

# LEADVILLE TRAIL100RUN

PRESENTED BY



2023  
ATHLETE  
GUIDE



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 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**

# // SCHEDULE OF EVENTS

## FRIDAY, August 18<sup>th</sup>, 2023

MANDATORY ATHLETE MEETING  
10:00am

LOCATION  
Lake County High  
School Football Field  
\*Outdoor Venue

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

LOCATION  
135 E. 6th Street,  
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 Race Series Store  
316 Harrison Ave  
\*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 19<sup>th</sup>, 2023 - RACE DAY!

STARTING LINE OPEN  
3:00am-3:45am

RACE START  
**4:00am**

START LINE  
Corner of 6th St  
& Harrison

FINISH LINE  
Corner of 6th St  
& Harrison

### Cutoff Times | SATURDAY

- 7:45am - Mayqueen (outbound)
- 10:00am - Outward Bound (outbound)
- 11:30am - Half Pipe (outbound)
- 1:30pm - Twin Lakes Village (outbound)
- 4:00pm - Hope Pass (outbound)
- 6:00pm - Winfield (turnaround)
- 10:00pm - Twin Lakes Village (inbound)



# // SCHEDULE OF EVENTS CONTINUED

## SUNDAY, AUGUST 20TH, 2023

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

**Below are some quick updates and reminders for all 2023 Leadville Trail 100 Run athletes.**

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

The race is chip timed, meaning your overall time will be based on when your race bib crosses the start and finish line.



## 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

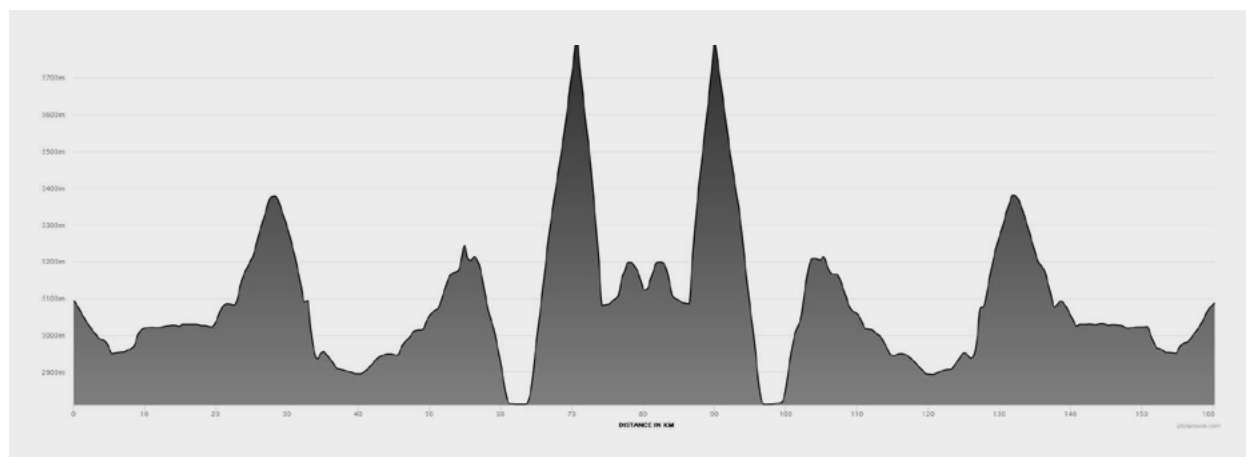
## GPS FILE



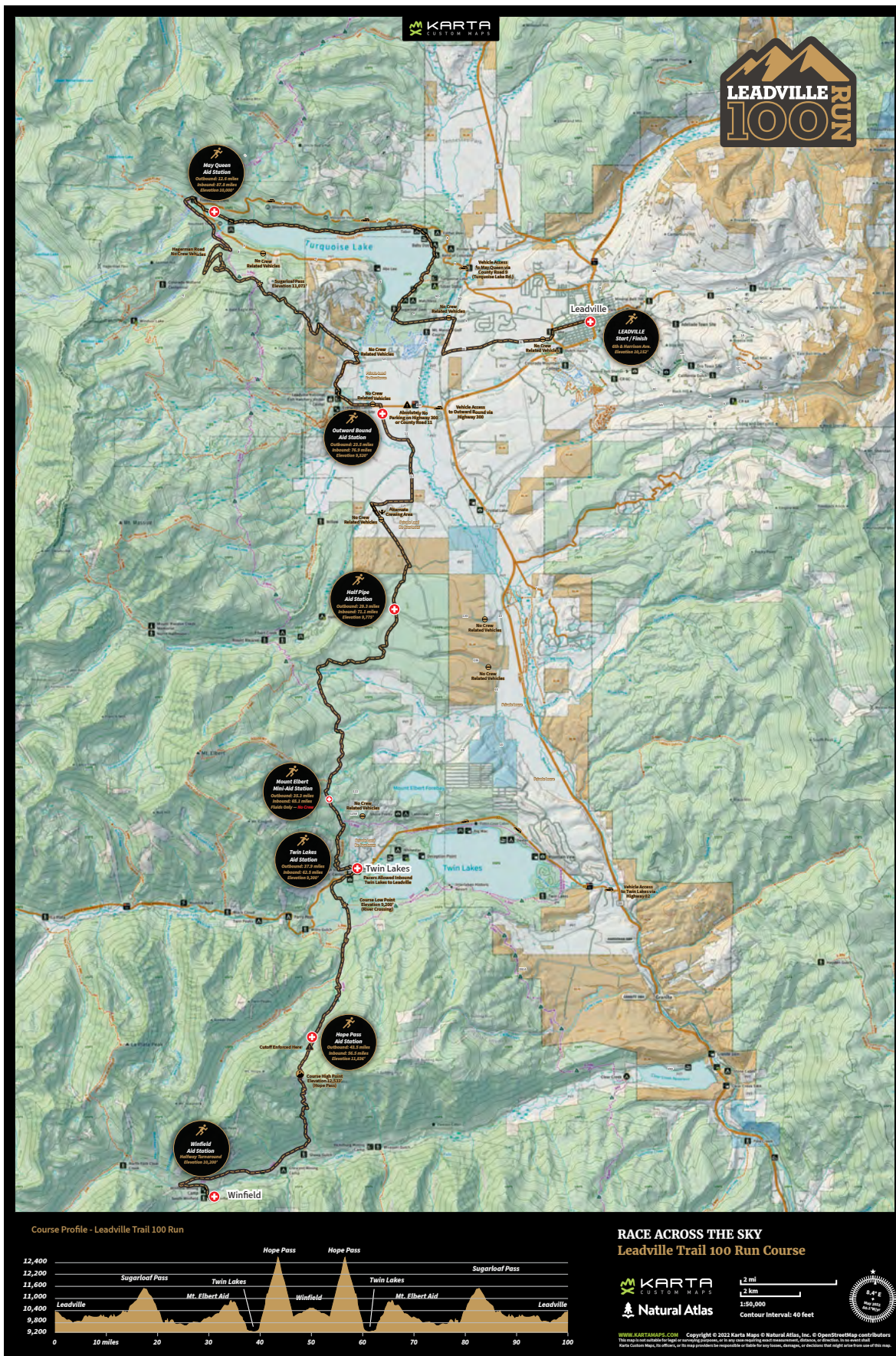
**SCAN OR CLICK**

<https://www.plotaroute.com/route/1632492>

## ELEVATION PROFILE







# AID STATIONS & COURSE CUTOFFS

There are **12** aid stations along the course, **9 COMPLETELY STOCKED** aid stations and **2 HYDRATION-ONLY** (Coke & Water) stations.

## OUTBOUND AID STATION LOCATIONS

### 1 Mayqueen | 12.6 Miles

Cutoff Time  
**7:45am**

**\*\*New for 2023 and beyond\*\*** No crew & spectator parking will be allowed at Mayqueen. You will be required to shuttle to Mayqueen.

**\*\*Important** - To ensure Safety and Emergency Response access:

- Crewing will be via SHUTTLE only in the morning. No crew/ race traffic will be allowed into the lake area in the morning. This will be strictly monitored and enforced. Shuttles will stop at the 7:45AM cutoff and will not be available to in the evening hours.
- Individual crews/cars will be allowed beginning at 5:00pm on Saturday August 19th, 2023 and permitted throughout the remainder of the event.
- Please help us maintain this access by following all traffic officials in this area.

CLICK HERE FOR  
GPS Link

### 2 Outward Bound | 23.5 Miles

Cutoff Time  
**10:00am**

Access via HWY 300, look for parking crews

CLICK HERE FOR  
GPS Link

● = NO CREW ACCESS

### 3 Half Pipe | 29.3 Miles

Cutoff Time  
**11:30am**

### H1 Mini Mount Elbert | 35.4 Miles

### 4 Twin Lakes Village | 37.9 Miles

Cutoff Time  
**1:30pm**

**\*\*Note** See Crew & Spectator tab for info on Twin Lakes Village Access.

CLICK HERE FOR  
GPS Link

### 5 Hope Pass | 43.5 Miles

Cutoff Time  
**4:00pm**

### 6 Winfield | **TURNAROUND**

Cutoff Time  
**6:00pm**



# AID STATIONS & COURSE CUTOFFS CONTINUED

## INBOUND AID STATION LOCATIONS

● = NO CREW ACCESS

### 7 Twin Lakes Village | 62 Miles

Cutoff Time  
10:00pm

**\*\*Note** See Crew & Spectator tab for info on Twin Lakes Village Access.

[CLICK HERE FOR GPS Link](#)

### H2 Mini Mount Elbert | 64.2 Miles

### 8 Half Pipe | 70.3 Miles

Cutoff Time  
1:15am

### 9 Outward Bound | 76.9 Miles

Cutoff Time  
3:00am

Access via HWY 300, look for parking crews

[CLICK HERE FOR GPS Link](#)

### 10 Mayqueen | 12.6 Miles

Cutoff Time  
7:45am

**\*\*New for 2023 and beyond\*\*** No crew & spectator parking will be allowed at Mayqueen. You will be required to shuttle to Mayqueen.

**\*\*Important** - To ensure Safety and Emergency Response access:

- Crewing will be via SHUTTLE only in the morning. No crew/race traffic will be allowed into the lake area in the morning. This will be strictly monitored and enforced. Shuttles will stop at the 7:45AM cutoff and will not be available to in the evening hours.
- Individual crews/cars will be allowed beginning at 5:00pm on Saturday August 19th, 2023 and permitted throughout the remainder of the event.
- Please help us maintain this access by following all traffic officials in this area.

[CLICK HERE FOR GPS Link](#)

### 11 FINISH LINE

Cutoff Time  
10:00am

## COURSE HISTORY

In 2021 the decision was made to remove pacer and crew access from Winfield. This was due to overall impact in Winfield, as well as congestion between Twin Lakes, over Hope Pass to Winfield. **This will remain in effect permanently.**

*All or part of this operation is conducted on Public Lands under special permit from the U.S. Bureau of Land Management. This event is held on the San Isabel National Forest under a special use permit.*

# // CREW & PACER INFO

## 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.

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

### 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 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.



### Crew Locations

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

1

Outward Bound

[CLICK HERE FOR GPS Link](#)

2

Pipeline

[CLICK HERE FOR GPS Link](#)

3

Twin Lakes

[CLICK HERE FOR GPS Link](#)

4

Mayqueen

[CLICK HERE FOR GPS Link](#)

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

In an effort to maintain positive community relationships, it's important to be aware our race courses cross multiple Private Property Sections including, but not limited to the following areas: Powerline, Sugar Loaf Mountain, County Road 2, near Oro City Aid Station, County Road 1 near Ball Mountain.

# // 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 DON'T<br><small>*GROUNDS FOR DISQUALIFICATION</small>                                    |
|---|---|
| Crews can provide food, drinks and supplies   | No crewing outside of official crew locations – Outward Bound, Pipeline & Twin Lakes, Mayqueen. |
| Pets are allowed – <b>must be leashed</b> and under control at all times  | Littering   |
| Setup permitted at Sunrise on 8/21 – DAY USE ONLY, all day use subject to USFS fees. <b>No camping allowed.</b>   | Illegal Parking   |
| 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 “SHUTTLE” Tab. | <b>No camping</b> – arrive only on race day   |
| <b>Carpooling is encouraged!</b><br>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.

- Winfield Aid station will be well-stocked
- DNFs or athlete that do not make the cutoff will be transported back to Leadville
- LRS Staff, Medical personnel and volunteers will be onsite
- Drop bags will be available for athletes and 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.

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

| DO   | Please DON'T  |
|--|---|
| All pacers <b>must be wearing a bib at all times</b> while on course.  | Pacers are <b>not allowed to push, pull, carry or tow the runner.</b>   |
| Pacers are <b>allowed starting at mile 62</b> – Twin Lakes Aid Station inbound.  | Any special pacing situations or requests (ie blind athletes) <b>must be pre-approved</b> by race management. |
| You may have as many pacers as you wish, although <b>only one pacer at a time</b> (until mile 99).   | Do not pace using a <b>vehicle or bicycle.</b>  |
| A pacer must <b>fill out a waiver prior</b> to being on course. The waiver can be filled out at one of the official checkpoints above or you may print one here. The waiver must be turned in at an aid station to receive your pacer bib. | Do not <b>take aid from vehicles</b>  |
| Pacers may <b>act as burros</b> , to carry food and equipment for their runner.  | Do <b>not camp overnight.</b>   |

**Important:** In an effort to maintain positive community relationships, it's important to be aware our race courses cross multiple Private Property Sections including, but not limited to the following areas: Powerline, Sugar Loaf Mountain, County Road 2, near Oro City Aid Station, County Road 1 near Ball Mountain.

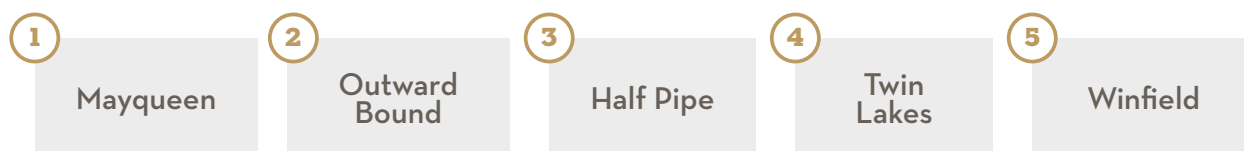
# // DROP BAG INFORMATION

## DROP BAG DROP-OFF

|  |  |
|--|--|
| <b>DROP BAG<br/>DROP-OFF</b><br>11:00am-5:00pm | <b>LOCATION</b><br><u>Leadville Race Series Store</u><br><u>316 Harrison Ave</u> |
|--|--|

- 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 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

|   |   |
|---|---|
| <b>PICK-UP DEADLINE</b><br>Sunday, August 20, 2023<br>by 5:00pm | <b>LOCATION</b><br><u>Leadville Retail Store</u><br><u>316 Harrison Ave</u> |
|---|---|

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

### 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!

### DIG DEEP AND ENJOY EVERY LAST SECOND!

*Tamira*



# // PARKING & SHUTTLES

Parking and overall congestion in Leadville will continue to be a crucial topic for all Leadville Race Series events. Thank-you in advance for your support addressing this concern for our 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. **THERE WILL BE NO ATHLETE OR SPECTATOR PARKING AT THE STARTLINE.**

We appreciate your support on this delicate topic for our community. 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!

Our website will always have the most up-to-date shuttle information:



## PARKING DO'S & DON'TS

### DO

Follow all parking crew upon entering Leadville – pre, during and post event

Observe all “No Parking” signs

Utilize the SHUTTLE SERVICE we will have in place throughout the event.

Refer to the event web page for up to date shuttle schedules under the “SHUTTLE” Tab.

### Please DON'T

Attempt to park near the startline.  
NO racer parking at the start.

Park on Harrison Ave. or in front of local businesses

Block people's driveways

Park in **ANY** emergency access areas

# // 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

- 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](https://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. Learn more about the Leave No Trace Principles here:

[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.

# // YOUR SAFETY & HEALTH WHAT YOU NEED TO KNOW

Medical Aid Stations are run by LCSAR and staffed by a combination of LCSAR members and non-member volunteers.

## **ALL MEDICAL AID STATIONS HAVE BASIC FIRST AID AND BASIC LIFE SUPPORT CAPABILITY, AND PROVIDE:**

- Wound and blister care
- Hemorrhage Control
- Orthopedic and athletic injury stabilization
- OTX analgesic medications
- Hypothermia and Hyperthermia care
- Medical assessment
- BLS life support and resuscitation
- Oxygen and IV therapy only to critical patients while awaiting the next level of care (ambulance or flights)
- All medical aid stations can communicate with Race Command and Race Medical Command to request or transfer of the patient to the next level of care.

## **ON-COURSE EMERGENCY RESPONSE**

- On-course emergency response is organized and run by LCSAR and staffed exclusively by LCSAR members.
- On-course rescuers will respond on ATV's, in marked vehicles with lights and sirens, and sometimes on mountain bikes or on foot. Please give way to all rescue personnel you encounter on course!
- If you experience an emergency, or witness an emergency on course, please call 911, if able, and include a bib number and as specific a location as possible in your report. If you are not able to make a call, report your emergency or have a fellow competitor report your emergency to the nearest on-course LCSAR personnel or aid station personnel.

## **PLEASE REMEMBER:**

IV Therapy  
=  
Medical Transfer

Please give way to all rescue personnel  
you encounter on course!

## **INTERESTED IN DONATING?**



lakecountysar.org



## IMPORTANT INFO & RULES

- 1 Please always remember this is an open/public course and you will encounter traffic on county roads. Stay aware of traffic at all times and remember that safety is priority number one.
- 2 You **MUST HAVE** your **ID** to pick up your packet. You **CANNOT** pick up a packet for your friends.
- 3 Timing chips, located on the back of the race bib, must be worn at all times during the race.
- 4 **DO NOT** fold your bib, this can damage the timing chip and cause timing errors.
- 5 Unsportsmanlike conduct is grounds for disqualification.
- 6 **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!
- 7 DNFs must be reported to timing, preferably at the start/finish line or nearest aid station.





# // AWARDS

## Awards Ceremony

The awards ceremony will take place on Sunday, August 20, 2023, at the Lake County High School Football Field.

- Belt buckles will be distributed directly in the finish chute at the end of your race!
- All finisher hoodies will be custom printed and shipped directly to your door.
- Racers must complete the event in under 30 hours to be considered an official finisher and receive their hoodie and belt buckle.
- All awards will be presented at this time and must be picked up in person.
- Awards will not be given to others.

### Age Group Categories

Women 18-19

Women 20-29

Women 30-39

Women 40-49

Women 50-59

Women 60-69

Women 70+

Men 18-19

Men 20-29

Men 30-39

Men 40-49

Men 50-59

Men 60-69

Men 70+

Overall Men\*

Overall Women\*

Overall Nonbinary

Para Male Overall

Para Female Overall

### Awards

1000 Mile Buckles

2000 Mile Buckles

11 Year Jackets

Last Ass Over the Pass  
(last official finisher)

Age Group Awards  
(3 deep per category)

Age group awards will be based on the age an athlete will be on RACE DAY.

\*Overall male and female and pro athletes will be removed from age group awards.

**Note:** If you cannot pick up your award, you will have the option to have it mailed to you for a small fee.



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# RACE SERIES STAFF & SPONSORS

## RACE SERIES STAFF

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## RACE SPONSORS

We thank the following sponsors for making the Life Time Leadville Trail 100 Run 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!

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