

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.

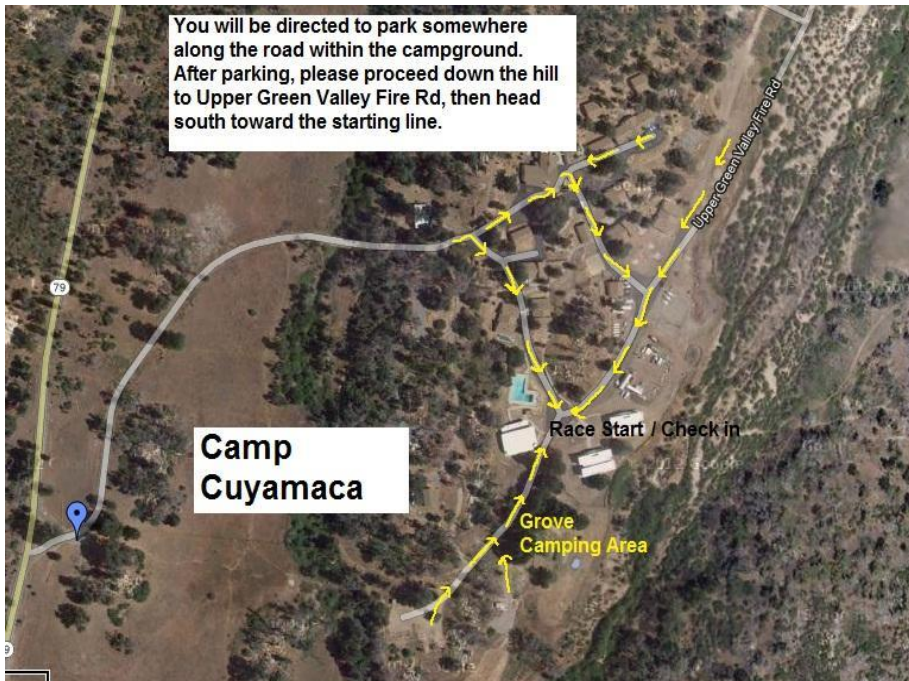
Check in and Bib pick up Check in will start at 5am. There is no pre-race pick up. At Check in, you will be asked to sign a waiver and we will verify that you have the Whip App installed on your phone. You will be given your bib and swag bag. Please gather at the Starting Line at 6:20 for final announcements before race start at 6:30. The race will start on time. Please don't be late!

Pets

Please leave your pets at home. Dogs are not allowed near our aid stations or Start/Finish area. Please instruct your crews not to bring dogs to our aid stations or Start/Finish area. Runners or crews that do not follow instructions to keep dogs away from designated areas risk **disqualification**. Your certified service animal is welcome.

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 it is possible 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. 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. To help with this situation, 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, Sweetwater, Paso Picacho, and the School Camp fee area, you must purchase a day pass for parking at a cost of \$10. You can purchase this pass at the kiosks at Green Valley and Paso Picacho. The other fee areas have signage with instructions. At Pedro Fages no parking permit is required. No crews are allowed at East Mesa aid station. Please let your crews know they should not meet you there.

At Green Valley, the aid station will be located in the Falls Parking area. There is no crew parking allowed there as we are required to leave the limited number of spaces open for other visitors. Please park in the Arroyo Seco parking area and walk to the aid station.

At Paso Picacho, the aid station is located at the picnic area, and there is plenty of parking available.

Car Camping

Car camping is allowed in the School Camp, but tent camping, RVs, and trailers will not be allowed. Car campers should try to arrive between the hours of 4-7pm on Friday and should check in with race organization at the starting line to be directed to an appropriate spot. If you arrive after dark on Friday, please find a marked spot near the bottom of the school camp along Upper Green Valley fire road (see above map). Car campers are welcome Saturday night as well but must depart the School Camp by 9 AM Sunday.

Bunk House

We have arranged to use the bunk houses adjacent to the starting line. If you purchased that option at check out, you'll be sleeping very close to the starting line. A check in sheet with a pen will be posted at the entrance to the building. Please sign in when you arrive and choose your bunk. Bring your own bedding, towels, and toiletries.

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.

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 is one out and back section of the course on Loop 1, at the end of which is the Merrigan aid station. You must check in at this aid station or you will be DQ'd from the race. The intersection where this out and back occurs will be marked with ribbons and signs. Please refer to course maps and turn by turn instructions as well. You are responsible for knowing where to go!

There are a few tricky intersections where the loops overlap. These will be marked with signs that include color-coded arrows. I recommend studying the [full course map](#) in order to familiarize yourself with where the overlapping sections occur and which direction you should be going on each loop.



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 100 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.

When you finish Loops 1 and 2 you will be directed down a “chute” which splits the road. Keep to the left and go all the way to the finish line before turning 180 degrees and coming back along the road. There you will find your drop bags, crews, and the aid station. Please be sure to pass the timing team and finish line before going to the aid station.

Live Runner Tracking

Ultralive.net will be providing live runner tracking service for the race. We will do our best to keep the site up to date and as live as possible, but there will be some delay as we follow runners along the course.

Whip live app- You will also be tracked by the app on your phones. The volunteers taking your times at aid stations will be recording official race times, and the app is used for safety and for friends and families to follow your progress. Please install the app on your phone prior to arriving at Camp Cuyamaca and allow the required permissions. The app can only track you while the event is live.

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>



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 by [Beach Eats Food Truck](#). Beach Eats will provide a complimentary meal to all runners. Spectators and crews are welcome to purchase food.

Awards

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

Thank you to our sponsors, Tailwind and Crank Sports for your generous support!