

## **Salomon Run Club Woodmonster Hill Climb Challenge**

The Woodmonster is one of the toughest climbs in the East Bay. It is difficult, it is steep, it is glorious. To spice up the already zesty 2017 Woodmonster race, this is a fun premium to the fastest men's and women's times up the 0.8 mile Woodmonster Climb. The climb happens mid-race, so even if you finish 200<sup>th</sup> overall, you can still win by getting yourself up the hill faster than everyone else!

### **The Rules:**

- The premium is informal and open to all competitors at Woodmonster. It will be awarded to the fastest men's and women's time as verified by GPX mapping via the Strava website/application.
- We will have awards for the winners of the Open, Masters (40+) and Senior (50+) age categories!
- The climb starts at the intersection of Stream and Tres Sendas (right before merging onto StarFlower) and ends when Madrone trail hits West Ridge.
- Segment can be viewed here: <http://bit.ly/1sTpYZ7>
- You **MUST** complete the full race distance.
- Upload your run on Strava by Monday 10am.
- In the Strava app, please title your uploaded run something like "Woodmonster 2017," or "Woodmonster XC," or "I lost my lunch at Woodmonster," etc. This will make it easier to verify participants. Make your uploaded run "public" on Strava otherwise your time cannot be verified.
- In the event of a tie, the winner will be decided by some arbitrary measure of awesomeness: thumb war, rock-paper-scissors, best interpretive dance, etc.
- Awards will be presented the following Tuesday **after** the Salomon Run Club at Skyline Gate, Redwood Park, June 28<sup>th</sup>. (Winners will be notified on Strava by Monday evening.)
  - o The Salomon Run Club meets every Tuesday evening at Skyline Gate at 6:30pm for a fun 4-5 mile run. 7:20pm, Skyline Gate.

### **Tips:**

- If you do not have a GPS watch, **you can use Strava's smartphone application**, available free on the iTune and Android store.  
[www.strava.com/mobile](http://www.strava.com/mobile)
- GPS upload troubleshooting guides can be found here:  
<https://support.strava.com/hc/en-us>
- Course maps can be found here:  
<http://www.gmap-pedometer.com/?r=6811481>  
<https://www.strava.com/routes/5101751>