# LEADVILLE TRAIL 00 RUN.





LeadvilleRaceSeries.com

LIFE TIME<sup>®</sup>

## TABLE OF **Contents**

SECTION	PAGE #
Welcome/Introduction	03
Schedule of Events	04
Course Overview	06
Aid Stations & Course Cutoffs	08
Crew & Pacer Information	10
Drop Bag Information	13
Community Impact	14
Parking & Shuttles	15
Zero Waste & Leave No Trace	17
Important Info & Rules	20
Awards	21
Leadville Race Series Staff & Sponsors	23





### Welcome to Leadville!

Anything more is not necessary, anything less is not acceptable. We are so thrilled to welcome you to the 2022 Life Time Leadville Trail 100 Run, as we kick off our 39th year of racing in the magical Cloud City.

Leadville is a place to call home and feel connected with those who share a common passion. It's a starting line that welcomes each and every one of you with open arms. The thunder from the old double 12 gauge will start your great adventure and at the other end is that finish line. It's not just a finish line, it's the beginning of a new you - one who possesses the Grit, Guts, and Determination to take on the tallest mountains, the baddest trails, the thinnest air and refuses to quit until the job is done. That medal around your neck says, "I can take it and I can dish it out. You can count on me!"

Our goal for the Leadville Race Series remains the same as it has been since runners first lined up at 6th & Harrison on that early morning in 1983 - to make a difference in the local community and across the world. On your behalf and in your honor, the Leadville Trail 100 Legacy Foundation, the Life Time Foundation, and the Leadville Race Series have partnered on a variety of projects this past year to benefit Leadville and Lake County. We've given out over \$350,000 in college scholarships to Lake County graduating seniors choosing to pursue higher education, we've given grants for new trails in Leadville, we've supported healthy school lunches, and we've donated the funds for the construction of a new gym floor at Lake County High School. None of this could have been possible without the most important part of the Leadville Race Series - **YOU!** 

When you race in Leadville, you become family. The staff, volunteers, and community of Leadville become your family. The work is done, and your family is ready for you to take to the start line! Now between the bang and the buckle – it's all about you. Dig Deep. Commit, don't quit. Motivation will get you to the starting line. Only total commitment will carry you to that finish.

**PROVE IT AGAIN**-You're better than you think you are and can do more than you think you can.

Ken, Merilee & your Leadville race series team

LeadvilleRaceSeries.com





### FRIDAY, August 19<sup>th</sup>, 2022

MANDATORY ATHLETE MEETING 10:00am

> EXPO, PACKET PICKUP 11:00am-5:00pm

LOCATION Lake County High School Football Field \*Outdoor Venue

LOCATION <u>135 E. 6th Street,</u> Leadville, CO 80461

- Photo ID is required
- Packets must be picked up in person
- Packets will not be mailed or given to others

DROP BAG DROP-OFF 11:00am-5:00pm

DROP BAG RETURN 8:00am Sunday LOCATION Leadville Retail Store <u>316 Harrison Ave</u> •New Location

• Only clear plastic bags are allowed

• Clearly label bags with your name, race number and aid station in large letters

Note: Any bags not picked up by 5pm Sunday will be donated to local charities!

### SATURDAY, August 20th, 2022 - RACE DAY!

<b>STARTING LINE OPEN</b> 3:00am-3:45am	RACE START <b>4:00am</b>	<b>Cutoff Times   SATURDAY</b> 7:45am - <b>Mayqueen</b> (outbound) 10:00am - <b>Outward Bound</b> (outbound) 11:30am - <b>Half Pipe</b> (outbound)
START LINE Corner of 6th St <u>&amp; Harrison</u>	FINISH LINE Corner of 6th St <u>&amp; Harrison</u>	1:30pm – <b>Twin Lakes Village</b> (outbound) 4:00pm – <b>Hope Pass</b> (outbound) 6:00pm – <b>Winfield</b> (turnaround) 10:00pm – <b>Twin Lakes Village</b> (inbound)

LeadvilleRaceSeries.com



## **Schedule** of events continued

### SUNDAY, August 21st, 2022

FINISH LINE Corner of 6th St & Harrison

#### **Cutoff Times | SUNDAY**

1:15am - Half Pipe (inbound)

3:00am - **Outward Bound** (inbound)

5:00am - **25 Hour Cutoff Time** Runners that finish under 25hrs will get the BIG buckle (based on chip time) 6:30am - **Mayqueen** (inbound)

10:00am - **30 Hour Cutoff Time** Runners that finish under 30hrs will get a SMALL buckle (based on chip time)

AWARDS CEREMONY 12:00pm LOCATION Lake County High School Football Field \*Outdoor Venue

- All awards will be presented at this time and must be picked up in person.
- Awards will not be given to others and will not be distributed before or after the awards ceremony.

\*New for 2022 - Belt buckles will be given away in the finish chute & finisher jackets will be printed and mailed to all athletes.





## **Course** overview

This is it, the **granddaddy of all endurance trail running events**. The mighty Race Across the Sky takes runners on an epic out and back journey that traverses the biggest, baddest, toughest mountains out there.

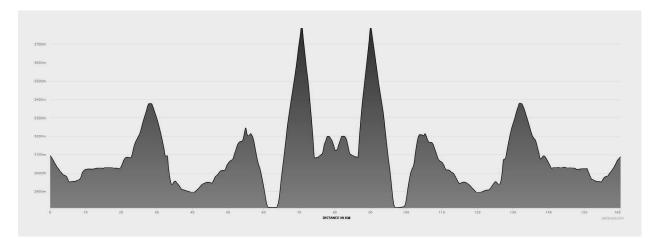
**100** Miles **15,744'** Elevation Gain **9,219'** Lowest Point **12,532'** Highest Point

**GPS File** 



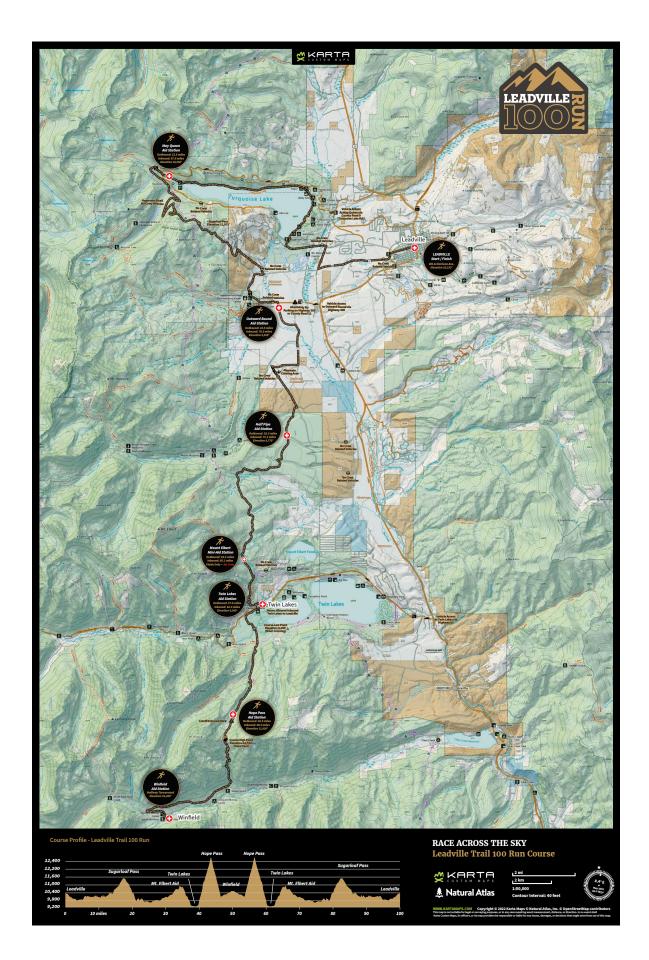
Scan or Click https://www.plotaroute.com/route/1632492

### **Elevation Profile**





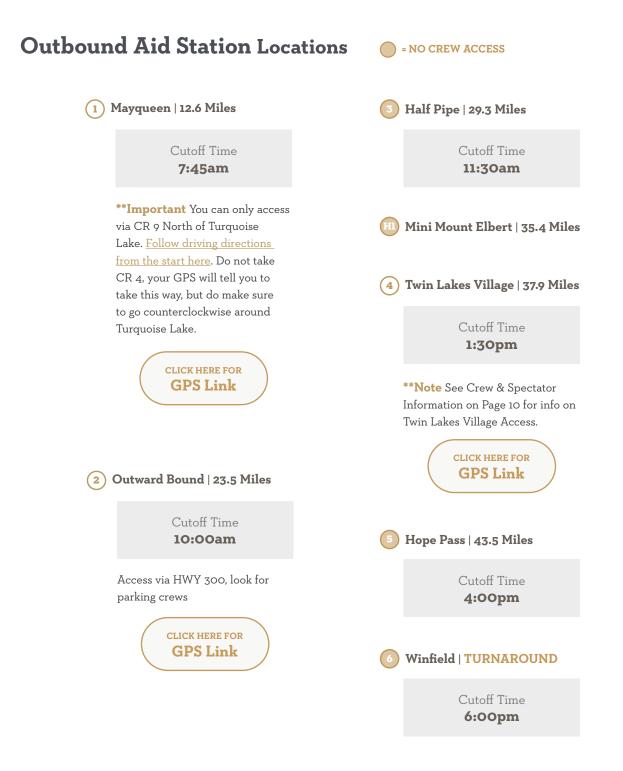






## **\\ Aid Stations** & COURSE CUTOFFS

There are **13** aid stations along the course, **11 COMPLETELY STOCKED** aid stations and **2 HYDRATION-ONLY** (Coke & Water) stations.



LeadvilleRaceSeries.com



## $\parallel$ Aid Stations & course cutoffs continued



### **Course History**

In 2021 the decision was made to remove pacer and crew access from Winfield. This was due to overall impact in Winfield & congestion on Hope Pass. This will remain unchanged in 2022 and **NO pacers OR crew will be allowed access to Winfield.** 



## **\\ Crew & Pacer** INFORMATION

### **Crew Information**

In collaboration with the Lake County Health Department and USFS, we are limiting each runner to 1 vehicle hang tag. Hang tags should be visible and will have your bib number on it.

#### **Crew Shuttles**

Crew shuttles will be offered beginning at 7:00 AM. Check the "Parking & Shuttles" tab for a complete shuttle schedule and map.

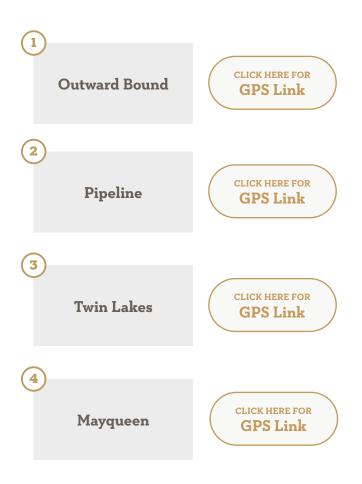
#### **Crew Locations**

There are 4 official crewing locations with vehicle access. Runners will hit each location twice.

### **Crew Parking**

- Attendants will assist you with parking, look for orange vests.
- Park only in designated areas.
- Do not disturb wildlife or vegetation.
- Aid stations do experience parking congestion. Be prepared to walk long distances, especially at Twin Lakes.
- Be courteous to our local community and residents, and other crews, when parking.





**Note:** Crewing outside of these 4 locations is against official race rules and may result in disqualification of your runner.



## **\\ Crew & Pacer** INFORMATION

## **Crew Rules**

Crew must abide by Lake County & Chaffee County laws, race rules, listen and respect ALL Leadville Race Series Staff, Volunteers, and personnel in enforcement uniform or vests.

If you fail to abide and respect our community you will be asked to leave and your athlete may be disqualified!

DO	Please <b>DON'T</b> •grounds for disqualification
Crews can provide food, drinks and supplies	No crewing outside of official
Pets are allowed - <b>must be leashed</b> and under control at all times	crew locations - Outward Bound, Pipeline & Twin Lakes, Mayqueen.
Setup permitted at Sunrise on 8/21 – DAY USE ONLY, all day use subject to USFS fees. <b>No camping allowed</b> .	Littering
Crews should allow adequate time to walk to aid stations, expect crowds and congestion. Refer to the event web page for up to date shuttle schedules under the " <b>SHUTTLE" Tab</b> .	Illegal Parking
	<b>No camping</b> - arrive only on race day
<b>Carpooling is encouraged!</b> All vehicles must have a hang tag.	

In order to alleviate our impact and continue to permit our event over Hope Pass and into Winfield, we have worked closely with the USFS on an updated plan:

#### Winfield: No crew, spectators or pacers will be allowed in Winfield.

<ul> <li>Winfield Aid station will be</li></ul>	<ul> <li>DNFs or athlete that do not make the</li></ul>
well-stocked	cutoff will be transported back to Leadville
• LRS Staff, Medical personnel	• Drop bags will be available for athletes and

 LRS Staff, Medical personnel and volunteers will be onsite
 Drop bags will b are encouraged!

**Note:** LRS staff will be on-site managing vehicles coming in/out at Winfield. Do not attempt to drive a personal or crew vehicle to Winfield, you will be turned around.





## **Crew & Pacer** INFORMATION

## **Pacer Information**

Pacers can pick up their runners at any point on course beginning at Twin Lakes inbound at mile 62.

Note: Winfield will not serve as a crew or pacer pickup location in 2022.

Each runner will receive 2 pacer bibs at packet pickup. If you require more than 2 pacers, you will have to transfer one pacer bib to the next pacer, or you can pick up a pacer bib at one of the following checkpoints:



\* No vehicle access at this point so you will be required to hike or bike in to obtain pacer bibs and to meet your runner at these locations.

### Pacer Do's & Dont's





## **\\ Drop Bag** INFORMATION

## Drop Bag Drop-Off

DROP BAG DROP-OFF 11:00am-5:00pm LOCATION Leadville Retail Store <u>316 Harrison Ave</u> \*New Location

- Only clear plastic bags are allowed
- Clearly label bags with your name, race number and aid station in large letters **Note:** Any bags not picked up by 5pm Sunday will be donated to local charities!

There are 5 locations on course that you can send drop bags:



**Remember:** that other than Winfield, you will pass through each aid station twice. Pro tip: send 2 bags together - one to be used for inbound and outbound.

### **Drop Bag Guidelines**

- Drop bags must be clear plastic bags.
- Clearly label bags in large letters with the following info:

**Bib Number** 

Name

**Aid Station Name** 

• Liquids - any liquids in your bag should be leak proof and in non-breakable containers

### **Drop Bag Return**

PICK-UP DEADLINE Sunday, August 21, 2022 by 6:00pm LOCATION Leadville Retail Store <u>316 Harrison Ave</u>

- Unclaimed drop bags will be donated to local charities the next day.
- We will not mail drop bags.



## **Community** IMPACT

What you need to know with regard to showing up in Leadville.

### From Race Director, Tamira Jenlink:

We welcome you Leadville race family, and are so excited to have you here and share this amazing back yard with you! You are the sustenance and foundation of all of our events. And unmistakably, your love for this community and these events, creates a life and energy much like that of a family reunion. (or for some of us... maybe the one we dream of...)

Along those lines and true to our ideal of what family means, so many of you have, and continue to reach out and ask "What can I do?" "How can I support, volunteer or be more a part of this amazing community?" And this season, I want to take a few moments to answer you directly, and equally as important, share a little of what our community of Leadville has also requested.

The first one, you will hear me mention often and consistently throughout the summer; "We are in Leadville's backyard!" The magic of all of our experience begins and ends with Leadville and the foundation of this spectacular backyard; it's amazing community.

So first, let's talk about what "community" means. Here in Leadville, community is the depth and breadth of what makes this place special. Community, in Leadville means all the amazing humans who live and breathe this 10,152' air year round. It refers to those folks who make this town happen, keep it moving and thriving in the dead of winter (when many of us might choose a warmer climate), and ultimately are the foundation and cornerstones of the heart of Leadville.

This amazing community is the reason we have a space to hold these events. It is truly a gift for us to be given permission to pursue these events in this extraordinary space. With that in mind, I not only invite you, but really put forth a Call To Action, for all of us to show up in this backyard, as our very best selves and ultimately the BEST POSSIBLE HUMANS WE CAN BE. The gift we are able to give back, is to really hear and respond to the requests with our full attention and presence!

So PLEASE join me in responding and holding up our end of being awesome athletes, spectators, crews and all around humans! Please take special note of the sections that follow on Parking, Zero Waste and Leave No Trace. These are specific areas that the community has requested our attention around. Thank-you in advance for joining me in consciously addressing these pieces, and ultimately a crucial representation of ourselves in this amazing back-yard!

And the last thing I will leave you with is... Don't forget to take just a moment for the total awe of where you are and who is around you. Let's take care of each other out there on race day, and this community before, during and after!

Have so much fun!

Tamira





## **Parking** & SHUTTLES

Parking and overall congestion in Leadville will be a crucial topic for everyone this season and for our presence in Leadville moving forward. We have a **new** parking plan in place for 2022 and we know that with your help we can be great stewards of this community.

All athletes and spectators will be required to park at the Community Fields and High School Parking lot and take a shuttle (or run, walk, bike) to the start line. The map link on the following page outlines parking locations and shuttle pickup spots. The shuttle locations are under 1 mile from the race start and will run efficiently and quickly to get you to where you need to be!

### **Crew & Spectator Shuttles**

We have an enhanced shuttle program for 2022 and we strongly encourage crews and spectators to use the **FREE** shuttles.

#### Community Field & High School/ Middle School lots to:

- Start/Finish
- Outward Bound Aid Station
- Twin Lakes village

#### **Friday Expo Shuttles**

- Will loop continuously from community fields to the expo
- 11:00am 5:00pm

#### **Community Fields to Start/Finish**

Dedicated service from 3:00am looping through 4:30am

- Paused for start from 4:00 am until runners are across Mcwethy
- Available 4:00am until all crews/spectators are back to their vehicles
- As needed from 4:30am 10:00pm Aug. 20th.
- Dedicated service Aug. 20th 10:00pm through 10:00am Sunday Aug.21st

#### **Community Fields to Outward Bound**

- As needed from 4:30am 7:00am Aug. 20th
- Dedicated service from 7:00am 12:30pm
- As needed from Leadville to OB from 12:30pm 10:00pm
- Dedicated service from OB to Leadville 10:00pm race finish

#### **Outward Bound - Twin Lakes**

#### \*\* Outward Bound PARKING ENCOURAGED\*\*

• Looping from 8:00 am - 11:00 pm or until all crews/ spectators are back to their vehicles.

#### HWY 82 Shuttles

- Shuttles will also be moving along HWY 82 to bring spectators/crews safely to Twin Lakes village -
  - As needed from 8:00 am 10:00 am
  - Dedicated service 10:00am 11:00pm
- PLEASE FOLLOW ALL PARKING STAFF IN THIS AREA.
  - Crew shuttles are at no charge and courtesy of Life Time.
  - Crews are allowed at the following locations: Mayqueen, Outward Bound, Pipeline, and Twin Lakes Village. Please see the "CREW & SPECTATOR" tab on our website for more info.

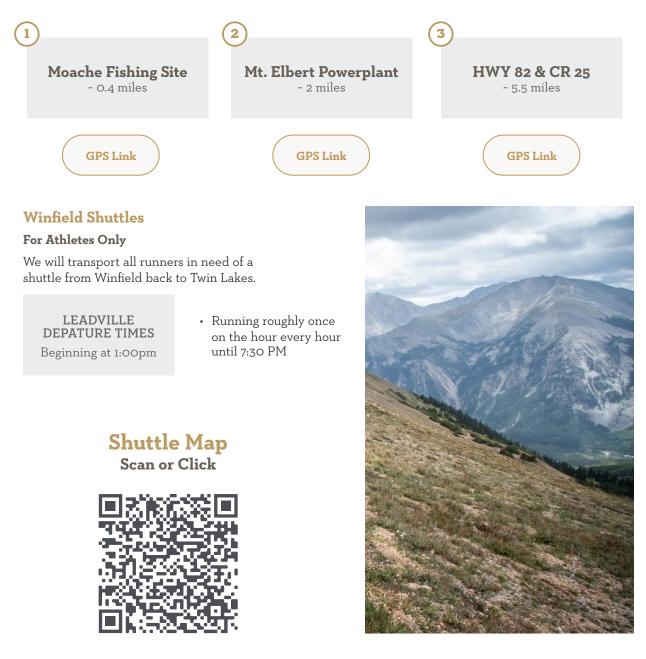


## **Parking** & SHUTTLES CONTINUED

#### Village of Twin Lakes Shuttles

If you intend to drive to Twin Lakes, there will be spectator shuttles to bring you from various parking locations to the village of Twin Lakes.

You are permitted to park along Highway 82 and shuttles will pick up at these **3 locations** and drop off in Twin Lakes Village:





## **Zero Waste** & leave no trace

## Zero Waste

All LRS events are under a zero waste initiative, and as such will be enforcing strict guidelines around waste and sustainability at our events. What does this mean? These events have the potential to leave an enormous footprint. Part of our responsibility to this community and all public and private lands involved in these events, is our stewardship and protection of this land. **WE MUST HAVE YOUR HELP!** 

## **Trash & Recycling**

- As part of a continuing effort to minimize waste and lessen our race footprint, we partnered with HydraPak and transitioned to cup-free racing. By providing runners with HydraPak's reusable, lightweight and flexible SpeedCup, we will be saving approximately 36,000 disposable cups from being used throughout our Leadville Race Series Run events.
- We partner with our local zero waste non-profit, <u>Cloud City Conservation Center (C4)</u>, to divert 100% of race day waste from our local landfill. All Leadville races are a Zero Waste Event meaning we do our absolute best to reduce, reuse, recycle and compost before sending something to the landfill.
- **Know Before You Throw** Leadville is a small community and we do not have the same waste infrastructure as your community. Please read all signage before tossing your trash -including both event and public receptacles. Aren't sure where to toss it? Ask a Zero Waste Volunteer on site or visit <u>C4leadville.org</u> before your trip to plan ahead.
- As a **Leave No Trace (LNT)** event, racers and crew are required to abide by the LNT principles on race day. We encourage you to follow these principles during your entire visit to Leadville throughout your race weekend and any training visits you make as well! Please see our page on LNT.
- 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. Join us in this crucial initiative to keep them pristine!





## **\\ Zero Waste** & leave no trace continued

## Leave No Trace

The Leadville Race Series will directly hold and mirror the 7 principles already established and in place via the US Forest Service. Below is a direct excerpt from USFS Leave No Trace web page which can be found at: <u>https://www.fs.fed.us/lei/no-trace-ethics.php#:~:text=Leave%20What%20You%20Find,%2C%20 furniture%2C%20or%20dig%20trenches</u>.

### The Leave No Trace Seven Principles

#### 1 Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.

#### 2 Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.

#### In popular areas:

- Concentrate use on existing trails and campsites.
- Walk single file in the middle of the trail, even when wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent.

#### In pristine areas:

- Disperse use to prevent the creation of campsites and trails.
- Avoid places where impacts are just beginning.

- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.





## **\\ Zero Waste** & leave no trace continued

#### **3** Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- 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.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

#### **4** 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.
- Avoid introducing or transporting nonnative species.
- Do not build structures, furniture, or dig trenches.



#### 5 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.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.
- KNOW AND FOLLOW ALL CURRENT FIRE RESTRICTIONS

#### 6 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.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

#### ⑦ Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.



## **M** IMPORTANT Info & Rules

- 1 You **MUST HAVE** your **ID** to pick up your packet. You **CANNOT** pick up a packet for your friends.
- 2 Timing chips, located on the back of the race bib, must be worn at all times during the race.
- Age group awards are three deep per category/division.

- 4 Unsportsmanlike conduct is grounds for disqualification.
- 5 **Respect the land** no garbage, clothing, etc., shall be thrown on the course. If runners are caught littering, they will be disqualified. There will be trash receptacles at all aid stations. Please use them!
- 6 DNFs must be reported to timing, preferably at the start/finish line or nearest aid station.







### Awards Ceremony

Awards will be distributed at the Awards Ceremony on Sunday, 8/21.

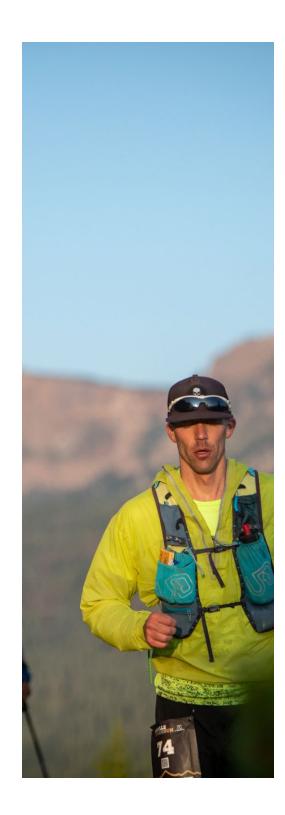
#### \*New for 2022

- Custom printed finisher jackets will be mailed to all athletes free of charge.
- You will receive your beltbeckle in the finish chute upon completion of your race!

#### Age Group Categories

#### Awards

Women 19 & Under	1000 Mile Buckles
Women 20-29	2000 Mile Buckles
Women 30-39	11 Year Jackets
Women 40-49	Age Group Awards
Women 50-59	(3 deep per category)
Women 60-69	*Overall male and female
Women 70+	and pro athletes will be
Men 19 & Under	removed from age group awards.
Men 20-29	Note: If you cannot pick up
Men 30-39	your award, you will have the option to have it mailed
Men 40-49	it to you for a small fee.
Men 50-59	
Men 60-69	
Men 70+	
Overall Men*	
Overall Women*	
Overall Nonbinary	
Para Male Overall	
Para Female Overall	







Anton Krupicka races in the 2021 Leadville 100 which resulted in an amazing third place finish. ©Billy Yang

## AKASHA II CUSHION & RESPONSIVENESS IN EVERY STRIDE

A favorite returns! For the trail runner seeking performance on technical terrain and comfort on high-mileage outings, the **Akasha II** delivers the perfect blend of cushion, responsiveness and traction.

TACKLE EVERY TRAIL WITH CUSHION & TRACTION



## **N** RACE SERIES **Staff & Sponsors**

### **Race Series Staff**

**Tamira** Jenlink Event Manager <u>TJenlink@lt.life</u>

**Ryan** Cross Senior Marketing Manager <u>RCross@lt.life</u>

**Cole** Chlouber Community Marketing Manager

Mimi Ault National Account Manager

**Emily** Nelson National Account Manager, Event Expos

Madison Giger Expo Manager Quinn Cooper Athlete Services Leadville@ltevents.Zendesk.com

Ken Chlouber Race Founder & 14-Time Finisher

Merilee Maupin Race Founder, Former Race Director

### **Race Sponsors**

We thank the following sponsors for making the Life Time Leadville Trail Marathon and Heavy Half presented by La Sportiva 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!





23