



Santa Cruz Mountains Trail Run

10 Km, 21 Km, 29 Km & 50 Km

Run-day Instructions

Directions

The Santa Cruz Mountains Trail Run will be held on **Sunday, September 25th** at Harvey West Park in Santa Cruz, CA.

The events start as follows:

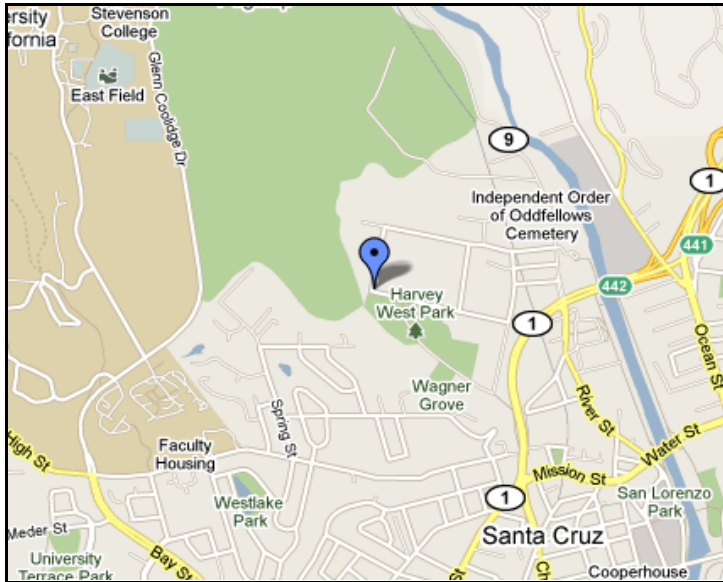
50 Km - 8:30 a.m.

29 Km - 8:30 a.m.

21 Km - 8:40 a.m.

10 Km - 8:50 a.m.

Click on the blue icon for driving directions:



[View Larger Map](#)

Weather: [Santa Cruz](#)

Course

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

10 Km - Yellow (Turnaround at Hwy 9 - no aid)

21 Km - Pink

29 Km - Pink/Orange Loop/Pink

50 Km = 29 Km + 21 Km

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, orange** and/or **yellow** 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.

Please be courteous on the trail. If you're passing another runner or hiker, announce "on your left" as you approach.

Headphones are allowed on dirt road sections only. Please do not wear headphones on single-track trail, while crossing paved roads, when getting aid at aid stations, or while crossing the finish line.

Your bib number indicates the distance that you're running. If you want to change your distance, please send us an **e-mail** or let us know **by check-in, at the latest**.

Please have your bib number clearly visible when you cross the finish line to ensure accurate results.

One of the special features for the 21 Km, 29 Km, and 50 Km events is the San Lorenzo River crossing just after Hwy. 9. The water level could be thigh deep. Please be careful and have fun.

Many of the parks in California have poison oak. We recommend staying on the trail and washing with **Tecnu** after your trail run. Occasionally, bees or yellow jackets may be active and precautions should be taken if you're allergic.

No dogs allowed on the course. Please don't leave pets in your vehicle.

Course Map

Course Description

Elevation Gain:

10 Km - 800'

21 Km - 2,175'

29 Km - 3,000'

50 Km - 5,175'

(Elevation changes determined using an Avocet altimeter.)

Aid Stations

Fully-stocked aid stations every 7 - 11 kilometers. You can expect fresh fruit, salty snacks, assorted candy, boiled potatoes & salt, water, and Clif Shot Electrolyte sports drink. If you would like to be sure that you have Clif product, SaltStick capsules, or any other specific item at the event, you should carry it with you. **Additionally, it is highly recommended that runners carry at least 20 oz. of water between aid stations.**

10 Km	Distance (Km)
1. Harvey West Park (Finish)	9.9

21 Km	Distance (Km)	Next Aid
1. Henry Cowell Redwoods	10.7	10.7
2. Harvey West Park (Finish)	21.4	

29 Km	Distance (Km)	Next Aid
1. Henry Cowell Redwoods	10.7	7.4
2. Henry Cowell Redwoods	18.1	10.7
3. Harvey West Park (Finish)	28.8	

50 Km	Distance (Km)	Next Aid	Cut-off
1. Henry Cowell Redwoods	10.7	7.4	
2. Henry Cowell Redwoods	18.1	10.7	
3. Harvey West Park (Start/Finish)	28.8	10.7	1:00 p.m.
4. Henry Cowell Redwoods	39.5	10.7	
5. Harvey West Park (Finish)	50.2		5:30 p.m.

Results

Overall and Age Group results will be posted regularly throughout the day on the white board near the shirt/merchandise tent. If you don't see your results yet – please be patient, they will be posted on the white board shortly. Award medals are given to the 1st female and male finishers overall and in each age group. Ribbons are also awarded to the 2nd & 3rd place finishers in each age group. Age group awards will be available for pick-up at the shirt/merchandise tent after results are posted. All 50 Km finishers will receive a custom coaster for the event.

Post-Run Activities

T-shirts will be given to all pre-registered runners at the big tent after they finish, and remember to pick up your age group awards there, as well. We will have La Sportiva trail running shoes, Ultimate Direction bottles & packs, Clif Bar products, and PCTR merchandise available for purchase.

PCTR Race Series

Participants are automatically included in the race series and points are awarded to the first 8 finishers in each age group.

Message Board

Please post messages regarding places to eat or stay, sharing rides with fellow runners, etc. on the [PCTR Message Board](#)

Check In

Please **arrive by 8:15 a.m.** on Sunday to check in and receive your bib number.

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