



18330 Sutter Blvd Morgan Hill, CA 95037 Phone 408-426-0509 Fax 408-776-1136

### South Valley Endurance Athlete Guide

By: Greg Richards, South Valley Endurance  
Event: Dirty Legs Summer #1- Nisene Marks State Park  
Date: July 18, 2010

### Notes

**This event is sold out and there will be no same day registration.**

This course is unique. There are many off shoot trails. Please pay attention to markers. The MOST important markers are the red ribbon clips. You should see them at least every quarter mile and over done at turns.

There are two out and back sections. One is for all runners about 2.5 miles into the run. The second is about 5 miles into the run for 10 k and 21k (twice) runners.

Please stay to the right on the access road.

**Very, very important. Parking is outside the park near the entrance. We strongly suggest you park out there and jog up to the check in/starting area right past the ranger station. This is what we agreed to with the State Parks and we do want runs like this to continue to happen.**

The course distances are rougher then our normal runs, so be prepared to go a little longer or shorter. There will be an aid station at 2.5 miles (KOM) and at the start of the second loop.

### Schedule

Same day registration and check in: 7:00 am to 7:45 am.



Athlete announcements: as each wave lines up









**21k start: 8:30 10k, 8:45, 5k, 9:00 5k**

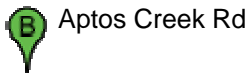
### Directions to course

From Morgan Hill or Highway 101.

US-101 S

- |   |   |
|---|---|
| 1. Head <b>southeast</b> on <b>US-101 S</b>                         |  15.5 mi |
| 2. Take exit <b>347</b> for <b>CA-129</b> toward <b>Watsonville</b> |  0.3 mi  |

- |  |   |         |
|--|---|---------|
| 3. Turn <b>right</b> at <b>CA-129 W/Chittenden Rd</b><br>Continue to follow CA-129 W |  | 13.8 mi |
| 4. Take the <b>State Route 1 N</b> ramp to <b>Santa Cruz</b>                         |  | 0.3 mi  |
| 5. Merge onto <b>CA-1 N/State Route 1</b>  |  | 9.7 mi  |
| 6. Take the <b>State Park Dr</b> exit  |  | 0.2 mi  |
| 7. Keep <b>right</b> at the fork, follow signs for <b>Soquel Dr</b>                  |  | 135 ft  |
| 8. Turn <b>right</b> at <b>State Park Dr</b>   |  | 427 ft  |
| 9. Turn <b>right</b> at <b>Soquel Dr</b>   |  | 0.5 mi  |
| 10. Take the 3rd <b>left</b> onto <b>Aptos Creek Rd</b>                              |  | 171 ft  |



Please be sure you know where you are going.

Any troubles or questions call: 408-687-7504

## Parking – Important

Parking is outside the park near the bike shop. If you park in the park be prepared to pay an entrance fee.

## Requirements

### SVE rules:

1. Please do not drop trash or bottles on the course.
2. Be courteous, there is a lot of single track out there so slide over if you can when being passed.
3. Have fun.

## Amenities

1. Tech T shirt or Sweatvac Hat
2. Coffee and drinks
3. Great food
4. Nutrition by GU
5. Swag bags filled with flyers and discounts



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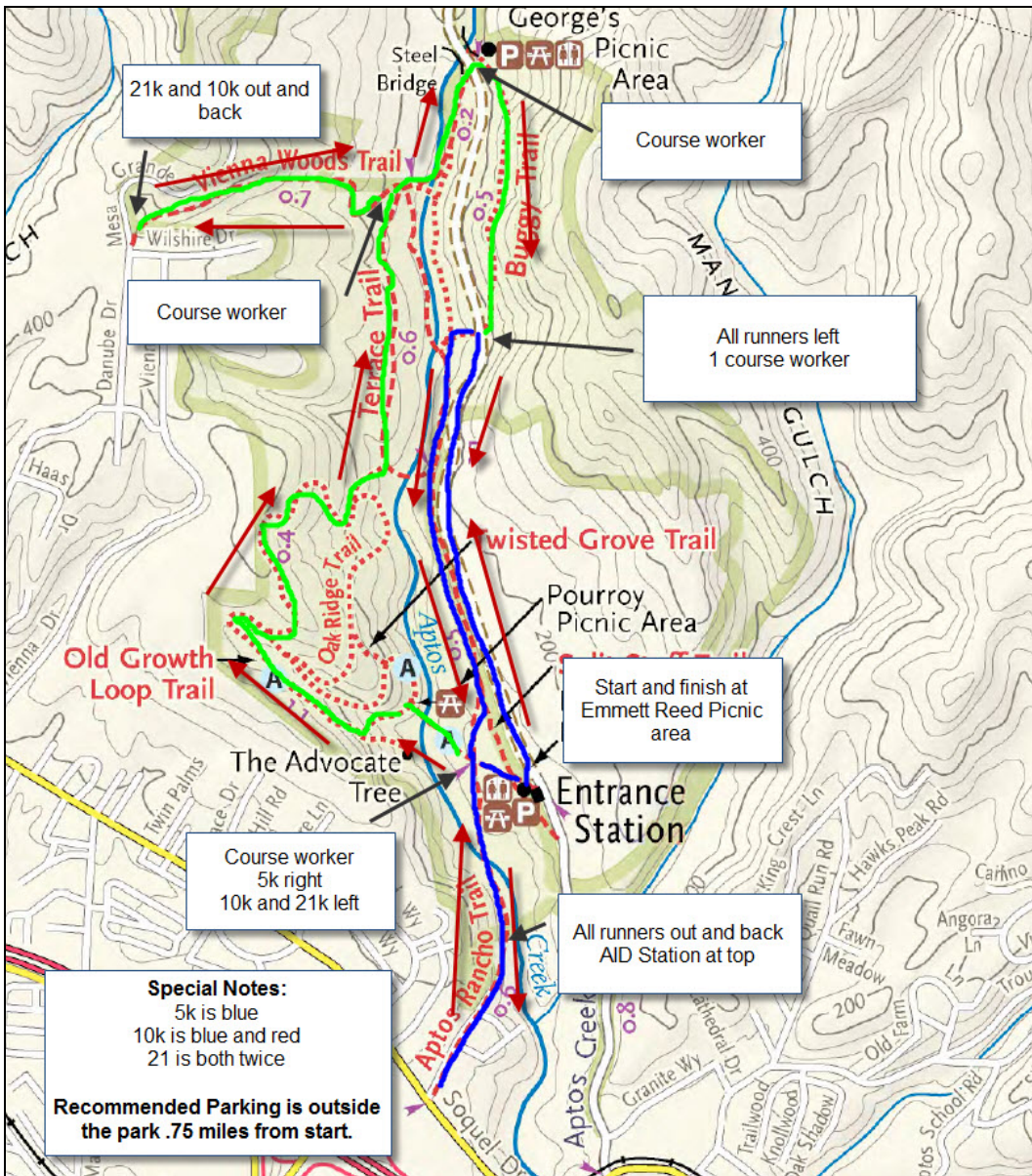
## **Volunteers**

1. Please check in and sign your waiver
2. Enjoy the volunteer food
3. Encourage the athletes

## **Course markings**

1. Pink Ribbon (primary)
2. Arrows

## **Course Map**



## Results

Please do not disturb timing while the event is running.

Do not go inside the finish line shoot for any reason other than finishing the race. If you DNF please walk over to notify the announcer.

If your number falls off please tell someone.



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Have fun  
Greg Richards  
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