



# Quicksilver Trail 25K

## May 12, 2012 8:00am

Almaden Quicksilver County Park (Mockingbird Entrance)  
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 two 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.

Be sure to check out the altitude profile on our website, in addition to reading all the information below. Take a look at past years' results to get a feel for typical times to finish the race. Feel free to email me if you have any questions about the race or training for it. Have a good training and see you on race day!

Pierre Couteau, Race Director  
[pycouteau@gmail.com](mailto:pycouteau@gmail.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 a T-shirt, lunch 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 Pierre the race director know at [pycouteau@gmail.com](mailto:pycouteau@gmail.com).

## **Entry Information**

You can register on line at [www.ultrasignup.com](http://www.ultrasignup.com) and pay by credit card. **THERE IS NO RACE DAY REGISTRATION.** Sign up early, as we will only accept the first 300 runners for the 3 races.

Entry fee: \$55, \$70 after April 11.

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 only for those who register by April 11.

## **Where does your money go?**

Quicksilver strives to be one of the “best runs for your buck”. We are a 100% volunteer, non-profit organization. There are a lot of hours and no one gets paid ☹. We also contribute to charities and good causes.

## **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.

<b><u>Aid Station</u></b>	<b><u>Mile</u></b>	<b><u>Miles to Next</u></b>	<b><u>Route to Next</u></b>
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	1.50	L on Capehorn, L on Hacienda
Mockingbird	16.0		25K Finish

### **Number and Shirt Pickup**

- Numbers and goodie bags may be picked up from 5:00pm to 8:00pm on Friday, May 11, at Running Revolution in Campbell (511 East Campbell Avenue, Campbell, CA 95008). You will receive a special 20% off discount on Running Revolution merchandise during the packet pick up.
- 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**

1. Race numbers must be worn on the front so they are visible to checkpoint personnel.
2. Race numbers cannot be transferred to another runner.
3. Trekking poles are not allowed on the Single Track trail. If you want to use trekking poles, you may wish to put them with a drop bag at Dam Overlook (mile 9.7).
4. No ties will be allowed for awards.

### **Start**

**THE RACE WILL START AT 8:00am SHARP** at Mockingbird. **ALL RUNNERS MUST CHECK IN AT THE START BY 7:45am**, 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**

- All finishers will receive finishers' awards.
- 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 and second female and male finishers in 29 and under, 30-39, 40-49, 50-59 and 60 and over 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 11:00am. Please stay and cheer for the ultra finishers--the first 50K runner generally finishes between 9:30 and 10:00 a.m. The last 50M finisher comes in around 6:30pm. So stay as long as you like!

**See the 50K/50M web page 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, runners will be given a partial credit for next year race.