

THIS JUST IN – In addition to top-three prize money being offered by Miwok this year, our sponsor Udo's Oil is throwing their support into the ultra community by offering a \$200 prize for new men's or women's course records at the 2011 Miwok 100K.

Wait List: Due to fewer drops than anticipated, we will not be able to pull from the wait list for the 2011 event. We hope to see you on the list for 2012!

Miwok 2011 Entrants –

Miwok is a serious distance for experienced runners; you are responsible for being appropriately trained, knowing the course, and the rules. If you litter, you will obviously be DQd. There are [major course changes for 2011](#).

BIB PICK-UP and CHECK-IN:

Bib numbers have been assigned and are next to your name on the Ultrasignup website. Please check the entrant list on Ultrasignup so that you can write your bib number on your drop bags. You may pick up your bib either on Friday between 3:00 – 6:00 p.m. at our host hotel, the Larkspur Hotel Mill Valley, 160 Shoreline Hwy, Mill Valley, or on race morning at Rodeo Lagoon parking lot. **You are required to check in race morning at the Rodeo Lagoon lot even if you've already got your bib.**

The parking lot will open at 4:15 a.m., **required check-in is from 4:30 - 5:15 a.m.** and we walk to the start on the beach at 5:25 a.m. for the 5:40 a.m. start. It's cold at Rodeo Lagoon in the morning with the fresh breezes blowing off the ocean, so you should not arrive too early.

Upper Conzelman Road is closed to vehicles due to construction. Thus, there will be approximately 150 cars driving through a narrow, one-way tunnel on a single-lane road in the dark within about a 20-minute window, and they may stack up, so, just like at the airport, please keep your cool and wait your turn. We're all in this together. We will delay the start slightly if there's a traffic jam.

PARKING HAS CHANGED:

We are back to parking only in the Rodeo Lagoon dirt lot. **Since space is limited you must carpool if at all possible.** Park as directed by our wonderful Parking Czars. If you are dropping off runners or are a volunteer, you may park in the paved lot.

Otherwise...don't do it.

There will be a shuttle going all afternoon/evening from the finish at the YMCA two miles away back to your cars, but **you will want to pack a finish line drop bag and throw it into the truck when you get your bib so that you can get clean and warm, and enjoy the bbq and music post-race. The YMCA has hot showers – woo-hoo!**

THE COURSE HAS CHANGED from the start to Pan Toll, the middle is the same, and there are changes from Pan Toll to the **NEW FINISH AREA** at the YMCA (google: 981 Ft Barry, Sausalito, CA)

START IS STILL AT RODEO LAGOON, on the beach.

Full details on entire course and **new mileages/cutoffs** are on the Miwok website under Course Description, Aid Stations/Mileage Charts/Cutoffs, NEW Finish, and Google Map. If you drop, you must inform the closest aid station captain/race radio personnel. Otherwise, I'll worry about you and [you will end up paying for Search and Rescue until we find you.](#)

Exciting news: There will be prize money at Miwok this year. The top male and female finishers will each be awarded a check for \$400. Second place man and woman receive \$250, and third place will each get \$150.

I hope you've trained well and are excited to get out on the trails. Other important things for you to know before you pin on that bib #:

The Park Service personnel are very strict here and they have the right to DQ you, arrest you, or deny Miwok a permit next year, if you or your crew break their rules - don't let this be your fault!

- (1) If your crew comes to Pan Toll, they must pay the \$6 parking fee each time and park in a legal parking space, even if they are "only staying for ten minutes." There will be a ranger on-site ticketing all unpermitted cars.
- (2) Do not use the forest as a bathroom, except to pee discreetly. There are outhouses/bathrooms at the start, Tennessee Valley, Pan Toll, Bolinas Ridge and Randall for you to use. We pay \$600 for three portapotties – make them worth it!
- (3) Be respectful of all trail users; you do not have priority on the trail no matter how fast or slow you are traveling. Be careful not to even touch or bump any hikers. *If you are screaming along the trails hoping for a podium finish, be extra careful to be respectful of hikers, runners and our beautiful Marin trails.*

Drop Bag changes: all drop bags at the Tennessee Valley Aid Station will be returned to the finish at noon, so you will only have access to them outbound. This means you should leave your flashlight and extra jacket in your Pan Toll drop bag. Drop bags will not be mailed this year; any drop bag not picked up race evening will be donated to a local charity.

There is no longer a Highway One aid station.

Feel free to email me with any questions and I'll respond as soon as possible.

See you on the beach at dawn on May 7th, and I'll look forward to putting a finisher's medal around your neck later in the day!

Tia

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