

La Cuesta Ranch Trail Runner Guide

10km 25km 50km

Welcome

Let's Run San Luis Obispo! Welcome to the 7th. Annual La Cuesta Ranch Trail Run. We are excited for a challenging run on the beautiful California Central Coast.

Please read the the following information carefully. Specifically, notice the modified 50km start time (7:00am) course format and cut off times.

I look forward to seeing you soon. Please feel free to contact me with questions and suggestions.

Luis Escobar luisescobar150@gmail.com

Date

Saturday, January 28, 2023

Time

7:00am - 50km

8:00am - 10km & 25km

5:00pm - Final cut off for all distances

La Cuesta Ranch

2400 Loomis Street, San Luis Obispo, CA 93405

<https://goo.gl/maps/2aDhB3erqf3mEame9>

Volunteer Opportunities

Earn discounts on future AllWeDolsRun events. Contact Volunteer Coordinator, Michelle Evans michellea.evans@yahoo.com

Schedule of Events

Wednesday, January 23

8:00am - Pre-Race Runners Zoom Meeting. Up to date information, Q&A with Race Director, Luis Escobar

Join Zoom Meeting:

<https://us02web.zoom.us/j/84929982827?pwd=Vy9sL1VuQkdxdXArZlVGSWFzNEo1QT09>

Friday, January 27

8:00am - Trail Marking Party. Everyone welcome. Be prepared to hike.

2400 Loomis Street, San Luis Obispo, CA 93405

<https://goo.gl/maps/2aDhB3erqf3mEame9>

Pre-race activities

All pre-race activities start at 4:00pm and hosted at REI San Luis Obispo

313 Madonna Rd Suite B, San Luis Obispo, CA 93405

<https://www.rei.com/stores/san-luis-obispo>

- REI store discounts
- Meet Colorado based portrait photographer, Tyler Tomasello

- Meet San Francisco based Physical Therapist, Sarah Groman
- Meet Runners for Public Lands Board Member, Mike Scarber
- Q&A with Race Director, Luis Escobar

4:00pm - Optional Early Check In / Packet Pick Up
REI San Luis Obispo

4:15pm - REI San Luis Obispo
Film screening of EVERYONE RUNS the Story of Adaptive Athlete Shaun Wahl. Hosted by Mike Scarber, Runners For Public Lands

5:15pm - REI San Luis Obispo
Film screening of EVERYONE RUNS the Story of Adaptive Athlete Shaun Wahl. Hosted by Mike Scarber, Runners For Public Lands

6:00pm - REI San Luis Obispo
Pre-race Runner Meeting and Q&A with Luis Escobar

Saturday, January 28

5:00am - Ranch Gate Opens
6:00am - Runner check In at Miozzi Barn
7:00am - 50km Start at Miozzi Barn
8:00am - 10km and 25km Start at Miozzi Barn
12:00pm - First lap 50km cut off
5:00pm - Final cut off for all events

Race Day Food For Purchase

7:00am - 2:00pm - Food for purchase available.
\$10.00 Breakfast burritos with coffee or hot coco. Veg options.
\$15.00 Burgers, chips and drinks. Veg options.

Vintage Tin Type Portraits

Portrait photographer, Tyler Tomasello will be available all day to capture your tin type photograph. Info at tylertomasello@yahoo.com

Live Music

AllWeDolsRun resident musicians, The Participants featuring Danny George, will provide live music at the Miozzi Barn.

Action Photography

Michelle Evans will be on course to capture you in action.
Info at <https://venturasalt.smugmug.com/>

Physical Therapy

San Francisco based endurance athlete and Doctor of Physical Therapy, Sarah Groman will be available. Info at sgromandpt@gmail.com

Onsite Camping Available

12:00pm Friday, January 27
Primitive, dispersed, dry camping available. \$20.00 per vehicle. Reservation suggested.
Contact Beverly Escobar beverlyescobar2@gmail.com

Parking

\$10.00 per vehicle. Payable in cash upon arrival at the ranch gate.

Waivers

Everyone on the property must provide a printed, signed release of liability waiver. Download the waiver here: www.allwedoisrun.com

Course

10km - One full lap on the 10km course marked with YELLOW. 5:00pm cut off time.

25km - One full lap on the 10.5 mile course marked with PINK followed by one full lap on the 10km course marked with YELLOW. 5:00pm cut off time.

50km - One full lap on the 10.5 mile course marked with PINK followed by one full lap on the 10km course marked with YELLOW followed by one full lap on the 10.5 mile course marked with PINK followed by one full lap on the 10km course marked with YELLOW.

First 25km lap cut off time is 1:00pm. You must start your second 25km prior to 1:00pm.

50km final cut off time is 5:00pm.

Aid Stations

Approximately every five miles. Water, ice, soda, candy, Hammer Nutrition products.

Timing and Results

Manual timing method. It is your responsibility to check in at the Timing Booth at the conclusion of each lap.

Results will be published at www.allwedoisrun.com

Rules

No dogs on course.

No headphones or earbuds.

No pacers.

No littering.

Trekking pole OK.

Awards

Custom awards for all finishers. Special awards for first over all male and female in each category. Awards will be presented upon finishing.

Questions and Suggestions

Luis Escobar luisescobar150@gmail.com

