Aid Station Info for Runners, Crew, and Pacers

100 Mile Aid Station Chart

Aid Station	Mileage	Dist. to Next	Open	Close	Crew	Pacer	Drop Bag	Indoors	Headlamp	Hot Food
Owl and Olive Start	0	6	5AM Sat	x	yes	no	x	yes	x	x
Meskill Rd 1	6	8	7:00am	x	no	no	yes	no	x	no
Adna 1	14	3	8:15am	x	yes	no	yes	yes	x	yes
Adna 2	17	8	x	x	yes	no	yes	yes	x	yes
Meskill Rd 2	25	6	x	x	no	no	yes	no	x	no
Owl and Olive Aid 1	31	9.5	10:00am	x	yes	yes	yes	yes	required	yes
Rock Creek 1	40.5	9.5	1:00pm	x	yes	yes	yes	no	required	yes
Owl and Olive Aid 2	50	6	x	x	yes	yes	yes	yes	required	yes
Meskill Rd 3	56	8	x	x	no	no	yes	no	required	yes
Adna 3	64	3	x	x	yes	yes	yes	yes	required	yes
Adna 4	67	8	x	6:00am Sun	yes	yes	yes	yes	required	yes
Meskill Rd 4	75	6	x	8:30am Sun	no	no	yes	no	required	yes
Owl and Olive Aid 3	81	9.5	x	x	yes	yes	yes	yes	required	yes
Rock Creek 2	90.5	9.5	x	1:30pm Sun	yes	yes	yes	no	required	yes
Owl and Olive Finish	100	x	x	5PM Sun	x	x	x	yes	x	x

All Aid Stations are cupless. Please bring a cup or bottle with you.

Aid Station opening times may be adjusted prior to race to accommodate faster runners. Aid Station closing times are based on a 34hr finish.

All 100 mile runners will be required to carry a headlamp after passing through the start finish area at mile 31, Owl and Olive Aid.

Crew is welcome at all Aid Stations EXCEPT Meskill Rd, due to limited parking.

Pacers for 50 and 100 may join their runners at mile 31, Owl and Olive Aid, or any station after.

For safety purposes, any runner in distress may receive aid from crew or race staff at any place where the trail is accessible by road.

Most of the trail has cell phone service, although there are intermittent sections where service will not be available.

95% of the Willapa Hills Trail is road adjacent, and parallels Washington State Route 6 between Chehalis and Raymond.

- Adna Aid 1&2 – Adna Grange Hall #417, 123 Dieckman Rd, Chehalis, WA
- Owl and Olive Aid, Start/Finish – 4680 State Route 6, Chehalis, WA
- Rock Creek Aid 1&2 – Approx. 5 miles west of Pe Ell, WA, in trail access parking off State Route 6

Indoor Stations

Two of our aid stations will have indoor sheltered areas with heat and bathrooms. Adna will be located in the Adna Grange Hall. Owl and Olive Aid will be located in the Barn at the start/finish area. We have provided these indoor areas

in hopes that they will be an oasis for runners and crew to take shelter from what will most likely be a cold and rainy ultra.