



**September 13-14 2025**

**Williams – Ashland OR**

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Welcome to the 13th annual Pine to Palm 100 Mile Endurance Run. Its the end of an era, let the drum beat sound one last time as your senses blend and bend over 100 miles of point to point trail bliss. This will be our swan song event, it is rugged and remote however we put together an amazing team of volunteers to help make you feel confident and keep you safe while traversing the Siskiyou Crest from Williams to Ashland. We're glad you could be a part of history.

This race was developed to showcase a scenic ridge system on the Oregon and California border that contains ancient forests, high elevation meadows, spectacular peaks. It is a wild and less seen region of the west and we think that is what makes this point to point course a real jewel. We run a homegrown, old school race mixed with the pomp and circumstance of a middle school bake sale. In all honesty, we'll recognize the greatness it takes to step on the starting line and ensure an enthusiastic finish with all the regalia and chocolate milk such an endeavor respects.

Take in the views, breathe some fresh air, try a banana with peanut butter and M&M's, and kick up a little dirt. You'll love our event and we'll save a spot for you next year. That's a promise!



## Course Description

### Start to Obrien Creek -

You will begin the race on paved road for approximately 2 miles, whereupon you will enter the Greyback TH off of Rock Creek Rd and begin the 4,000 plus foot ascent of the mountain on rugged, unrefined trail. There may be a few trees to hop over but that pales in comparison to the number that were taken out. There are no other trails to get confused with on this section. When you summit the peak, take in the views, you can see Wagner Butte in the distance where you will curse the RD some 75 miles later. After quickly dropping off the summit to the south you will run through Windy Pass and cruise on a beautiful trail for a mile before taking a large switchback onto the Obrien Creek Trail. Do not continue into the meadow and onto the boundary trail toward Oregon National Caves and the Red Buttes Wilderness. This will be marked and know that you are making a large and rapid descent for the next 3 miles. After popping off the trail and entering the parking area, look to the right for a small trail, do not continue down the road, the trail will lead you further along O'Brien Creek to the AS, about one mile down.

### Obrien Creek to Seattle Bar-

You will exit the AS and continue on a very old FS road for a couple miles to a 3-way intersection of graded dirt road. You will run straight, onto Carberry Creek Rd down a wide, windy dirt road toward Steamboat Ranch. This section is long and downhill, save your quads! After passing Steamboat Ranch AS some 5 miles later, continue on the Carberry Creek Rd another 3 miles until you hit pavement and enter the Applegate Recreation Area. Continue on the paved road for approximately one mile, once you cross the Applegate River bridge turn right into the Seattle Bar AS.

### Seattle Bar to Acorn Woman Lakes –

Leaving the Seattle Bar AS, you travel across a grassy field, along Applegate Lake and under an overpass before popping out on Manzanita Creek Road and the parking area for the Stein Butte Summit TH. Take the trail up the switchback and onto the ridge toward Stein Butte. The trail is steep and climbs almost 2,500ft in the heat of the day. It is exposed and dry, take your time and pace yourself the 6 miles to the AS. The AS is located at the end of the single-track just down from the turn-off to Stein Butte Summit. Refresh and energize as you run an old logging road, up and down and across the ridge for almost 5 miles. After that, look for a turn to the left and signage to the Summit Lakes trail. This trail drops rapidly in just a mile to Acorn Woman Lakes. Run through the parking area and onto a lake trail where you will be guided to the AS. From here you run around Acorn Woman Lakes, 2.5 miles. Its glorious, try jumping in to cool off before hitting the AS one last time on your way out.



#### Acorn Woman Lakes to Dutchman Peak –

After circling the lake, runners will be guided to jump on the French Gulch Rd and head west, down the dirt road approximately 1 mile to Kilgore Gulch Rd where they will turn right onto an old two track dirt road. This road is rough and climbs a couple miles to the Little Greyback Trailhead. Look for flagging on your right as you approach the three way intersection, the trail and water only AS are hidden up to the right. Take this trail as it ascends the shoulder of Little Greyback, the views of Elliott Ridge to the south and Acorn Woman Lakes below begin to grow over the next couple miles. You will follow flagging onto a FS road for a mile as you make your way to Hanley Gap AS. From the AS you will run an out and back to the summit of Acorn Woman Peak, retrieving your pin flag before continuing on a FS road for 7 miles to the Teel Gap AS. Make a right turn out of the AS onto Beaver Creek RD/20Rd and begin your climb to Dutchman Peak. The road is frequently traveled and will have race traffic but it is wide. Stay on the shoulder facing traffic and wind your way to a 5 way intersection after approximately 3 miles. Take the turn to the left, not the hairpin turn to the left and continue on the 20rd, it is well marked. The trail will level out here for a mile or so before ascending once again. After that, look for signage onto the 800 rd on your left. This is for runners only, as it switchbacks up to the Dutchman Peak access road. In the saddle turn left and head up to the lookout and AS. There may be runners coming down from the lookout and out the access road to Jackson Gap. Make sure you visit the AS first.

#### Dutchman Peak to Grouse Gap -

Once at the AS retrace your steps back down to the saddle and continue straight and level on the access road to Jackson Gap. You will enter the parking area for Dutchman Peak at Jackson Gap where you are allowed to car crew and pick up pacers. From here, follow the 20 road east towards Mt Ashland for a mile before keeping an eye or two out for a sharp right turn off the 20 road down to sheep camp springs and the PCT. About 100 yards down the hill, take a left onto the PCT and follow approximately 5 miles to Siskiyou Gap. The trail has minimal climbs here and descends for the most part. The trail is rocky and technical around Red Mountain so pay attention and stay alert. The PCT will be minimally marked and at times cross the 20 road, that is where we will have flagging. Once you have made it to Siskiyou Gap AS, continue on the PCT another 6.5 miles. The trail will climb over a thousand feet during this stretch, but the trail is very nice and well marked to the AS.

#### Grouse Gap to the Finish.

You will exit the AS and double back on the 20 road from the direction you just came for 1 mile. After topping out on the road look for signage on your right to the Split Rock Trail. This trail follows the ridge over McDonald Peak (it is rocky and technical but the trail is abundantly marked and it has no deviations) to the intersection of the Wagner Butte Trail / Wagner Glade Trail. Here you will be directed to grab a pin flag at the butte, continue straight the two miles to the summit where surprises abound. After retrieving your flag retrace your steps back 2 miles to the intersection with the Glade trail. Turn left here and descend rapidly to the Weasel Creek AS. Once you are on the 2060 road, it is a flat to downhill 5 miles on a closed FS dirt road to a water only AS and left turn at the 300 road ( Hitt Rd.) Take

this FS road approximately a mile to a clearing where a trail picks up on your left, it will descend rapidly to town. You will follow this trail over two miles with the town of Ashland below you. Once you exit the trail onto pavement, make your way around the gate and past the houses on Hitt RD to Strawberry Lane and turn right down the hill. Following flagging to Alnutt St and turn left. This will pop you onto Nutley St. Continue down the hill to Lithia Park and Winburn Way.

**Flagging** – All flagging is **BLUE AND ORANGE PAIRED TOGETHER WITH 3M REFLECTIVE TAPE AT NIGHT**

<b>MILEAGE</b>	<b>Section</b>	<b>Total</b>
Start line to Rock Creek AS (water only)	2.5	2.5
Rock Creek AS to O'Brien Creek	12	14.5
O'Brien Creek to Steamboat Ranch	7	21.5
Steamboat Ranch to Seattle Bar	7	28.5
Seattle Bar to Elliott Ridge	6.5	35
Elliott Ridge to Acorn Woman Lakes	6	41
Acorn Woman Lakes Loop	2.5	43.5
Acorn Woman Lakes outbound to French Gulch	3.5	47
(water only) French Gulch to Hanley Gap	5	52
Hanley Gap to Teel Creek Gap (includes summit)	7.5	59.5
Teel Creek Gap to Dutchman Peak	6.5	66
Dutchman Peak to Siskiyou Gap	7.5	73.5
Siskiyou Gap to Grouse Gap	6.5	80
Grouse gap to Weasel Creek	10	90
Weasel Creek to Hitt Rd (water only)	5.5	95.5
Hitt Rd to Lithia Park (FINISH!)	5.0	100.5

This is the culmination of over 10 years planning, marking, a number of GIS specialists and countless Garmin files. Even after all that, the mountains do a magnificent job of hiding trail while weary legs skew speed/distance/elevation calculations of the best, fresh minds. These numbers are very accurate and provide a baseline for a very, very, very long run through the woods. Don't worry, we'll let you know when it's over.









## Pine to Palm 100 Mile Endurance Run, September 9-10, 2023

Communication Aid Stations in Yellow

Aid Station (Location)	Mileage	Surface	Next	First Runner	Last Runner Cut-Off INBOUND	Aid Station Captain	Crew	Drop Bags	Pacers
Start									
Rock Creek (water only)	0 paved road/trail	2.5				Koerner	Yes	No	No
O'Brien Creek	2.5 trail	12				Koerner	No	No	No
Steamboat Ranch (1035 and Carberry Creek	14.5 trail/old dirt road	7				Sarah Red Laird	No	Yes	No
	21.5 dirt road	7				Brett Hornig	No	No	No
Seattle Bar/Applegate River	28.5 dirt road/trail	6.5	10:00 AM	2:00pm		Rachel Koning	Yes	Yes	No
Elliott Ridge	35 trail	6				Neil Olsen	No	No	No
Acorn Woman Lake 1st	41 trail	2.5	12:00 PM	6:30pm		Eric Herron	Yes	Yes	No
Acorn Woman Lake 2nd	43.5 trail	3.5				Eric Herron	Yes	Yes	No
French Gulch (water only)	47 old dirt road/trail	5				Koerner	No	No	No
Hanley Gap	52 old dirt road/trail	7.5	1:30 PM	9:30pm		Julianne Whitelaw	Yes	Yes	No
Teel Creek Gap	59.5 dirt road	6.5				Justin Loftus	No	No	No
Dutchman Peak	66 dirt road	7.5	4:00 PM	3:00am		Lucy Durst	Yes	Yes	Yes
Siskiyou Gap	73.5 trail	6.5				Ryan Ghelfi	No	No	No
Grouse Gap	80 trail	10	7:00 PM	8:00am		Brian Johnson	Yes	Yes	Yes
Weasel Creek	90 trail/dirt road	5.5	9:00 PM			Zach Blanco	No	Yes	No
Hitt Rd Gate (water only)	95.5 dirt road	5				Koerner	No	No	No
Finish (Ashland OR, Lithia Park)	100.5 trail/paved road		11:00 PM	4:00pm			Yes	Yes	No

## 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 1 mile to Seattle Bar.

### **Seattle Bar to Acorn Woman Lakes**

You will retrace JC 777 1 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 1 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 read the aid and Squaw Lake.

### **Acorn Woman Lakes to Hanley Gap**

Follow crew directions from Acorn Woman Lakes to Dutchman Peak. When you make the turn onto Rd. 20/Beaver Creek Rd. follow for approximately 3.7 miles. There will be a right hand turn only onto Rd. 2010. Cross the bridge and there will be a sign for Squaw Peak 5 miles. Follow all the way up the hill to the aid station.

### **Acorn Woman Lakes to Dutchman Peak**

Once again, you will back track down Acorn Woman Lakes 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/Hwy 20. If you cross the bridge and enter Mckee you have gone too far. You will now follow this road for 17 miles to the Siskiyou Summit and the Dutchman Peak parking area at Jackson Gap. The AS is almost two miles from the parking area, although I will allow car crewing from there if you do not want to make the trip up to the fire lookout. Your runner will be well taken care up there.

### **Dutchman Peak to Siskiyou Gap**

You will leave Jackson Gap and head east on the 20 road to Wrangle Gap (1.6 miles,) follow the 20 road by taking a slight right, continuing 3.4 miles to the Siskiyou Gap AS. This last stretch contains the most cautious driving. There is a hundred yard stretch of exposed rock you will travel over, so go slow (4WD recommended). I have seen it done in every car imaginable, but ragged/worn tires or faster speeds will leave little room for chance, a long way from home.

### **Siskiyou Gap to Grouse Gap**

Continue on the 20 road east once more for approximately 4 miles to the Grouse Gap AS.

### **Grouse Gap to Finish**

From the Grouse Gap aid station continue east on Rd. 20 towards Mt. Ashland Ski Area Parking lot, 3 miles. You will then continue on the Mt Ashland Ski Rd to I-5. Heading north on I-5 follow signs to Ashland and Siskiyou Blvd and onwards to Lithia Park.

### **Drop Bags**

We have multiple drop bag locations (8.) Enough that you would be able to run this race without crew and still be afforded the personal luxuries that you have become accustomed to in training. They must be dropped off at Pacifica on Friday night between 3:30 -6:30. Please be sure to have your lights for night running ready to go at Squaw Lakes. Drop bags will be returned to the finish at Pioneer Hall for you to retrieve. It is your responsibility to reclaim your gear before you go home.

### **Pacers**

Pacers are allowed to begin at Dutchman Peak.

A pacer's job is to help their runner accomplish his or her goals, and to display good trail etiquette and uphold the principles of the event.

Pacers can start at Dutchman Peak (66m). Normal pacer options are as follows:

- run to the finish (mile 66, 34 miles to finish)
- run from Dutchman Peak to Grouse Gap (mile 66-80, ~14 miles)
- run from Grouse Gap to the Finish (mile 80, 20 miles to finish)

Pacers must be on foot (no mountain bikes.) One pacer per runner with exception/discretion of the RD.

Runners with pacers should still carry their own gear (no Leadville muling). Pacers are welcome to graze at aid stations but we expect you to come prepared with the essentials anyone would bring on a long trail run. Please leave the GUs for the runners and bring your own supply if you need them.

### **Directions to the Start**

After you enter the town of Williams (don't blink or you just might miss it,) the Williams Hwy will split at a gas station/convenience store. You will make the left turn off the HWY, past the gas station onto East Fork Rd. Follow this just past the 3 mile marker where you turn right onto Rock Creek Rd, and enter BLM land. You will travel approximately one mile up this road looking for the left hand turn onto Glade Fork Rd. It is a rather large turnout and another Y intersection. The start will be a half mile up this road at the Rock Quarry.

If you are coming from Pacifica, exit the grounds and turn left (south) onto Watergap Rd. Follow this around to the stop sign at the Williams HWY. Turn right, and follow the HWY south into Williams where the directions below will guide you.





## Medical

The serious stuff.

In this section we will do a short review of what we expect from you, and what you may expect from your medical staff, while a participant of the Pine to Palm 100 Mile Endurance Run. Medical Staff is provided along the route for your safety at 3 on-course medical aid stations and at the finish line. Small medical kits are also available along the course at the majority of the aid stations with a minimal amount of basic first aid supplies (band-aids, wound cleaning supplies, Benadryl, Tylenol, etc.), so feel free to ask at an AS if you are in need of some supplies and see if they might have what you need.

You are required to submit a MEDICAL INFORMATION SHEET to the medical director prior to coming to the event. This can be found on the P2P website and can be emailed or mailed, as directed on the website. At check-in the evening prior to the start of the race, you will be required to check in with the medical staff. At this time, you will fill out an emergency contact form, and any other forms they deem necessary for you to safely participate in the event. You will briefly meet with medical staff to discuss anything from your medical information sheet; this is also when you will receive your wrist band. We enjoy getting to meet each of you at this check-in and will be happy to answer any questions you may have. The medical director will also speak briefly during the Race Briefing to cover any other necessary points for your safe journey along this course.

On-course medical aid stations are located at Seattle Bar, Dutchman Peak, and Grouse Gap. Medical staff at these locations will utilize the tools they have on hand including visual assessment and reserve the right to activate emergency services if they feel your condition is beyond their tools or abilities in the field. Please remember, medical staff is there to help you on your journey, so please respect their inquiries and assessment if they feel it is necessary to keep you, and other runners, safe. The major conditions we see P2P participants experiencing along the course 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.

As a participant, you are ultimately responsible for getting yourself to the finish line in one piece. This means carry with you what you need or have crew/drop-bag access to the things you need. For example, albuterol if you are asthmatic, an epi pen if you are allergic to bees, tape or blister supplies if you are dealing with major blisters, a glucose monitor if you are diabetic, etc. However, we will provide these things for you as best we can. If what you need is beyond our means, we will have you transported to the nearest hospital (at your expense). If it is deemed a medical emergency, EMS will be activated. If any runner is transported or directed to the hospital, the aid station captain and the medical director will be notified immediately. If you drop from the race and end up going to the hospital for any reason, please contact race management so we may stay in communication on how you are doing, or in case any information needs to be passed along to medical personnel from our medical staff.

As a note, IV therapy will not be available or administered to any participant by our medical staff at any point along the course or at the finish line. There are many reasons for this, including the dangers of IV therapy without proper testing of blood sodium levels (a difficult thing to do while in the field). If treatment of this nature is needed, we will elicit emergency services or direct the participant to the nearest 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. Another thing to note, the use of scales and weighing of the participants will not be utilized. We suspended this practice many years ago due to the lack of current research in support of the use of weight in assessment of conditions, such as Exercise-Associated Hyponatremia, that are seen in endurance events such as ours. Our medical staff strives to follow protocols in line with current evidence. If you are interested in learning more, the Western States 100 website is a good resource (<https://www.wser.org/research/>) or contact the medical director.

We look forward to seeing you soon and are glad to be part of this journey with you. If you have any questions, please reach out to the medical director at [drkellylange@yahoo.com](mailto:drkellylange@yahoo.com)

### Race Weekend Schedule

#### **Friday – Pacifica Garden, Williams, OR.**

3:30pm-7pm - Packet pickup. Receive your goody bag, bib, and race tee.

5pm-7pm - Pasta dinner. One meal included for each registered runner. Crews, pacers, and family are welcome to join and can purchase a meal ticket at the door.

5:30pm - Race Briefing from the race director and medical volunteers.

7:30 –Drop bags are picked up for delivery to AS.

#### **Saturday – Glade Fork Rd Quarry, Williams, OR**

5am - Packet pickup resumes at Start line staging area.

6am - Race starts!

#### **Sunday – Lithia Park, Ashland OR**

6am - 24 hour cutoff for sub 24 hour buckles.

4pm - 100 mile / 34 hour cutoff, race ends. Race awards and finishers meal.

5pm – Shuttle leaves to take runners back to Pacifica to retrieve parked cars.