

**LIFETIME
SILVER
RUSH50RUN**
PRESENTED BY **LA SPORTIVA**

**LIFETIME
SILVER
RUSH15RUN**
PRESENTED BY **LA SPORTIVA**

**STAGES
CYCLING**
**SILVER
RUSH50MTB**

**STAGES
CYCLING**
**SILVER
RUSH15MTB**

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 Silver Rush 50 RUN & MTB, 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, July 7th, 2023

LOCATION

Base of Dutch Henri Hill
US Highway 24 and McWethy Dr.

PACKET PICKUP HOURS

2:00pm-7:00pm

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

SATURDAY, July 8th, 2023



RACEDAY PACKET PICKUP HOURS

50 RUN ONLY: 5:00am-5:45am

15 RUN ONLY: 8:00am-8:35am

Silver Rush 50 MTB and Silver Rush 15 MTB ONLY: 10:00am-3:00pm

- No onsite registration.
- ID is required.
- Packets must be picked up in person - they will not be mailed or given to others.

DROP BAG DROP OFF

50 RUN ONLY: 5:00am-5:45am

at Base of Dutch Henri Hill in Leadville Truck

LOCATION

Base of Dutch Henri Hill
US Highway 24 and McWethy Dr.

Race Start Times:

Silver Rush 50 Run Start | 6:00am

Silver Rush 15 Run Start | 9:00am

Silver Rush 5K Juniors Start | 9:30am

Finish Festival:

12:00pm-8:00pm

Other Important Times:

50 Run Drop bags will be returned to Start/Finish at base of Dutch Henri Hill | 4:00pm

All 50 Run drop bags must be picked up by 8:00pm

LT100 Run Lottery Coin Drawing 50 mile runners ONLY - at base of Dutch Henri Hill | 8:00pm

Awards Ceremony

15 Run & 5K Awards | 1:00pm

50 Run Awards & LT100 RUN Qualifier Selection | 4:30pm

- LT100 RUN Qualifying Spots will be awarded
- Must be present to claim your LT100 RUN Qualifier Spot

// Schedule OF EVENTS CONTINUED

SUNDAY, July 9th, 2023

STAGES
**SILVER
RUSH⁵⁰MTB**

STAGES
**SILVER
RUSH¹⁵MTB**

LOCATION

Base of Dutch Henri Hill
US Highway 24 and McWethy Dr.

PACKET PICKUP HOURS

Silver Rush MTB: 6:30am-7:45am

Silver Rush 15MTB: 8:15am-8:30am

- No onsite registration.

Race Start Times:

Silver Rush 50 MTB Start | 8:00am

Wave 1 - Self Seeded | 8:00am

Wave 2 - Self Seeded | 8:05am

Silver Rush 15 MTB Start | 9:00am

Note:

- ***Top of the Hill Qualifier Coin for first female and male in first wave start at 8:00am***
- There are no drop bags allowed for the Silver Rush 50 MTB

Finish Festival:

12:00pm-5:00pm

Awards Ceremony

15 MTB Awards | 1:00pm

50 MTB Awards & LT100 RUN Qaulifier Selection | 4:30pm

- LT100 RUN Qualifying Spots will be awarded
- Must be present to claim your LT100 RUN Qualifier Spot



Course OVERVIEW

Silver Rush 50 Run & MTB

The 50-mile out-and-back course takes racers through the historic mining district on the east side of Leadville. Your day will begin with a nearly 10 mile climb on challenging alpine doubletrack topping out at over 12,000'. Enjoy the views of Mt. Sherman before descending a fast and furious dirt road section. **REMINDER: Use caution! You are on public roads throughout this course. BE AWARE OF VEHICLE TRAFFIC.** Your next uphill battle begins at mile 16 as you tackle a 4 mile grind back up to 12,000' again before descending to the turnaround point at mile 25. On the return, be aware of 2-way traffic on the course, and be respectful of your fellow athletes. Your long day is rewarded with a 10 mile descent back to the finish at Dutch Henri Hill where you'll be greeted with a finisher medal, warm food, and a cold beer!

- 48.4 miles
- 7,503' Elevation Gain
- 12,024' Highest point

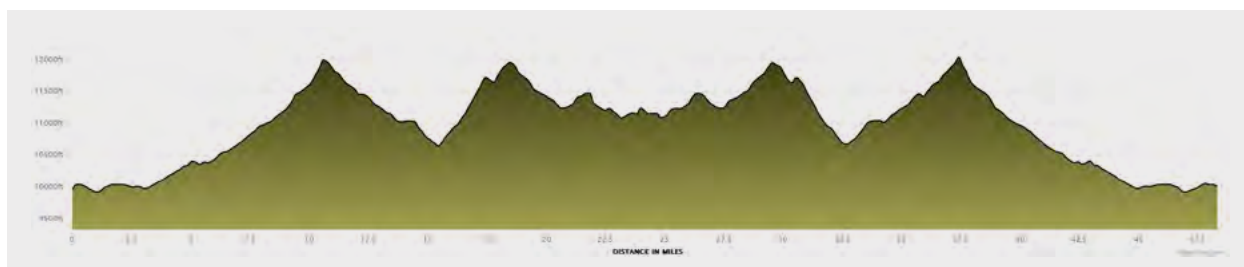
[Interactive Map / GPX File](#)



Course Map



Elevation Profile



Course OVERVIEW CONTINUED

Silver Rush 15 Run & MTB

This race will start and finish on the same course as the Silver Rush 50 MTB. This race provides an excellent entry option into mountain bike racing and will, of course, be accompanied by the tremendous Leadville views along the way.

- 15.6 miles
- 1676' Elevation Gain
- 10,896' Highest Point

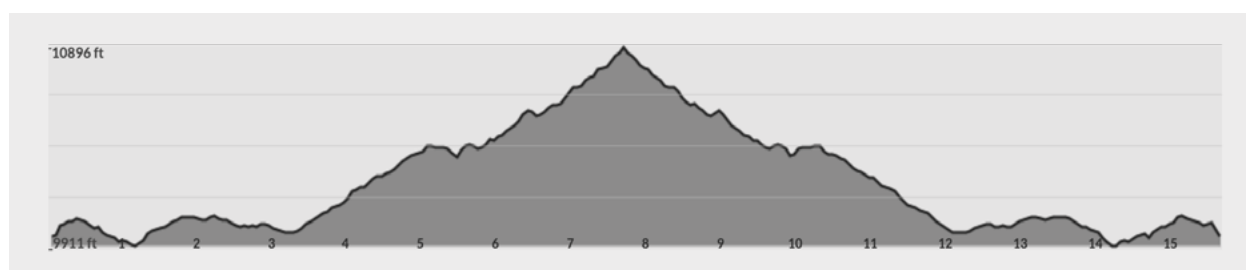
[Interactive Map / GPX File](#)



Course Map



Elevation Profile

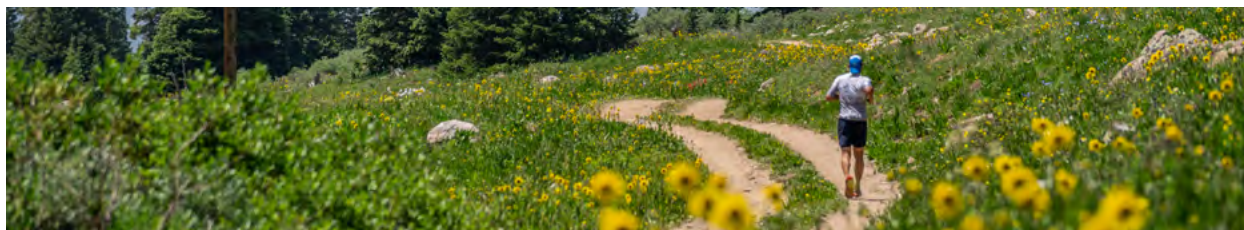


// Aid Stations & COURSE CUTOFFS

15 Run & MTB

Aid Stations

There will be **ONE** well-supplied aid station along the way, located at Black Cloud/Turnaround point at mile 7.8.



50 MTB

Aid Stations

There will be **FIVE** well-supplied aid stations for the 50 MTB. Aid stations will offer a variety of GU Roctane, GU gels, water, and assorted foods including bananas, figs, pretzels, chips, etc.

- | | |
|--|-------------------------|
| ① Mile 7.8 Black Cloud | ④ Mile 32.7 Printer Boy |
| ② Mile 15.3 Printer Boy | ⑤ Mile 40.3 Black Cloud |
| ③ Mile 24.2 Stumptown (12:50pm cutoff) | |

Cut-Offs

- Racers that do not make the cut off at the aid stations will NOT be able to continue the race
- Cutoffs at aid stations are based on gun time - and have factored in various start times
- Cutoffs at finish are based on chip time

Mile 24.2 Stumptown 12:50pm	Mile 32.7 Printer Boy 2:20pm	Mile 48.4 Finish Line 4:35pm
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Total Course Cutoff
8hrs & 30 minutes

// Aid Stations & COURSE CUTOFFS CONTINUED

50 Run

Aid Stations

There will be **SEVEN** well-supplied aid stations for the 50 Run. Aid stations will offer a variety of GU Roctane, GU gels, water, and assorted foods including bananas, figs, pretzels, chips, etc.

- | | |
|--------------------------------|--------------------------------|
| ① Mile 7.8 Black Cloud | ⑤ Mile 30.6 Venir |
| ② Mile 15.3 Printer Boy | ⑥ Mile 32.7 Printer Boy |
| ③ Mile 18 Rock Garden | ⑦ Mile 40.3 Black Cloud |
| ④ Mile 24.2 Stumptown | |

Cut-Offs

- Racers that do not make the cut off at the aid stations will NOT be able to continue the race
- Cutoffs at aid stations are based on gun time – and have factored in various start times
- Cutoffs at finish are based on chip time

Mile 24.2 Stumptown 1:30pm	Mile 30.6 Venir 3:00pm	Mile 32.7 Printer Boy 4:30pm
	Mile 40.3 Black Cloud 6:00pm	Mile 48.4 Finish Line 8:00pm
Total Course Cutoff 14 hours Chip Time		

Drop Bags *50 mile runners ONLY*

DROP OFF 5:00am-5:45am Base of Dutch Henri Hill at Leadville Truck	PICK-UP AT FINISH LINE 4:00pm All bags must be claimed by 8:00pm	<ul style="list-style-type: none"> • Clear Plastic ONLY • Drop bags will ONLY be taken to the Stumptown Aid Station (half way mark)
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// Crew & Spectator INFORMATION

We recognize crews as a critical component to all of our events. Our courses cover open roads and trails and careful consideration must go into how and where crews and spectators can access their athletes. A conscious plan around this is a foundation of our partnership with the community, USFS, BLM, City of Leadville and Lake County officials to ensure we are providing a safe event experience to everyone involved.

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.

To support local community impacts and maintain safety on public roads, the only areas where crew and and spectators are allowed on course are:

- 1**
Start/Finish Area
- 2**
Printer Boy Aid Station
Outbound mile 15.3
Inbound mile 32.7
- 3**
Stumptown Aid Station
Half way point, turnaround

Map Link



Printer Boy Aid Station and Stumptown Aid Station can be accessed using public roads, please follow the [spectator map](#) for driving directions.



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, all you’ve done to arrive here... and all the other amazing humans 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** INFORMATION

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.** More info on shuttles is available on the “Shuttles” dropdown on our website.

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!

Parking Do's & Don'ts

DO

Parking in the Following Areas

See Map for Details

- Community Fields
- High School/Intermediate School Parking Areas



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

- 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, **Cloud City Conservation Center (C4)** and GU TerraCycle 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. In 2022, Leadville managed to collect 68lbs of wrappers with C4 and GU TerraCycle! GU Energy is a proud partner once again and looks forward to repeating this successful impact in 2023.
- **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. Learn more about the Leave No Trace Principles here:

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.
- ⑧ No pets on course or at the start/finish area per City of Leadville regulations.
- ⑨ Trekking poles are allowed! Please be courteous of others.
- ⑩ **COURSE MARKING** - The trail will be marked with pink/black pink flags and flagging tape.



// Awards & LT100 QUALIFIER INFO

Awards

Age group and overall awards will be distributed to the top competitors at the awards ceremony.

Awards will be distributed in the following categories:

50 Mile MTB

Female 19 & Under
 Female 20-29
 Female 30-39
 Female 40-49
 Female 50-59
 Female 60-69
 Female 70+
 Single Speed Female Open
 Male 19 & Under
 Male 20-29
 Male 30-39
 Male 40-49
 Male 50-59
 Male 60-69
 Male 70+
 Single Speed Male Open
 Single Speed Nonbinary
 Tandem
 Overall Male
 Overall Female
 Overall Nonbinary
 Para Overall Male
 Para Overall Female

15 Mile MTB

Overall Female
 Overall Male
 Overall Nonbinary
 Para Overall Male
 Para Overall Female
 Juniors Overall
 18 and under racing age

15 Mile Run

Overall Female
 Overall Male
 Overall Nonbinary
 Para Overall Male
 Para Overall Female
 Juniors Overall
 18 and under racing age

50 Mile Run

Female 19 & Under
 Female 20-29
 Female 30-39
 Female 40-49
 Female 50-59
 Female 60-69
 Female 70+
 Male 19 & Under
 Male 20-29
 Male 30-39
 Male 40-49
 Male 50-59
 Male 60-69
 Male 70+
 Overall Male
 Overall Female
 Overall Nonbinary
 Para Overall Male
 Para Overall Female

// Awards & LT100 QUALIFIER INFO CONTINUED

LT100 Qualifier

The Leadville Silver Rush 50 RUN & MTB events are qualifiers for the Life Time Leadville Trail 100 Run presented by La Sportiva and the Stages Cycling Leadville Trail 100 MTB. **There are a total of 50 LT100 qualifier coins up for grabs at each of the SR50 events, RUN & MTB.**

Half of the total LT100 coins will be distributed based on performance and half of the coins will be given away in the Event Lottery at the conclusion of the awards ceremony.

25 slots will be distributed based on performance:

- Slots will be distributed to each gender and age group (20-29, 30-39, etc.) based on the percentage of total athletes in those age groups, with a minimum of one slot for every age group.
- The top athletes in each age group will receive the allocated slots.
- In the event a top athlete elects not to accept a slot, the slot will roll down to the next athlete in the results within the age group.
- In the event slots are not claimed after the roll down in each age group, those slots will be allocated to the Event Lottery, as described below.

25 slots will be distributed through the Event Lottery:

- All finishers under the predetermined maximum finish time who have indicated their desire to participate in the lottery will be entered in the lottery.
- Names will be drawn from the eligible lottery athletes and slots will be given out.
- In the event an athlete opts not to accept a slot, the slots will roll down to the next athlete that is drawn until ALL slots have been distributed.
- Qualification slots must be claimed in person immediately.
- Registration for the Leadville Trail 100 Run & 100 MTB must be completed and paid for during the designated time offered.
- Only solo runners or riders competing the required distance under the allotted cutoff time will be considered as potential qualifiers.
- All registration fees for the LT100 Run & LT100 MTB are non-transferable and non-refundable.



Back for 2023!

We will award a qualifier coin to the King & Queen of Dutch Henry! The first male and female runners and riders to make it to the top of the hill will be handed a coin. Winners must finish the race before the cutoff to claim the entry.

// RACE SERIES Staff & Sponsors

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Race Founder, Former Race Director

FOR MORE INFO PLEASE CONTACT US AT:

Leadville@ltevents.Zendesk.com

Race Sponsors

We thank the following sponsors for making the Life Time Leadville Silver Rush 50 RUN & MTB 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!

LIFE TIME


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