

# RIDGE RUNNERS PRESENT THE INAUGURAL SWAMP TO SURF!

FRIDAY 22 OCTOBER, 2010

## ***RUN INFORMATION:***

Many of us have imagined this, we have designed it, and now it's time for all of us to create this fun running event.

Hopefully your training has been going well and you are fit and looking forward to this exciting adventure. This is not a race! We anticipate that the run will be around 15 miles, mostly on trails, with 3,000 vertical feet of climbing and 3,000 feet of descending. It is most suited for folks who are comfortable with a challenging long hilly run and enjoy running on trails with roots and rocks in places. **Please note that this event is not sponsored or in any way endorsed by Autodesk.**

The unique route we have designed is an opportunity to discover many of Marin best running spots. We begin at the "Swamp" (111 McInnis) and will go up and over the Terra Linda ridge to San Anselmo. From there we climb the virtually unknown "Monkey Tree" trail to Bald Hill ridge. Then we will enjoy the pretty winding Yolanda trail to Five Corners above Deer Park in Fairfax. We continue along the fire roads to cross Ben Tempe Dam and then we will follow the scenic trails along the side of Alpine Lake. Our last big climb takes us up the steps of Cataract trail to Ridgecrest at a high point of 1,927ft! We will enjoy the gorgeous view of the Pacific before running down Willow Camp trail to reach the "Surf" at Stinson Beach. See Run Map & Run Directions for more details.

The scenery is quite beautiful and the route will take us well away from civilization, roads, cell phone coverage, etc. We strongly recommend that everyone carry 2 water bottles or a camelback type carrier and bring sufficient supplies of energy products (bars, gels etc). Other than at the 2.5 mile mark, there is no drinking water available. We are planning to stash water at Bon Tempe Lake for the group to replenish (around the half-way mark) but please make sure you carry enough water (particularly with all of the climbing involved).

We are planning to run in 2 groups and of course not lose anyone (we have a "no runner left behind" policy)

- The "2D" group will leave the "Swamp", Club One (111 McInnis) at 2:00 pm and is for folks that have run (or could run) a half-marathon in 2:00 - 2:30. **Robert Dick** will lead the 2D group.
- The slightly faster "3D" group will leave the "Swamp", Club One (111 McInnis) at 3pm and is for runners that have run (or could run) a half-marathon in under 2:00. **Scott Morgan** will lead the 3D group.

Both the groups will carry a basic first aid kit and a flash light (just in case). We hope that both groups will arrive within a short time of each other at the finish in Stinson Beach.

We anticipate that we will run at an average pace of between 11:00 min/mile (for the "3D" group) and 13:00 min/mile (for the "2D" group) and plan to re-group several times along the way as required. Expected running time is between 2 hours and 45 minutes (for the "3D" group) and 3 hours and 15 minutes (for the "2D" group) (plus rest stops for both groups).

For both groups, we request that each runner be ready to run at the times noted above and pair up with a buddy (ideally with a similar pace) as we leave the Swamp. We believe that this will help us watch out for one another and minimize any unforeseen difficulties or problems. Remember: no runner left behind!!

At Stinson Beach, we plan to dip our toes in the ocean and then walk the few blocks back up the hill to the post-run party/BBQ house at 145 Buena Vista.

Spouses/partners/friends are encouraged to join us at Stinson Beach for post-run celebrations, and drive us back to the office/home! ☺

Please ensure that you have made arrangements for a ride back home or to the office.

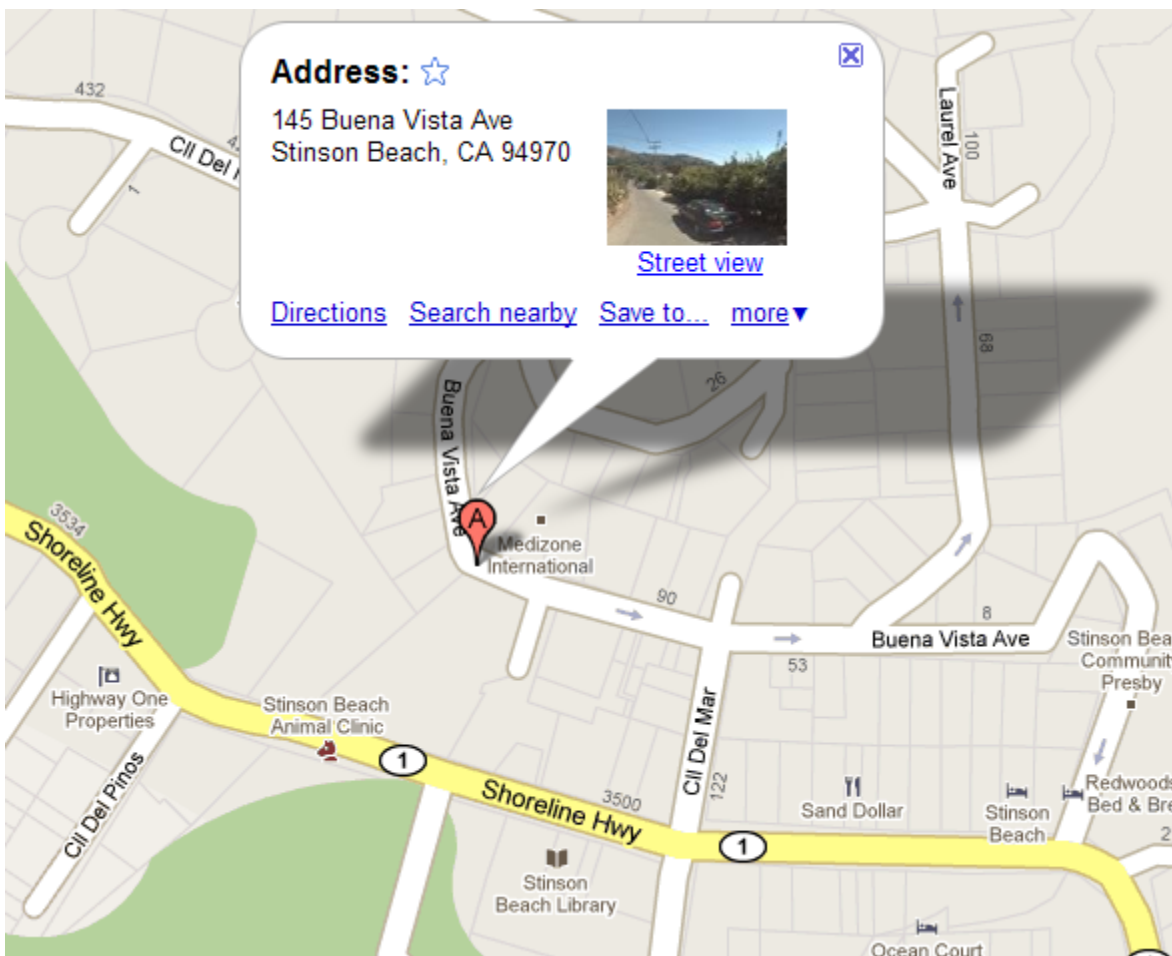
## ***RUN PARTY AND RETURN:***

The post run party will be hosted at rented house where cold beverages, BBQ, and a hot tub will be waiting for weary runners. The address is 145 Buena Vista, Stinson Beach (see map below).

Please note that the road to and from Stinson Beach is treacherous—please make sure you have a designated driver to get you all the way home if you plan to drink at all during the post run party.

For those friends and family not running, please park down by the Stinson Beach Grocery at the corner of Hwy 1 and Calle del Mar, and walk up to the house (about 3 blocks away). If you have items to drop off, please note that you'll have to do a loop around as Buena Vista is one way.

We are suggesting a \$10 to \$15 contribution per person (\$5 for kids) for the food and drinks at the post run party. If you need further details about the post run party, contact [Chris Ingoldsby](#).





## **RUN DIRECTIONS:**

**We strongly recommend that you look at a map before we go and note the directions below (and carry each with you on the run):**

- SWAMP @ Club One – Left on McInnis Parkway, slight Right on Civic Center.
- Cross over Civic Center and take an immediate Left under Hwy 101 and along trail by non-used railroad tracks
- Run along trail next to rail and turn Right at end of Las Gallinas Ave (another dirt path to street)
- Right on Los Ranchitos Rd
- Left on Golden Hind Blvd
- 4<sup>th</sup> Left on Del Haro Way
- Right and up steep single track trail to the Terra Linda ridge
- Straight over ridge and down trail toward Sorich Ranch Park – as you cross the ridge a water tank will be on your left; as you start downhill, follow the fire road, not the Sun Valley Trail (which is a single track trail)
- Further down the fire road you will have the chance to go straight toward a wood gate or right onto a single track trail – head right (it is labeled Sorich Ranch Park)
- Enter Sorich Ranch Park parking lot (there is a water fountain at bottom of hill on the right; you are at the 3 mile mark)
- Leave Sorich Park on city street (straight from park) and run down San Francisco Blvd
- Turn Right on Sir Francis Drake Boulevard
- Cross over road (busy road – take care!) and immediate Left on Tamal Ave
- Right on Park Drive
- Left on Taylor Street
- Left on Saunders Avenue
- Cross over Center Blvd (Saunders Ave becomes Redwood Road on the other side of Center Blvd.)
- Straight and up on Redwood Rd
- Left at Y Junction (continuation of Redwood Rd)
- Right up “Monkey Tree” Trail (indicated by an open space trail marker and just after a 180 degree left turn on Redwood Rd. Short and steep climb to top of ridge to 5 mile mark (now you are on trails for most of the remaining run)
- At top of ridge continue straight on Yolanda trail 0.9 miles to Six Points at 520’
- Bald Hill trail to junction with fire road; left down fire road (short and steep) to Five Corners (six actually) at 480’ (note the porta potty on your right)
- Up Shaver Grade Fire Road 0.6 miles to 749’
- Right on Sky Oaks Rd (asphalt vehicle road)
- Left at T Junction to Bon Tempe Lake (water stash and porta potty about 0.3 miles down that dirt vehicle road at parking lot on left)
- From parking lot with water stash, up to Bon Tempe Dam and across the Dam (and back onto trails). You are just over half way there!
- At end of dam turn right on Alpine-Bon Tempe Pump Road (fire road); continue right at Rocky Ridge Trail (don’t take Rocky Ridge)
- Continue on Alpine Bon Tempe Pump Road which becomes Kent Trail after 0.5 mile or so
- Right onto Helen Markt trail (from the Dam along the Pump Road, Kent and Helen Markt trails you will be traveling along the south side of Alpine Lake (very pretty, no net elevation gain but some challenging short sections of up and down)
- Left on Cataract Trail 0.9 miles, +760 ft, lots of steps to Laurel Dell (picnic area)
- Run through Laurel Dell picnic area (about 0.1 mile) to Laurel Dell Road
- Right on Laurel Dell Road to Ridgecrest Road, about 0.7 mile up to 1,939 ft (high point)
- Cross Ridgecrest Rd (asphalt vehicle road) – you are at the top, check out that view to the ocean!
- Down Willow Camp trail to Stinson Beach (2 miles), steep descent
- At the end of Willow Camp there is a gate to city streets to Ave Farralone
- Take Ave Farralone to a left on Belvedere and a quick right on Lincoln
- Right on Buena Vista to go past 145 Buena Vista (the party house – see below)
- Right on Calle Del Mar
- Cross over Hwy 1 into Stinson Beach Park
- Straight through parking lot to the beach and the Surf!
- **CONGRATULATIONS, YOU’VE MADE IT!! ☺**