

# Saddleback Marathon

Newsletter '23. Issue 4



## 1 Week Countdown!



### Gluten Free Baked Goods



For those who like gluten free baked goods, stop by The Candy Store 74 on your way down the mountain (on OC side) for a delicious treat.

### Update on Kenyan Athlete

Anderson Kipyator Chepkwony was unable to get his travel documents to Athletics Kenya (AK) in time for this race, so he has switched his sites to our race in April (Billy Goat Half on 4/6/2024).

**J**ust 1 more week til race day. We have a recent update from the Forest Service. Blue Jay Campgrounds will be closed to the public and open only to race crew, runners, and their spectators this weekend. We will rise early in the morning to unlock the gate Saturday. When you arrive to Blue Jay campgrounds, follow the orange ribbons into lower Blue Jay. There you can park on the right side of the road. You should see some lights and activity coming from the Start/Finish line. We have special instructions for those who plan to arrive Friday night and camp. Please email [info@otraces.com](mailto:info@otraces.com) for more information (we will reach out to you also via email). After the race begins, we will close the gate into Blue Jay but keep it unlocked in case runners have friends or families arriving. (Please inform friends & family to close gate behind them).

**Runners**, look for an email Thursday night (11/9) with final news and instructions. **Volunteers**, look for an email mid-week with final details (this race, and all races, could not happen without you!)

Lastly, the Forest Service notified us of the downed tree on San Juan Trail that we referred to in last week's newsletter. It is unlikely they will be able to clear it by Saturday. But it's an easy pass, either over, or around. Always be on alert.



*Please Use caution on your drive up Highway 74. If you become pressured out by the drivers behind you, use the turnouts. No shame in turnouts!*



**Stay Alert**



*Entrance to lower Blue Jay Campgrounds*

### Please follow these 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.

**"The journey of a thousand miles begins with a single step."**

**— Lao Tzu**