

July 21

Dear Cuyamaca 100k Runners,

I hope this letter finds you well, and I hope your training and preparations for your race is going as planned. With a little over two months 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 about the race.

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 [Clifbar](#) and [Tailwind Nutrition](#). Clif will be providing gels and chews for our aid stations as well as bars that could be used before, during, or after the race. Tailwind makes an energy drink that is a great source of hydration, electrolytes, and calories. 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. They are providing several items for runner giveaways that will be around for you to grab after the race. [Altra Running](#) has generously donated shoe certificates to our overall and masters division winning runners. Many thanks to Altra and Orange Mud for their support.

We have a full roster of runners, and about 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 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.

Our first organized training run on the course is this Saturday, 8/11, and another one is scheduled for 9/8. Details for these runs will be posted on the San Diego Ultra Running Friends (SURF) [Meetup site](#), and other runs on the course and in the area are posted regularly. All are welcome to join the meetup and training runs, you don't have to be in the race or a member of SURF to attend.

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