



The 23<sup>rd</sup> Annual  
**Ohlone Wilderness 50K Trail Run**

Sunday, May 23, 2010  
Fremont to Livermore, California



Welcome to the 23<sup>rd</sup> annual Ohlone Wilderness 50K Trail Run! We hope that you're ready for a fun and challenging day on the trail. Weather wise, it's hard to bet against hot weather. In most years, race day has started with fog in the morning that gives way to increasing heat and sun throughout the day. Of course, we've had rain, hail, and forty degree temperatures. Given that, the best advice we can give at this point is to watch the forecasts and prepare accordingly. Regardless of the weather, hydration is the key to having a good day on the trail. Though we have abundant aid on the course, savvy runners usually carry two water bottles.

You will pick up your race bib number at the check-in table at the starting line - please wear it pinned to the front of your shirt. All runners must check in at the start in Fremont between 7:00 and 7:45 am. Those of you taking the bus from Del Valle (that's most of you) will check in when the bus drops you off at the start. If you registered for the non-competitive 7:00am early start, you must check in at the start line before 6:45am. Bus transportation is not available to runners taking the early start. For all runners, awards, race shirts, goody bags, and the BBQ will be waiting for you at the finish line.

We will transport personal items from the start in Fremont back to the finish area. There will be a posted collection area at the starting area where you can deposit your items. Though sorting through a pile of sweat shirts and car keys can be fun, we'd prefer that you bring a bag labeled with your name for whatever you'd like to have transported to Del Valle.

We will have a picnic spread waiting for you upon your finish in Del Valle. Hang out and relax afterwards. Those of you leaving a car in Del Valle might want to pack a towel, change of clothes, and maybe a lawn chair. The picnic BBQ is free and open to all runners and volunteers.

Please remember that this race is held in a wilderness area. It is essential that we respect the trail by not littering or leaving anything on the trail. The remoteness of our course also means that we have extremely limited vehicle access to the backcountry. With the exception of medical emergencies, there are no "rides out" once you depart the Sunol aid station at mile nine.

Please be sure to thank our volunteers as you pass through the aid stations. Most of them have hiked to their locations and several have even camped overnight in order to be there for you.

Finally, we'd like to acknowledge the generous support of our sponsors who have contributed their products and services to help make this event a success. You will see their logos on the closing page - we deeply appreciate the support they have provided.

Rob Byrne, Larry England, and Helmut Roesner

Co-Race Directors

[www.abovethefog.net](http://www.abovethefog.net)

# General Information

## Transportation & Parking

Busses depart at 6:30 am from the parking lot near the Lichen Bark Picnic Area in Del Valle Regional Park, 7000 Del Valle Road, Livermore, CA 94550. The park gates will open at 6:00 am; there is a \$6 park entry fee which will be collected at the gate. The race begins at 8:00 am at Mission Peak Regional Preserve, Stanford Ave. and Vinehill Terrace, Fremont, CA.

## Check-In

All runners are required to check in at the start between 7:00 and 7:45 am. Runners who have elected to take the early start must check in before 6:45am.

## Drop Bags

We will transport items from the start to the finish area. There are no provisions for drop bags on the course due to the remote wilderness locations of the aid stations.

## Crew Access

Aside from the Start and Finish, the only crew access on the course is at Sunol Regional Wilderness (9.11 miles). This is also the site of a major aid station. There is a \$5 parking fee for Sunol park entry.

## Aid Stations

There are seven aid stations on the course. All aid stations will be stocked with: water, Succeed Gu Brew Electrolyte Drink, GU gel, Gu Chomps, Bonk Breaker Bars, salt, and other goodies. Four of the aid stations are additionally stocked with a variety of ultra-foods: boiled potatoes, chips, pretzels, cookies, candy, Coke, etc. There is also water pump at Stewart's Camp at mile 23.6 that you can use as a refilling station if necessary.

At the finish you can expect hot and cold food as well as a variety of drinks. Hang around and relax after you finish. When you're packing for the race, don't forget to throw in a towel and a lawn chair.

Aid Station	Mile	What to Expect
Start	0	Water
Laurel Loop	5.43	<u>Basic Aid:</u> Fluids, salt, some additional foods
Sunol	9.11	<u>Full Aid:</u> Fluids, energy food, boiled potatoes, salty foods, cookies, candy, Coke, and more
Backpack Area	12.48	<u>Basic Aid:</u> Fluids, Gu, Bonk Breaker bars, some additional foods
Goat Rock	14.96	<u>Full Aid:</u> Fluids, energy food, boiled potatoes, salty foods, cookies, candy, Coke, and more
Maggie's Half Acre	19.7	<u>Full Aid:</u> Fluids, energy food, boiled potatoes, salty foods, cookies, candy, Coke, and more
Stewart's Camp	23.6	Self Service - Water from pump only
Schlieper Rock	25.65	<u>Full Aid:</u> Fluids, energy food, boiled potatoes, salty foods, cookies, candy, Coke, and more
Stromer Spring	29.0	<u>Basic Aid:</u> Fluids, Gu products, Bonk Breaker bars, some additional foods
Finish	31	Full Aid+: Drinks, lunch, etc.

## Trail Notes

Sign-In Boards: You are not required use the sign-in-out boards that you will see along the trail.

Gates: When you go through a gate, close it after you pass through.

## Cut-Off Times

For the sake of runner safety, park regulations, and out of consideration to our volunteers, the following cut-offs will be enforced:

Runners must exit the Sunol aid station (9.11 miles) by 10:45am (2:45 after the 8:00am start). Transportation back to the start, or to the finish, will be provided for runners not making this cut-off.

Runners must exit the Backpack Area aid station (12.48 miles) by 11:30am (3:30 after the 8:00am start). Runners not making it to the Backpack aid station by 11:30am will be retired from race and must return (walk) back to Sunol for transportation to the Finish area.

Runners must complete the course by 6:00pm (10 hours after the 8:00am start). Runners finishing after 6:00pm will receive their goodie bag, but will not receive a finisher's award or be listed as a finisher in the official results.

## Early Starts

We allow provision for an early start if you do not believe you can finish the course within the ten hour limit. Runners planning to start at 7:00am were required to indicate this when registering for the race and do so with the knowledge that the aid station opening times are scheduled according to the timing of the 8:00am start (meaning that the possibility exists that you could arrive at an aid station before it opens). Bus transportation to the start is not available for early-start runners.

## Course Markings

The course is marked with pink surveyors ribbon and flour. Turns will be further indicated with distinctively colored ribbon.

## Backpackers/Horses:

We share the trails with all other users. Use courtesy and "common" sense when approaching either backpackers and/or horses. Move to the side of the trail and allow horses to pass. When in doubt, ask the rider what to do.

## Sweep Runners

There will be a group of sweep runners following the last official runner.

## Directions

### Del Valle - Bus Loading & Finish Area

#### **Busses to the Start**

Busses will depart from the Lichen Bark Picnic Area in Del Valle Regional Park promptly at 6:30am, please be prepared to pay the \$6.00 park entry fee. The address for Del Valle is:

7000 Del Valle Road  
Livermore, CA 94550

### Driving Directions to Del Valle & Finish Area

Del Valle Regional Park is located on Del Valle Road off Mines Road south of Livermore. Exit I-580 eastbound or westbound in Livermore at North Livermore Avenue. Head south and proceed through town (North Livermore Avenue will become South Livermore Avenue in town). About 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). The park entrance is about four miles ahead.

### Sunol Aid Station (crew access)

The Sunol aid station comes at mile 9.11 in the race. There is a \$5.00 entry fee for all autos entering the park. The address for Sunol is:

Sunol Regional Wilderness  
Southeast end of Geary Road  
Sunol, CA

### Driving Directions to Sunol

To reach Sunol from the Fremont area, drive north on I-680 and exit at Calaveras Road. Turn right on Calaveras and proceed to Geary Road, which leads directly into the park.

To reach Sunol from the Oakland / Berkeley area, drive east on I-580 to the junction with I-680 in Pleasanton. At the junction, go south on I-680 and exit at Calaveras Road/Highway 84 just south of the town of Sunol. Turn left onto Calaveras Road and proceed to Geary Road, which leads directly into the park.

To reach Sunol from the Walnut Creek / Danville area, go south on I-680 and exit at Calaveras Road/Highway 84 just south of the town of Sunol. Turn left onto Calaveras Road and proceed to Geary Road, which leads directly into the park.

### Mission Peak - Race Start

The race will begin promptly at 8:00am at Mission Peak Regional Preserve. If you're driving to the start, be aware that parking at the Mission Peak staging area is limited; you may have to park on side streets some distance from the start. Be advised that the City of Fremont is very serious about

their posted No Parking/No Stopping areas. It cost me sixty dollars the last time I ignored one of their signs.

Stanford Avenue and Vinehill Terrace  
Fremont, CA

#### Driving Directions to Mission Peak

To reach the park from I-680 in Fremont, exit at Mission Boulevard and go north. After about 1/2 mile, turn right (east) on Stanford Avenue and follow it to the staging area.

## Our Sponsors

The following companies and organizations have generously provided products or services to help make our event a success. We gratefully acknowledge and appreciate their support.

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