

## Cuyamaca 100k Final Runner Instructions

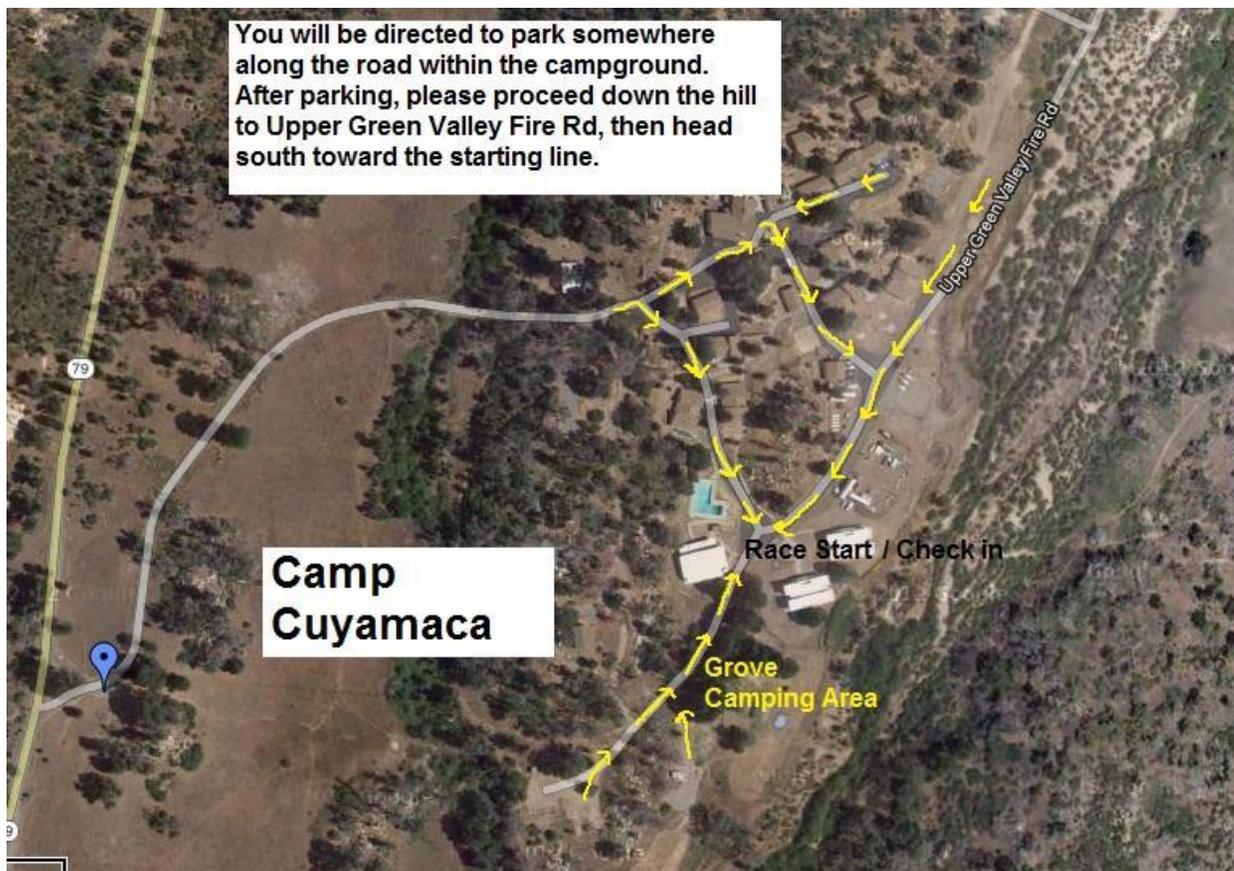
Hi Runners! Please read this letter carefully as it contains important race day information for you and your crews. Also, if you have not done so yet, please read the [detailed info](#) section on our race website. Also, if you missed it, the first runner info letter can be found at this [page](#).

### 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:

We ask that all runners carpool to the starting line if at all possible. We will attempt to park as many vehicles at the School Camp as possible, and last year we were able to accommodate almost everyone, but with the increase in our capacity by 50 runners, it is very likely that we will run out of space at the School Camp. When School Camp fills, runners will be directed to park in the last [turn out](#) along the 79 before the entrance to the school camp. Unfortunately, this is a distance of  $\frac{2}{3}$  of a mile from the start. A volunteer will be on hand to shuttle you to the start, but this will take some time. For this reason, please arrive early to ensure you have plenty of time to make it to the start. The race will start on time!



### Crew:

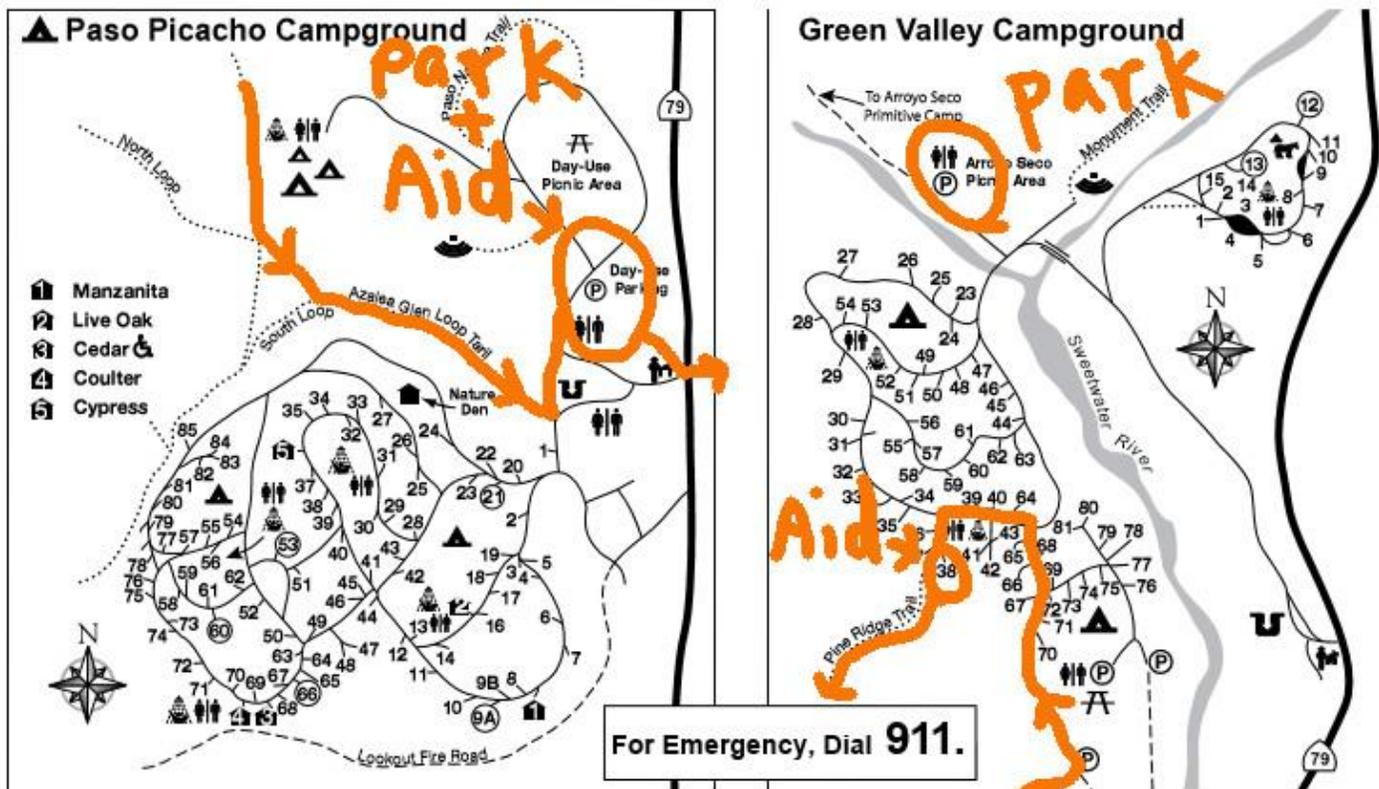
Parking will be very tight in the school camp, and possibly will be tight at campgrounds throughout the State Park. For this reason, we ask that you restrict yourself to one crew vehicle only.

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.

At Merrigan, Green Valley, Paso Picacho, and the School Camp fee area, you must purchase a day pass for parking at a cost of \$10. The state park workers at the campground kiosks would be very pleased if you had exact change. At Sunrise and Pedro Fages, no parking permit is required. No crews are allowed at East Mesa or Cuyamaca Peak.

**Please note that there is no parking at the Green Valley aid station itself. Your crew must park in a designated parking area within Green Valley and walk to the aid station at campsite #38.**

Here are a couple maps of Paso Picacho and Green Valley campgrounds with the course and aid stations marked on them. Please be sure your crew parks in designated areas.



### Pacers

Pacers are allowed to join their runners at the start of the 3rd loop. Runners are allowed one pacer at a time, and may swap pacers at either of the aid stations on the 3rd loop.

### Trekking Poles

Are allowed.

## **Volunteers**

This race is supported by a fantastic crew of volunteers, some of whom will be out there from Friday all the way through to early Sunday morning. Please take the time to thank them for their efforts! It is a labor of love, but a smile and a few kind words are nice, and don't cost you anything.

## **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**

Please do not litter along the course! Throw away all trash at aid stations in appropriate containers. If you are found to be intentionally littering during the race, you will be DQ'd!

## **Course Markings**

The 3 loops of the course will each be marked with a different color ribbon. The first loop is orange, the second will be blue, and the last is yellow. Expect to see a ribbon every 2-3 minutes running time. Where there is a turn or intersecting trail, you will see multiple ribbons ahead and after the turn. Slow down and check the markings at all trail intersections.

There will also be signs with appropriately colored arrows at major intersections. There are two out and back sections of the course, and at the end of each is an aid station. These aid stations are Merrigan and Cuyamaca Peak. You must check in at these aid stations or you will be DQ'd from the race. The intersections where these out and backs occur will be marked with ribbons, chalk, and signs. Please refer to course maps and turn by turn instructions as well. You are responsible for knowing where to go!

## **Bib Numbers**

Please make sure your bib numbers are visible on the front of your body at all times. Do not attach them to the back of your shirt or to your hat or pack. Our aid station personnel must be able to read your number as you enter. If you are not sure if they checked you in, please call out your bib number on entry and exit from the aid station.

## **Drops**

If you must drop from the race for any reason, it is very important that you proceed to the nearest aid station and notify the aid station captain. The aid station captain will take your bib number at that time. Failure to notify us of your drop could initiate a costly search and rescue operation.

## **Cut Off Times**

The cut offs are posted on the website. You have 19 hours to complete the course for an official finish. If you miss an intermediate cut off, the aid station captain will pull you from the race and help you to coordinate transportation back to the finish. Please do not argue with aid station captains, they are following the instructions of race management. Also, there will be sweepers running behind the cut off times pulling



ribbons from the course. This means that if you leave an aid station, you must be prepared to make it to the next aid, as you may not be able to follow ribbons back the way you came, and that aid station might not be there when you return. Cut off times can be found here:

<http://www.cuyamaca100k.com/aid-station-distances.php>

### More Information

Our [Race Information](#) page at [cuyamaca100k.com](http://cuyamaca100k.com) contains most things you need to know, and more information is at the [detailed info](#) link.

### Finish

After your finish, we hope you'll stick around and cheer on your fellow runners. You are welcome to use the showers in the dorm room, and finish line food will be provided from Mañanas Mexican Food.

### Awards

At packet pick up on Saturday morning you will receive your bib #, shirt, and other schwag. At your official finish, you will receive your finisher's medal and other applicable awards.

### Start

The race will start promptly at 6:30 AM. We will not wait for stragglers! Please arrive early and bring all of your gear down to the start when you check in, as you may not have time to return to your car. Final reminders and instructions will be given at the starting line at 6:20.

At the beginning of the course, the fire road narrows to a single track within the first 50 yards or so. Please be aware of this and plan accordingly. As it is a 62 mile race, there will be plenty of time to pass slower runners as the field spreads out. Also, if you know yourself to be a slower runner, please place yourself accordingly in the starting lineup.

### Finally...don't Dean it!

Thank you to our sponsors: Altra, ClifBar, Orange Mud, Rungoo, Tailwind, and SaltStick. SaltStick is offering Cuyamaca runners a discount on their electrolyte replacement products. Use [saltstick.com/cuyamaca](http://saltstick.com/cuyamaca) and password **CUYAMACA**.

