

San Diego 100 SOLO Division



The Rules

1. Entrants declare their intent to enter the solo division at registration sign up on Ultrsignup or any time until the final entrants list is set on May 15. Entrants in this division will have no crews and no pacers and will not use the crews or pacers of other entrants. Solo Division entrants are only allowed to have family, friends, or spectators see them at the start and or finish line; if they meet them at any aid stations, the Solo Runner will be disqualified from this division and will revert to aided runner status.
2. Solo entrants will rely only on the official aid stations and their own drop bags for all support -- food, fluids, clothing, supplies, etc. Solo entrants may not take any aid, equipment, or clothing items left specifically for them at an aid station other than what they place in their drops bags. Generally, everything must come from the aid station supplies or from the runner's drop bags. They may also take *unplanned* emergency items from other crews not related to them in anyway. Example, a bandaid from another runner's crew.
3. Entrants may get impromptu, unplanned assistance from other runners (but not pacers) while on the course between aid stations (example - gu, water, salt tablet, band-aid, etc).
4. If entrants violate these rules, they are not disqualified from the race; rather, they can continue but will no longer be recognized as being part of the solo division.

All SOLO finishers will be awarded special awards for their accomplishment of tackling the 100 mile course unassisted.