

Dear Cuyamaca 100k Runners,

I hope this letter finds you well, and I hope your training and preparations for your race are going as planned. With about 10 weeks to go until race day, I have just a couple of things I want to share with you. As the race draws near, you will hear from me again with some more specific details.

First of all, I'm sure as you are training and planning for your run you are considering your options for nutrition and hydration. Many runners like to train with the electrolyte drink and the energy gel that will be available on race day. At the Cuyamaca 100k, we are very pleased to once again be partnering with [Tailwind Nutrition](#). Tailwind makes an energy drink that is a great source of hydration, electrolytes, and calories. We will also have [Honey Stinger](#) gels, chews, and waffles at all of our aid stations for you. I personally use both of these products, and I would encourage any endurance athlete to give them a try.

We are also proud to be supported by [Orange Mud](#), a manufacturer of uniquely designed hydration packs and running accessories. Scroll down to the bottom of this document to learn more about Orange Mud's products. [Foot Kinetics](#) makes an excellent anti-blister and chafing product, and we will have their Run Goo out on the course for you in case of run into blister problems.

We have a full roster of runners, and over 100 on our wait list at this point. It is my hope that nothing will occur which will prevent you from making it to the starting line, but in the event that you do have to drop, you will be eligible for a partial refund of \$100 until 9/1, at which point there will be no further refunds. Please keep in mind that by notifying me that you are not going to make it, you will not only get that \$100 back in your pocket, but also allow another runner a chance to race.

If you are traveling to Cuyamaca, now is the time to be sure you have secured lodging nearby. I have provided a few suggestions on the directions and lodging page of the race website. There is plenty of room in the dorm on site, but you do need to reserve your bunk if this is your plan.

Please be sure to read our detailed information page and share the relevant info there with your crew and pacers.

We will be hosting three training runs on the course. Please use the form at this link to RSVP. <https://forms.gle/FYtmpnnGUI3DPZ6t6>

1. Saturday, 8/10- Loop 1 from Sweetwater Parking area at the Harvey Moore Trailhead. 7am start. Approx. 20 miles. We will cross the road and enter the Green Valley

Campground, picking up the course from the Green Valley aid station. From there, we will stay on the loop 1 course all the way back to the parking area. Post run picnic at the finish.

2. Saturday, 9/7- Loop 3 from Sweetwater Parking area at the Harvey Moore Trailhead. 7am start. Approx. 20 miles. We will head north on the East Side Trail to the School Camp (start/finish) and pick up Loop 3, running it in its entirety before returning to the parking area. San Diego Ultrarunning Friends will be hosting a post-run picnic at the finish.
3. Saturday, 9/14-Loop 2 from Sweetwater Parking area at the Harvey Moore Trailhead. 7am start. Approx. 12.5 miles. We will run Loop 2 of the course picking up the route from about mile 10 of the loop, doing the final 2.5 miles of the loop to the School Camp, then running the first 10 to return to the parking area.

More detail on the routes will be sent out to those that sign up for the training runs.

If you have any questions, please feel free to email me. If I don't see you at a training run soon, I look forward to meeting you on race day!

Sincerely,

Scott

At Orange Mud, we love the spirit of adventure and design gear to compliment your adventurous pursuits. We focus on making gear that will not only stand up to your toughest races and adventures, but exceed your expectations too. All of our gear comes with the bladder, flask, or bottle it's designed with, so you're buying a complete product from the get go. As always we stand 100% behind all of our designs. Take it for a run or ride, we suggest at least 3 uses, and if it still doesn't work then send it back for a full refund!

Our [Endurance Pack](#) is a runner and riders dream as it can carry all of your essentials from start to finish. Headlamp, fluid, electrolytes, nutrition, layers, etc. All are easily stored.

[Endurance Pack – 2L \(70oz\) Bladder and 4L total cargo - \\$134.95](#)



The [Gear Vest](#) is one of our top training and racing packs too. It features a 1L bladder in the back, 2 shoulder pockets for nutrition, chapstick, etc, and 2 chest pockets for soft flasks, headlamps, and other essentials.

[Gear Vest – 1L \(35oz\) Bladder and 2L total cargo - \\$109.95](#)



A car seat cover and changing towel in one. The Transition and Seat Wrap is the perfect companion to any ride, run, or swim. You'll quickly find that this is the #1 piece of gear that is in your car at all times too!

[Transition and Seat Wrap – Change securely, then protect your seat - \\$39.95](#)



Learn more about our [Running Packs](#) here [Riding Packs](#) here or at OrangeMud.com.