



Tom Nielsen, Cloudburst Summit, 1999

2. Rules And Procedures

Race Rules And Procedures:

The AC100 Race Rules And Procedures are designed for the safety and well-being of everyone involved in the race; including runners, pacers, crews, volunteers and spectators.

Failure to comply with these rules may result in disqualification of the runner.

1) Runner Responsibilities.

The runner is responsible for knowing all the rules.

2) Race Packet Pick-up.

Only runners entered in the Race will be allowed to pick up their race packet. ID (i.e., drivers license) will be required. If you do not plan to run the race and want to have a friend pick up your race packet on Friday, please inform Race Management.

3) No "muling."

Runners must carry all of their own fluids, food, clothing and other supplies needed for use between checkpoints.

4) No unauthorized aid, caches or drops.

No one is allowed to cache, drop, or store supplies on the AC100 course before or during the Run. Runners are not allowed aid between checkpoints. Crews are forbidden to leave aid along the trail during the run.

Runners whose crews and friends using the AC100 course and aid stations on race weekend for training runs will be disqualified.

5) No Course-Cutting

Runners must follow the marked course at all times. If the Runner departs from the marked course, the runner must return to the point of departure on foot before continuing. Cutting the course is grounds for immediate disqualification.

6) Checking In/Checking Out

It is the Runner's responsibility to properly check in and check out of each checkpoint. Bib numbers must be clearly visible.

7) Pacers

Runners may be aided by a Pacer starting at the Chilao Checkpoint (mile 52). Only one Pacer will be allowed to accompany each Runner between each checkpoint.

Runners 60 and over will be allowed a pacer from the start in Wrightwood.

Aid will be available for both the Runner and the Pacer. Both runner and pacer must receive their aid at the designated checkpoints. However, if a shortage occurs, Runners have priority.

7a) If you want to pace:

If you or your friends are available to pace a runner, please let the Chilao (52 miles), Short Cut (59.3 miles), or Chantry Flats (75 miles) Checkpoint Coordinator know. They will keep a list of available Pacers. Out-of-state Runners who come the greatest distance have priority.

8) Cutoff times

Cutoff times will be enforced at each Checkpoint by the Checkpoint Leaders. Their decisions are final, no exceptions. Cutoffs are listed at the back of this brochure. **If you are not clear about cutoffs, ASK!**

9) Highway Crossings

The main concern is safe movement of pedestrian and vehicle traffic. Vehicles have right of way at all times.

There will be a Run Official (flagman) at each highway-crossing checkpoint. The Runner is a pedestrian and must obey all Run Official directions; and all laws pertaining to highway pedestrian crossings.

10) If you decide to drop:

If any Runner is unable to complete the Run, the Runner must notify a run official. and the medical wristband (provided at the pre-race medical check in Wrightwood) must be surrendered. Upon surrendering the medical wristband, the runner is officially out of the race.

If Run Officials do not get the runner's medical wristband and the runner does not show up at the next checkpoint within a reasonable time, Run Officials will assume that the runner is lost and notify Search and Rescue. Leaving the race without informing a Run Official is grounds for disqualification.

11) If you get lost:

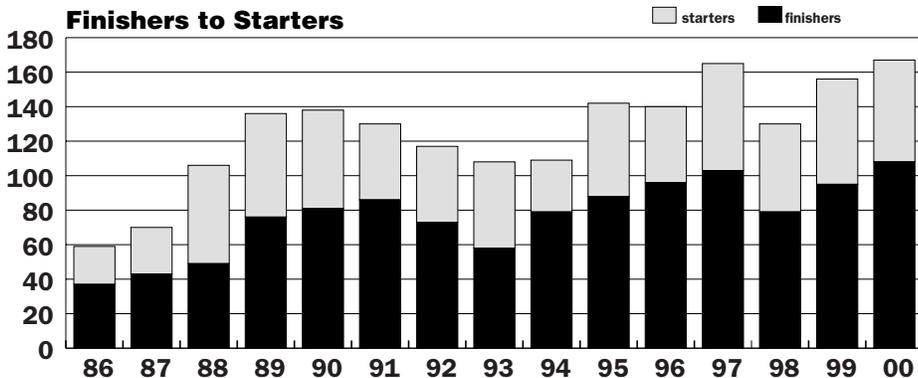
If you get lost or injured, do not attempt to find your way cross country. **STAY ON THE TRAIL AND WAIT.** Wandering aimlessly, especially at night, will reduce your chances of being found.

12) Do Not Litter

Either carry your trash or leave it at checkpoints.

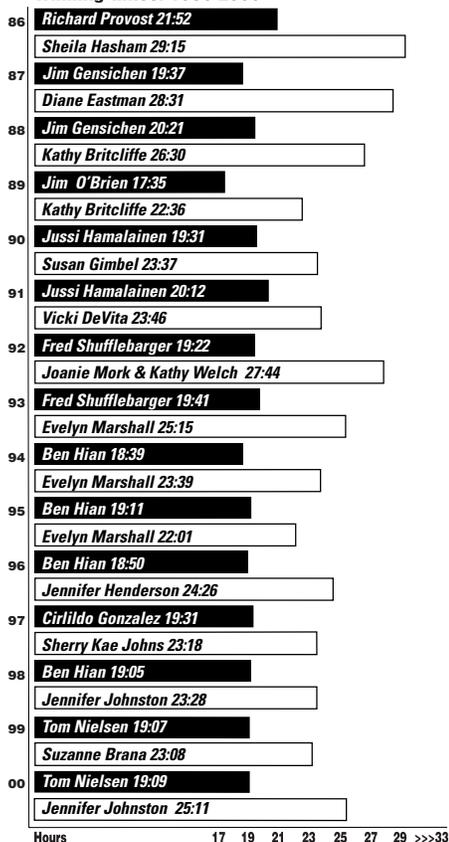
Support Crews and other issues

Support crews are not essential. There is adequate aid station support along the course with water, electrolyte replacement fluids, food and medical aid. In addition, drop bags are allowed at all major



Profile of Finishers to Starters, from 1986-2000

Winning times: 1986-2000



Winning times: 1986-2000

checkpoints (see Checkpoint Table, Inside Back Cover).

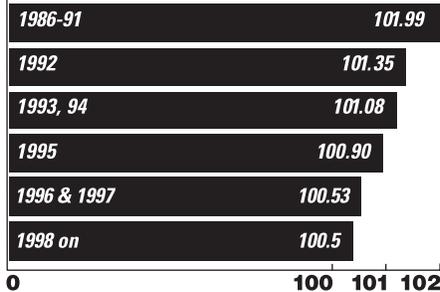
If you do have a crew, please note:

- Many checkpoints are close to the Angeles Crest Highway (Hwy 2). Whether on foot or in vehicles, crews must not impede highway traffic.
- Crews should carpool when possible to prevent traffic problems.
- Crews must comply with Run Officials directing traffic. Those who don't could get their runner disqualified.
- Only support crew vehicles are allowed in congested parking areas.
- Crews are NOT allowed at checkpoints marked "NO" in the crew column of the AC100 Checkpoint Table.
- No dogs allowed at any checkpoints or on the course.

Checkpoints Closed to Crews

Mt. Hillyer will be closed to support crews. Absolutely no support vehicles allowed on the road to Hillyer!

Race Distances



Distances over the history of the race.

Chantry Flats is the last crew access point over the final 25 miles of the course. Newcomb's Saddle, Idlehour Trail, Sam Merrill Trail, and Millard Campground are closed to crew access. Use drop bags for flashlights, batteries and warm clothing.

Drop Bags

We urge runners to take advantage of this service. Besides ensuring you get what you need when you need it, using drop bags instead of crews helps minimize highway traffic.

Drop bags will be collected on Friday morning in front of the Wrightwood Community Building. Indicate your name, run number, and checkpoint on each Drop Bag. Be sure that all bags are securely tied and labeled.

Mt. Hillyer Trail, Newcomb's Pass, Idlehour Trail, Sam Merrill Trail, and Millard Campground Checkpoints are closed to crews but do have drop bag service. Newcomb's Pass, Idlehour and Sam Merrill get cool at night. Warm clothing may be needed for these sections.

All drop bags will be returned to the Finish area. Don't bring your favorite t-shirt or expensive clothing. Drop bags can get lost.

No Shuttle Service

There is no shuttle service to bring runners back to Wrightwood. Runners are responsible for making their own arrangements.

Trail Marking

Trails are marked with yellow surveyor ribbon and biodegradable powder. Night sections are marked by fluorescent surveyor ribbon and glow-sticks.

Biodegradable powder will be used to mark the trail near campgrounds, since campers have been known to remove ribbons and glowsticks. Checkpoint Coordinators know about problem areas and will re-mark the trail as necessary.

EMTs and the Volunteer Medical Team

The race is staffed by an all-volunteer medical team, led by the Medical Director H. E. West.

HAMs (Amateur Radio Communication)

"HAM" radio operators will be tracking runners' progress at each checkpoint. Arrival, departure, and drop information will be distributed among checkpoints and to a database at the finish area using integrated radio communications and computers. This system not only makes it possible to locate runners' positions throughout the race, it also facilitates emergency response.

Medical Concerns: Dehydration

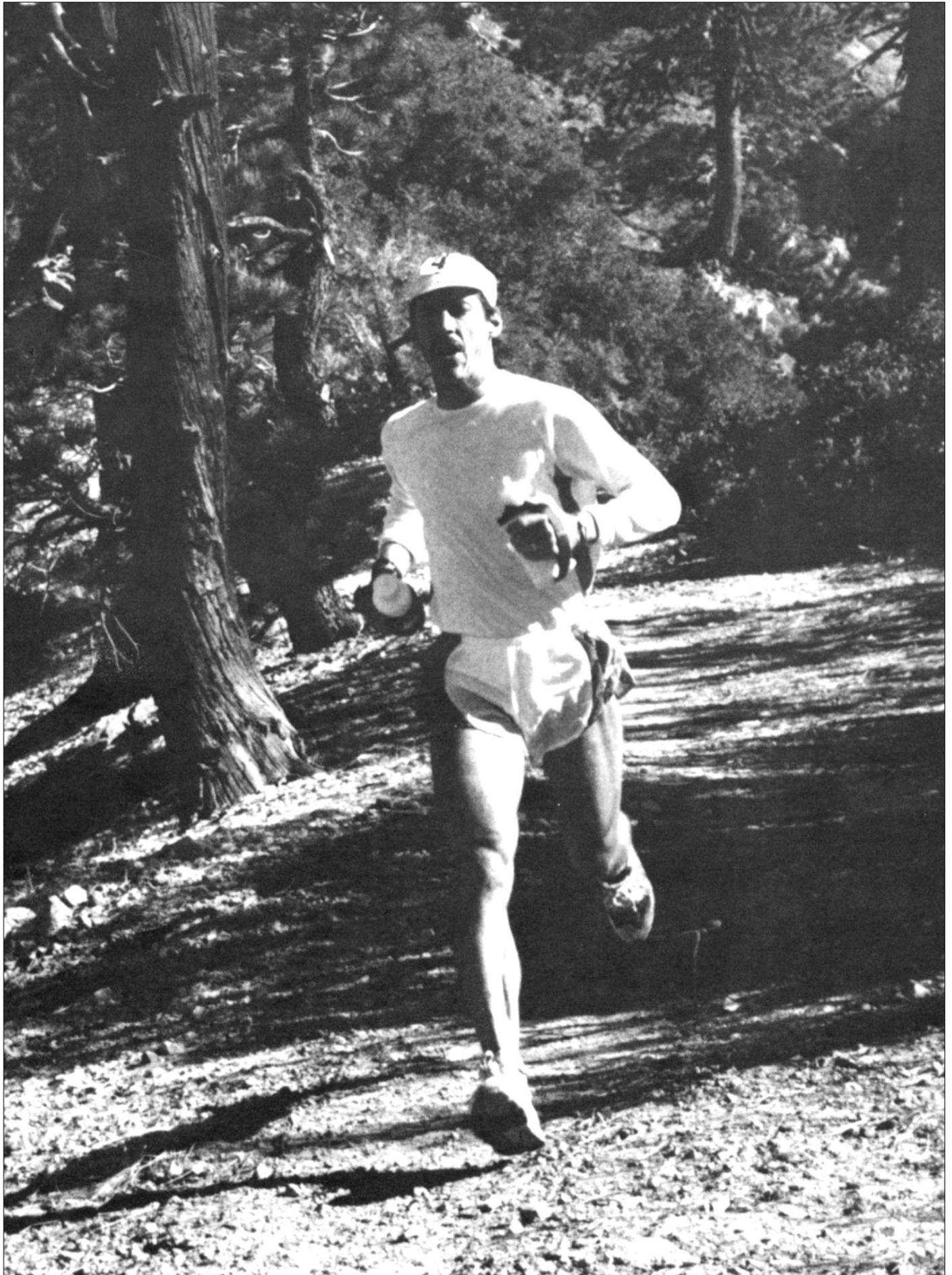
Dehydration is the most common medical problem for endurance runners. To monitor dehydration, runners will be weighed at major medical checkpoints. Weights will be compared to the baseline weight on the runner's medical band.

Weight Loss

- If the weight is 3% below baseline, the runner will be asked to drink more.
- If the weight is more than 5% below baseline, increased fluid intake will be strongly advised. The runner will be reweighed before leaving the checkpoint. It is the runner's decision to continue the race as long as they are within the cutoff.

Hypothermia

Hypothermia could be a problem near Mt. Baden-Powell. Wear adequate clothing for the climb. Checkpoints before and after Mt. Baden-Powell (Vincent Gap and Islip Saddle) have crew access and drop bag service. You can leave excess clothing with your crew, or in your drop bag that will be returned to the Finish Area.



Jim O'Brien on his way to a course record of 17:35:48 in 1989. Photo by Stan Wagon