Cuyamaca 100k Endurance Run

Detailed Information – Rules, Crews, Directions, Lodging, Awards, Schedule of Events, & Accommodations

Updated 6/9/16

Entry

Event or Permit Cancellation: If for any reason the event is cancelled due to an act of nature or Forest Service permit issues, the race director will make every effort to refund all unobligated funds to entrants or will roll over entry fees to a rescheduled race date. Entrants need to understand and accept the fact that there are always risks involved in staging an ultra in the wilderness and there can be no guarantees that all entry fees will be refunded if the run is not held as advertised.

To Apply: Applicants may sign up for entry on line (Ultra Signup) beginning April 1, 2015. Confirmed entries will be posted on the Ultra Signup list as well as the race website. The first 200 qualified entries will comprise the field. A wait list will be maintained in the event that the applicants exceed the race capacity.

Qualifications: All entrants must have run a verifiable 50k or longer trail race no more than 18 months prior to 6/15/16. Be advised that this is a difficult course not to be taken lightly. Please prepare adequately. We will strictly enforce cut-off times at each loop.

Entry Fee: The registration fee for 2016 is $150 plus an additional $20.00 State Park fee. In the event that you must withdraw from the race, you are entitled to a refund of $150 before 7/1 and $100 before 9/1.

Rules and Regulations

1. Safety at all times.
2. Bib numbers must always visible from the front for runner identification.
3. Check in and out at every aid station with the timer. Ensure that they acknowledge you by your bib number; do not assume they saw you enter or leave.
4. No littering. If you must relieve yourself on the course, please get off the trail and cover any mess.
5. Stay on the course; if you get lost, retrace your steps to get back on course. Do not leave the trail or attempt to take any shortcuts.

6. Crews are only allowed to aid runners at crew-accessible aid stations within aid station boundaries. Please refer to the section on crews and pacers for details. Please be sure your crew is aware of all regulations and parking requirements that apply to them. Have them read this document!
7. Pacers are not allowed to "mule" for their runners.
8. If you intend to withdraw/drop from the race, you must notify the nearest aid station captain and turn in your bib. Leaving the course without doing so could initiate a costly Search and Rescue operation. Southern California race directors will be informed and you will not run an ultra in this region again.
9. Aid station cutoff times are not negotiable; please do not argue with aid stations captains, their decisions are final. Cutoff times can be found at http://www.cuyamaca100k.com/aid-station-distances.php
10. Be aware that after our final runner, a safety sweep will be running the course and removing ribbons. If you leave an aid station, you must be prepared to make it to the next one. Do not try to return to an aid station, as the course markings may already have been pulled if you are near the back end of the field of runners.
11. Please be courteous and kind to our volunteers, they are here to help you. A simple thank you goes a long way.

Parking

We have an extremely tight parking situation at the School Camp Start/Finish area. We are asking all participants, crews, and volunteers for their cooperation and consideration in order to help things go smoothly on race day. Please read the parking section carefully and abide by our requests. Be courteous to our parking marshals who have the difficult task of trying to squeeze everyone into a small space.

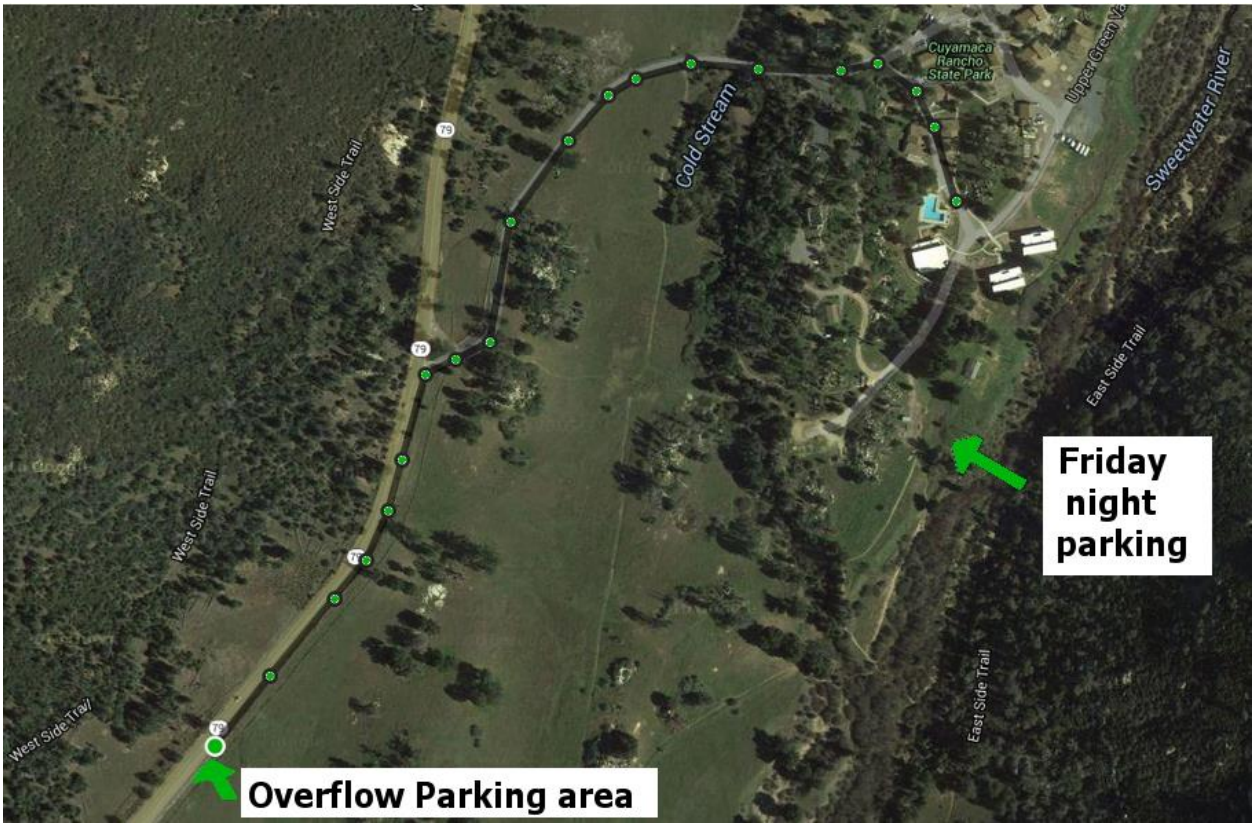
Runners:

Arriving Friday

If you have reserved a bunk in the dorm, or are sleeping in your vehicle, you may drive to the start on
Friday afternoon between the hours of 4 and 7 PM. You will be directed to park at the bottom of the School Camp area, beyond the start line. Please take care when entering or leaving on race day, as you will have to cross the finish line to exit the School Camp.

Arriving Saturday

We ask that runners carpool to the starting line if at all possible. We will attempt to park as many vehicles at the School Camp as possible, but it is likely that all spots will be filled. In the event that there is no more room, you must park in the overflow parking area- the long turnout on Hwy 79 just south of the entrance to School Camp. The starting line is approximately one half mile away from this parking area. A volunteer will be on hand to shuttle runners to the start line on Saturday morning.



Crew:

Parking will be very tight throughout the park. For this reason, we require that you restrict yourself to one crew vehicle only.

Additional vehicles beyond the allowed one at aid station areas will be asked to leave. Too many cars at any of our crew accessible aid stations may create traffic issues in the park that could endanger our future permit to hold this run.

If you have multiple friends or family members coming to spectate or crew for you, please have them drive to the Sweetwater trail head to park and consolidate into one vehicle.

At the start/finish, runner vehicles take precedence over crew vehicles on race morning.

Early on in the race, before the runners spread out, parking may be an issue on the course. Please do not park along the side of the road on Hwy 79 except in clearly marked turnouts where parking is allowed.

At Merrigan, Green Valley, Paso Picacho, and the School Camp fee area, you must purchase a day pass for parking at a cost of $8. The state park workers at the campground kiosks would be very pleased if you had exact change. At East Mesa, Sunrise, and Pedro Fages, no parking permit is required.

At the Green Valley campground, crews may not drive directly to the aid station. Crews must park in marked stalls near the falls area or the Arroyo Seco picnic area and walk ¼ to ½ mile to the aid station area. No Exceptions!

Volunteers:

Volunteers, please carpool if at all possible. If you are working at an aid station, proceed directly to your aid station. Do not come to the start, as this will further compound our parking issues. Please coordinate a plan with your aid station captain.

Schedule, Course, Aid Stations, Drop Bags & Awards

Schedule of Events:

Friday, September 30: Campground open for runners at 4:30 PM.

5:00 - -6:10 am, Saturday, October 1: Pre--race check in at Camp Cuyamaca. Drop bags should be deposited in the designated drop bag area.

6:15 am: Pre--race briefing. Please make sure you are present for important information regarding the course and race rules.

6:30 am: Race begins promptly at 6:30. Late starts will not be allowed.

4:30 pm: Loop 1 cut-off. Runners arriving at the Start/Finish after 4:30 will not be allowed to start the second loop.

8:00 pm: Loop 2 cut-off. Runners arriving at the Start/Finish after 8:00 pm will not be allowed to start the third loop.

1:30 am, Sunday, October 2: The event ends, any runners not finished will be listed as disqualified (DQ'd), and must stop running at the next aid station at which they arrive.

Food and refreshments will be served beginning Saturday afternoon until the event ends. Please stick around and enjoy the day.

Start Time and Place: The run starts promptly at 6:30 am on Saturday, October 1, 2016 from Camp Cuyamaca in Cuyamaca Rancho State Park. The finish line is at the same location as the start. The course closes at 1:30 am on Sunday, October 2 which is a 19 hour time limit.

The Course: The majority of the Cuyamaca 100k course lies within the boundaries of Cuyamaca Rancho State Park approximately one hour east of San Diego. The course consists of three distinct loops, all of which start and end at Camp Cuyamaca off of Highway 79. Each loop covers a different set of trails with minimal back tracking and repetition. The first and longest loop of 31 miles traverses the western side of the park from south to north and approaches the summit of the park's highest point, Cuyamaca Peak, at 6500'. The second loop is 13 miles, and takes in the southeast corner of the park near Oakzanita Peak. The final loop of 18 miles brings runners through the northern section of the park next to Lake Cuyamaca, around Stonewall Peak, and into Anza Borrego Desert State Park.

Runners should also thoroughly study and familiarize themselves with the entire route. There is the possibility of vandalism of course markings during the race. Therefore, we highly recommend carrying a copy of the course maps which are located on this web site.

Course Markings: The course is marked with orange, yellow, and blue surveyor's ribbon, gypsum chalk, and signs. The primary markers are colored surveyor's ribbons. Each loop will be marked with a different color ribbon to prevent confusion in areas where we have overlap. Double ribbons are hung prior to turns. Runners should see ribbons about every 2-3 minutes of running time. Several ribbons in a row with double ribbons indicate a turn…pay attention. Key intersections are marked with chalk arrows and/or signs. Please review the map and course to familiarize yourself with bi--directional sections of the course (mostly along the East Side Trail).

At the start of the race, all runners will be issued an orange wrist band. The first loop of the course is marked with orange ribbons. On completing the first loop, you will exchange your orange wrist band for a blue one which will match the ribbons on the second loop. The color for the third loop will be yellow, and will have a corresponding wrist band. This is for your benefit, as you will always know what color ribbons you should be following, and for the benefit of race officials in knowing which part of the course you should be on.

There are several major road crossings on this course. Use extreme caution when crossing the roads and yield to all traffic!

Aid Stations: Aid stations will have as a minimum: water, Tailwind sports drink , Clif Shot Energy Gels and Bloks , salt pills, fruit, salty foods/chips, sweets (cookies, candy, etc), and ice. Night time aid stations will have soup, hot drinks, and sandwiches.

Awards: Finishers will receive their awards upon finishing the race. Each finisher will receive a custom 100k finisher's medal that doubles as a bottle opener. Overall and age group winners will be awarded a unique custom medal.

Crews and Pacers: Crews are allowed to meet runners at the crew designated aid stations which are shown on the Course Information Chart. Crews are asked to obey all parking restrictions. Crews are only allowed to aid their runners within designated areas near the aid stations.

- Merrigan-after the fence and within the parking lot
- Green Valley-within the designated crew area (crews must park in marked parking spaces at the Falls parking area or Arroyo Seco parking area, and may not block roads within the campground)
- Paso Picacho-in the picnic or parking area (runner must check in at the aid station tables)

- Start/Finish-On the paved road in front of the grove (runner must check in at the start/finish line)
- Sunrise-after the fence and before crossing the road
- Pedro Fages-after the fence and before crossing the road.

Entrants who have not completed a 100 kilometer event before are highly encouraged to have an accompanying safety pacer with them for the night section of their race. Pacers are allowed to accompany a runner (one pacer at a time) beginning at dusk or at the start of the 3rd loop, whichever comes sooner. Pacers can use all the aid and resources at aid stations but are not allowed to carry (mule) or physically assist their runner. They pace for safety and companionship only, not to lighten the load or run ahead of the runner to get supplies in advance of aid station arrival. Pacers must check in and out of each aid station with their runner so course monitors know they are on the course.

Dropping Out of the Race: If a runner drops from the race for any reason, it is the runner's responsibility to personally notify the nearest aid station captain that he or she is withdrawing from the race. The aid station captain will take the runner's bib. Failure to notify an aid station that you are out of the race may result in costly search and rescue measures. A runner who inconveniences the race organization and Search and Rescue crews in such a manner can be assured that he/she will not run an ultra in Southern California again.

Drop Bags: Runners can have drop bags (marked with name and bib #) for personal needs at the Start/Finish line. An area near the start will be designated for drop bags and for meeting your crew. Because of the three loop routing of the course, runners will have their own supplies available to them twice during the race when they pass through the start finish, and again at the end of the race. Drop bags will not be transported to any other location along the course. Because they are not being transported by race officials, size is not a major issue, however, please don't get carried away. Drop bags can be placed in the appropriate area prior to the race start. Drop bags will not be mailed following the event. Unclaimed drop bags will be donated to charity after 2 weeks time.

Important Rules

Alcohol: Alcoholic beverages are strictly prohibited within the entire School Camp start/finish venue.

Please do not consume alcohol in the campground, dorms, buildings, or anywhere at all within the

School Camp. Campgrounds outside the school camp, such as Paso Picacho, Green Valley, etc.. within
Cuyamca State Park, do allow alcohol, but the School Camp is owned and operated by the San Diego County Office of Education, and if we wish to continue to use their property, it is very important that you abide by this request.

Littering: Dropping litter anywhere on the course is strictly prohibited. Carry all trash to the next aid station and dispose of it in appropriate receptacles. If you happen to see a gel pack or other race related litter that was accidentally dropped…please pick it up for us….thank you !

Relieving Yourself: If you have the "call of nature" do so off trail and out of sight. Bury solid human waste properly. There are bathrooms at several of the aid stations, including Merrigan, Green Valley, Paso Picacho, and at the Start/Finish.

Medical Issues: You are responsible for your own safety. We strive to have medical care volunteers during the run but they are not at every aid station. We have arranged to have volunteer medics on hand, but they cannot be everywhere at once. In case of an emergency, we will endeavor to get local emergency personnel to an injured runner (or vice versa) as soon as possible, but due to the remoteness of many sections of the course, this could take hours. Many runners finish the course or drop out with bruises and scrapes. This is an event with risks. Please thoroughly read the registration waiver and recognize it is up to you to make wise decisions with regards to how you feel and potential danger.

The race has liability insurance only. This is insurance to cover litigation over negligent acts and does not cover medical costs incurred by the runner. If you do not have medical insurance, we recommend you join USATF. This race is sanctioned and insured by USATF and members may be able to be reimbursed for medical costs (with a cap of about $6k) if the medical condition was not due to negligence on the part of the runner. For more information, check out USATF online, all the information is on their web site.

Getting Lost, Cutting the Course, and Cut Off Times: If a runner inadvertently gets lost or cuts the course, they are required to return to the point at which they went off course by their own means and continue the run from that point. If a runner does not return to that point or continues on after cutting a section of the course, they are disqualified (DQ'd). Runners who do not make the mandatory cut off times as written on the Course Information Chart are also DQ'd. Do not argue with the aid station captain's decisions…..if he/she determines that it is unsafe for you to continue, that is final. Failure to abide with any of the rules or decisions of the aid station captain will result in you not being allowed to participate in any future Cuyamaca 100k, SD 100, or Noble Canyon 50K events.

Pets and Smoking: Dogs are allowed in the State Park campgrounds, but not on the trails. However, the start/finish area is not part of the State Park. We ask that you do not bring your dogs to the race, but if you must, please keep them on leash and away from aid stations and runners who are on the course. If you or your crew do not abide by the requests of aid station captains to control or remove your dogs from the area, you may be DQ'd.

If any of your crew are smokers, we ask that they do so away from runners and away from the vicinity of the aid stations….thank you.

Volunteers and Accommodations

Volunteers: Thank you for respecting and showing your appreciation to our VOLUNTEERS….they are here to help you on your journey and we could not stage this event without their selfless donation of their time and support. A simple "thank you" costs you nothing and means a lot to those who contribute to your run. If you know of anyone who would like to help work an aid station (even for a short time period, help mark or sweep the course, or help out at the finish line, we would love to hear from them....have them fill out the form located at this page.

Accommodations: Camping is no longer allowed at the start/finish area of the race. Information on accommodations can be found on the race website at http://www.cuyamaca100k.com/directions-and-lodging.php.

Sunrise / Sunset: Sunrise and sunset for October 1st is 6:41 am and 6:32 pm.

Lastly, don't Dean it!