

Dear ##F,

This is AO100 Update #2 – if you missed getting Update #1, I've posted it as a PDF file on the temporary AO100 website, which is here:

<http://mcmtiming.com/ancient-oaks/>

If you're sure you are NOT running, then NOW is the time to let me know – there are 11 Wait List runners who would LOVE to get an Entry slot. If you're not going to run, please reply to this and let me know so I can offer that slot to a Wait Lister.

You have NOT yet completed race registration – I emailed you a registration link to the race RunSignUp webpage recently, and you have not yet used that one-time registration link. Please check your 'spam' or 'junk' email folder, and when you find the email, please click on the link inside the email and it will take you to RunSignUp, where you can register for AO100 for free. This is a ONE-TIME link – it won't work twice. Please let me know if you did NOT get that message for some reason.

If you ARE running, then we're a week away from race day! You'll need to sign TWO different waivers before you can run – after all, a government entity is involved in the event, so why have just one waiver when two is better ;-)? You can find the Waivers on the race website link shown above – just click on them, print them, sign them, and bring them with you to race check-in.

**IMPORTANT!** If you are going to have ANYONE go out on the trails with you, they MUST sign BOTH waivers! We will have a supply of both waivers at the aid station. If your support person leaves the parking lot and enters any part of the trail with you, they need to have both waivers signed. Thanks!

The 'host hotel' discount expired at the end of November, so if you have not yet gotten a room, then you're on your own. We normally have about 15 to 20 runners stay at the 'host hotel' but so far there's only three of us at the Quality Inn at Exit 215 off I-95, the SR 50 exit. Further details about the hotel are in Update #1.

Remember that there is NO camping allowed in the park, so please do not bring anything that resembles a tent that could be slept in. 10x10 popup tents are OK, but please don't go overboard on this – the parking lot area space is limited, there's plenty of shaded space in the picnic area located right next to the aid station, and we will have two 10x10 popups on-site in the picnic area to provide even more shaded space, and those are available for runner use.

Please remember to be an adult – if you bring it into the park, please take it out of the park. If you take something out on the trail – water bottle, gel pack, etc – please bring it back off the trail. LITTERING IS GROUNDS FOR DISQUALIFICATION!

This rule also applies to alcohol – we have never had much of a problem with alcohol, but please be discreet about it. Red Solo cups are preferable to a pile of empty bottles and cans ;-). Excessive consumption of alcohol will NOT be permitted – those who are deemed too inebriated will be asked to leave the park, and they will be escorted off the property if they do not comply.

I know I'll have more information, but that's it for now – the final Update will be sent early next week, and no later than Wednesday night.

I'm looking forward to seeing you in the Enchanted Forest Nature Sanctuary next weekend!

Sincerely,

Mike Melton  
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