



# LEADVILLE TRAIL100RUN

*presented by*



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**2014 ATHLETE GUIDE**

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Leadville is a magical place.

Since 1983, this rugged mountain town has welcomed racers with a monumental challenge. Every year brings a fresh crop of anxious and energetic athletes just waiting to test themselves in Colorado's high country. As you place one foot in front of the other and witness our breathtaking views, the scale of your challenge will begin to sink in. There will be highs and lows and water crossings thrown in for good fun. And as the hours tick by, the sun will rise, then fall...and, for some, rise again. The further you get on this beautiful course, the more you will depend on your incredible crew of family and friends to get you back home.

Our goal is to give you every opportunity to succeed. We have made some changes and are hopeful that you feel the benefits. Please be courteous to your fellow athletes and show respect to the course. You have spent countless hours preparing for this day and are definitely ready to toe the line.

Leadville's magic has been here for over 100 years and soon it will be in you!

Thanks for running with us.

Josh Colley

Race Director



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## STARTING LINE & LACE 'EM UP!

This race information packet contains many suggestions and recommendations to help you prepare for and complete the LT100. Race Management and volunteers pledge to do everything possible to make your LT100 a successful event you will always remember. Our medical committee, along with runners, crews and volunteers, participated in developing many of the recommendations contained in this packet. Proper preparation is critical to a successful and enjoyable experience. All runners and crews should read this information carefully. You can always check our website at [leadvillerraceseries.com](http://leadvillerraceseries.com) for updates.

## SCHEDULE OF EVENTS

### THURSDAY, AUGUST 14

11am - 7pm

Leadville Race Series HQ, 316 Harrison

Early packet pickup and MANDATORY medical check-in. See section titled medical check-in. Photo ID is required. Racer check-in and packet pickup. Packets must be picked up in person—they will not be mailed or given to others.

5pm

Lake County Middle School gymnasium, 1000 West 6th St.

Carbo-Loading Dinner

### FRIDAY, AUGUST 15

7am - 10am

Leadville Race Series HQ, 316 Harrison

MANDATORY medical check-in. See section titled medical check-in. Photo ID is required. Racer check-in and packet pickup. Packets must be picked up in person—they will not be mailed or given to others.

8am - 2pm

Pre-race Expo. The Expo will be located in the parking lot of the Lake County Middle School, 1000 West 6th St.

11am

Lake County Middle School gymnasium, 1000 West 6th St.

MANDATORY final briefing. Up-to-date conditions, any changes in race rules or procedures and last-minute instructions will be provided. All entrants are required to attend. A crew briefing will immediately follow. MANDATORY for ALL crews.

3pm - 5pm

Courthouse Lawn, 6th & Harrison

Supply bag drop - see section titled Drop Bags



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## SATURDAY, AUGUST 16

3am - 3:45am

Corner of 6th & Harrison

Line up with your Racer #!

4am SHARP!

Starting line, 6th & Harrison.

## SUNDAY, AUGUST 17

5am

25-hour cutoff time. These runners are awarded the large silver and gold buckles.

10am

30-hour cutoff time for all runners. These runners awarded silver finisher buckles.

Noon: Awards Ceremony at Lake County Middle School gymnasium, 1000 West 6th St.

All awards will be presented at this time. If you are unable to attend, your awards can be mailed for a \$25 fee. Please see website for details. Awards will not be given to others.



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## WHAT DO WE LOVE ABOUT LEADVILLE?

### LEADVILLE TRAIL 100 VETERANS COUNT THE WAYS, AND ADD THEIR TALES TO THIS STORIED RACE.

"I am a Leadville resident. I love Leadville for its people, mountains and historic past. Leadville is the right setting for this race because of its high altitude, climate and mountains. Runners can expect anything when running in Leadville, from crossing rivers to running in the rain and snow. Leadville's high peaks and trails test the human body to its limits. I like that the race brings more people to Leadville, that many runners from across the country and the world come to challenge their mental strength and endurance.

When I found out about this race it was a challenge to me. I wanted to run it, but the only experience I had were 26-mile races. For me it was a dream to complete the LT100 Run. I mentioned this to some of my running friends and they thought I was crazy—it was too many miles and I didn't have the physique for it. I was short and really skinny. But this gave me the determination to do it despite the negativity. The first year I abandoned the race. I could not finish. The next day my body hurt and I did not want to hear anything about the race ever again. Many months passed and all I thought about was going back and proving to myself I could, and even if it took me 30 hours to do it I would. In 1991, I finished my first LT100 and now I have 20 finishes! My daughters grew up watching me race. I keep coming back to prove myself and to make my daughters proud."

**- Mario Varela**  
Leadville

"This will be my third LT100 (I'm also a three-time Leadville Marathon finisher). The history and mystique of the town and the race itself have long captivated my imagination. I can feel the history and I often think about the many legends who have run that storied course. Then you have the huge community that has formed around the entire race series. We all look out for each other when we're out there. But what most attracts me is the self-transcendence I experience running 100 miles at altitude and across very challenging terrain.

This race takes just about everything you have, but gives you so much more in return. I can't think of many better areas to hold a 100-miler. It's a runnable course with some significant challenges involved, such as Hope Pass, the Powerline climb and the high altitude from start to finish. It demands your 'A' game."

**- Wyatt Hornsby**  
Parker, CO



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"The LT100 was the first hundred I ever did, back in '91. I've met so many wonderful people and made so many great friends here over the years. In spite of the race's phenomenal growth it's still a classic, just like Leadville itself. And it travels through the heart of my favorite place on the planet, the amazing Colorado Rockies. Leadville is such a unique, authentic place.

I love how the whole town supports the race and welcomes all of us. John (Greer, nine-time finisher who passed away this spring while training) inspired me. He loved this race so much and truly displayed that indomitable LT100 spirit, so I'm honored to have a chance to symbolically pace him on his 10th finish. I know it was a big milestone for him. As one of the older guys who's been lucky enough to be a part of the race for a bunch of years now, I think it's important to continue one of the traditions that Ken taught us: to remember and honor those of our LT100 family who have left us in the past year. So while the race is growing and bringing new friends into the LT100 family, I want to maintain the traditions and the community feel that the race has had for so long. John and I finished just a few minutes apart last year, so this year, to honor John's memory, I hope to travel well, enjoy the effort of every mile and create a run that he would be proud of for his 10th finish."

**- Kirk Apt**  
Fruita, CO

"I ran the LT100 for the first time last year and it was a bit life changing because I had only run one marathon prior. The single-track trail, altitude and low percentage of finishers all intrigue me and are bringing me back to better my 2011 performance.

Leadville is quaint, and a town with mass character. The race travels through some of the most serene landscape in Colorado, enveloping you in everything from lush aspen groves to high mountain passes."

**- Danny Bundrock**  
Fort Collins, CO

"I often joke that I love everything about my annual trip to Leadville but the running. I love the historical aspect of the town and the beauty of the Rockies. The quality of the event has always been held to a very high standard by the race management and volunteers. I always feel confident recommending the race to prospective entrants."

**- Bill Finkbeiner**  
Auburn, CA

"This will be my eighth consecutive LT100 Run. I'm aiming for ten finishes. We lived in Leadville for seven years, of which I finished the race every year. Therefore, it was sort of a local race to me. It is a world-class 100-mile ultra with tremendous community support and a small mountain town feel. It didn't hurt that the start was three blocks from our house either!"

**- Brian Costilow**  
Signal Mountain, TN



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**If there ever was a city deserving of your love, it would be Leadville: a city that epitomizes some of the very reasons you entered this race: soul, spirit and survival.**

But how much do you really know about Leadville? Here are some fast facts. We can't give you a buckle for knowing this stuff, but it will take your mind off those hundred miles.

- Leadville has multiple nicknames, including Cloud City, Magic City and Two-Mile-High City.
- Leadville is North America's highest incorporated city.
- Even though Leadville was founded during the Silver Boom, there were too many other cities around that same time with silver in their names, so founders decided to name it after the ore.
- Leadville was founded in 1877 by mine owners Horace Tabor and August Meyer.
- Leadville's population at the height of the mining boom is said to have been close to 30,000. Leadville's population today is 2,700.
- Leadville's past was filled with legends, eccentrics, entrepreneurs, dreamers and other characters famously euphemized as colorful, including Horace and Baby Doe Tabor, Molly Brown, Texas Jack, Frank and Jesse James, Wyatt Earp and Doc Holliday.
- Leadville is one square mile and its 70 square blocks of Victorian architecture have been designated a National Historic Landmark District.
- Leadville had the highest unemployment in the nation when Ken Chlouber, determined to bring Leadville back from the brink, organized the inaugural Leadville Trail 100 Run in 1983. The mountain bike race was added 11 years later.
- The Climax Molybdenum mine, shuttered in the 1980s, is now reopened and thriving!





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## LEADVILLE TRAIL 100 & LEGACY FOUNDATION

### Giving Back to the Community

In 2002, the Leadville Trail 100 created the Legacy as its nonprofit foundation to formalize a pathway to meet ever-increasing community needs. The Legacy fund continues to grow through generous contributions from individuals and corporations, as well as a portion of race entry fees. Since the foundation's inception, hundreds of thousands of dollars have been contributed with every dollar going directly to meet the needs of the Leadville/Lake County community.

On behalf of the Leadville Trail 100 Legacy, we thank you. Your contributions make it possible for us to support such efforts as the Community Park, the Sno-Cat Groomer for Leadville's Mineral Belt Trail, Youth Baseball and Youth Basketball in Lake County. Of course, no recipients are more grateful and excited than the Leadville children who receive gifts from Santa during the Legacy's Annual Children's Christmas Party. We wish all of the Legacy donors could be there to experience the joy these children express when opening that special present from Santa.

Your thoughtful contributions allow the Legacy's giving to continue to grow. In May 2009, the Leadville Trail 100 Legacy Scholarship Program was created, and twenty-six 1,000 scholarships were distributed to graduating Lake County High School seniors who were continuing forward with some form of higher education. Since then, over 100 additional scholarships have been awarded.

Our belief is that the greatest opportunity for Leadville can be found in today's graduating seniors. The Legacy Scholarship Program is making that dream a reality for many Lake County students. This is only possible because of thoughtful contributions from people like you. We hope for your continued support in the future.

### Help Make a Difference

If you are interested in making a contribution to the Leadville Trail 100 Legacy or to the Legacy Scholarship Program, please send your tax-deductible donation to:

Leadville Trail 100 Legacy  
P.O. Box 234  
Leadville, CO 80461

You can also reach us at (719) 486-1133 or [leadvilletrail100legacy@gmail.com](mailto:leadvilletrail100legacy@gmail.com)



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## PUBLIC PARKING

There are four public parking lots:

- West 3rd and Harrison Ave
- East 4th behind the Tabor Opera House
- Community Park across the street from the North Lot at the intersection of W 6th Street and McWethy

## STREET PARKING

- Diagonal parking is permitted on the south side of the street up to the alley on the following streets: East 8th, East 7th, East 6th, East 5th, and East 4th streets
- Leadville Municipal Ordinance allows for homeowners to purchase private parking signs to put in front of their homes. These parking spaces are clearly marked with a red and white sign. If you park in one of these spaces you will be ticketed and your vehicle may towed
- Remember to park in the direction of traffic and 12 inches or less from curb
- There is a two-hour time limit for parking in some areas
- No parking in front of driveways



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## TO THE FIRST TIMERS

You've made it: Leadville! Because we want nothing more than for you to successfully meet the lofty goals you've brought to this lovely city, we have rounded up some words of wisdom from those who have blazed these trails before. Here we send you on your way with some last-minute tips on fueling, pacing, and the all-important mental component.

For those of you who haven't run it before, you should know you are headed to one of the most exciting, yet demanding events in the world, with challenging terrain, spectacular vistas at every turn, and the world's most wonderful people as your hosts. So be nervous (that's a sign of respect), but feel great about the challenge you are about to undertake. The basic goal of Leadville is to finish, and to meet the challenge you have set before yourself.

Each of us has a different menu of what works and how it sits in our stomachs, so know your feeds and fluids and have confidence in them. Don't try something new for the first time in the race – too risky! Drink and eat often. Keep those blood sugar levels steady and high. A tired mind tends to be forgetful, so make fueling a habit.

Have a great race, run well within yourself, especially in those first 30 miles (you have plenty of time to make your move!), and be sure to look around and smile. You're part of one of the greatest events on earth!

"When Ken says, 'You are better than you think are and you can do more than you think you can,' he means it. When the chips are down and you're struggling to put one foot in front of the other, think hard about those words. You have to dig deep, and then dig deeper, just like the miners who helped make Leadville great. When you're forced to dig deep, you find out what you're made of. That aside, don't go out too fast and eat early and often. Leadville is a race that rewards patience (and good eaters)."

**- Skip Hamilton,**  
*Six-time LT100 winner*

"Patience, patience and more patience. Keep it simple - it is a very, very long run in which the greatest goal is to just finish. Therefore, divide the course into multiple shorter runs (aid station to aid station) and adjust your in-race goals accordingly. There will be highs and there will be lows, but consistent mental fortitude trumps 200 miles-a-week training every single time. Oh, and be patient."

**- Wyatt Hornsby,**  
*Finisher and author of the popular ultra-running blog, [nolimitsever.blogspot.com](http://nolimitsever.blogspot.com)*

"Make it a goal to enjoy your fellow runners, trust your training and remember the lower the low point, the higher the high point. Never give up!"

**- Brian Costilow,**  
*10-time Finisher*





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"We will each start the race with our own level of fitness and ability. Once the gun goes off, we cannot change our level of physical ability. We can only affect our outcome by using our mental component, by keeping our pre-race goal in mind and not giving in to some temporary discomfort. If running the Leadville 100 was not a challenge, there would be no reason for us to attempt it. I try to remind myself of that when the going gets tough."

**- Danny Bundrock,**  
*Finisher*

"Anything is possible in life and if you cannot accomplish it the first time, try again until you accomplish it. You are here for a reason and I know you can do it. Remember: bravery, courage and determination."

**- Bill Finkbeiner,**  
*1st 3,000-mile buckle recipient*

"The most important advice for rookies is to not go out too fast, drink plenty of liquids and refuel constantly with food and electrolytes. Even though this advice is the same from most sources, it is still not followed very well."

**- Mario Varela,**  
*20-time finisher & Leadville local*

"Enjoy the experience. Recognize how lucky we all are to be able to be a part of such a grand adventure. Take a second sometime this weekend and look around at these magnificent mountains and be inspired by the indomitable spirit that's on display. Take it, run with it, be your best with it."

**- Garry Curry,**  
*23-time finisher*

"WHEN IT COMES TO THAT POINT WHEN IT HURTS BEYOND HURT. WHEN YOUR LUNGS ARE BURNING, YOUR LEGS ARE DEAD AND YOU'VE STILL GOT MILES AND MILES TO GO. THAT'S WHEN YOU DIG DEEP"

**- Ken Chlouber**



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## COURSE DIRECTIONS

**Start to May Queen:** start on the corner of 6th St. and Harrison Avenue. Runners will head west on 6th St. for just less than one mile to the junction of McWethy Drive and 6th St. Turn left for about 1/10 mile, then turn right on a dirt road called the Boulevard. Follow the dirt road approximately 2 1/2 miles, turn right at the junction and run about 8/10 mile to the Turquoise Lake Road (paved). Turn left for approximately 1/4 mile on the paved road to the three-way junction opposite Sugar Loafin' Campground. Follow the dirt road (middle fork) to the power line (approximately one mile). Turn right and follow the power line up to the Turquoise Lake Road. Cross the road and pick up the trail on the edge of Turquoise Lake, turning right. Follow the trail along the shoreline, first heading north, then west to the May Queen Campground. Be careful along this trail section as it will be dark and some of the course is right along the water. After entering May Queen Campground from the trail, proceed on the road, still heading west. The first aid station will be on the right after you have run all the way through the campground. You should carry adequate water from the race start to make it to the first aid station, approximately 13 1/2 miles into the race.

**May Queen to Outward Bound:** continue in the same direction until you reach Turquoise Lake Road. Turn right, which is northwest. Run on pavement to a hairpin curve in the road, where you will turn left off the paved road and across a small stream, bearing left on a trail that in turn crosses a wooden bridge over a larger stream. Turn right immediately after the bridge and continue until you reach metal rails standing in the jeep road, then turn left onto the Colorado Trail. At Hagerman Pass Road, turn right and continue for approximately one mile. Take a hard left onto a jeep trail, Forest Service Road 105, and proceed to the top of Sugar Loaf Pass at 11,000 feet. At the top of the pass, make sure you do not turn right or left at the Colorado Trail signs. Continue along the dirt road for several hundred yards, then turn right on the road that leads you down the power line right-of-way to the County Road. The portion of our trail from the top of Sugar Loaf Pass down to the paved road passes through private property. We ask that you not trespass on either side of the dirt road and NO PARKING next to the Powerline. Parking is available east of the beaver ponds. At the paved road, turn right and run along a paved section past the Leadville National Fish Hatchery to the Outward Bound aid station. This is the first medical checkpoint and is 24 miles into the race. The aid station is operated by the Colorado Outward Bound and SVGH medical volunteers.

**Outward Bound to Half Pipe Aid Station:** exit the Outward Bound property making a right (south) onto Country Road 11. After running on the paved road for 1.5 miles, turn right just south of the fence. Follow the fence line to gain access to the pipeline. Turn left on the pipeline and run 1.5 miles. Turn right on Forest Service Road 130 and follow for one mile.



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Mount Elbert Aid Station to Twin Lakes: Follow Colorado Trail, then the single track east to the dirt road that descends to Twin Lakes. Twin Lakes to Winfield: As you leave Twin Lakes Aid Station, go approximately one block east, turn right and run straight ahead to Highway 82. Cross the pavement and the parking lot and head in a westerly direction, following the trail that roughly parallels the pavement, until you reach a dirt road. Turn left and follow the dirt road until you reach the river. After crossing the river, continue on the jeep road until you reach the trail intersection with a NO VEHICLE sign. This will soon turn into a trail. There is a fork in the trail after about one mile. Take the left fork. This will take you to the summit of Hope Pass at 12,600 feet in elevation, and the 45-mile point in the race. There will be a limited aid station at timberline on the north side of Hope Pass. This is staffed by a few very hardy volunteers (because you couldn't pay somebody enough to do this). Aid here is extremely limited and this aid station should be considered for emergency use only. Upon leaving Twin Lakes, carry enough food

and fluids to get you to Winfield. The course then drops down to the Sheep head gulch trailhead intersection. New for 2013, racers will be running the beautiful Continental Divide Trail next to Clear Creek road. This trail is located at the bottom of South Hope pass near the Sheep head Gulch trailhead. Use of the trail will eliminate the danger of racers and cars traveling together on the four-mile stretch up to Winfield. Runners will turn west on the new section (outbound) finding a downhill spur at approximately 1.7 miles that will bring runners to Winfield Road and into Winfield from above, running through the town, across a bridge, and then making another left turn into the campground and the Turnaround Aid Station, operated by the Leadville Lions Club and SVGH volunteers. This is also a medical checkpoint. After clearing the aid station, turn around and repeat the same route—in reverse. You must leave this aid station on your return by 14 hours.

Good luck!

“NOBODY’S GONNA GET YOU ACROSS THE FINISH LINE BUT YOU!”

**- Ken Chlouber**





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## SUPPORT CREWS

We strongly suggest you bring someone to crew for you during the race. Your race packet includes a vehicle hangtag with your race number on it. This must be displayed and readily visible on the crew vehicle at all times. Your crew is your personal responsibility. If your crew disregards parking instructions, race rules or requests from race officials, you (the runner) will be disqualified from the race. Please make certain that your crew is not the one others complain about.

We ask that your crew drive slowly and obey all posted warnings. There will be a Lake County Sheriff's Officer patrolling road sections. Please check in and out of all aid stations before you have your crew take care of your needs. Crew access into aid stations may be limited. If crews are meeting you at aid stations, they should allow adequate time to park and walk to the aid station. This race packet includes a map and directions showing access roads, crew access points, and crew and pacer rules. Crews should become familiar with the aid station locations, available access roads and race rules prior to the start. Absolutely no crewing between aid stations—except at the tree line.

In addition, please respect no parking areas near aid stations. These areas are reserved for aid station re-supply and emergency vehicle access.



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## RACE RULES FOR CREWS AND PACERS

ALL CREWING MUST BE DONE AT DESIGNATED AID STATIONS or  
ALTERNATE CREW ZONES

1. Runners are responsible for the actions of their crew and pacers.
2. Pacers will be given a bib number that you must wear at all times and you must notify aid station personnel that you are the pacer. Pacers will be required to sign a waiver and will be required to follow the same rules as the racer. Pacer waivers may be signed at the pre-race meeting or any aid station. Pacers under 18 must have signed permission from a parent or legal guardian. Pacers must be on foot—no bicycles.
3. Crews will be given a vehicle hangtag with the racer's number. This must be visible in the crew vehicle at all times.
4. Crews are not allowed to park anywhere other than where posted and allowed by Race Management.
5. Crew only at aid stations and at designated crew access points.
6. NO LITTERING!
7. All animals must be leashed at all times.
8. If your runner drops from the race, double check that they have followed proper procedures. This means surrendering the racer's timing chip (on bib) to race personnel.
9. Runners are allowed as many pacers as is necessary after 50 miles, but only one pacer at a time.
10. You must yield to Race Management and emergency vehicles.
11. All dirt roads in the first 20 miles and last 20 miles of the race are completely closed to vehicle traffic. Failure to obey the rules will result in disqualification and exclusion of your runner from future LT100 Runs.
12. Vehicle rules:
  - No pacing with vehicles.
  - No aid allowed from a moving vehicle.
  - No vehicles on Hagerman Road.
  - Vehicles may not stop on Halfmoon Road from State Highway 300 to the timberline.
  - Vehicles may not stop on Winfield Road. Absolutely NO parking or crewing on Winfield Road. All crewing MUST be done in Winfield.
  - Park in designated areas only.
  - Obey traffic and parking officials without comment.
  - No stopping or crewing from the Sugar Loafin' intersection to the finish.
  - Absolutely no vehicles on the Boulevard—this is at miles two, three and four and 97, 98, 99.
  - No vehicles past Pipeline Parking/Crewing area.

**"YOUR RESULTS DEPEND ON YOUR PREPARATION! YOUR INTEGRITY! YOUR BELIEF IN YOURSELF!"**

**- Ken Chlouber**



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## RACER CODE OF CONDUCT

### RULES AND OTHER STUFF YOU NEED TO KNOW

1. Absolutely no littering anywhere on course or at any aid stations! Littering is grounds for disqualification and will be enforced. Hold your trash until you find an appropriate receptacle. If you find trash from others, please pick it up and throw it away. Whenever possible please use porti-potties available at aid stations. BE COURTEOUS!
2. Entries and race numbers are non-transferable.
3. Leave absolutely nothing at the river crossing!
4. Do not cut switchbacks. You must follow the trail as it has been marked.  
STAY ON THE TRAIL!
5. No vehicle pacing. No bicycle pacing. You may have as many pacers as you wish after 50 miles, but only one pacer at a time.
6. No aid allowed from moving vehicles. Crews must be outside the vehicle when assisting a runner. Crews allowed only at aid stations and designated crew access points (see section titled Support Crews).
7. You may not stash supplies along the course.
8. No vehicle shall follow a runner assisting with headlights.
9. Any runner dropping out shall immediately surrender his/her wristband and notify aid-station personnel.
10. Any runner accepting a ride for any reason is deemed out of the race and may not reenter.
11. Crew member pets must be leashed.
12. Cutoff times are nonnegotiable.
13. All runners will abide by the directions of the medical personnel. This includes checking in with the medical staff after you finish the race prior to leaving the finish line area.
14. Where necessary to run on roads, please run facing oncoming traffic. This is especially important between Winfield and the trailhead.
15. Violation of any rule will be grounds for disqualification. Race Management reserves the right to bar any runner from competing in this and any future Leadville Trail 100 races.
16. Runners requiring supplemental oxygen or IV fluids will not be allowed to continue.
17. Decisions of the Race Director and Race Management are final.
18. BE COURTEOUS! YOUR TRAIL USAGE DURING THE RACE IS A PRIVILEGE!





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## PLEASE READ THOROUGHLY!

Although these rules have been stated elsewhere, we reiterate them because of their extreme importance:

- No vehicle pacing.
- No bicycle pacing.
- Crews only at designated crew access points.
- You must yield to Race Management and Emergency vehicles.
- NO LITTERING

## RACE NUMBERS

Numbers must be visible at all times. Runners are required to check in and check out of each aid station. It is your responsibility to make sure each aid station timer has your number.

PLEASE DO NOT CUT OR FOLD YOUR RACE NUMBER. The timing chip is affixed to the race number. If you cut or fold your race number you may damage the chip, which means your race time and splits will NOT be recorded.

## WEATHER AND CLOTHING

The temperature can vary from the high 70s in the daytime to the high 20s at night. A typical August day starts with sunshine and ends with afternoon showers. Weather in the Colorado high country is notorious for its rapid and violent changes. During the race it could rain, hail and even snow. Lightning is hazardous, especially above timberline. Hypothermia can occur easily with a combination of decreasing temperature, wind and precipitation. The confusion that accompanies hypothermia can be deadly. The following items are strongly suggested:

- Rain gear
- Windbreaker (with hood)
- Polypro or wool socks, hat and gloves
- Changes of socks, shoes and dry clothing
- LED lights or spare flashlights at Winfield, Twin Lakes, Halfmoon, Outward Bound and May Queen

No matter what the weather, DO NOT attempt the round trip over Hope Pass without adequate warm and protective clothing. Remember, Hope Pass is at 12,600 feet.



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## DROP BAGS

All aid stations, with the exception of Hope Pass, are Supply Bag Drops. Drop bags must be at least as strong as double-thick plastic bags. No paper bags, please. Your name, race number, and the name of the aid station must be on the outside in large letters. We prefer that you use wide white tape on the bag and then write on the tape with a black felt-tip marker. Remember that other than Winfield, you will pass through each aid station twice. You may prefer to have a bag for the outbound trip, and a separate bag for the return trip. If you choose to do this, please mark each bag with either OUTBOUND or RETURN. If you place any liquids in your bag make sure they are in leak-proof, non-breakable containers. Drop bags will be returned to the Courthouse lawn at 7am on Sunday and must be collected by 2pm. Unclaimed drop bags will be donated to local charities. There will be NO late pickup, and we will not mail drop bags.

## AID STATIONS

It is your responsibility as a runner to make sure that race officials time you in and out of all aid stations.

The following items will be available at the aid stations.

- GU gel packs
- Herbalife Prolong
- Coca-Cola products
- Water
- Coffee
- Fruit (bananas, oranges, watermelon)
- Turkey and ham sandwiches
- Bagels
- Boiled potatoes (not available at all aid stations)
- Cocoa
- Top Ramen-type soup/hot bouillon
- Cookies
- M&Ms
- Pretzels
- Soda crackers
- Graham crackers
- Peanut butter and jelly sandwiches

The Hope Pass Aid Station will have a limited selection of these items.



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## LIGHTING AFTER SUNSET

The terrain and altitude, while creating a beautiful backdrop for the race, makes for extremely difficult trail running. The rocky, uneven trails, particularly when combined with darkness and fatigue, make falls and sprains more likely to occur. You will run the first hour of the event in complete darkness and a light is mandatory. All but the fastest runners should carry a light from Twin Lakes on the return, and the slowest will need to take a light from Winfield. The gold standard in nighttime illumination is the LED or Light Emitting Diode flashlight. The LED flashlight is not subject to the difficulties found in regular bulb and battery flashlights. The bulbs last thousands of hours so bulb life is not a factor. Most LED flashlights are water resistant/proof and shock resistant. LED flashlights come in a variety of beam widths and colors. All will work adequately, so choose according to personal preference. We recommend that you ALWAYS carry a spare light as unexpected things can happen to any equipment, and a flashlight at night in the Rocky Mountains should be considered a necessity. If you will be using a battery and bulb light, take plenty of batteries and spare bulbs, both to carry and to place in drop bags, and be familiar with how to change them. The evening weather will be cool-to-cold so expect less life from your batteries.

## MEDICAL CHECK+IN AND CARE

Thursday, August 14, 11am - 7pm, Racer Headquarters, 316 Harrison

Friday, August 15, 7am - 10am, Racer Headquarters, 316 Harrison

## MANDATORY MEDICAL CHECK IN

Identification required for check-in. You will have your weight taken. At this time, you will be required to inform medical staff of any medications or special medical conditions. This information will be noted on a medical wristband and placed on your wrist. You must wear the wristband for the entire race. Try to wear the type of clothing and shoes you plan to wear during the race.

Limited medical care and evaluation will be provided for you at the designated medical stations (Outward Bound, Twin Lakes and Winfield), along with the addition of a small team on Hope Pass. Search and rescue will be available if a runner becomes lost and/or unaccounted for. We are not equipped to provide medical care between stations, although we will do our best to help you. Stay on the trail if you become injured or ill. Any medical or search-and-rescue charges incurred are the sole responsibility of the runner.

At the medical aid stations, you may have your pulse and weight taken. If you drop more than 7% of your body weight, you may be pulled from the race. If your weight is down between 3%-5%, you may be retained and asked to drink and eat to bring your weight back up. Medical staff members have the authority to give the runner the right to continue on to the next aid station. THEIR DECISIONS ARE FINAL. Please cooperate with them, as they will be asking you questions to evaluate your mental status and physical wellbeing. As you complete the race, you will be required to have the finish line medical staff check for lung congestion and any breathing difficulties. Runners requiring supplemental oxygen or IV fluids will not be allowed to continue.





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## ALTITUDE, DEHYDRATION AND OTHER BODILY CONCERNS

*By Mike Monahan, 1,000-mile run buckle holder*

A longtime good friend of the Leadville Trail 100, Dr. John Perna, MD, said it best: There are four H's to remember when running this race: hypoxia, hydration, hyponatremia and hypothermia.

### HYPOXIA

There is less oxygen to breathe at 10,000 feet than at sea level. This is true for everyone, whether they come from sea level or live in Leadville. Any amount of time you can spend at altitude will help you become acclimated. It is estimated that it takes approximately three weeks at altitude to allow for maximum acclimation.

### HYDRATION

The relative humidity in Leadville can be as low as 5%. This means that your body sustains fluid loss rapidly just through breathing, not to mention sweating. To counteract this loss of fluids, you must drink regularly at the aid stations and make certain to carry adequate fluids on the trail and use them. You should drink enough fluids to maintain a regular and normal rate of urination.

### HYPONATREMIA

Drinking fluids in excess of your needs can result in flushing too many of the necessary minerals and electrolytes out of your body. This can result in this life-threatening condition. Minerals such as sodium, potassium and calcium—among others—are needed for cellular functioning as well as to maintain appropriate electrical activity in the heart and neurological system.

### HYPOTHERMIA

In the mountains at altitude, the weather can change completely in a matter of minutes. A bright sunny day can change into a driving hailstorm with lightning, and does with considerable frequency. Night can bring snowstorms in August. Never go up the mountain without being prepared for this kind of weather; it will happen. The clothing that felt warm enough when you were running and generating body heat will not sustain you when you are stopped to wait out lightning or a hailstorm. Be prepared for changing weather conditions.



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## DROPPING FROM THE RACE

While we don't like to consider it, some of you may not complete the race. If you:

- are unable to continue for any reason, stay on the marked course and inform other runners that you need aid.
- drop out at an aid station, you must surrender your timing chip (on bib) to the aid-station captain and tell them you are dropping out.
- decide to drop out between aid stations, you must report to the nearest aid station or the finish line, and inform that aid station captain that you have dropped out.

Under no circumstances should you leave the race without first surrendering your timing chip. Failure to follow this procedure causes extreme problems, and will result in exclusion from subsequent Leadville Race Series events.

## PACING

Pacers are allowed after the 50-mile point (Winfield Aid Station). You may have as many pacers as you wish, although only one pacer at a time (until mile 99). Pacing entails patience, tolerance and humor. The primary duties of a pacer include route finding, keeping the runner on pace, ensuring that the runner continues to eat and drink, and making sure the runner leaves the aid stations with adequate clothing and supplies to reach the next aid station. Pacers should be aware of all significant medical conditions of their runner, and know how to respond if required. At minimum, the pacer should carry a basic medical kit, a cell phone and a space blanket. Pacers are not allowed to push, pull, carry or tow the runner. Any special pacing situations or requests must be pre-approved by Race Management.



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## CUTOFF TIME

CHECKPOINT	MILES		CUTOFF TIMES			PACE (MIN: SEC/MILE)	
	Elapsed	Cumulative	Elapsed	Cumulative	Clock	Leg	Cumulative Average
START	---	---	---	4am	---	---	
May Queen	13.5	13.5	3H 15M	3H 15M	7:15am	14:26	14:26
Outward Bound	11	24.5	2H 45M	6H 00M	10am	15:00	14.42
HALF PIPE	6.5	31	1H 20M	7H 20M	11:20am	12:18	14:11
Twin Lakes	8.5	39.5	2H 40M	10H 00M	2pm	18:49	15:11
Hope Pass	5	44.5	2H 15M	12H 15M	4:15pm	27:00	16:31
Winfield	5.5	50	1H 45M	14H	6pm	19:05	16:48
Twin Lakes	10.5	60.5	3H 45M	17H 45M	9:45pm	21:26	17:36
HALF PIPE	8.5	69	3H 30M	21H 15M	1:15am	24:42	18:29
Outward Bound	6.5	75.5	1H 45M	23H	3am	16:09	18.17
May Queen	11	86.5	3H 30M	26H 30M	6:30am	19:05	18:23
FINISH	13.5	100	3H 30M	30H 00M	10am	15:33	18:00

The table shows the mandatory cutoff times for each checkpoint. Also shown is the pace for each leg and the average pace to each checkpoint based on the cutoff times. The volunteers will make every effort to get you through each aid station prior to cutoff. Cutoff time at the May Queen Aid Station Outbound is suggested. All other cutoff times are absolute.

For safety, a cutoff of 4:15pm has been added at Hope Pass Aid Station (Outbound). If runners fail to make it to the station by this time, it will be impossible for them to make the next cutoff at Winfield. For safety, runners failing to make the 4:15pm cutoff will be turned back to Twin Lakes.

Runners are required to leave the Winfield Aid Station on their return effort by 14 hours (6pm). Trail Sweep provided by Lake County Search & Rescue will depart Winfield at this time.



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## AWARDS

- All runners completing the course in less than 25 hours will be awarded gold-and-silver trophy buckles.
- All runners completing the course less than the 30-hour time limit will be awarded silver belt buckles.
- All women finishers will receive a gold and silver pendant. 1,000-mile finishers will be awarded a special gold-and-silver buckle.
- All finishers who complete the race in less than 30 hours will receive a Commemorative Leadville Trail 100 finisher sweatshirt.

Age group awards will be three deep in all age categories. In the case of a tie, runners will be placed by Race Management. All awards will be presented at the Sunday awards ceremony. If you are unable to attend, your awards can be mailed for a \$25 fee. Awards will not be given to others.

## PHOTOGRAPHY AND FILM CREWS

Photography and film crews may be present this year on foot, in vehicles and in helicopters for the duration of the race. Lead runner can expect to be shot extensively for the first few and final miles. Please be tolerant and as accommodating as possible. Their coverage will benefit the race and the Leadville community. Framed photos and DVDs also make great thank you gifts for the crews, family and friends who tolerate your extreme behavior.

## RETAIL SHOP

Stop in to our store at 213 Harrison Avenue and shop for amazing race gear for the whole family. You can only find it here at 10,152 feet above sea level, so stock up now. We look forward to seeing you soon!

## COURSE MARKING

The trail will be marked with pink/black pin flags and flagging tape. The dirt roads and trail sections to the end of Turquoise Lake on the outbound run and from Twin Lakes all the way to the finish will also be marked with glow sticks or reflective devices—three strips of reflective tape wrapped around PVC tubing. There will be white flour/chalk used on some sections. Final decisions will be given at the mandatory pre-race briefing.





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## SOCIAL MEDIA

Find us on Facebook ([Facebook.com/leadvillerraceseries](https://www.facebook.com/leadvillerraceseries)) and Twitter (@LTRaceSeries). Don't forget to use and follow our hashtag #LT100 to share your photos with us and see what other runners, crews and spectators are posting.

## TRASH AND RECYCLING

There will be trash bins and recycling/compost containers at all full aid stations and at the start/finish line. Please discard of any trash in the appropriate container or within 100 yards of an aid station. We will be recycling all plastic and aluminum during each of our events. Zero Waste is hosting our recycling program.

Intentional littering on the course will be grounds for disqualification. The course—on trails both public and private—travels past many historic sites and through areas of exceptional beauty. Help us keep them pristine.

## THANK YOU TO OUR VOLUNTEERS!

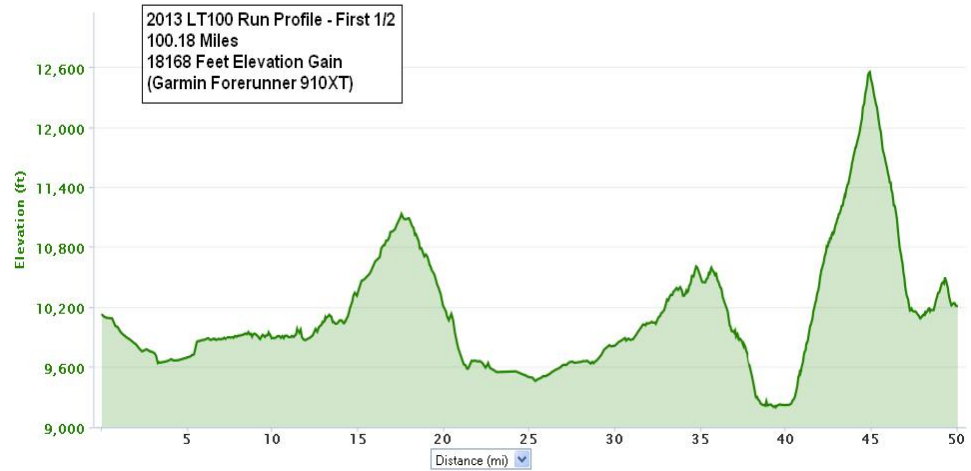
Please take time along the way to thank the numerous volunteers. We couldn't put this race on without them! We have well over 600 volunteers working the race. To volunteer for any of our events, please visit the Volunteer page on our website at [leadvillerraceseries.com](http://leadvillerraceseries.com).



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## COURSE PROFILE





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## DIRECTIONS TO LEADVILLE FROM:

### **Metro Denver & Denver Intl Airport** (121 miles)

Take I-70 West

Go through the Eisenhower Tunnel

Continue past Dillon

Continue past Frisco

Take Hwy 91, Copper Mtn Resort  
(Exit 195)

Go South on Hwy 91, past Climax to Leadville (24 m)

### **Grand Junction** (163 Miles)

Take I-70 East

Turn onto Hwy 24 South at Minturn

Follow Hwy 24 over Tennessee Pass to Leadville

### **Pueblo** (153 miles)

Take Hwy 50 West through Canon City and Salida

Take Hwy 291 North until Hwy 285

Take Hwy 285 North until Hwy 24

Take Hwy 24 North until Leadville

### **Colorado Springs** (130 miles)

Take Hwy 24 West through Woodland Park

Continue past Buena Vista

Continue on Hwy 24 to Leadville

## WHERE TO STAY?

Visit us at [leadvillerraceseries.com](http://leadvillerraceseries.com) (click on “Visit Leadville” and then “Where to Stay”) or check out the Leadville Chamber of Commerce at [leadvilleusa.com](http://leadvilleusa.com).







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## LEAVE NO TRACE PRINCIPALS

### PLAN AHEAD AND PREPARE

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards and emergencies.

#### Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel or dry grasses.
- Good campsites are found, not made. Altering a site is not necessary.

### DISPOSE OF WASTE PROPERLY

- Pack it in, pack it out.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.

### LEAVE WHAT YOU FIND

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.

#### Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans or mound fires.

### RESPECT WILDLIFE

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors and exposes them to predators and other dangers.

### BE CONSIDERATE OF OTHER VISITORS

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.



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## RACE LOG

Course Leg	Target Time In	Target Time Out	Actual Time In	Actual Time Out	+/- Goal
Start to May Queen					
May Queen to Outward Bound					
Outward Bound Wilderness to Halfmoon II					
Twin Lakes to Winfield					
Winfield to Twin Lakes					
Twin Lakes to Half Pipe					
Half Pipe to Outward Bound					
Outward Bound to May Queen					
May Queen to Finish					

Target Finish Time \_\_\_\_\_

Actual Finish Time \_\_\_\_\_

Notes for Next Year! \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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## DIRECTIONS TO LT100 RUN AID STATIONS

All Crew Vehicles please be aware of STATE and Highway Driving Regulations. Speed Limits will be enforced. Watch out for pedestrians at all times.

### Directions to The Tabor Boat Ramp

This crew zone is located at approximately seven miles into the race. Access Tabor boat ramp off of County Road 9C (Turquoise Lake Road). Crews may not park along the main lake road, but must pull down into the boat ramp parking lot.

### Directions to May Queen Aid Station

From the intersection of Harrison and 6th (stop light in the middle of town):

May Queen aid station (39°16'52.63 N, 106°26'30.55 W)

Located at approximately 13 1/2 miles into the race. West out of Tabor Boat Ramp on North Lakeside Drive (9C) continue to May Queen. The aid station personnel will also be directing traffic. Runners will be using the same road as the crews, so the section of road from May Queen turnoff to the creek crossing will

be closed to traffic. The aid station location is at the west end of the campground. Crews will not be allowed to drive into May Queen Campground itself. This area becomes quite congested on the outbound.

### -Driving instructions to May Queen, Saturday, August 16, 2014 (runners outbound)

#### **\*\*NEW FOR 2014\*\***

FOR ATHLETE SAFETY, all crews MUST travel around Turquoise Lake Road, counter clockwise, after the start of the race.

Vehicles leaving the start will travel down 6th street making a right on McWethy and continuing down County Road 4 and making a right on County Road 9. Follow signage on County Road 9 to Turquoise Lake Road (County Road 9 C). Follow Turquoise Lake Road counter clockwise (north) to reach the May Queen aid station. Vehicles arriving at Turquoise Lake Dam will be required to turn right and join the counter clockwise flow of traffic.

Vehicles will be arriving to May Queen, from the northeast driving counter clockwise on Turquoise Lake Road. ALL vehicles arriving to May Queen before the first runner will be allowed to drive past May Queen course section of Turquoise Lake Road to park South of May Queen on Turquoise Lake Road pointing towards the damn. These vehicles will leave May Queen crossing the damn upon exit. ALL vehicles arriving to May Queen after the first runner will be stopped at the course crossing and turned to exit the way they came. Crews will be allowed to cross course once last runner has passed and exit across the damn if they wish.



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### **Sunday, August 17, 2014 (runners inbound).**

-Driving instructions SAME AS PREVIOUS YEARS to May Queen

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#### **Directions to Outward Bound Aid Station**

(39°13'33.39 N, 106°23'31.60 W) Located at approximately 24 miles into the race. There will be no parking, no stopping and no crewing between the aid station and the powerline or anywhere on CR300.

Drive south on Harrison/Hwy 24, go 3.9 miles.

Turn right (west) on CO 300 for 1.2 miles. Arrive at aid station on left.

**\*\*ATHLETE SAFETY IS PRIORITY!\*\*AMBULANCE AND FIRE TRUCK ACCESS TO WINFIELD IS OF UTMOST IMPORTANCE. PLEASE KEEP THE ROAD WIDE ENOUGH OR YOU WILL BE TOWED. \*\***

#### **Directions to Tree Line ALTERNATE Crew Zone**

From Leadville, take 24 South to CR 300 West. Make a left on CR 11, bear right at the fork onto CR 11a. Arrive at the pipeline road. Crew traffic must stay left on CR 11. There is adequate parking and crews will be able to meet their runners here. This is at approximately 27 miles. The aid station is about three miles south of this crew zone. No crew vehicle traffic south of the crew zone. No parking, stopping or aiding from the Outward Bound to Halfpipe crewing area and not during the outbound or return.

#### **Half Pipe Aid Station**

(39°10'26.15 N, 106°21'44.24 W) **\*\*NO VEHICLE CREW ACCESS\*\***

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#### **Mount Elbert by CamelBak**

FLUIDS ONLY (39° 6'20.58 N, 106°23'43.16 W) **\*\*NO CREW ACCESS\*\*** NO Drop Bags

#### **Directions to Twin Lakes Aid Station**

Twin Lakes (39° 4'34.05 N, 106°18'13.57 W) approximately 39 miles into the race.

Drive south on Harrison/Hwy 24, go 15 miles

Turn right (west) on E CO-82, go 6.4 miles. Arrive at aid station.

**\*\*NO PARKING IN THE TOWN OF TWIN LAKES OR ON HWY 82 WEST OF TWIN LAKES\*\***





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Crew Vehicles are allowed to park along HWY 82 (EAST OF TWIN LAKES ONLY). Per State Hwy Patrol instructions, vehicles must be parked COMPLETELY OFF the paved shoulder OR YOU WILL BE TOWED. NO DOUBLE PARKING.

Race shuttles will be running on Highway 82. Pick-up locations are near the Moache and Red Rooster fisherman access entrances as well as further east by the Twin Lakes power station. Look for the coned off waiting areas.

Same as 2013, Pedestrian Crew Access to Twin Lakes Aid Station by foot:

Turn right (north) in center of town, go two blocks. Turn left, go 0.1 miles.

Arrive at aid station - search and rescue building (on right)

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### Hope Pass

(39° 1'35.04 N, 106°24'8.20 W) **\*\*NO CREW ACCESS\*\***

### Directions to Winfield Aid Station

Winfield (38°59'4.79 N, 106°26'23.69 W) Located at 50 miles into the race and the turnaround point. The road leading into Winfield is 14 miles of dusty, narrow, washboard road.

Drive south on Harrison/Hwy 24, go 19.3 miles

Turn right (west) on County Road 390 (Clear Creek reservoir), go 11.6 miles

Arrive at aid station on left, across the creek, in the ghost town of Winfield

**\*\*NEW FOR 2014\*\*** Do to limited access points, ONLY Crew Vehicles with a Crew Windshield Tag are allowed to travel up County Road 390. CREWS arriving before first runner (at mile 11 of County Road 390) can drive all the way to the Winfield Aid Station. FOR ATHLETE SAFETY, CREWS arriving after runners on this portion of the course will be turning around and parking along side County Road 390 pointing eastbound and walking to the aid station.

ALL CREWING MUST BE DONE AT WINFIELD (ABSOLUTELY NO CREWS ALLOWED AT THE HOPE PASS TRAILHEAD)

**\*\*ATHLETE SAFETY IS PRIORITY! \*\*AMBULANCE AND FIRE TRUCK ACCESS TO WINFIELD IS OF UTMOST IMPORTANCE. PLEASE KEEP THE ROAD WIDE ENOUGH OR YOU WILL BE TOWED. \*\***



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You'll also be seeing the familiar faces of Leadville Trail 100 Founder Ken Chlouber and former LT100 Race Director Merilee Maupin at the events this year.



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## REMAINING 2014/15 LEADVILLE RACE SERIES SCHEDULE

\* Qualifying events are subject to both date and locations change

### Race Location

August 9	Leadville Trail 100 MTB Leadville, CO
August 10	Leadville 10K Run Leadville, CO
August 16	Leadville Trail 100 Run Leadville, CO
September 6	Barn Burner Flagstaff, AZ
Multiple dates	Leadman & Leadwoman Leadville, CO
2015 TBD	Austin Rattler MTB Austin, TX
2015 TBD	Austin Rattler Run Austin, TX
2015 TBD	King & Queen of the Rocky Hill Ranch Austin, TX
2015 TBD	Leadville Trail Marathon & Heavy Half Leadville, CO
2015 TBD	Wilmington Whiteface MTB Wilmington, NY
2015 TBD	Leadville Trail 100 Run Training Camp Leadville, CO
2015 TBD	Camp of Champions Leadville, CO
2015 TBD	Fire Road Cedar City, UT
2015 TBD	Silver Rush 50 MTB Leadville, CO
2015 TBD	Silver Rush 50 Run Leadville, CO
2015 TBD	Silver King & Queen Leadville, CO
2015 TBD	Tahoe Trail 100K, Truckee, CA

Visit [leadvillerraceseries.com](http://leadvillerraceseries.com) for more information on lottery and registration opening as well as detailed information on the leadville race series of events.



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## RACE SPONSORS

We thank the following sponsors for making the Leadville Race Series possible. Whether local or national, we ask our participants and fans to look to these sponsors first for the services or products they provide. We truly could not host these amazing events without all of you. Our most sincere thanks to you all.







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# ROUND OF APPLAUSE TO OUR SPONSOR, TRANSAMERICA

Leadville Race Series would like to thank our partner, TransAmerica, for making the Leadville Trail 100 safer than ever by providing necessary course improvements, including course grading and race week watering. On behalf of all participants, we thank you.



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