



LEADVILLE TRAIL 100 MTB CAMP

2023
ATHLETE
GUIDE



LeadvilleRaceSeries.com

LIFE TIME®



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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 Stages Cycling Leadville Trail 100 MTB Camp, 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 MTB CAMP WEEKEND

Race Series Staff

Tamira Jenlink

Event Manager

TJenlink@lt.life

Madison Giger

Expo Manager

Quinn Cooper

National Account Manager

Ken Chlouber

Race Founder & 14-Time Finisher

KenChlouber@gmail.com

Ryan Cross

Senior Marketing Manager

Merilee Maupin

Race Founder, Former Race Director

MerileeM33@gmail.com

Natalie Viragh

Associate Marketing Manager

For more info please contact us at: Leadville@ltevents.zendesk.com



WHO'S WHO OF MTB CAMP WEEKEND CONTINUED

Guides & Special Guests

Rose Grant

2x LT100 MTB winner & retired professional cyclist

Ray Landry

LT100 MTB Finisher and "super volunteer"

Lisa Sandoval

6x LT100 MTB finisher & seasoned Leadville Race Series volunteer

Melisa Rollins

Top 10 LT100 MTB finisher & professional cyclist

John Callahan

20-time Leadville Trail 100 MTB Finisher

Wesley Sandoval

Roxanne Hall

The first and only woman to finish LT 100 MTB 20 times!

Mark Wolfgang

Endurance sport enthusiast, ready to earn his first LT100 MTB Buckle this year

Laurie Simonson

3x LT100 MTB Finisher & City of Leadville's City Administrator

Todd Murray

Buckled at every LT100 MTB since the race began in 1994

Heath Speckman

Susan McCotter

Leadville local with expertise in nutrition, pacing, & a deep knowledge of the LT100 MTB trails

Lauren Gavato

3x LT100 MTB Finisher & Crewing Expert

Rich "Rico" Finn

Leadville local ready to show off the community he calls home

Michael Iddings

Judy Allen

Trapper Steinle

1000 Mile Buckle Recipient & cycling coach

Sage Melley

4x Leadville Stage Race Finisher

Sara Bloom

Traded in her running shoes for clip ins & completed her first LT100 MTB in last year

Pat James

3x LT100 MTB finisher chasing the 1000 Mile Buckle

Marvin Sandoval

Born and raised in Leadville, Colorado & 12x LT100 MTB Finisher

Chris Lloyd

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



// Schedule OF EVENTS

THURSDAY, June 29th, 2023

11:00am - 2:00pm	Packet Pickup <ul style="list-style-type: none"> Leadville Race Series Store, 316 Harrison Ave. Leadville, CO 80461
1:00pm - 1:30pm	Kickoff with Staff & Guides <ul style="list-style-type: none"> Staff and Guide Introductions Introduce the Leadville Trail 100 Legacy Foundation with co-founders Ken Chlouber and Merilee Maupin
1:30pm - 2:30pm	Tackling “ The Race Across the Sky” & Everything in Between; How to Optimize for Success <ul style="list-style-type: none"> Lead by Pros, Rose Grant & Melisa Rollins Topics to include: Pacing, Hydration, Fueling, Altitude Considerations, Equipment/Gear Considerations
2:30pm - 5:00pm	Descending Clinic - Ride <ul style="list-style-type: none"> 2.9 miles to a 2 mile loop with about 375' to refine those descending and cornering skills. Guides lead from Leadville Race Series Store together at 2:30pm Descent tips with Rose Grant, Melisa Rollins, Trapper Steinle and Scott Tietzel at the top of the climb. Laps on the loop to refine those skills! Finish ride at the Leadville Race Series Store at 5pm, Route
6:00pm - 8:00pm	Dinner <ul style="list-style-type: none"> Freight, 320 E 9th St. Leadville, CO 80461
7:00pm - 7:45pm	Panel Featuring Leadville Veterans <ul style="list-style-type: none"> Rose Grant, Melisa Rollins, Roxanne Hall, Marvin Sandoval, Todd Murray and Scott Tietzel

FRIDAY, June 30th, 2023

6:30am	Breakfast / Check-In <ul style="list-style-type: none"> Leadville Race Series Store, 316 Harrison Ave. Leadville, CO 80461
7:30am	Rose & Melisa briefing at Pipeline <ul style="list-style-type: none"> Note: Athletes & Guides will transport themselves to Pipeline Pipeline parking directions Guides will be available during the ride to share fueling tips, crewing, gear, and hydration considerations, and how to get in the right head space
7:30am	Day 1 Ride <ul style="list-style-type: none"> ~48 miles starting from Pipeline to Columbine and back to Pipeline 6,456 Elevation gain Pipeline to Columbine and Back
12:00pm - 3:00pm	BBQ Lunch at Pipeline with Silver Dollar Saloon
1:00pm - 3:00pm	Rose & Melisa Q&A <ul style="list-style-type: none"> Challenges, growing pains from the day and topics ranging from: pacing, hydration, fueling, gear, address questions about Saturday's ride
6:00pm	Dinner <ul style="list-style-type: none"> Tennessee Pass Cookhouse and Nordic Center, 259 CR 29 Leadville, CO 80461

Experience the highest elevation on the course. At the turnaround point, you'll be sitting right at 12,575 !

// Schedule OF EVENTS CONTINUED

SATURDAY, July 1st, 2023

6:30am	Breakfast / Check-In <ul style="list-style-type: none"> Leadville Race Series Store, 316 Harrison Ave. Leadville, CO 80461
7:00am – 7:30am	Rose & Melisa: Reminders & Tips on the Day
7:30am	Day 3 Ride <ul style="list-style-type: none"> Police lead out from 6th and Harrison Connect and ride with Guides. With experts at your side, this is a great time to garner intel from the guides. ~59 miles 6,952 Elevation gain 11,161 Highest point (mile 38.3) Leadville Race Series Store to Pipeline and back Aid Station Information: Mile 28.5, Pipeline
1:00pm – 3:00pm	Lunch with Rose & Melisa & all other Guides on the pavers at the Leadville Race Series Store <ul style="list-style-type: none"> Final Q&A with our Coaches and Guides Topics: recap Day 3 route challenges, key takeaways, and how to adjust training for the next 6 weeks
6:00pm – 8:00pm	Dinner <ul style="list-style-type: none"> Freight, 320 E 9th St Leadville, CO 80461
7:15pm – 8:00pm	Crewing & Tapering <ul style="list-style-type: none"> With Rose Grant, Melisa Rollins, Scott Tietzel and Todd Murray
8:00pm	Farewells

This is your opportunity to experience Powerline; commonly considered the toughest descent of the course and the hardest climb of the course.

SUNDAY, July 2nd, 2023

8:00am	Casual Shakeout Ride <ul style="list-style-type: none"> Leadville Race Series Store, 316 Harrison Ave. Leadville, CO 80461 Sunday Singletrack Shakeout *We are going nice and easy! This is a casual and fun shakeout on singletrack.
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// Weekend Routes OVERVIEW

Get ready for a few big days in the saddle, prepping for the ultimate granddaddy of all endurance MTB races. The majority of our days will be spent on rough forest service roads and high alpine two track with a little bit of singletrack to keep things interesting.

Over the course of three days, you'll ascend roughly the total of 1800ft (that's just under 2x higher than Leadville sits) and ~127 miles! You will top out at Columbine Mine, with an elevation of 12,516 feet.



GPS Files

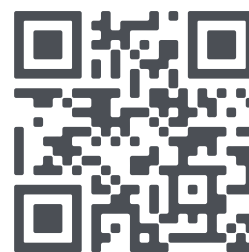
Day 1 Map



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.

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

- In 2022, Leadville managed to collect 68lbs of wrappers with GU TerraCycle! GU Energy is a proud partner once again and looks forward to repeating this successful impact in 2023.
- 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

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 Stages Cycling Leadville Trail 100 MTB 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!

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