



Angeles Crest
100 mile endurance run

August 4, 1986

Dear Runners,

You might be curious how the Run is going. Most of the difficult problems have been solved. Good chance we may have TV coverage as a News item from both KNBC and KABC. Local cable TV are also interested. We have finally got the Special Use Permit from the U. S Forestry Service, which took over 6 months of letter writing, phone calls, and interviews! All mountain trails have been completely cleared of brush and obstructions.

Orthopaedic Hospital, which sponsored the 1984 Olympics and the 1986 Los Angeles Marathon will provide medical volunteers for all our medical CPs, including both Wrightwood and the Rose Bowl. There will also be five search and rescue companies from all the foothill cities supporting this race. Sierra Madre Search and Rescue will provide the overall coordination for: search and rescue, medical, law enforcement, and establishing both emergency and administration communication network. A commercial helicopter will be available to assist in the overall coordination of the event and video taping the Run.

The schedule of events are as follows:

September 26 (Friday) in Wrightwood:

Medical Checkup:	9:00am-12:00am (noon)	*
Supply Bag Drop Collection:	9:00am-12:00am (noon)	*
Trail Briefing:	1:00am-4:00pm	*
Welcome		(* mandatory)
Trail Briefing & Slide Presentation		
Search & Rescue and Emergency Communication Briefing		
Medical Briefing		
Pacer/Support Crew Briefing		

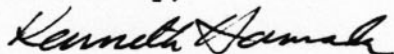
September 27 (Saturday) in Wrightwood:

Runner check in	4:00am
Prerace Prayer	4:40am
Wrightwood Mayor will start run	5:00am (sharp)

September 28 (Sunday) at the Rose Bowl:

Run finished (33 hours)	2:00pm
Awards Banquet @ Brookside Park	3:00pm
Everyone Welcome (no charge)	

Sincerely,



Kenneth Hamada
Race Director



Angeles Crest
100 mile endurance run
August 14, 1986

Dear Checkpoint Coordinator

The following information is enclosed in this document: Checkpoint volunteers task, checkpoint supplies (what AC100 will supply), operational Run Organizational structure, and agenda on Run weekend.

We have scheduled 2 major planning session in Sierra Madre city hall area August 28 and September 11 at 7:00 pm (see document). Everyone involved with the Run is invited. All Checkpoint Coordinators should plan to attend both meeting to discuss potential problems prior to race day. We will have available exact location of your CP on topo maps at the August 28th meeting. We will have all the non-perishable supplies necessary to run your CP at the September 11th meeting and perishable at a future meeting. We will need to know if you have a shortage of any supplies prior to the August 28th meeting. We will have a shortage of "5 gallon type" water container. Any suggestion on where we can borrow (or buy them)? Some checkpoint at noon Saturday may require over 50 gallon of water!!!

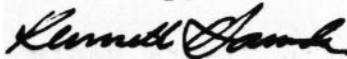
Checkpoint Operation and Checkpoint Administrators will be your administrative contact. Their phone numbers are enclosed. Please feel free to contact any us for information on the Run. General purpose Race Central number is (818) 447-0584 with a recorder to take messages. If any major problem arises (i.e. forest fire, earthquake) that effects the run we will put it on the "greeting tape".

We need Checkpoint Coordinators (CPC) and team member for the following Checkpoints: 2 @ Inspiration Pt, 3 @ Vincint Gap, 7 @ Cloudburst, 10 @ Three Points, 11 @ Hillyer, 12 @ Chileo Flats, and 13 @ Shortcut. CPC should have a minimum of 5 people, which allows for one noshow. You may require 2 runners to run back to the previous CP to check the "ribbons" prior to the Run and another person to pick them up. May want similar procedure to remove ribbon and police litter prior to closing the CP. The later CP (i.e. 13) have additional problem to cope with: i.e. it's open for 8 1/2 hours and may need to rotate personnel, it'll be dark and cooler half of the time which may require additional team members. CP Operations and CP Administors should help you plan and staff your CPs.

We will provide T-shirts for all volunteers that support the Run. Everyone is invited to the Awards Banquet at Brookside Park (no

charge). We need to get a ROM headcount on the number of the people that will support each Checkpoint, quantity and size (mens) T-shirt required for your group, and the number of number of people in your group that will attend the banquet prior to the August 28th planning session. The T-shirt silkscreener wants the quantity and size data 30 days prior to the race. We need a ROM headcount on the number to people attending the banquet so we order the food. We currently have 52 runners in the race.

Sincerely,



Kenneth Hamada
Race Director



Angeles Crest
100 mile endurance run

September 13, 1986

Dear Run Organization,

The following subjects were discussed at the Sept 11th Planning Session:

All Ham radio operators met with their CP Coordinators and Tom Ohara provided specific instructions including equipment and frequency assignments and unique problems and challenges they will face while on duty during the Race. Several operators were reassigned location due to motorhome road accessibility.

Carol Reilly from Orthopaedic Hospital (OH) discussed services that OH will provide during the Race which includes medical volunteers for the 5 medical CP but a large assortment of "non-medical" medical supplies which includes the following items: water, aspirin, Tyenol, antacid, moleskin, betadine, 4x4 gauze, tape, bandaids, vaseline, tongue blades, instant ice packs, seizure sticks, thermometer, needles, and trash bag. (Kent Holder at Idlehour, 80 miles, will have a field day!) She provided over 60 staff members with a extensive medical background information on potential problems ultra-marathons may encounter during AC100. Some of us have heard Dr Lind of WS100 discuss medical effects of endurance running, but we learned something, especially on the effects of both sodium and potassium on Endurance Running. Copies of her handout are enclosed.

Bob Pike presented, "How he plans to set up the Islip medical CP". Many of the CP Coordinator have never set up a CP in an Endurance Run, which is a little diferant than a Marathon, especially the critical Medical CP. Bob's Islip could be used as a guide to both Chileo, Chantry and the Rose Bowl. As a minimum we should try to set tables, chairs, and shade for both medical and CP coordinators. If there is a shortage of furniture please let us know and we will assist you. Copies of Bob's handout is enclosed. Please note, after the Runner is checked in, the medical personnel will be the first to handle the Runner which worked real well at WS this year. There is a lot of detail in this CP that may appear excessive to those use to Marathon CP but those little details like calling him by his first name, cheering, cleaning him/her off, helping him with his butt pack, refilling his bottles, etc can make the differance if he continues or dropout especially when the Runner is faced with 3 more Marathons (climb up Mt Williamson) and 40 miles of night running on mountain trails!! He needs all the TLC you can give him and they will definitely appreciate it. As Tom O'Hara said in his letter to communication volunteers, "The drama of the unbelievable effort these ultrarunners put out, the decisions to stop or proceed, the physical changes, trail experiences is something I don't think you will soon forget nor have experienced before". Dr Dale Sutton of San Diego who has run all of the Big Four 100 mile endurance run, and is entered in this race and has trained extensively for 6 months on the entire course with topo

maps, has said, "He has always considered Wasatch the most difficult Endurance Run, but this one maybe the toughest one yet."

~~Non-medical CP can use Bobs example in setting up their CP.~~ OH has provided extensive "non-medical" medical supplies (over 20 pounds per CP) and you may need chairs and tables to administate the supplies. We have "non-medical" supplies for the following Cps: 3 Vincent Gap (Carter), 10 Three Points (Hawley), 14 Newcomb (Dickey), 16 Idlehour (Holder), 17 Echo Mtn (Martinez), and 18 Millard (Geer). They will be available at the Sept 18th meeting. If you cannot pick them up on Sept 18 please make arrangement to pick them up at my home or your CP Administrator. Please contact Bob Pike (818) 918-4059h on any questions regarding CP setup on weekdays 10-12noon.

We also passed out ERG, Coke, cups 10'x4'banner for your CP. The following CP Coordinator need to pick up the following item: CP2: banner; CP4,14,16,17,18: banner, Coke, cups, ERG powder. They will also be available at the Sept 18 meeting or make arrangement. Would be tough on us if we had to pass out on Run weekend. Things will be to hectic.

The agenda for the next planning session at 238 W Sierra Madre Blvd in Sierra Madre at 7:00pm on Sept 18th are as follows:

Sierra Madre Search and Rescue (SMSR) may discuss Search & Rescue and Emergency operations concerns. He may discuss: When do we consider a runner lost. Who do we contact when a runner is lost. Who do we contact when we have a medical emergency.

Tom OHara may discuss radio communication protocol in reporting Emergencies.

Hal Winton may discuss general concerns based on his training runs on the ACL00 trails.

Del Beaudoin, Ted Hill, Bill Johnson, Russell Moore, and Dennis Barrett may discuss CP coodination concerns based on their previous ultra-marathon experience.

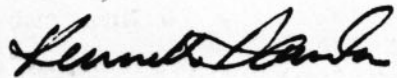
The final ACL00 planning session will be Thursday Sept 25 7:00 pm. All volunteer T-shirts will be available at this time. If you cannot make this meeting please make arrangement with us. We are scheduled to pick up the shirts at noon Sept 22 Monday. They will be available at my home or CP administrator. We would prefer to ~~distribute~~ T-shirts prior to Race weekend if at all possible. There will be over 300 volunteers on the course during various shifts and and 70 runners that we must spend all day Friday performing medical checks and trail briefing plus distributing drop bags to various CPs. We do not have the manpower or space in our vehicles. We would appreciate any extra effort to minimize our workload on Race weekend.

If time permits, and there is interest we will attempt to show the 1985 Western States Endurance Run as shown on Wide World of Sports in March 1986 for those who have not seen it. We have several spare tapes that we will be happy to lend out to CP coodinators that would like to show it to there group.

Every CP Coordinator should have spare "roll" of surveyor tape. Contact Del Beaudoin if you need some. He will have some available at both Sept 18th and 25th meeting. We will also have large trash bags available then. They can be used to line

plastic trash cans for mixing ERG and water, trash collection, packaging many drop bags, package loose article and excess medical supplies for deposit at the Rose Bowl. Most Ranger Stations have large dumpsters if the trash cans are overloaded.

Everyone is invited to the planning sessions. Coffee and donuts will be served.



Kenneth Hamada
Race Director



Angeles Crest
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September 21, 1986

Dear Run Organization,

The following subjects were discussed at the Sept 21 Planning Session:

Arnold Gaffrey from the Sierra Madre Search and Rescue made the following recommendations:

1. Alcoholic beverages should not be allowed at the Checkpoints. We are here to provide aid to the runners and should make every effort to act as professionally as possible. Members of press and news media will be in the area. One bad scene could ruin it for everyone.

2. When responding to questions by the news media try to be as optimistic as possible. If an emergency occurs and you are not sure of the exact details, say "You do not know". Try not to add to the confusion.

3. Mike Sullivan (818)286-5245 will be provide press releases on the Race. We should make every effort to pass the information through him. He has already provided Angeles Crest 100 run news releases to the City News Services "bulletin board" for those news media that desire more information on the Race. (LA Times, Pasadena Star News, San Bernardino, all local foothill papers are aware the Run is going on, and are planning articles. KABCs Inland Empire news is planning to cover the Race.)

LA County Sheriff Paramedics will be involved with helicopter operations during the Run. If a runner has to be evacuated from a remote site on the trail, they will coordinate the effort with the Sierra Madre Search & Rescue. CP volunteers should not leave the CP on a "foot search" for the missing runner unless instructed to do so by Search & Rescue. Search & Rescue can get there quicker.

On emergency communications, Tom O'Hara recommended that we use the Checkpoint location name (Chantry Flats) instead of the number (15), so we do not have to look up in a table to see what the number means.

Altadena Posse has volunteered to assist the Altadena Search & Rescue with a mounted patrol in the Arroya Seco JPL area. They will be patrolling mostly the wider dirt road. Should be no conflict with runners on a narrow mountain trail.

Hal Winton had the following concerns: He strongly recommended that we do not use plastic garbage liner to line unclean garbage cans. He had some very bad experience at the Wild Wild West Marathon in Lone Pine. We agree. Please do not use liner/garbage container. If you have problems, please contact us.

He also expressed concerns that Shortcut and Inspiration point maybe higher risk for spotting speeding motorcycles. Tom Dill was at meeting and is aware of the potential problem. Dennis please be sure to let Bill Leffert aware of the potential

problem.

Don Rollins of the Glendale CHP office asked me to notify his office one week prior to the Race. They will attempt to have an extra patrol car on duty during Race weekend to help us out.

Since most of motorcyclist meet at Newcombs Ranch, it was suggested that a sign be placed there prior to the Race. Del can you, get someone to help us?

It was also suggested that a sign be placed on a vehicle in the Shortcut CP with the "emergency flasher" on to warn vehicle that runners are in the area and to use caution. This should be OK. Cal Trans would object to a "stand-alone" on the edge of the road, on the shoulder with "vehicle warning" directions. We already asked.

In previous presentation by Carol Reilly, she expects us to provide WATER WATER WATER. Runner dehydration is her number one concerns. It is the most critical item at the CP. 70 runners will require at least 2 quarts of water per runner. 140 quarts or 35 gallons minimum on a very cool non-demanding CP at moderate temperature. If the CP is in the warmer-time zone, you may need over 50 gallons! To get a better feel on the amount of water you need discuss it further with your CP Administrator and Del Beaudoin. There will be 70 runners in the Race. Most runners carry two 20 oz bike bottles that they will want filled and they may drink a quart (32 oz) while they are in your aid station. Water is used as a solvent to clean wounds and scrapes, clean runners, wet towels to cool runners and etc. You will need drinking and non-drinking water!!!!

For area with inaccessible water, Bob Pike is having each member (20) of his CP bring an 5 gallon container of water.

Tom O'Hara suggested that instead of using a trashbag liner/trash can to mix ERG he was using a clean ice chest which usually has a spigot attached.

Volunteer T-shirt came in several days early. Passed out to everyone except the following: Ken Humphrey, Carol Reilly, Bill Johnson, Kent Holder. The following need to pick up their medical supplies: Kent Holder and Bill Dickey.

Del mentioned that he will be at the CP at Cutoff Times to respond to any questions that may come up.

Hal Winton has volunteered to help Del starting Saturday evening which will make it a little easier for Del to unlock gates while doing everything else.

There was concern expressed by my statement, "MDs will have the authority at any time to remove runners from the course". This is for life threatening cases or serious physical damage if they continued and definitely not for a blister. I have been told that experienced doctors at Western States that has been doing this for over 10 years still argue amongst themselves what is "serious" and what is "not serious". I think we all seen the video tape of the 1985 WS100 where Vicki Johnson was advised not to continue since her bone was exposed and continued, eventually capturing 3rd place. I believe Carols and OH position has always been to advise the runner of their condition, and the Runner ultimately makes the finally descion.

Bill Johnson please check with Bill Dickey and be sure that there is adequate water available at Bills CP. Richard Provost

expressed considerable concern that the Newcomb Pass CP may be and extremely critical CP because both heat and the long climb to Newcombs from Shortcut. We are worried.

We have finally made contact with a commercially photographer in WW and have made arrangement for a Inaugral Group photo which is tentatively planned for noon Friday under the Start banner. Everyone are welcome. Would like to have runners, volunteers, WW residents, anyone remotely connected with the Run.

All CP Coordinators and Administrators, if possible please take some good quality black and white prints of your CP volunteers standing under your CP banner hopefully with their names printed somewhere on the banner. We will place as many quality volunteer photographs in next years Run Brochure. We could use any runner volunteer action shots for next years brochure and UltraRunning magazine.

The final meeting prior to the Race is September 25th. We will pass out remaining supplies and T-shirts. If you have not received your ERG, Coke and cups please make arrangements with us. To hectic to pass it out on Race weekend. We will discuss any remaining issues. For those who have not seen the 1985 Western States Endurance Run, if time permits we will show it at the end of the meeting.

After the race on October 2nd Thursday at 630pm we are are planning a barbeque at the same location 238 W Sierra Madre in Sierra Madre in the grassy area. Following the BBQ we would like to take a few minutes while the Run is still fresh in your minds, to discuss what happened and what can we do to improve the Run, and start the planning session for next years Run. Everyone is invited, however will need a ROM headcount so We can order the food. Please call me or tell if you plan to attend.

Thank you for your continued interest in the Run. For many, the big challenge is to Run 100 Miles in One Day. We believe the bigger challenge is put on the most challenging point to point 100 Mile Endurance Run in a wilderness area next to an urban population of 7 million people!

Sincerely yours,



Kenneth Hamada
Race Director