a hospital. Any runner that requires IV solutions, splinting of an injury or any other detailed medical attention, a record sheet must be completed. This record will allow you to document care given and record vitals which may be compared to their baseline vitals on their wristband and can also be sent with them in the case they are transported to the hospital. Any runner who receives intravenous or intramuscular medications from unauthorized personnel, such as family members, crew, etc. is automatically disqualified from continuing the race.

The best guide in evaluation of the runners is to check his/her ability to logically communicate and make judgments. As mentioned before, when they are weighing in, we are given a brief moment to watch how they are doing in general. You may also keep alert to the surroundings and watch the runners as they are getting assistance from their crew. If you find a runner is lacking sufficient judgment or may be mentally exhausted and unable to demonstrate sound judgment, require them to rest. It is not uncommon to see runners experiencing nausea, vomiting, and fatigue as they come in to an aid station. They may only need a few minutes to sit, during which you can monitor their vitals and ask them a few questions such as "how much water have you taken in? how much salt have you had? When's the last time you peed?". Keep in

mind that this rest time may be accompanied with orthostatic hypotension due to slowing of the heart rate with a dilated vascular bed. This alone SHOULD NOT BE cause for disqualification but should be evaluated carefully.

We strongly discourage smoking by medical or aid station personnel, family members, and crew, especially in the immediate vicinity of the runners. It not only can be noxious to participants, it creates a fire danger. Smoking should only be done in the confines of private vehicles and not within wooded or forested areas.

At the medical aid stations and at the 2060 aid station cots and blankets will be available. These are donated for our use for this event by the So. Oregon Chapter of the American Red Cross. Please be respectful and handle them with care. The blankets will be available to keep athletes warm when they are receiving medical attention. This will be very helpful especially to those receiving IV fluids; once they stop running and you infuse room temp IV fluid they will get very cold. Although a fire sounds like a good idea to keep things warm, they are not allowed at many of these wilderness locations, so are strictly forbidden. Much of this trail is in wooded areas managed by the Forest Service or the BLM; to ensure our ability to hold this event in the future, we must follow the guidelines and restrictions they have set forth.

Although the runners may experience many things along the 100 mile trek, ultimately we want to do everything in our power to allow them to continue safely toward the finish line. Hopefully the information provided here helps to make that happen. In the following pages we will cover a few conditions in more detail.

WEIGHT CHANGE GUIDELINES

An important factor in evaluating a runner's physical condition is the change in weight he/she has experienced and their mental status. Although not fool-proof, the weight change protocol offers us an objective measure of the change in the physical condition of the runner. The following is offered as a guideline to assist medical personnel in monitoring and responding to a runner's weight change.

Weight gain - advise runner to reduce fluid intake until urinating if their weight has been consistently elevated above starting weight, particularly if there are signs of swelling (rings or watch are tight, feel puffy). Provide the runner with concentrated broth and ask them to drink it. Often, when weight is up and they are not urinating, the runner will be confused and think that they should *stop* taking in salt thinking it is making them retain the water; a simple explanation from you will help them to understand that with their weight up with water going in and not coming out they are throwing off their electrolyte balance and some salt will help them to regulate and keep them from going into a more serious state – hyponatremia.

Weight loss:

- Up to 3 percent weight loss – this is appropriate weight loss; allow runner to continue
- 3 to 5 percent weight loss – inform runner about percentage of weight loss, encourage fluid intake, allow them to continue
- 5 to 7 percent weight loss – inform runner about percentage of weight loss, encourage increase in fluid intake and consider salt intake if weight has consistently been in this range, allow runner to continue.
- 7 percent weight loss – inform runner about percentage of weight loss, assess mental status and if lucid advise to increase fluid and consider salt intake, allow to continue. If vomiting or the inability to rehydrate is evident (i.e. the runner tells you they haven't been able to keep anything down for the last 4 hours), the runner can remain at the aid station until she/he recovers and then can continue only after the medical staff feels it is safe for them to continue, but not beyond the cutoff time for that aid station. We will encourage runners NOT to have their wristbands removed until at least 1 – 2 hours have elapsed if it appears a recovery can be made; many runners have been able to continue after rest, food and rehydration. Of course, following protocol, no runner is allowed to continue if they receive fluids via IV.

Fluids and Electrolytes

This review will not be comprehensive, but will hopefully provide you some information to help you assist a runner who is in need. Some runners make it through an event like a 100 miler with no problems at all – they drink, they eat, they pee, they run. Others will puke their way to the finish. Seeing as how this is a local event for many participants, we are drawing a lot of first-timers so experience will not be on their side. When something goes “wrong” they will get confused and wonder how to fix it. Ultimately, that is up to them, but we may be able to provide some assistance to help them move along safe and healthy.

As mentioned before, weight is a simple indicator of hydration status that is available to runners. We expect some weight loss along the way and 2-3% is completely acceptable. Drinking some fluid may translate into a quick resolution of the problem (1 pint fluid = 1 pound weight or 1 liter fluid = 1 kg weight). In an event as long as a 100 miler, we want to avoid an early trend towards dehydration which, if left unnoticed, could mean bad things further along the trail. With good hydration there is less stress on the cardiovascular system and muscle breakdown materials (myoglobin) can flush more easily through the kidneys.

If a runner's weight is **down** and they feel good, advise them to increase fluid and send him/her along the trail. If they don't feel good, that's a different story. If they are puking, don't panic; this could be a part of their experience. Some runners just don't eat the right thing and need to puke to feel better then can start anew with hydration and nutrition. If the puking cannot be stopped or calories and fluids are not going in, they need to rest a little to let the gut recover. This could mean they need to slow down a little while they're on the trail to let the gut calm down, or they could need some rest in the aid station. This will be

especially true if it's hot, which we know it can be during an Oregon September. It may be helpful to cool the runner to help his/her body recover. A cold towel wrapped around the neck, or advising the runner to wet their hat along the way may help.

If a runner's weight is **up** and they feel fine, simply advise them to decrease their intake of fluids. Since not much else is going into these runners along the course, we can assume weight gain is fluid gain. Too much fluid going in and not enough going out (through sweat or urination) will cause this fluid gain. The only way to rid the body of this excess weight is to get rid of the excess fluids. It may be helpful to keep a runner at the aid station until his/her body can process the fluids which you can monitor with urination. Once they pee, send them on their way and advise them not to overdo it on the fluid intake. Remind them that if their fluid is up, they are not in danger of dehydration, because they are actually overhydrated, so they can safely back off on fluid intake.

This is when they are feeling fine. If they are not feeling fine and they are not urinating, the situation requires a bit more monitoring. Watch for signs of hyponatremia – headache, nausea, vomiting, dizziness, lack of coordination (like being “intoxicated”). Hyponatremia is a situation where sodium levels drop too low from getting diluted in the blood and can become an emergent situation. First order of business is to have the runner stop taking in fluids including water, Gatorade and IV fluids. Second, see if they can urinate. This may mean they hang out with you a little while at the aid station until they can go pee. This will allow you to monitor their vitals as well. The one way you can help them is to give them a concentrated sodium mixture, usually consisting of 4 bouillon cubes mixed in 4 oz. of water or just add a couple extra bouillon cubes to a cup of broth. This will allow sodium to get in without adding extra fluids. They may also take in some salty foods, such as potato chips. They will usually know what they are craving so ask them and then go to the aid station food supply to get it for them. As a general rule, if they pee, and as long as mentation is normal, they can go on. But they need to be advised to watch their fluid intake. Some of the slower runners may be taking in too much fluid because they think, because they are ‘out there longer’ they are more at risk of dehydration. However, they are not going as fast, thus not sweating as much and they have more time to drink which may set them up for fluid overload.

What if the fluid level is up and they can't pee?? Anti-diuretic hormone (ADH) may be to blame. A common response to stress in the body is the secretion of ADH. Under stress, which is something many runners will be experiencing during this event, ADH may be inappropriately released causing the kidney to hold on to urine. This shouldn't happen in a situation of fluid overload, but when stress enters the equation, the ADH may be there inhibiting the kidney from dumping this extra fluid. So how do we deal with this situation, when we think ADH is involved? Reduce the stress! We can't do much about hypoxia caused by elevation, but we can help the runner reduce some of the stress load on the body which may help the body to ‘relax’ and get rid of the inappropriate ADH and thus allow the kidneys to urinate. Advising the runner to slow down or walk is a good place to start. We also can help them to cool off by putting a cool towel around their neck or head, or advising them to wet their hat at a nearby stream along the course.

When the runner is in your care, you may ask them about their salt intake. Many ultrarunners use Succeed! Caps (commonly called S-caps) at regular intervals. They contain 341 mg sodium each. Although they may be available at the aid station (each aid station chooses supplies at their own discretion), it may not be advisable to recommend these to a runner who has never used them before. For those of you who have done an endurance event, you know it's a cardinal rule never to try something new on race day. The runner needs to practice these things in training. Just ask them what they usually do and help them with supplies if we have them available. As mentioned before, some broth or salty foods may do the trick. FYI, it is a general recommendation that the athlete get 300 mg to 1000 mg of sodium per hour. This can be through supplementation or through the diet. Again, the runner hopefully has practiced these things in training and don't make drastic changes on race day!!

Another condition you will see related to electrolyte imbalance is muscle cramping. There is no substitution for training when it comes to muscle issues, but there will be runners who are not trained as well as they could be, or it's just not their day and they experience issues. It is wise to ask them about their fluid and electrolyte intake. They could be experiencing cramping due to dehydration or sodium depletion.

OTHER CONDITIONS WE MAY ENCOUNTER

Allergic reactions: for severe reactions, provide epinephrine (if available at your aid station) every 5-10 minutes until symptoms resolve. Diphenhydramine may be used for mild reactions but not advised if they are going to continue to run due to seating deregulation and increased risk for heat related illness. Transport any severe reactions.

Altered level of consciousness: first consider differentials in order to provide adequate treatment: heat illness, hypothermia, hyponatremia, diabetic emergency, hypertensive emergency, stroke, head trauma. Mild forms of heat exhaustion, hypothermia and hyponatremia may be managed in the field, but the other conditions on this list we most likely will not be able to handle in the field, so transport may be necessary. Transport if unstable vital signs, rapid progression of symptoms or failure to respond to treatment.

Acute Renal Failure: when a runner has dehydration, NSAID use, and/or uncontrolled hypertension, the load of the muscle breakdown material – myoglobin – can cause renal failure. This is a medical emergency and the runner requires transport.

Bites and Stings: the main concern is anaphylactic shock. If the runner has an allergy to bees, hopefully they are prepared and have an epipen. Monitor the site of injury/bite. You can draw marks on the patient to monitor progression. If you see a stinger, you may flick it off. For snakebites – mark the area and record the time of the incident. Do not apply a tourniquet proximal to the injury but you may wrap an elastic wrap (must be able to insert finger beneath wrap) proximal to an extremity bite to occlude lymphatic flow. Splint the injured extremity below the level of the heart. One last thing – do not apply ice to snake bites AND do not try to ‘suck’ the venom out.

Cardiac arrest or Death: make sure to gather all the appropriate information getting the bib # and the details if it was another runner who happened upon the event. Provide ALS if it is known the runner has been down less than 15 minutes (unless a case of hypothermia) and it is not a major trauma that is inconsistent with life. If the runner is dead, notify event control immediately using your HAM radio and tell them there is a “11-44” (this is what law enforcement use). **Event control will call 911.** This will ensure that there is a cell phone signal able to make the call since your location may not be reliable. If questioned by on-lookers, only state that there is an emergency. Please leave it to the Race Director, when possible, to communicate with law enforcement and the family. Information on the affected runner, including emergency contact info, is kept at event control located at the finish line.

HEAT RELATED ILLNESS	HEAT SYNCOPE	HEAT EXHAUSTION	HEAT STROKE
SYMPTOMS	Hot, Tired	Tired, Nausea, Headache	Disoriented, Incoherent Speech
MENTAL STATUS	Clear	Usually conscious, may faint	Confused or Unconscious
RECTAL TEMP.	100-103 F	104 F	105.8 F
SKIN	Flushed	Pale	Flushed
SWEAT	Profuse	Profuse	May be absent
BLOOD PRESSURE		Narrow pulse pressure, orthostatic hypertension	Low diastolic with wide pulse pressure
TREATMENT	Oral fluids, cool down	Oral water, electrolytes & glucose, cool with ice, initiate IV	Cool with ice, IV fluids, transfer to hospital

Communication Plan

The communication plan is to use simplex, two radios communicating on the same frequency, to relay communications from aid stations: Seattle Bar, Squaw Lakes and Squaw Peak, and Wagner Gap directly to Jackson Gap (Dutchman Peak Aid Station). The frequency used may be 146.400 Mhz, but could change. Different frequencies might be used for different locations, if they interfere with each other. The central relay point at Jackson Gap is crucial though, because it does have pretty good radio coverage to each of these locations, and it has cell phone coverage to relay info if necessary by cell phone to the finish and to race management.

The rest of the plan is to communicate from Jackson Gap (Dutchman) to the Road 2060 Aid Station and the finish by using the Mt. Ashland repeater (147.20 Mhz), which Jackson Gap can easily access and so can the finish.

Cell phones will be used as well (perhaps at Road 2060 aid station), though coverage on the course is very sparse and patchy. A phone list is being assembled.

MEDICAL AID STATION LOCATIONS

Medical aid will be available at 3 aid stations along the course of Pine-2-Palm.

Seattle Bar/Applegate River – Mile 31

Directions: From the **start** at the Williams Grange you will follow the Murphy-Williams Hwy north 6 miles to Hwy 238 and the town of Provolt. From here you will turn right and follow 238 east approximately 10 miles through the towns of Applegate and Ruch. Once in Ruch you will turn right and head south on Upper Applegate Rd for approximately 16 miles to the Applegate Reservoir. Once you reach the reservoir it is 5 miles to a “T” with Jackson County Rd 777. From here you will turn left and follow JC 777 one mile to Seattle Bar. Watch for runners on the road near Seattle Bar. From **Medford or Ashland**, head to Ruch and follow the above directions from there.

Closest Hospital: Three Rivers Community Hospital
500 SW Ramsey Ave.
Grants Pass, OR 97527
541-472-7000

Ambulance transport operated by:

American Medical Response (AMR)
For Josephine County:
401 NW ‘F’ Street, Unit 12399
Grants Pass, OR 97526
main phone #: 541-474-6303
dispatch #: 877-504-8075

Dutchman Peak (1st) – Mile 65

Directions: Off Highway 99, turn onto Stage Road South. Turn Right onto Griffin Creek Road and then Left back onto Stage Road South. Follow the road through Jacksonville. The highway will become US-238/Jacksonville Highway. After about 7 miles, turn left onto Upper Applegate Rd. Continue north on Upper Applegate Road until you will turn left onto Beaver Creek Rd/Siskiyou Summit Rd/Forest Service Road 20. It’ll be your second left after you cross the bridge over the Applegate River just past McKee. You will now follow this road for 17 miles to the Siskiyou Summit and the Dutchman Peak aid station. Watch for runners on the road as you approach Dutchman Peak.

Closest Hospital: Can go to Ashland Community Hospital or one of two Medford hospitals, depending on the needs of the injured party (closer hospital is listed below)

Ashland: Ashland Community Hospital
280 Maple Street
Ashland, OR 97520
541-482-2441

Medford: Rogue Valley Medical Center
2825 East Barnett Road
Medford, OR 97504
541-789-7000

Evacuation route: ground evacuation would take place via FS Rd 20 to FS Rd 22 to Wagner Creek Rd into Talent and then to Ashland or Medford depending on the issue.

Ambulance transport operated by: for Ashland, ambulance services are operated by Ashland Fire & Rescue. For Medford, ambulance services are operated by the Medford Fire Department.

Finish Line – Mile 100

Location/Directions: Pioneer Hall (Lithia Park)
59 Winburn Way
Ashland, OR 97520

Closest Hospital: Ashland Community Hospital
280 Maple Street
Ashland, OR 97520
541-482-2441

Ambulance transport operated by: Ashland Fire & Rescue
455 Siskiyou Boulevard
Ashland, OR 97520
541-482-2770

AIR SERVICES

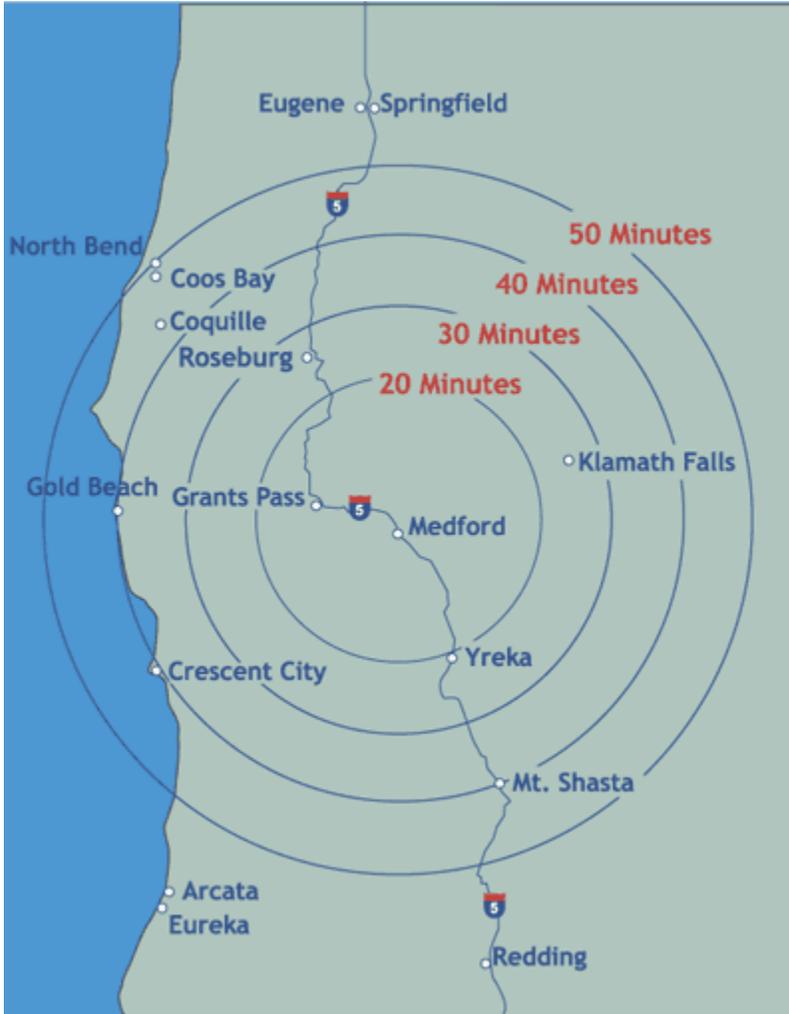
Operated by: Mercy Flights
2020 Milligan Way
Medford, OR 97504
800-903-9000

Mercy Flights' helicopter provides quick emergency response and direct delivery to the appropriate medical facility. Helicopter transports allows for quicker access to emergency care for life-threatening situations and to get people out of remote areas.

Mercy Flights staffs the helicopter with a pilot, registered nurse, and paramedic, trained and equipped to handle the most critical emergencies within a 150-mile radius of Medford, Oregon.

According to the USFS, there are possible helispots along the course of Pine-to-Palm, however many of these locations are not maintained. There are other locations that could be used as a helispot with proper safety procedures in place (i.e. Jackson Gap), but in the end it is at the discretion of the pilot to make the final decision on where to land.

Mercy Flights' Helicopter Response Area:



AID STATION LOCATIONS

(Communication Aid Stations in yellow)

Pine to Palm 100 Mile Endurance Run

Aid Station (Location)	Mileage	Surface	Time
Start			(8-min. mile pace)
Rock Creek Trailhead	4	road	
O'Brien Creek	14	trail	
Steamboat Ranch (1035 and Carberry Creek RD)	21	trail/dirt road	
Seattle Bar/Applegate River	28	dirt road/trail	10:00AM – 4:00PM
Stein Butte	33	trail	
Squaw Lakes 1st	39	trail	11:45AM – 8:00PM
Squaw Lakes 2nd	42	trail	
French Gulch Divide	45	old dirt road	
Hanley Gap (Squaw Peak) 1st	49	old dirt road	1:30PM -
Hanley Gap (Squaw Peak) 2nd	50.5	old dirt road	
Squaw Creek Gap	57	old dirt road	
			2:30PM – MID-NIGHT (CUT OFF)
Dutchman Peak 1st (pacers here)	62	trail	
Dutchman Peak 2nd	64	dirt road	
Wrangle Spring (water)	68	dirt road	
Glade Creek	75	dirt road	
Wagner Gap	80	dirt road/trail	4:40PM – 8:30AM
Wagner Butte Trailhead (water)	82	dirt road	
Wagner Glade (Butte) 1st	85	trail	
Wagner Glade (Butte) 2nd	89	trail	
Road 2060	91	dirt road	6:30PM – 12:20PM
Hitt Rd Gate	96	trail	
Finish	100	trail	8:00PM – 4:00PM

15 aid station

14 manned

Driving Directions for Pine to Palm Crew

Start to Seattle Bar

From the start at the Williams Grange you will follow the Murphy-Williams Hwy north 6 miles to Hwy 238 and the town of Provolt. From here you will turn right and follow 238 east approximately 10 miles through the towns of Applegate and Ruch. Once in Ruch you will turn right and head south on Upper Applegate Rd for approximately 16 miles to the Applegate Reservoir. Once you reach the reservoir it is 5 miles to a "T" with Jackson County Rd 777. From here you will turn left and follow JC 777 one mile to Seattle Bar. Watch for runners on the road near Seattle Bar.

Seattle Bar to Squaw Lakes

You will retrace JC 777 one mile west to Upper Applegate RD and turn right, north, and follow this 5 miles to the dam. The road across the dam is French Gulch Rd, turn right. Follow French Gulch Rd approximately one mile until the road bends and turns into Squaw Creek Rd. The road will turn to dirt and become a little rough. Stay on the road for 5 miles until you reach the aid station and Squaw Lake. Parking for the aid station is located at the Summit Lake Trailhead. Watch for runners on the road as you approach Squaw Lakes.

Squaw Lakes to Dutchman Peak

Once again, you will back track down Squaw Creek Rd/French Gulch Rd and over the dam to Upper Applegate Rd. From here turn right, north, and proceed approximately 7 miles when you will turn right onto Beaver Creek Rd/Siskiyou Summit Rd/Forest Service Road 20. If you cross the bridge and enter the small town of McKee you have gone too far. You will now follow this road for 17 miles to the Siskiyou Summit and the Dutchman Peak aid station. Watch for runners on the road as you approach Dutchman Peak.

Dutchman Peak to Wagner Gap

From Dutchman Peak Aid Station continue on Hwy 20 to Jackson Gap, turn left, staying on Forest Service Rd 20 and continue on Hwy 20 to Siskiyou Gap (about 6 miles). In another mile take a left onto Forest Service Rd 22 towards Talent, OR and the I-5. Take FS Rd 22 for roughly 8 miles to the Wagner Gap Aid Station. Watch for runners on the road near Jackson Gap and as you approach Wagner Gap.

Wagner Gap to Finish

From Wagner Gap Aid Station you will proceed back down Wagner Creek Rd on 557 towards Talent. Wagner Creek Rd will turn into Rapp Rd and intersect with HWY 99 just south of the town of Talent. Turn right at the stoplight and proceed south on 99 approximately 4 miles into the Ashland City limits. Once in Ashland you will proceed through 3 stoplights the last being Helman St, once you cross the creek at the plaza (center of town) turn right and follow onto Winburn Way. Past the entrance to the park the finish is less than 100 yards at Pioneer Hall. Look for parking all along Lithia Park. Please keep noise levels to a minimum during night hours.

Where are the stores and gas stations along the course?

Williams, OR has two general stores.

Murphy, OR has a grocery store.

McKee Bridge, OR (near Applegate Lake) has a general store.

Applegate, OR has a **gas station** and general store.

Ruch, OR has several stores and restaurants.

Jacksonville, OR has **gas stations**, grocery stores and restaurants.

Ashland, OR has **gas stations**, grocery stores and restaurants.

