



The 29th Annual Running

May 12, 2012 6:00am

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 make Quicksilver an excellent choice for a first trail ultra-marathon. The outstanding post-race barbecue is a fitting reward after you've met the challenge.

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. 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. 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

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 the race director know.

Entry Information

You can register on line at 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:

- 50K: \$80, \$95 after April 11
- 50 Mile: \$90, \$105 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. 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	Viril 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 Castellero
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.

For your safety, we will have an EMT at the start/finish area and emergency kits at each aid station.

Number 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 can also be picked up at the starting area Saturday morning from 5:00 to 5:45am

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 not be accessible after 12:30pm so that they can be returned to the start/finish area by about 1:00pm; **bags from Hicks Road will not be returned until about 6:00pm**, so plan accordingly.

Start

The race will start at 6:00am sharp at Mockingbird. **ALL RUNNERS MUST CHECK IN AT THE START BY 5:45am**, 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. Race numbers cannot be transferred to another runner.
3. 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.
4. No pacers are allowed in the 50K. Runners in the 50-mile may have pacers from Mockingbird (31.5 miles).
5. New this year: 50-mile runners may stop at 50K and be counted as a 50K finisher. If a 50-mile runner decides to continue beyond the 50K point and does not complete the 50 miles, he/she will be a DNF (Did Not Finish).
6. 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).
7. 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 (they correspond to a pace of about 15 mn/mile):

- Mockingbird (31.5 miles): 1:50pm,
- Hicks Road (37.5 miles): 3:20pm,
- Hicks Road (45.5 miles): 5:25pm.

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 11:00am.
- 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 and second female and male finishers in 29 and under, 30-39, 40-49, 50-59 and 60 and over age divisions.

Lodging

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 408-354-3300
- Los Gatos Motor Inn, 55 Los Gatos-Saratoga Rd., Los Gatos 408-356-9191
- Hotel Los Gatos, 210 E. Main St., Los Gatos 408-335-1700
- Garden Inn, 46 E. Main St., Los Gatos 408-354-6446

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, runners will be given a partial credit for next year race.