



Mountain/Ultra/Trail Race Team 2022

Dear MUT Team Runners,

The Quicksilver Running Club (QRC) in the South Bay area has a long tradition as one of the premier Trail Racing Clubs in California. Since the start of the Mountain Ultra Trail Grand Prix series by PAUSATF, QRC has been near the top every year. Our major competition and friendly rivals have been Excelsior and Pamakids, but there are many others that have been in the elite status with us and are pushing to be in the top.

Now that we are back to racing again, it is time to show our fellow racing teams that QRC is still competitive in the Mountain Trail races. You all have been training (sometimes) and I know we can bring the runners to the events to score!! Please note that, while it helps, you do not necessarily need to be fast to score for our team. Just being there and finishing a race is usually enough to score.

QRC and you as an individual can score Grand Prix points at selected events during the year (<https://www.pausatf.org/mut-running/usatf-pacific-mut-grand-prix-schedule/>). We have had many individual winners through the years (yes there is a individual financial prize to finish high), and many team awards.

Points are based on the distance of the race and finish order compared to other Pacific Association of USATF members. PAUSATF has individual age group competition (10 year age groups) and three teams made up of three club members that compete (Men, Women, and Mixed). The three person team for women, men and mixed score (no age division for the teams) and the make up of the team is usually determined after the race. A person always scores individually, but can only score for one of the teams at a race. It is based on place of finish against other competing teams (so not against everyone at the race).

For example, I am a middle of the pack runner, but I often earn points for one of the teams (except the women's team) and get points in my age group.

It is a lot of fun, motivates us to train for a goal race, creates some fun club competition, and is a good way to get to know other club members.

I hope you will consider joining the QRC Race Team. To do so, you need to join Quicksilver Running Club (www.quicksilver-running.com) and join PAUSATF (<https://www.pausatf.org/joinrenew-now/>) as a member of QRC (Club #284).

We do ask that you try to run in 3 races a year and always wear your Quicksilver Jersey. If you are new and don't have a jersey, let me know and we will get one to you.

Attached is the schedule for 2022. Let me know if you have any questions.

Marc Klemencic, coachmarck@gmail.com



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PAUSATF Grand Prix Schedule

<https://www.pausatf.org/mut-running/usatf-pacific-mut-grand-prix-schedule/>

Date	Day	Event	Location	Website/Contact
Jan 29	Sat	<i>Mount Diablo Trail 10K</i>	Clayton, CA	https://runsignup.com/Race/CA/Clayton/MtDiabloTrailRunWhenHellFreezesOver
Feb 4	Sat	Jed Smith 50K	Sacramento, CA	https://ultrasignup.com/register.aspx?did=88902
Mar 26	Sat	<i>No'To'Mom 100K</i>	Sacramento, CA	https://notomom100k.org/
Apr 30	Sat	<i>Folsom Lake Trail Half</i>	Folsom, CA	https://ultrasignup.com/register.aspx?did=89122
May 14	Sat	Quicksilver 50K or 100K (no team scoring)	San Jose, CA	https://ultrasignup.com/register.aspx?did=89376
May 21	Sat	Silver State 50M	Reno, NV	https://ultrasignup.com/register.aspx?did=90494
June 4	Sat	TBD (Trail Marathon)	TBD	
Aug 7	Sun	Skyline 50K	Castro Valley, CA	https://ultrasignup.com/register.aspx?did=87801
Aug 20	Sat	Headlands Hundred	Sausalito, CA	Pacific Coast Trail Runs - https://www.pacificcoasttrailruns.com/upcomingevents
<i>TBD</i>	<i>Sat</i>	<i>Star City Trail Half Marathon</i>	<i>Brisbane, CA</i>	
TBD	Sat	Tamalpa Headlands 50K	Sausalito, CA	https://www.headlands50k.com/
<i>Sept 10</i>	<i>Sat</i>	<i>Stevens Creek Striders Reservoir Trail Half Marathon</i>	<i>Cupertino, CA</i>	https://ultrasignup.com/register.aspx?did=90243
Sept 25	Sat	Dick Collins Firetrails 50M	Castro Valley, CA	https://ultrasignup.com/register.aspx?did=83063
Oct 8	Sat	Ruth Anderson 50K or 50M	San Francisco, CA	https://ultrasignup.com/register.aspx?did=88860

Italics are sub-Ultra races

QRC WEBSITE: www.quicksilver-running.com

PAUSATF WEBSITE: www.pausatf.org/mut-running/usatf-pacific-mut-grand-prix-schedule/

Team Manager: Marc Klemencic – (408) 655-3766, coachmarck@gmail.com

QRC President and Fast Runner: Stuart Taylor, taylor_stuart@yahoo.com

QRC Mascot: Running Miner (with sharp pick) **Colors:** Royal Blue/White and others we order