

 **BLUEPRINT**
FOR ATHLETES

LEADVILLE TRAIL100 RUN

presented by



AUGUST 19, 2017

ATHLETE GUIDE

LIFETIME
HEALTHY WAY OF LIFE



LeadvilleRaceSeries.com

Dear Leadville Trail 100 Family,

In 1982, the Climax Mine closed---3,250 jobs lost. Suddenly, overnight we became the highest unemployment in the Nation. Men and women, who had for decades made their living walking through solid rock, lost their income and perhaps more important, their identity. Merilee and I knew the Cavalry wasn't coming. We gave birth to, not only the Leadville Trail 100 run, but a completely different ultra concept. Our motivation was family. What could we do for Leadville and what could we do for you. And you, from your heart responded. Leadville became home. You climbed the highest peaks, found air where there was none and ran through 100 miles up and over Colorado's highest and toughest mountains---in under 30 hours and earned your Leadville Trail 100 silver buckle.

Since 1982, we have taken the Leadville Trail 100 Race Series as far up the mountain as we could. We gave it running shoes, and run it did. Then we gave it wheels and the mountain bikes went even farther, faster. Then in 2010, with their worldwide reach and depth, Life Time Fitness gave it wings---and the sky was no longer a limit.

Today the Leadville Trail 100 is known, envied and aspired to around the globe. You've not only saved a community, but you've helped us create a phenomenon.

This year Life Time Fitness came to us and said, "We want to do more for Leadville and certainly more for the Leadville Trail 100 family. Will you, Ken and Merilee, lead that purpose?"

Our goal for the Leadville Trail 100 Race Series remains the same today, as it was when 45 runners lined up at 6th & Harrison on that early morning in 1983; to make a positive difference in Leadville and each and every one of you. Every year in May we hand out \$1,000 college scholarships to every Lake County graduating senior choosing to pursue higher education. This would not be possible without the most important part of the "Race Across the Sky"---YOU! The contributions you make to the Leadville Trail 100 Legacy Foundation have helped hundreds of young people get a head start on higher education. Be proud of that, Leadville Trail 100 Family!

As you stand at the starting line this August, take a moment to reflect on the journey that has brought you to us. The once seemingly insurmountable obstacles, the doubts, the desire to quit,---you've conquered them all! Over the course of those next 100 miles, never forget that "You're better than you think you are, and can do more than you think you can." And after you cross the finish line, take that Leadville grit, guts and determination and share it with everyone around you. Proudly wear that silver buckle! Together, we can change the world. AND WE WILL!!

Family is everything---we love you,

Ken & Merilee



LeadvilleRaceSeries.com

STARTING LINE & LACE 'EM UP!	4
SCHEDULE OF EVENTS	4
FACTS ABOUT LEADVILLE	6
LEADVILLE TRAIL 100 & LEGACY FOUNDATION	7
WELCOME TO LEADVILLE	8
TO THE FIRST TIMERS	9
COURSE DIRECTIONS	11
SUPPORT CREWS	12
RACE RULES FOR CREWS & PACERS	13
RACER CODE OF CONDUCT	14
PLEASE READ THOROUGHLY!	15
RACE NUMBERS	15
WEATHER AND CLOTHING	15
DROP BAGS	16
AID STATIONS	16
LIGHTING AFTER SUNSET	17
MEDICAL CHECK-IN AND CARE	17
MANDATORY MEDICAL CHECK-IN	17
ALTITUDE, DEHYDRATION AND OTHER BODILY CONCERNS	18
DROPPING FROM THE RACE	19
PACING	20
CUTOFF TIMES	20
AWARDS	21
PHOTOGRAPHY AND FILM CREWS	21
RETAIL SHOP	21
COURSE MARKING	21
SOCIAL MEDIA	21
TRASH AND RECYCLING	21
THANK YOU TO OUR VOLUNTEERS	21
COURSE PROFILE	22
WHERE TO STAY?	22
PARKING MAP	23
DIRECTIONS TO LT100 RUN AID STATIONS	24
LEAVE NO TRACE PRINCIPALS	27
RACE LOG	28
DIRECTIONS TO LEADVILLE	29
AT YOUR SERVICE... THE LEADVILLE RACE SERIES STAFF	30
2018 LEADVILLE RACE SERIES SCHEDULE	31
RACE SPONSORS	32



LeadvilleRaceSeries.com

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 leadvillraceeseries.com for updates.

SCHEDULE OF EVENTS

THURSDAY, AUGUST 17

11:00 am - 7:00 pm

Early Packet Pickup

Also medical check-in for those athletes with concerns. Photo ID is required. Packets **MUST** be picked up in person. They will not be mailed or given to others.

Race HQ

316 Harrison Ave.

FRIDAY, AUGUST 18

7:00 am - 10:00 am

Packet Pickup

Racer check-in and packet pickup for all athletes as well as medical check-in for those athletes with concerns. Packets must be picked up in person—they will not be mailed or given to others.

Race HQ

316 Harrison Ave.

8:00 am - 2:00 pm

Expo & T-Shirt Pickup

Lake County High School

1000 West 4th St.

11:00 am

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. **An informative crew briefing for new crews will be held immediately after.**

Lake County High School Gymnasium

1000 West 4th St.

12:30 pm

Carbo-Loading Lunch

Beginning immediately following the athlete meeting.

Lake County High School Cafeteria

1000 West 4th St.



LeadvilleRaceSeries.com

SCHEDULE OF EVENTS

FRIDAY, AUGUST 18

3:00 pm - 5:00 pm

Supply Bag Drop

ONLY CLEAR PLASTIC BAGS ARE ALLOWED. Please see the section titled Drop Bags on Page 18 for additional information.

Lake County Courthouse Lawn

5th & Harrison Ave.

SATURDAY, AUGUST 19

3:00 am - 3:45 am

Line up with your race #

Start / Finish Line

Corner of 6th St. & Harrison

4:00 am

RACE START

Start / Finish Line

Corner of 6th St. & Harrison

SUNDAY, AUGUST 20

5:00 am

25-Hour Cut-off Time for the large gold and silver buckle

Start / Finish Line

Corner of 6th St. & Harrison

10:00 am

30-Hour Final Cut-off Time for completion of the race and the silver buckle

Start / Finish Line

Corner of 6th St. & Harrison

12:00 pm

Awards Ceremony

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.

Lake County High School Gymnasium

1000 West 4th St.



LeadvilleRaceSeries.com

FACTS ABOUT LEADVILLE

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. Today the population is closer to 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 open and thriving, employing 300 people.



LeadvilleRaceSeries.com

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, hundreds of 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 1
Leadville, CO 80461

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



LeadvilleRaceSeries.com

WELCOME TO LEADVILLE

Safety tips while training from the Leadville Police Department and Lake County Sheriff's Office:

PUBLIC PARKING

There are four public parking lots:

- West 3rd and Harrison Ave
- East 4th behind the Tabor Opera House
- 1000 W 4th, High School North Lot
- 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 be 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



LeadvilleRaceSeries.com

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

"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

"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



LeadvilleRaceSeries.com

TO THE FIRST TIMERS

“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, *Founder of the Leadville Trail 100*



LeadvilleRaceSeries.com

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 north-west. 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 Colorado Outward Bound.

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.

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, keep right, continue west on to the beautiful Continental Divide Trail. Continue to the Turnaround Aid Station located in the historic area known as Winfield. 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, 6 pm.



LeadvilleRaceSeries.com

SUPPORT CREWS

We strongly suggest you bring someone to crew for you during the race. Your race packet includes a vehicle hangtag. 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) can 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.

**“YOUR RESULTS DEPEND ON YOUR PREPARATION!
YOUR INTEGRITY! YOUR BELIEF IN YOURSELF!”**

KEN CHLOUBER, *Founder of the Leadville Trail 100*



LeadvilleRaceSeries.com

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 all full aid stations. 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. 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, NO DOGS allowed at the Start/Finish, any aid station, or in the town of Twin Lakes.
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 official.
9. Runners are allowed to have a pacer beginning at Winfield (50 miles). One pacer allowed at a time. Pacers must be switched at designated crew zones.
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.
 - 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.



LeadvilleRaceSeries.com

RACER CODE OF CONDUCT - RULES & 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 porta-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 a single pacer at a time beginning at Winfield. Pacers can be switched at designated crew zones.
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 timing chip to a race official at an aid station or finish line.
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, **NO DOGS** allowed at the Start/Finish, any aid station or in Twin Lakes.
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. 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.
15. Runners requiring supplemental oxygen or IV fluids will not be allowed to continue.
16. Decisions of the Race Director and Race Management are final.
17. **BE COURTEOUS! YOUR TRAIL USAGE DURING THE RACE IS A PRIVILEGE!**



LeadvilleRaceSeries.com

PLEASE READ THOROUGHLY

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

1. No vehicle or bicycle pacing.
2. NO Dogs at Start/Finish, aid stations, or in Twin Lakes.
3. Crews only at designated crew access points.
4. You must yield to Race Management and Emergency vehicles.
5. 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, Halfpipe, 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.



LeadvilleRaceSeries.com

DROP BAGS - CLEAR PLASTIC BAGS ONLY - NO EXCEPTIONS!

All aid stations, with the exception of Hope Pass, are Supply Bag Drops. Drop bags must be clear plastic bags. No exceptions! 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 Leadville Race Series Retail Store on Sunday and must be collected by 6 pm. 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 gels, chews and waffles
- Coca-Cola products
- Water
- Coffee
- Fruit (bananas, oranges, watermelon)
- Turkey wraps
- 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.



LeadvilleRaceSeries.com

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 17, 11am - 7pm, Racer Headquarters, 316 Harrison

Friday, AUGUST 18, 7am - 10am, Racer Headquarters, 316 Harrison

MEDICAL CHECK-IN

Photo ID required for check-in. You provided all current medical information during the online registration process. During the medical check-in you will receive your official medical wristbands, that includes medical info, this must be worn at all times during the race. At this time, you will be required to inform medical staff of any changes in 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.

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.

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 well-being. Runners requiring supplemental oxygen or IV fluids will not be allowed to continue.



LeadvilleRaceSeries.com

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.



LeadvilleRaceSeries.com

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 a race official 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 a race official 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.



LeadvilleRaceSeries.com

CUTOFF TIMES

CHECKPOINT	MILES		CUTOFF TIMES			PACE (MIN: SEC/MILE)	
	Elapsed	Cumulative	Elapsed	Cumulative	Clock	Leg	Cumulative Average
START	---	---	---	---	4 am	---	---
May Queen	13.5	13.5	3H 15M	3H 15M	7:15 am	14:26	14:26
Outward Bound	11	24.5	2H 45M	6H 00M	10 am	15:00	14:42
HALF PIPE	6.5	31	1H 20M	7H 20M	11:20 am	12:18	14:11
Twin Lakes	8.5	39.5	2H 40M	10H 00M	2 pm	18:49	15:11
Hope Pass	5	44.5	2H 15M	12H 15M	4:15 pm	27:00	16:31
Winfield	5.5	50	1H 45M	14H 00M	6 pm	19:05	16:48
Twin Lakes	10.5	60.5	4H	18H 00M	10 pm	22:52	17:51
HALF PIPE	8.5	69	3H 30M	21H 15M	1:15 am	24:42	18:29
Outward Bound	6.5	75.5	1H 45M	23H 00M	3 am	16:09	118:17
May Queen	11	86.5	3H 30M	26H 30M	6:30 am	19:05	18:23
FINISH	13.5	100	3H 30M	30H 0M	10 am	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.



LeadvilleRaceSeries.com

AWARDS

- All runners completing the course will receive a finisher medal.
- 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 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 sweat-shirt.

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 runners 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 316 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.

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. We will be recycling all plastic and aluminum during each of our events. The Cloud City Conservation Center 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.

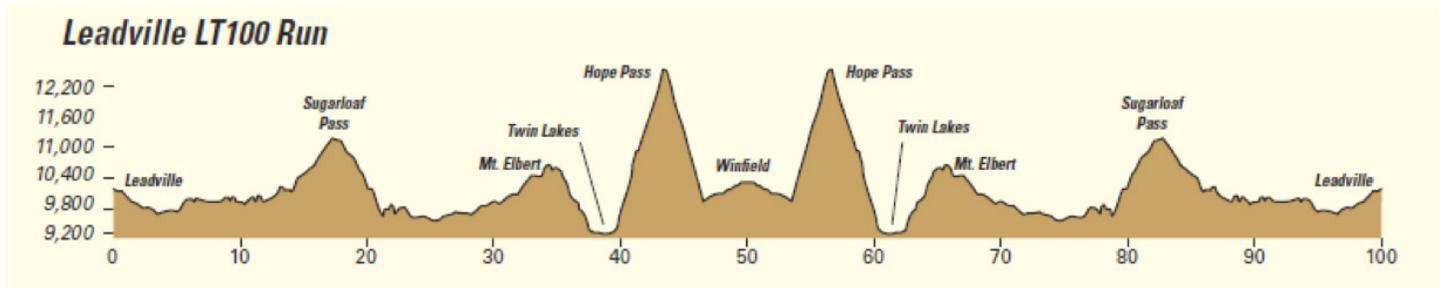
THANK YOU TO OUR VOLUNTEERS!

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 leadville-raceseries.com.



LeadvilleRaceSeries.com

LEADVILLE TRAIL 100 RUN COURSE PROFILE



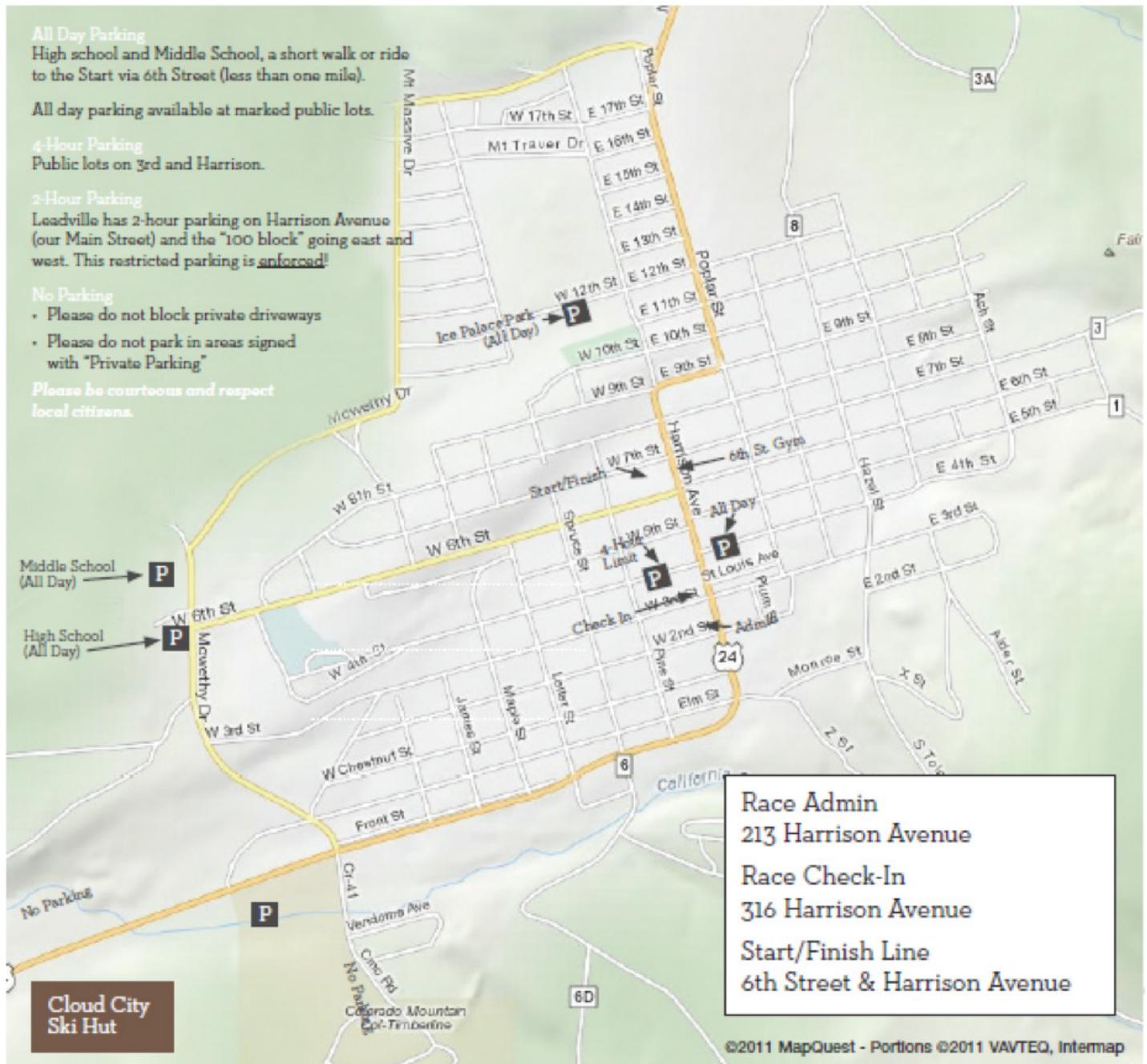
WHERE TO STAY

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



LeadvilleRaceSeries.com

PARKING MAP





LeadvilleRaceSeries.com

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 (Fee Area)

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 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 (runners outbound)

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.

Runners inbound.

-Driving instructions SAME AS PREVIOUS YEARS to May Queen

****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. ****



LeadvilleRaceSeries.com

DIRECTIONS TO LT100 RUN AID STATIONS

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****

****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. ******

Mount Elbert

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****



LeadvilleRaceSeries.com

DIRECTIONS TO LT100 RUN AID STATIONS

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.

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)

****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. ****

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

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 parking only along one side of County Road 390 and walking in to the aid station.

ALL CREWING MUST BE DONE AT WINFIELD

****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. ****



LeadvilleRaceSeries.com

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 six-to-eight 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.



LeadvilleRaceSeries.com

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 to Half Pipe					
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: _____



LeadvilleRaceSeries.com

DIRECTIONS TO LEADVILLE FROM:

METRO DENVER & DENVER INTERNATIONAL 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 miles)

GRAND JUNCTION (163 MILES)

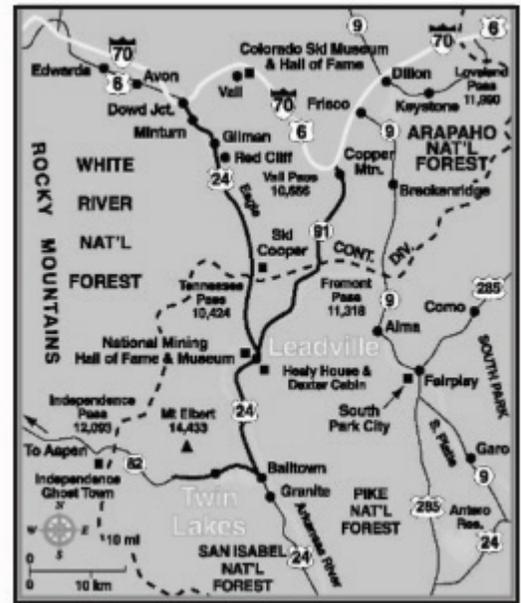
- Take I-70 East
- Turn onto Hwy 24 South at Minturn
- Follow Hwy 24 over Tennessee Pass to Leadville

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 onto Hwy 24 to Leadville



The town of Leadville is located 10,200' above sea level in Colorado's Rocky Mountains. From every direction, it's a breathtaking and easy drive...and if you happen to get lost, just head uphill!



LeadvilleRaceSeries.com

AT YOUR SERVICE... THE LEADVILLE RACE SERIES STAFF

Paul Anderson
Event Manager
panderson4@lifetimefitness.com

Rich Naprstek
Volunteer Coordinator
rnaprstek@lifetimefitness.com

Quinn Cooper
Athlete Services Manager
qcooper@lifetimefitness.com

Sara Mahan
Sponsorship Activation
smahan@lifetimefitness.com

Kelsey Conine
Retail Store Manager
kconine@lifetimefitness.com

Courtney Touchstone
Senior Marketing Manager
ctouchstone@lifetimefitness.com

Laura Mayo
Marketing Coordinator
lmayo@lifetimefitness.com

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!



LeadvilleRaceSeries.com

2018 BLUEPRINT FOR ATHLETES LEADVILLE RACE SERIES EVENT SCHEDULE

Visit www.leadvillerraceseries.com for more information.

Austin Rattler // April 7 - 8

Wilmington Whiteface // TBD

Leadville Trail Marathon & Heavy Half // June 16

Leadville Run Training Camp // June 22 - 25

Leadville MTB Camp of Champions // June 28 - July 1

Silver Rush 50 MTB // July 7

Silver Rush 50 Run // July 8

Tahoe Trail // July 15

Leadville Stage Race // July 26 - 29

Leadville Trail 100 MTB // August 11

Leadville 10K Run // August 12

Leadville Trail 100 Run // August 18 - 19

Barn Burner // September 8

Visit leadvillerraceseries.com for more information on lottery and registration opening.



LeadvilleRaceSeries.com

RACE SPONSORS

We thank the following sponsors for making the Blueprint for Athletes Leadville Trail 100 RUN 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!

