

Thank you for entering the 11th Annual San Diego 100 Miler. We are thrilled you have chosen to run some of the most beautiful trails that southern California has to offer and we are committed to help make your participation a memorable one. This is the largest field in the history of our event and we are pleased to host runners from 17 states, Canada, and Mexico. As most of you know, it takes a great deal of work and effort by an experienced and dedicated cadre of experienced volunteers to direct this race. We feel we have the best and we'll strive to get each and everyone of you to the finish line in June!

This is the first of several Information Letters that I hope you will read and use to help plan and prepare for the race. The axiom that "No One Plans to Fail, but Some Fail to Plan" is often appropriate for 100 mile ultras. All the physical training alone won't get you to the finish line...pre race planning, study, organization and trip arrangements are a huge part of success. I urge you to work with me, your crews, pacers, and supporters to get you ready for the challenge.

Below are important reminders/interest items for you to know and share with others:

1. Your email is my primary way of communicating with you. If you change your address please notify me.
2. Take time to read the entire web site. There is a great deal of important information especially on the Detailed Information link at: <http://www.sandiego100.com/GeneralInfo/SD100detailweb.htm> If there is something that is not contained therein, feel free to contact me at my email. Also check the web site homepage for periodic updates
3. If you are a member of Facebook (FB) or want to become a member, there is "San Diego 100 Mile Endurance Run" group page that is convenient and accessible. Members can post informal training runs, pacer requests, coordinate carpooling, ask questions and share information about the event. If you are not on FB and prefer not to join, I also can post your requests on the web site under the "Runner Bulletin Board" link.
4. We will NOT be staging a formal Training Run on the course. The US Forest Service and CA State Parks require Permit approval, entry fees, and liability insurance for a formal training run with course markings, aid stations, and use of park facilities. Unfortunately, this becomes cost prohibitive. But, there will be several informal training runs that will be self supported and unaided. These will be posted on the Facebook group page and the Runner Bulletin Board web site link. Over the course of the next four months, there will be many opportunities to join me and others if you want to look up the training run information and stay connected. Also, there are detailed course instructions/maps on the web site which highlight turns and mileage for those who go to train on the trails on their own.
5. The race permit restricts our field to 200 entrants. As most of you know, I arranged to accept 228 entrants with the caveat that some parking changes will be required for crew and pacer vehicles. These changes will be updated on the web site soon. The biggest change is that there will be NO crew access at PennyPines #1 (mile 24).....Penny Pines #2 will be available for crews at mile 93 since the field will be more separated at that point. Carpooling and staging of multiple cars will help us with the parking limitations.
6. Lodging in the Mt Laguna Recreational Area is somewhat limited. I encourage you to make arrangements as soon as possible. Options include Big Laguna Lodge, Pine Valley, Alpine, Julian, and El Cajon. There are primitive camping sites, RV hookups, and a few bunk community bunk beds available at Al Bahr (race start/finish). The cabins at Al Bahr are already reserved and unavailable. To reserve a campsite, RV hookup or bunk bed at Al Bahr, check with me for a reservation. Camping is \$15 for the weekend, RV's are \$20 per night and the shared bunk beds (only six each by gender) are \$20 for the weekend. Your reservation requires pre-payment but is fully refundable should you cancel anytime before the race.
7. When parking in the Cleveland National Forest and Laguna Mountain Recreational areas, you are required to display a Forest Service Recreational Pass for the day. They are \$5 per day and can be purchased at Mt Laguna Lodge store or in Pine Valley and the shop mart. You may be ticketed for parking without displaying the pass. Crews will need passes for race weekend.

8. Al Bahr Shrine Camp is a wonderful host for our event. They give us use of the entire facility for race. While the 6 (5 person) cabins are already reserved for race weekend, they do rent these throughout the year for \$65 per night if you want to contact them (<http://www.albahrshrine.org/shrinecamp.html>) and stay there for a getaway and training. Al Bahr is a private facility though and we are not allowed to park there other than race weekend unless you have a reservation.

Again, thank you for entering SD 100. I look forward to seeing old friends and making new ones on race weekend. Good luck on your training and race preparations.

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