

Montaña de Oro Trail Run

August 15, 2010

8 Km, 12 Km, 25 Km & 50 Km

Run-day Instructions

Course

The course will be marked with ribbon approximately every 200 meters and color coded as follows:

8 Km = Valencia Bluff Loop (yellow)

12 Km = Valencia Peak Loop (orange)

**25 Km = Valencia Peak Loop (orange)
+ Hazard Peak Loop (pink)**

50 Km = 25 Km twice

The most important course marking is the **striped ribbon**. It indicates a turn at an **intersection**. There will be at least **two striped ribbons before a turn** in the course. The **striped ribbons** will be placed **before** and on the **same side as the required turn**. As you **approach** an intersection, look for any **striped ribbons before the turn**. Waiting until you're **in** the intersection to determine the correct direction may be confusing and you may go the wrong way. After you complete the turn, there will be **pink** or **orange** ribbons indicating the correct route.

If you don't see your respective ribbon for 3-4 minutes, you are off course. If you get off course, you should retrace your path until you find where you left the course and then continue along the marked course.

Many of the parks in California have poison oak and ticks. We recommend washing with [Tecnu](#) and checking for ticks immediately after your trail run.

No dogs allowed on the course.

Elevation Gain:

8 Km - 800'

12 Km - 1,670'

25 Km - 3,200'

50 Km - 6,400'

(Elevation changes determined using an Avocet altimeter.)

Aid Stations

There will be a pass-through aid station for 25km and 50km competitors. Aid station will be at Spooner's Cove at the end of each loop (Valencia Peak and Hazard Peak loops). You can expect fresh fruit, salty snacks, assorted candy, boiled potatoes & salt, water, and Clif sports drink. **However, it is highly recommended that runners carry at least 20 oz. of water between aid stations.**

25 Km	Distance (Km)	Next Aid
1. Spooner's Cove (Start/Finish)	11.9	13.4
2. Spooner's Cove (Finish)	25.3	

50 Km	Distance (Km)	Next Aid	Cut-off
1. Spooner's Cove (Start/Finish)	11.9	13.4	
2. Spooner's Cove (Start/Finish)	25.3	11.9	
3. Spooner's Cove (Start/Finish)	37.2	13.4	3:00 p.m.
4. Spooner's Cove (Finish)	50.7		5:30 p.m.

Post-Run Activities

There will be a variety of snacks and beverages at the finish line.

T-shirts will be given to all finishers. Awards are given to the first female and male finishers.