

# Saddleback Marathon

Newsletter '23. Issue 3



## 2 Week Countdown!



### Are you able to host an athlete?

Anderson Kipyator Chepkwony is travelling here to run the Saddleback Marathon. But he is looking for assistance and has humbly requested that we post a few words on his behalf.

Anderson is a humble man, a father of four, and a lifelong athlete. He will be travelling from Njoro, a rural town a little over 10 miles south west of Nakuru, Kenya. To help offset some of the costs entailed from training around the world, he is looking for a family or individual who is able to host his short visit here.

If you'd like to talk more with Anderson, please email us at [info@otraces.com](mailto:info@otraces.com) and we can give you his contact information. Thank you in advance!



**Please Use caution  
on your drive up  
Highway 74  
(Ortega Hwy)**

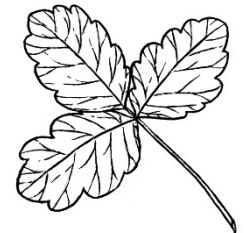
**The world reveals itself to  
those who travel on foot.**

Werner Herzog

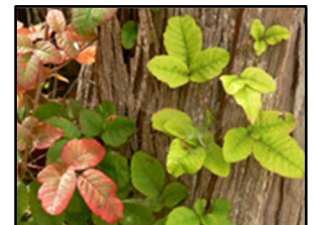
Just 2 more weeks til race time and the trails are looking pretty good. There's one downed tree early on San Juan Trail with path already worn around it. Overall, that trail is pretty well travelled and clear. Upper Chiquito(a) Trail is a little overgrown in the area near The Viejo Tie. And as usual, we've got plenty of poison oak growing along the trails. If you are not familiar with the plant, know that around 85% of the population is allergic to it. Please use caution, especially if for any reason you go off trail. You don't want to be part of that 85% and return home with a skin rash. You'll usually see the plant around the base of trees or alongside the path – it ranges in color from red to green. Be on the lookout.



Poison Oak @ tree base



Poison Oak drawing source:  
<https://www.parks.ca.gov>



### **Please follow these trail etiquette tips while on the trails:**

- ✓ Leave no trace. Pack out all of your trash or deposit in aid station receptacles.
- ✓ Be aware of your surroundings. Yield to uphill traffic and announce yourself when passing others.



View toward Pacific Ocean from San Juan Trail