

February 20, 2009

Dear Runners,

Welcome to the Twenty-Third Annual Angeles Crest 100 Mile Endurance Run, starting 5:00 AM Saturday September 19th, 2009 from beautiful downtown 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:

September 18th, 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(Optional)
- Spaghetti Dinner 6:00 PM (\$5 donation)

September 19th, Saturday in Wrightwood

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

September 20th, 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 have hamburger and chili. 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 of concerns prior to race weekend, the best way to communicate with Run Management is via SASE or email to: kenneth.a.hamada@boeing.com. Phone calls are probably the worst way. Long distance call will be returned collect. Collect calls cannot be made to answering machine. If there is a problem that affects the race, a notice will be posted on the AC100 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 Training Runs: call Hal Winton (310) 534-1704 (h) or email: winton4jesus@juno.com. For more info on Wrightwood accommodation call: George Evans: (951) 845-0115, (951) 769-7878 FAX, email: george_bj@earthlink.net

No dogs will be allowed at the AC100 Checkpoints and on the course: 1) during race and 2) during all scheduled AC100 training runs. We had several major problems in previous years. If we have a problem with your dog, it could result in the disqualification of your runner or you may not be able to participate in future AC100 races.

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.

- **Send all Trail Maintenance Certification to Hal Winton, 24409 S. Meyler, Harbor City, CA 90710**

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Hal Winton
Co-Race Director
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George Evans
Ass't Race Director
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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.)