



The 27th Annual Running
May 8, 2010 6:00 a.m.

Almaden Quicksilver County Park
Mockingbird Entrance
San Jose, California

The 50K and 50 Mile races are run on scenic, hilly trails and fire roads, with 5,440 feet of climb in the 50K and 8,530 feet of climb in the 50 Mile. You will run through peaceful oak forests, wide open meadows, and along ridges with spectacular views of the Santa Clara Valley and the Santa Cruz Mountains. Although the course is very challenging, the friendly aid stations and beautiful scenery (and no time cut-offs in the 50K!) make Quicksilver an excellent choice for a first trail ultra-marathon. And the outstanding post-race barbecue is a fitting reward after you've met the challenge.

Be sure to check out the altitude profile on this website, in addition to reading all the information below. Feel free to email the race director if you have any questions about the race or training for it. Take a look at past years' results on this website to get a feel for typical times to finish the race. And note there is also a 25K race the same day for your friends or relatives who want to enjoy the scenery but aren't ready for an ultra this year.

Paul Fick, Race Director
paulfick@yahoo.com

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 running 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

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:

- Challenged Athletes Foundation Guide Dogs for the Blind
 Susan Komen Foundation (Breast Cancer) Team in Training

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. Or you can register in person during packet pickup on Friday, May 7 between 5 and 7 PM. **THERE IS NO RACE DAY REGISTRATION.**

Entry fee: 50K: \$75 until April 10; \$85 if postmarked after April 10. 50 Mile: \$80 until April 10; \$90 if postmarked after April 10. Sending your entry in early saves you money and helps us plan! As with most races, entry fees are **NON-REFUNDABLE** as we incur expenses long before the race date. Running shirts are guaranteed at check in for those who register by April 10.

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. Both races share the same course to mile 31.5, and 50-milers then do an out and back that includes 8 miles in the beautiful and shady Sierra Azul Open Space Preserve.
- There are 6 aid stations for the 50K and 12 aid stations for the 50 mile.

- Aid stations will have water, an electrolyte drink, coke, fruits, cookies, pretzels, chips, and candies. Some aid stations will have gels, potatoes and sandwiches. 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.
- You can use this chart to follow the course on the park map. There is a link to the map on the website, or you can pick one up at any of the park entrances.

<u>Aid Station</u>	<u>Mile</u>	<u>Miles to Next</u>	<u>Route to Next</u>
Mockingbird - Start		6.4	Virl 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	4.5	R up Mine Hill, R April, R up Mine Hill
Dam	19.0	4.7	Mine Hill, L. down Guadalupe, L Senador, R up Mine Hill
Dam	23.7	3.3	Mine Hill to Bull Run, R Castillero
Englishtown	27.0	4.5	R down Eng. Camp, Cross Mine Hill onto Hacienda
Mockingbird	31.5		50K Finish
Mockingbird	31.5	4.0	Virl Norton, L down Hacienda, Cross Mine Hill, straight up Eng. Camp
Englishtown	35.4	2.0	L Yellow Kid, L Wood Rd.
Hicks Rd.	37.4	4.0	Wood Rd. into Sierra Azul
Sierra Azul	41.4	4.0	Wood Rd. (turnaround)
Hicks Rd.	45.4	2.0	Wood Rd., L Yellow Kid
Englishtown	47.5	2.5	Castillero, R down Mine Hill, L Capehorn, L Hacienda
Mockingbird	50		50 Mile Finish

Weather and Hazards

Normal starting temperatures are 45-60 degrees; afternoon temperatures can be anywhere from the 60s to the 90s. While the temps are normally moderate, it can feel very warm when it gets into the mid-70s. Rain is possible though not likely. Although we work very hard to keep the trail itself free of poison oak and tall grass, there is poison oak along the course. Be alert for rattlesnakes and ticks.

Number Pickup

- Race 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. Directions are below, and there is a map on the website. You may also register for the race at this time.
- Numbers can also be picked up at the starting area Saturday morning from 5:00 to 5:45 a.m.

Directions to Mockingbird Start/Finish Area

There is a map on the website, but for those of you who prefer written directions, here you go:

To get to Mockingbird start/finish area: From Highway 17 heading south from San Jose (which is a continuation of 880 south from the East Bay), take Camden Avenue exit and turn left (east). In a couple miles the road splits and Camden turns south, so be sure you stay to the right to make that right turn. Stay on Camden for several miles to Almaden Expressway and turn right (south). Go south on Almaden Expressway to the stop light at O'Grady/Old Almaden Road (sign before the light says New Almaden 2-1/4 miles). Turn right on Almaden Road to Mockingbird Hill Lane/McKean Rd. Turn right on Mockingbird to go to the park entrance.

From Highway 17 heading north from Santa Cruz, take the East Los Gatos exit. At the T intersection at Los Gatos Blvd., turn left and go north to Blossom Hill Rd., a major intersection with stop light. Turn right on Blossom Hill and go east several miles to Camden Ave. Turn right on Camden to Almaden Expressway and turn right, following the directions above from there.

From San Francisco or the Peninsula, take 280 or 101 south to Highway 85 south. From 680 south, take Highway 87 (Guadalupe Parkway) south. From Hwy 85 or 87 south, take the Almaden Expressway exit and head south. Follow the directions above from Almaden Expressway.

Parking

The parking lot at Mockingbird fills early on race day. **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. It is about a 5-minute walk to the starting area from the residential parking area, so allow plenty of time in case you don't get into the lot.

Drop Bags

- Drop bags will be taken from the starting area on Saturday morning to the Dam Overlook aid station (miles 9.7, 19, and 23.7) for both 50K and 50-mile runners, and to the Hicks Road aid station (miles 37.5 and 45.5) for the 50-mile runners
- Runners may also leave a bag at the Mockingbird start/finish area (mile 31.5 of the 50)
- Write your name and the name of the aid station clearly on your bags
- Bags from the Dam Overlook will be returned to the start/finish area by about 1:00 p.m.; **bags from Hicks Road will not be returned until about 6:00 p.m.**, so plan accordingly.

Start

The race will start at 6:00 A.M. sharp at Mockingbird. **ALL RUNNERS MUST CHECK IN AT THE START BY 5:45 A.M.**, even if you picked up your race packet 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.

Rules

1. Race numbers must be worn on the front so they are visible to checkpoint personnel.
2. Crews for 50-milers may see their runners at the Mockingbird start/finish area (mile 31.5) and at Hicks Road (miles 37.5 and 45.5). There is no other road access to the course, but observers are welcome to run or hike into aid stations. No aid may be given outside of aid stations.
3. No pacers are allowed in the 50K. Runners in the 50-mile may have pacers from Mockingbird (31.5 miles).
4. Runners may not switch from the 50-mile to the 50K once the race starts. If you are in the 50-mile race, you will not be counted as a 50K finisher if you drop at 31 miles.
5. Trekking poles are not allowed on the Single Track trail. Therefore, you may wish to put them with a drop bag at Dam Overlook (mile 9.7).
6. No ties will be allowed for awards.

Cut-Off Times

There are no cut-off times for the 50K.

The following cut-off times for 50-mile runners will be strictly enforced:

- Mockingbird (31.5 miles) - 1:50 p.m.
- Hicks Road (37.5 miles) - 3:20 p.m.
- Hicks Road (45.5 miles) – 5:25 p.m.

Any runner who refuses to leave the course after missing a cut-off may be refused entry to the race in future years.

Dropping Out

We keep track of all runners, so if something should happen that makes it necessary for you to drop out of the race, **GO TO THE SCORING TABLE AT THE FINISH LINE** to let us know you have dropped. We do not have any reliable means of getting information from the aid stations, so it is your responsibility to let us know at the finish line that you have dropped. If we call search and rescue because we don't know where you are, you will likely get a very large bill from the County for the search.

The Finish

- The post-race barbecue will be held at the finish area beginning at about 11:00 a.m.
- All finishers in the 50K and all who make the cut-offs out on the course and finish the 50 mile (no time limit) will receive finishers' awards.
- Awards will be given to the overall male and female winners of each race (who will also receive their first place age group awards).
- Age group awards will be given to first finishers in 29 and under and 70+, and to first 3 in 30-39, 40-49, 50-59 and 60-69 age divisions.

Lodging

This year we are not offering the “crash in the local church” option. The closest places to stay to the start/finish area are about 7-8 miles away:

Clarion Bristol, 3341 So. Bascom Ave., Campbell, 408-559-3330
Motel 6, 1240 Camden Ave., San Jose, 408-371-8870 or 800-4Motel6
Carlyle Hotel, 1300 Camden Ave., San Jose, 408-559-3600 or 800-888-3611
Residence Inn, 2761 So. Bascom Ave., Campbell, 408-559-1551

Campbell Inn, 675 E. Campbell Ave., Campbell, 408-374-4300, 800-582-4449

In Los Gatos another mile or so farther, but in quaint town with lots of shops and restaurants:

Los Gatos Lodge, 50 Los Gatos-Saratoga Rd., Los Gatos 408-356-9191

Los Gatos Motor Inn, 55 Los Gatos-Saratoga Rd., Los Gatos 408-356-9191

Hotel Los Gatos, 210 E. Main St., Los Gatos 408-355-1701

Garden Inn, 46 E. Main St., Los Gatos 408-3354-6446

Other choices are available in Los Gatos, downtown San Jose, along Monterey Highway (not a good neighborhood) or near the San Jose airport.

Camping

The nearest camping is at Uvas Canyon County Park near Morgan Hill. They do not take reservations. For information call the park at 408-779-9232. Oak Dell RV Park, also near Morgan Hill, has motor home spaces only. Call 408-779-7779 for information.

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.