

Quicksilver Trail 25K

May 8, 2010 7:00 a.m.
Almaden Quicksilver County Park
San Jose, California

The 25K race is run on scenic, hilly trails and fire roads in Almaden Quicksilver County Park. It is run in conjunction with the Quicksilver 50K and 50 Mile Endurance Runs. The race starts one hour after the ultra events and follows the same course for about 14 miles to the Capehorn aid station. Then 25K runners will turn off, make a short climb, and have a 1.5-mile mostly downhill run to the finish.

Volunteer Information

Volunteers are always needed on race day to help out at the aid stations and at the start/finish area. There are a variety of jobs and hours are flexible. Volunteers get T-shirts and all they can eat at the great post-race barbecue, and they are guaranteed a lot of fun and "thank-yous" from the runners. If you or someone you know is interested, just let the race director know at paulfick@yahoo.com

Entry Information

You can enter instantly on line at www.ultrasignup.com and pay by credit card. Or print out the entry form from this site and mail it with check payable to Quicksilver to: Quicksilver Running Club, 4901 New Ramsey Ct., San Jose, CA 95136... **THERE IS NO RACE DAY REGISTRATION.** You can also come in person between 5 and 7 PM on Friday, May 7 at the starting line.

Entry fee: \$50, \$60 after April 10 **ENTRY FEES ARE NON-REFUNDABLE**
You are guaranteed a running shirt at check in if you register by April 10.

Run Beyond Yourself

In keeping with the spirit of volunteering at Quicksilver, a portion of your fee goes to charity. Please specify where you would like it to go:

- | | |
|--|---|
| <input type="checkbox"/> Challenged Athletes Foundation | <input type="checkbox"/> Guide Dogs for the Blind |
| <input type="checkbox"/> Race for the Cure (Breast Cancer) | <input type="checkbox"/> Team in Training |

Why the price increase?

Quicksilver strives to be one of the “best runs for your buck”. We are 100% volunteer, non-profit organization. There are a lot of hours and no one gets paid. ☹ Last year we kept the prices the same due to the economy. This year we have a great deal on running shirts from RaceReady. (You can’t buy them for this price.) We are also branching out to “run beyond ourselves” and contribute to those who cannot run. We don’t want Quicksilver to be just another introspective race.

Course and Aid Stations

- The first 2.7 miles are on a wide fire road that includes a steep climb and descent before the turn onto single track trail. The single track rolls up and down for about 6 miles, and the rest of the race is on fire roads with several major climbs and descents, some of which are steep. The race shares the same course as the 50K and 50 mile to mile 14, where the 25K runners turn off, make a short climb, and then have a 1.5-mile mostly downhill run to the finish..
- There are 3 aid stations for the 25K. See the aid station chart below.
- Aid stations will have water, an electrolyte drink, coke, fruits, cookies, pretzels, chips, and candies. There will be water only at Webb Canyon (6.4 miles) .
- YOU SHOULD CARRY AT LEAST ONE WATER BOTTLE—the weather is often hot and it can be a long time between aid stations if you are moving slowly and out of water.
- See altitude profile on 50 Mile/50K page. The 25K is the same as the first 14.5 miles and last 1.5 miles of the 50-miler.
- You can use the chart below with the park map to follow the race course.

<u>Aid Station</u>	<u>Mile</u>	<u>Miles to Next</u>	<u>Route to Next</u>
Mockingbird - Start		6.4	Viri Norton, R up Hacienda, L New Almaden
Webb Canyon (water only)	6.4	3.3	New Almaden, L up Mine Hill
Dam	9.7	4.8	L Randol
Capehorn	14.5	1.50	L on Capehorn, L on Hacienda
Mockingbird	16.0		25K Finish

Number and Shirt Pickup

- Numbers and T-shirts may be picked up 5:00 p.m. to 7:00 p.m. on Friday, May 7, at the Mockingbird Start/Finish area. See 50Mile/50K website information for directions.
- Numbers and shirts will also be available at the starting area Saturday morning after the 6 a.m. start of the ultra events.

Parking

The parking lot at Mockingbird fills early on race day, and it will most likely be full when you arrive for the 25K. **THERE IS NO PARKING ON THE STREET ADJACENT TO THE MOCKINGBIRD PARKING LOT.** Once the lot is full, cars will be directed to park on residential streets about 1/4 mile from the start area. Come early to allow time to park and walk to the start.

Rules

Please read the 50M/50K website information regarding the few rules we have for this event.

Start

THE RACE WILL START AT 7:00 A.M. SHARP at Mockingbird. **ALL RUNNERS MUST CHECK IN AT THE START BY 6:45 A.M.**, even if you picked up your number on Friday night. We need to know who is actually starting the race so we can accurately keep track of all runners on the course.

The Finish

- Medals will be presented to all finishers.
- Awards will be given to the overall male and female winners of each race (who will also receive their age group awards).
- Age group awards will be given to first finishers in 29 and under, 30-39, 40-49, 50-59, 60-69 and 70+ age divisions.
- There will be limited refreshments at the finish until the barbecue starts. You are cordially invited and encouraged to stay for the post-race barbecue that will start at about 11 a.m. Please stay and cheer for the ultra finishers--the first 50K runner generally finishes between 9:30 and 10:00 a.m. The last 50 Mile finisher comes in just before 6:30 p.m. So stay as long as you like!

See 50 Mile/50K website information for more details on weather and hazards, lodging, camping and directions.

In Case of Cancellation:

Quicksilver has never been cancelled. However, there is the potential that the County could cancel the race due to fire danger, weather or trail conditions. If this should happen, we would try to give partial refunds with any entry fees that have not already been used for race expenses, but we cannot promise refunds.