



May 19, 2008

Dear MWTR Participant:

Five days and ticking until the big day! I hope everyone is tapering and hydrating for Saturday. Here are a couple things to keep in mind.

Plan for Warm Weather

While the weather forecast shows that the hot spell will break by Wednesday, you should prepare for a hot day anyway. And that means drinking water this week AND the morning of the race. As always, there will be water at First Water and at

Orchard Camp, but if you have not been drinking water already on a hot day that may be too late.

Plan for a Safe Race!

As you know, the trail race is a tough, grueling AND dangerous race. The trail between the trailhead and First Water that was damaged by the fire has been restored by our great trailblazers, but you still need to be on your guard. You need to keep your eye on the trail, and the other eye on your fellow runners so no one gets hurt.

The trail is soft in some spots, so I would recommend wearing shoes with a trail tread. If it rains like the weather reports are telling me today, the trail will be even more slippery.

Drink a Beer and Help Pay for the Fire!

After the race, the beer garden will be open in Kersting Court. All proceeds from the beer garden will be given to the Santa Anita Fire Fund, which will pay the city's considerable share of fighting the April fire. And please bring money to throw in the fireman's boots as well! (And finally, bring your ID to get into the beer garden!)

Schedule

<u>Friday, May 23</u>	6:00P – 8:00P	Pasta Dinner in Kersting Court (can pick up race numbers early)
	7:00P – 7:30P	Honorary Race Starter John Robinson Tells Us Trail History
<u>Saturday, May 24</u>	6:00A	Pick Up Race Numbers in Kersting Court
	7:20A	Pre-Race Instructions
	7:30A	MWTR Race Start
	8:00A	Kids' Mile Race Start
	8:30A	First Runner Comes Down from Mountain
	9:00A	Beer Garden Opens
	10:30A	Awards Ceremony

On behalf of the Mt. Wilson Trail Race Committee, we look forward to seeing you on Friday night and on race day Saturday. It will be a great 100th anniversary party!

Pete Siberell
Chairman, Mt. Wilson Trail Race Committee