

February 28, 2010

Dear Runners,

Welcome to the Twenty-Third Annual Angeles Crest 100 Mile Endurance Run, starting 5:00 AM Saturday August 28, 2009 from beautiful down town Wrightwood.

General status of this years run. We are completely staffed with: checkpoint leaders, medical personnel, Search & Rescue, HAMs, and Wrightwood volunteers prepared to assist you reach you goals. We will have Gatorade, cola, sweet stuff, salty stuff, water, ice, fruit, hot chicken soup, everything you will require to finish the race. Our ultimate goal is to provide physical, mental, spiritual challenge and the support you will need to attain your goals.

The schedule of events are as follows:

August 27th, Friday in Wrightwood

Medical checkup: 9:00AM - 12:00PM * * mandatory
Drop bag collection: 9:00AM - 12:00PM * (the truck will pick them up at 1:00PM Friday)
Trail briefing: 2:00PM - 4:30PM *
-Introductions
-Welcome to Wrightwood
-Medical concerns -USFS concerns
-Search & Rescue concerns
-Trail Conditions/Markings concerns
-Slide Show of Trails for crews

Spaghetti Dinner 6:00 PM (\$5 donation)

August 28th, Saturday in Wrightwood

Runners check-in 4:00AM
Invocation 4:30AM
Start of race 5:00AM (sharp)

August 29th, Sunday at Loma Alta Park in Altadena

Finish of race 2:00PM (sharp)
Picnic & Award ceremony: 2:00PM – 5:00PM

The picnic is for all runners and volunteers. We will charge a nominal fee for runners support crew, pacer and spectators. Everyone is welcome.

Please check the spelling of your name on the run roster when you check in at Wrightwood. We will engrave your name on the Finisher Plaque as it appears on the roster. We will not be responsible for miss-spelled names if it is the same as on the roster. There will be an additional fee if we must engrave a second plaque.

This will be the only correspondence to the runners. The final word on trail condition and support crew information will be at the Wrightwood trail briefing on Friday. If you have problems or concerns prior to race weekend, the best way to communicate with Run Management is via email to ken.hamada3@gmail.com.

If there is a problem that affects the race, a notice will be posted on the AC100 website. Check the AC100 website for: 1) Important Notices (red area), 2) General Information (yellow area) and 3) AC100 News (white area). For now, Training Run and Trail Maintenance Schedule will be posted in the AC100 News area of the website.

The Run Brochure will be available around June on the AC100 website, with all of the details you will need. For more info on both: 1) Training Runs and 2) Trail Maintenance Schedule: email Hal Winton at winton4jesus@juno.com. For more info on Wrightwood accommodation email George Evans at george_bj@earthlink.net

Official race result, race splits and race article will be on the AC100 website after the race. All information will be on the AC100 website.

All Trail Maintenance and Qualification Data will be entered on the AC100 website. Go to the website for a general Overview of the Data Entry process.

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www.ac100.com

Hal Winton
Co-Race Director
(310) 534-1704 (h)
winton4jesus@juno.com

Advanced Accommodation:

1. Wrightwood Chamber of Commerce: (760) 249-3256
 2. Best Western Motel Cajon Pass: (760) 249-6777 or (866) BWCAJON at the junction on 15 Fry & Highway 138 (under new management).
 3. Pines Motel: (760) 249-9931
 4. Wrightwood Sales and Rental: (760) 249-3339
 5. Pasadena Convention & Visitor Center Bureau: (626) 795-9311
 6. Pasadena Chamber of Commerce: (626) 795-3355
 7. Mt. View Motel (760) 249-3553
- (Note: the Run Brochure will have 2 pages of accommodations in Wrightwood, Victorville, Pasadena, and Glendale)