




Athlete Guide – Please Read

Event: Henry Coe Mountain Bike Challenge


Date: 9-19-09

Location: Henry Coe Park – Gilroy Side
Gilroy Hot Springs Road, Gilroy, CA.

Directions:

 Morgan Hill, CA

- | | | |
|---|--|----------------------------|
|  | 1. Head southeast on US-101 S About 8 mins | go 8.2 mi total 8.2 mi |
|  | 2. Take the Leavesley Rd exit toward CA-152/Gilroy | go 0.4 mi total 8.5 mi |
|  | 3. Turn left at Leavesley Rd About 5 mins | go 1.8 mi total 10.3 mi |
|  | 4. Turn left at New Ave About 2 mins | go 0.6 mi total 11.0 mi |
|  | 5. Take the 2nd right onto Roop Rd About 5 mins | go 2.0 mi total 12.9 mi |
|  | 6. Turn left to stay on Roop Rd About 3 mins | go 1.3 mi total 14.3 mi |
| | 7. Continue on Gilroy Hot Springs Rd About 8 mins | go 3.3 mi total 17.6 mi |

 Gilroy Hot Springs Rd

Welcome:

Thank you for attending the Henry Coe Mountain Bike Challenge. This is the first race run in Henry Coe Park in many years. We hope to run many more, but the state could be shutting this facility down. Events like this help keep it open because of the funds we pay to run these races. Please encourage people to enter.

This race is USA Cycling sanctioned. All CAT 1 riders need an annual membership. ALL other riders need at least a single day license. We can sign you up the same day, but you are encouraged to sign up on their site. **YOU MUST SHOW YOUR LICENSE AT CHECK IN. IF YOU DO NOT HAVE IT, YOU WILL BE REQUIRED TO PURCHASE A ONE DAY LICENSE.**



Festivities:

Coffee provided by Starbucks of Morgan Hill.

Snacks provided by South Valley Endurance .

Bike tech and sales of smaller items by Concept Cyclery.

Massages provided by Mind Body Motion.

Sports Basement will be there providing support and will have items for sale.

Nutrition provided by Hammer.

Food:

Cookies, Fruit, pretzels, gels.

Drinks:

Coffee, Gatorade, Water, and Soda.

Bike Service:

Opens at 7:00 am. Please thank Concept Cyclery for their support. See them if you need tubes, etc.

Registration and check in:

Opens at 7:00 am. Closes at 8:15 sharp.

Rider meeting:

8:30- 8:45 in front of the rider registration.

Course:

The course will be marked with arrows and ribbon.

Beginner Course

Start Coit Road
Right Wasno Rd
Right Tule Pond Trail
Left Grizzly Gulch Road
Becomes Wagon Road
Right Wilson Camp/Bowl Trail
Left on Lyman Wilson Ridge Trail
Right Hunting Hollow Road

Finish

Sport/Expert Course About 24 miles

Climbing 5000+-

Start Coit Road
Left Cross Canyon Trail
Right Willow Ridge Road
Becomes Crest Trail
Right Kelly Lake Trail
Left Coit Road
Left Wasno Road
Right Tule Pond Trail
Left Grizzly Gulch Road
Right Serpentine Trail
Left Steer Ridge
To Wilson Camp
Right Bowl Trail
Left Lyman Wilson Ridge Trail
Right Hunting Hollow Road

Finish

Rules:

There is a short road section from the parking area to the entrance. Please adhere to the rules of the road.

In the parks-

Please adhere to rules of the parks.

Be careful of hikers and horses.

Do not ruin the upcoming events with this one.

Aid Stations:

We will have 1 aid station in the remote area.

Aid station supplies:

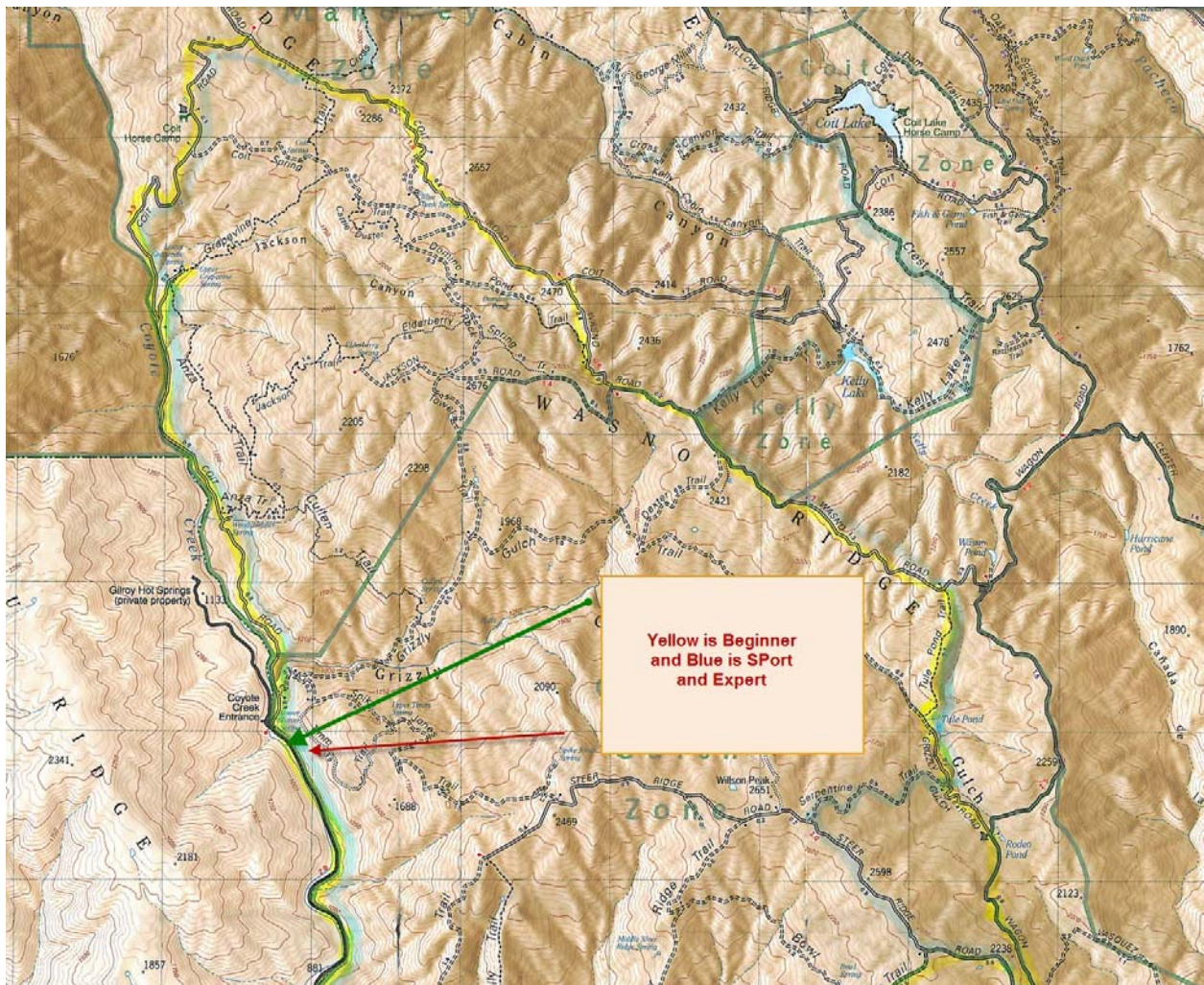
Water and gels.

Notes:

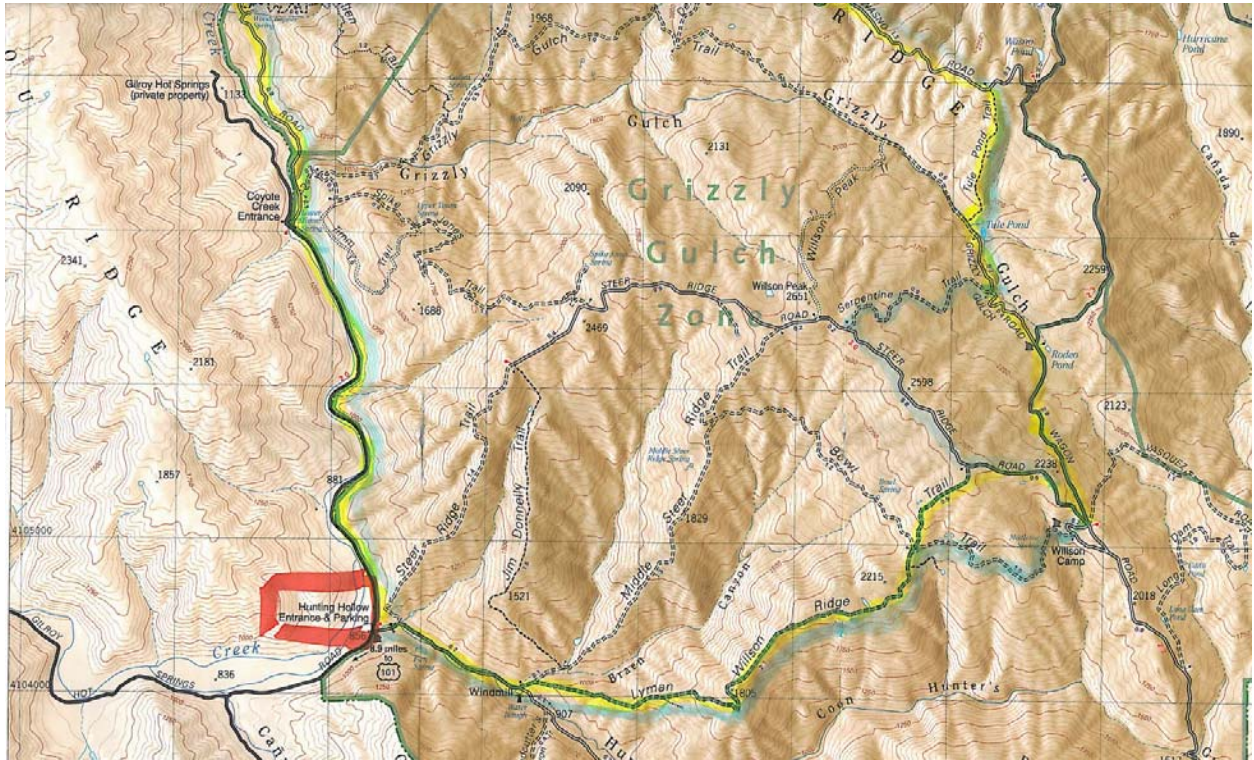
This is a difficult event and it will be hot. Carry enough fluids to get you through.

Maps (*subject to change):

Section 1



Section 2



Thanks and have a great time.

South Valley Endurance