

Woodside Trail Run

September 4, 2010

10 Km, 17 Km, 35 Km & 50 Km

Run-day Instructions

Directions

The Woodside Trail Run will be held on **Saturday, September 4th**. The events start as follows:

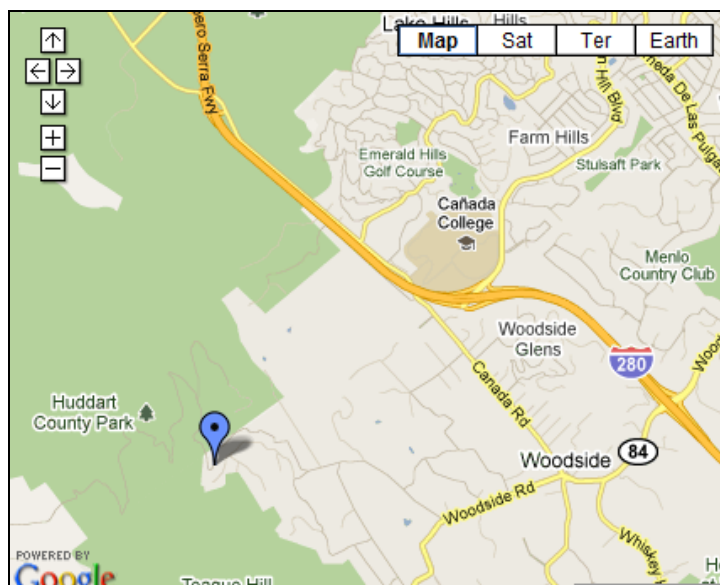
50 Km - 8:30 a.m.

10 Km - 9:00 a.m.

35 Km - 9:15 a.m.

17 Km - 9:15 a.m.

The park opens at 8:00 a.m. Please arrive 30 minutes before the start of your event. The park entrance fee is **\$5 per vehicle**. No dogs allowed in the park. The start/finish will be located at the **Werder Shelter**. ([Directions](#))



[View Larger Map](#)

Weather: [Woodside/Redwood City](#)

Course

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

10 Km - Yellow

17 Km - Pink

35 Km - Pink/Green/Pink

50 Km - Pink/Green/Orange/Green/Pink

For the **50 Km** event, there is an 8 hour time limit and a 2 hour 50 minute cut-off (11:20 a.m.) at the Bear Gulch aid station (19 Km). Runners who don't make the cut-off will turn around at the Bear Gulch aid station and complete the 35 Km course.

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, yellow, green, 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.

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 let us know **by check-in, at the latest**.

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.

[Course Map](#)

[Course Description](#)

[Elevation Gain:](#)

10 Km - 1,110'

17 Km - 1,890'

35 Km - 2,990'

50 Km - 4,530'

(Elevation changes determined using an Avocet altimeter.)

[Aid Stations](#)

Fully-stocked aid stations every 7 - 14 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. Werder Shelter (Finish)	10.0

17 Km	Distance (Km)	Next Aid
1. King's Mountain	9.7	7.4
2. Werder Shelter (Finish)	17.1	

35 Km	Distance (Km)	Next Aid
1. King's Mountain	9.7	9.1
2. Bear Gulch	18.9	9.1
3. King's Mountain	28.0	7.4
4. Werder Shelter (Finish)	35.4	

50 Km	Distance (Km)	Next Aid	Cut-off
1. King's Mountain	9.7	9.1	
2. Bear Gulch	18.9	14.3	11:20 a.m.
3. Bear Gulch	33.1	9.1	
4. King's Mountain	42.2	7.4	3:15 p.m.
5. Werder Shelter (Finish)	49.6		4:30 p.m.

Post-Run Activities

T-shirts will be given to all pre-registered runners at the big tent after they finish. 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. All 50 Km finishers will receive a custom coaster for the event.

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 30 minutes** prior to the start of your event on Saturday to check in and receive your bib number.