

# LIFETIME® LEADVILLE TRAIL 100 RUNCAMP

PRESENTED BY LA SPORTIVA®

2023  
ATHLETE  
GUIDE



[LeadvilleRaceSeries.com](https://LeadvilleRaceSeries.com)

LIFETIME®





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# // Welcome INTRO

## Welcome to Leadville!

Anything more is not necessary, anything less is not acceptable. We are so thrilled to welcome you to the 2023 Life Time Leadville Trail 100 Run Camp presented by La Sportiva, as we kick off our 40th 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 \$400,000 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

# // WHO'S WHO OF RUN CAMP WEEKEND

## Race Series Staff

**Tamira Jenlink**

Event Manager

[TJenlink@lt.life](mailto:TJenlink@lt.life)

**Quinn Cooper**

National Account Manager

**Ken Chlouber**

Race Founder & 14-Time Finisher

[KenChlouber@gmail.com](mailto:KenChlouber@gmail.com)

**Ryan Cross**

Senior Marketing Manager

**Natalie Viragh**

Associate Marketing Manager

**Merilee Maupin**

Race Founder, Former Race Director

[MerileeM33@gmail.com](mailto:MerileeM33@gmail.com)

For more info please contact us at: [Leadville@ltevents.zendesk.com](mailto:Leadville@ltevents.zendesk.com)



# WHO'S WHO OF RUN CAMP WEEKEND CONTINUED

## Guides & Special Guests

### Andrew Fast

La Sportiva-Sponsored Athlete, Doctor of Physical Therapy & Accomplished Multi-Sport Athlete

### Cat Bradley

Petzl-Sponsored Athlete, Professional Ultra Runner & Boundless Coach

### Chris Lloyd

19x Lead Challenge Finisher, going for his 20th season this year!

### BJ Sellers

Sea Level to Altitude, Multiple Time LT100 Run Finisher

### Bob Africa

2x Finisher of Lead Challenge, 5x Finisher of LT100 run

### Brad Stahlman

Ultrarunner

### Daniel McCarthy

2x LT 100 Run Camp Guide

### Danny Bundrock

6x LT100 Run Finisher & 10x LT100 Run Camp Attendee

### Donnamarie Provenzano

Spent Years as a Pacer & Now a 3x Finisher of the LT 100 Run

### Jared Conlin

10x finisher of the Leadville Race Series

### Judy Allen

Leadville local & finisher of LT100 MTB

### Jeffrey Jordan

Boundless Coach, in Partnership with Life Time

### Jolene Sandoval

Lead Challenge Finisher

### Judy Allen

Leadville local & finisher of LT100 MTB

### Junko Kazukawa

7x LT 100 Run Finisher, 3x LT 100MTB, 2x Lead Challenge Finisher, 3x Silver Queen

### Marvin Sandoval

10x LT100 Run Finisher, born & raised in Leadville

### Rodrigo Jiminez

LT100 Run Legacy Foundation Dream Chaser & 6x Lead Challenge Finisher

### Ryan Krol

Founder of Boundless Coaching & Guiding the Official Coaching Partner of the Leadville Race Series

### Scott Jordan

Physician & Boundless Coach

### Zack Russel

Boundless Coach, in Partnership with Life Time

**To complete the Lead Challenge, one must complete 5 events that include trail running and MTB, covering 282.4 miles, all at 10,000+ feet of Rocky Mountain elevation.**

**Dream Chasers start the race in very last place. For each person they pass, money is raised for the LT100 Legacy Foundation**

# // Schedule OF EVENTS

## FRIDAY, June 23<sup>rd</sup>, 2023

3:30pm - 6:30pm

### Packet Pickup

- Leadville Race Series Store, 316 Harrison Ave. Leadville, CO 80461
- Make sure to visit our sponsors, Leadville Race Series presenting sponsor **La Sportiva** for weekend running shoe demos, **COROS** for information for our official GPS watch sponsor, demos and data analysis, and **Petzl** for headlamp information and demos.

6:00pm - 6:30pm

### Kickoff with Leadville Race Series Staff and Guides

- Introductions
- LT 100 Legacy Foundation and co-founders Ken Chlouber and Merilee Maupin
- Special Guests **Sandy and Mike Monahan**

If you've been here before, you may know Sandy as the "Cutoff Queen."

6:30pm-7:30pm

### Tackling "The Race Across the Sky" and Everything in Between; How to Optimize for Success

- Lead by Ryan Krol, Rodrigo Jimenez and Guides
- Topics: pacing, hydration, fueling, altitude considerations, equipment/gear considerations for the weekend ahead/race day.

7:30pm-7:50pm

### Petzl Headlamp Demo with Cat Bradley and the Petzl Team

- Check-out Petzl's latest headlamps and try them out for the night run!

At some point in your race, you'll traverse these trails in pitch black. This is a great opportunity to get comfortable with your headlamp and fellow campers.

7:50pm-8:00pm

### Load shuttles and depart for Mayqueen

9:00pm-12:00am

### The Run

- Mayqueen Aid Station to Leadville Race Series Store, **Day 1 Route**
- Cut-off / We will implement a cut-off for anyone that may need extra rest for the big days ahead. Please know that you are important, your training is important and we want you to be successful. To ensure the best weekend possible for all, we will sweep the night run course and bring athletes and guides back as needed.
- 12.6 Miles
- 974 ascent, 780 descent
- Aid Station Information: Mile 7, end of the single track as you cross the road at Turquoise Lake Dam

11:00pm - 12:30am

### Burritos at the Leadville Race Series Store

## SATURDAY, June 24<sup>th</sup>, 2023

6:30am - 7:15am

### Breakfast and Q&A with Ryan, Rodrigo, Annie and Camp Guides

- Leadville Race Series Store, 316 Harrison Ave. Leadville, CO 80461
- Topics can include: pacing, fueling, hydration, altitude, gear considerations
- Note: Shuttles and bag drop provided

7:15am

### Load shuttles and depart for Mayqueen

- Athletes to drive themselves or get a ride on shuttle bus
- MUST BE ON SHUTTLES no later than 7:30am

8:00am - 3:00pm

### The Run

- Mayqueen to Twin Lakes, **Day 2 Route**
- 25.4 Miles
- 3241 ascent, 3927 descent
- Aid Station Info: Mile 14, Pipeline

If you can challenge yourself to think about a "chill" part of running 100M, this is it! Stride it out and take in some of the views.

# // Schedule OF EVENTS CONTINUED

## SATURDAY, June 24<sup>th</sup>, 2023 continued

<b>1:30pm - 3:00pm</b>	<p>Q&amp;A with Ryan, Rodrigo, Annie Hughes and Guides at Twin Lakes</p> <p>Ryan, Cat and Guides will be available to talk through: Challenges, growing pains from the day and topics ranging from; pacing, hydration, fueling, gear, address questions about Sunday's run</p>
<b>12:00pm</b>	Shuttles begin running from Twin Lakes to Leadville Race Series Store
<b>6:00pm - 8:30pm</b>	<p>Dinner</p> <ul style="list-style-type: none"> <li>• Freight, 320 E 9th St. Leadville, CO 80461</li> <li>• <a href="#">Directions from Leadville Race Series Store</a></li> </ul>
<b>7:15pm - 8:30pm</b>	<p>Panel featuring LT100 Run veterans</p> <ul style="list-style-type: none"> <li>• Annie Hughes</li> <li>• Rodrigo Jimenez</li> <li>• Bob Africa</li> <li>• Junko Kazukawa</li> <li>• Donnamarie Provenzano</li> <li>• Cat Bradley</li> <li>• Danny Bundrock</li> <li>• Jared Conlin</li> <li>• Ryan Krol</li> </ul>

## SUNDAY, June 25<sup>th</sup>, 2023

<b>7:00am - 7:50am</b>	<p>Breakfast and Check In</p> <ul style="list-style-type: none"> <li>• Leadville Race Series Store, 316 Harrison Ave. Leadville, CO 80461</li> </ul>
<b>7:30am - 7:50am</b>	<p>Ryan, Rodrigo, Annie: Reminders and Tips for the day ahead</p> <ul style="list-style-type: none"> <li>• Topics: pacing, fueling, hydration, head space</li> </ul>
<b>7:50am</b>	<p>Load shuttles</p> <ul style="list-style-type: none"> <li>• Athletes to drive themselves or get a ride on shuttle bus</li> </ul>
<b>8:00am</b>	Depart from Leadville Race Series Store
<b>9:00am - 3:30pm</b>	<p>The Run</p> <ul style="list-style-type: none"> <li>• Willis Gulch Trailhead to Winfield and Back, <a href="#">Day 3 Route</a></li> <li>• 21.3 Miles</li> <li>• 6693 Ascent, 6696 Descent</li> <li>• Aid Station information: Start of the run/Mile 0, Willis Gulch Trailhead. This is an unsupported run, plan hydration and nutrition accordingly</li> </ul>
<b>11:30am - 3:30pm</b>	Lunch at Llama Parking Area
<b>1:30pm - 3:30pm</b>	<p>Final Q&amp;A with Coaches and Guides</p> <ul style="list-style-type: none"> <li>• Topics: recap Day 3 route challenges, key takeaways</li> </ul>
<b>6:00pm - 8:00pm</b>	<p>Dinner</p> <ul style="list-style-type: none"> <li>• Freight, 320 E 9th St. Leadville, CO 80461</li> </ul>
<b>6:45pm - 7:00pm</b>	Tapering and next 6 weeks with Ryan, Rodrigo and Annie
<b>7:00pm - 7:30pm</b>	Crewing Talk with Merilee & Sandy Monahan
<b>7:00pm - 7:45pm</b>	Farewells - Tamira, Ken and Merilee

INTERACTIVE PACE CHART FOR YOUR LT100 RUN GOAL TIME CAN BE FOUND [HERE!](#)



## // Weekend Routes OVERVIEW

The Leadville area is full of rich, mining history. The trails you'll be traversing over the course of the weekend include single/double track trails and old dirt mining roads.

Over the course of three days, you'll ascend a total of 10,908ft (that's 756ft higher than Leadville sits) and 59.3 miles! You will top out at 13,185 feet at Mosquito Pass, the highest continuous pass in the country!



### GPS Files

Day 1 Map



Day 2 Map



Day 3 Map



### Weather

Remember that you will be running in a high-alpine environment with the possibility of extreme weather. If there is thunder or lightning, seek lower elevation quickly.



## // Packing LIST

- ☐ Running shoes of preference
- ☐ Multiple pairs of socks
- ☐ Multiple pairs of shoes
- ☐ Running shorts
- ☐ Gloves/mittens
- ☐ Headlamp
- ☐ Short sleeve shirt
- ☐ Long sleeve shirt
- ☐ Fleece mid-layer
- ☐ Rain shell
- ☐ Hat for the sun
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Gaiters
- ☐ Trekking poles
- ☐ Water bottles or running pack of your preference
- ☐ Your planned nutrition so you can test it (you can also use our nutrition)
- ☐ And of course, anything else you think you will need!



**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 backyard!

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*

# // 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 GU TerraCycle 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, [Cloud City Conservation Center \(C4\)](#), 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 [C4leadville.org](#) 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: [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd605695.html](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd605695.html)

## 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.
- 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.

### 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.



## // 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 non-native 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.

## // CAMP Sponsors

### Sponsors

We thank the following sponsors for making the Life Time Leadville Run Camp 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!**

**LIFETIME**





for your  
mountain.



## jackal II

With cushion and traction ready to take you from door to trail, trail to mountain, and every mile in between, the **JACKAL II** is your new run buddy.



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