



# LEADVILLE TRAIL100MTB

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2014 ATHLETE GUIDE





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### Welcome Racers,

Since early spring, we have traveled the country offering the LT100 Qualifiers and have met some amazing people along the way.

This year marks the 21st anniversary of this historic event and each year we see a fresh crop of first-timers roll into town. There truly is no way to describe your first trip to Leadville. You'll never forget the beautiful views and amazing people you meet here—the race is only a part of the experience.

At 6:30am, the blast of the gun will fill the crisp morning air with excitement like you've never felt. And before long, your lungs will burn, your legs will ache but you'll cross that finish line with a group of newfound friends.

The journey through the LT100 course is filled with challenges. You'll be tested with every pedal stroke. There will be some points where it'll feel as if there's no end in sight. But don't lose hope. That red carpet is waiting for you. Your family is waiting for you.

Once you complete your journey, you'll walk away from Leadville a changed person. Proud, confident and successful are some ways to describe Leadville Trail 100 participants.

It's time to push yourself to the very limit and find out what you are made of. If this is your very first Leadville or your 21st Leadville, you might realize there are no limits.

Thanks for riding with us.

Josh Colley

Race Director



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## STARTING LINE & CLIP IN

This race information packet contains many suggestions and recommendations to help riders prepare for and complete the Leadville 100 MTB Presented by Herbalife. Race Management and volunteers pledge to do everything possible to make this challenge a successful event you will always remember. Our medical committee, along with riders, crews and volunteers, participated in developing many of the recommendations contained in this packet. Proper preparation is critical to a successful and enjoyable experience. All riders and crews should read this information carefully. You can always check our website at [leadvillerraceseries.com](http://leadvillerraceseries.com) for updated information.

## SCHEDULE OF EVENTS

### THURSDAY, AUGUST 7

#### **Early Packet Pickup**

11am - 7pm

Registration HQ, 316 Harrison

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

### FRIDAY, AUGUST 8

#### **Packet Pickup**

7am - 10am

Registration HQ, 316 Harrison

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

#### **Expo and T shirt pick-up**

10am - 6pm

Lake County Middle School gymnasium, 1000 West 6th St

#### **Mandatory Final Briefing**

11am

Lake County Middle School gymnasium, 1000 West 6th St

Up-to-date conditions, changes in race rules or procedures, and last-minute instructions will be announced. All entrants are required to attend.



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### **Supply bag drop**

3pm - 5pm

Courthouse Lawn, 6th & Harrison

See section titled Drop Bags.

**Free carbo-loading dinner** presented by Saint-Gobain Performance Plastics and Norglide

5pm

Lake County Middle School gymnasium, 1000 West 6th St

Come to socialize and meet other riders and crews.

## **SATURDAY, AUGUST 9**

### **Line up in assigned corral**

5am - 6:15am

Corner of 6th & Harrison

### **Race Start**

6:30am

3:30pm: 9-hour cut-off time for the gold and silver trophy buckle

6:30 pm: 12-hour final cut-off time for completion of the race and the silver buckle

## **SUNDAY, AUGUST 10**

### **Awards Ceremony**

7:30am

Lake County Middle School gymnasium, 1000 West 6th St

All awards and finisher jackets will be presented at this time and must be picked up in person. They will not be given to others and will not be distributed before or after the awards ceremony. Please see [LeadvilleRaceSeries.com](http://LeadvilleRaceSeries.com) to learn how to receive your buckle if you cannot attend the awards ceremony.

### **Post-race Expo**

7am - 11am

Lake County Middle School gymnasium, 1000 West 6th St

### **Leadville 10K Run**

12pm

Corner of 6th and Harrison

Saturday, August 16 and Sunday, August 17 is the Leadville Trail 100 Run. Consider staying in town or coming back for this event. We can always use your volunteer help and runners could use your encouragement for our other epic race.



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## WHAT DO WE LOVE ABOUT LEADVILLE?

### LEADVILLE TRAIL 100 VETERANS COUNT THE WAYS.

"Leadville is really the only race I do any more. For me, it's not the race so much as the memories, some of them very personal memories that a very few of my fellow racers have shared a part in. The race for me now is secondary to the yearly gathering of old friends."

**- Ricky McDonald,**

*Featured in the Race Across the Sky films and 20-time buckle winner*

"There is no better feeling than driving into Leadville. It is full of honest, hardworking, never-quit people who have persevered through adversity and have found a way to survive some hard times. The people and the town are inspirational to me and I think of them often while I wait to return every year. It is only fitting that a race filled with such adversity and challenges is held in Leadville. As a rider the pressure is on you during the race to uphold the same mental toughness that the town residents have displayed for many years."

**- Dallas Eakins,**

*Three-time finisher, head coach of the Edmonton Oilers*

"I've spent a lot of time in Leadville over the last couple of years. It's a kooky mountain town that I've come to love for its unique funkiness. The people who live here are real and they are tougher than most. The surrounding 14ers give me a buzz just looking at them...or maybe it's just the altitude."

**- Gretchen Reeves,**

*2007 winner, recreational pro and CPA*

"There is a magic about Leadville and the LT100 that is hard to find anywhere else. Just like where I live in Idaho, Leadville feels welcoming and homey the moment you arrive. It's peaceful, beautiful and authentic. No one is a stranger in Leadville."

**- Rebecca Rusch,**

*2009, 2010, 2011 and 2012 winner, pro*

"Leadville is a great place. Almost the entire town is part of the action. Take for example the crew at Cycles of Life. They are killing themselves for weeks trying to make sure everyone is dialed in for race day. The same goes for the entire Leadville race staff who live in Leadville. Almost everyone is there to make your race a great experience."

**- Bryson Perry,**

*2001 and 2002 winner, pro*

"The best bike races always seem to be in the most interesting of towns. Leadville is no exception. It has an amazing history that continues to shape its colorful character. The LT100 just would never have the same energy and appeal without the town of Leadville."

**- Jay Henry,**

*Pro*



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**If there ever was a city deserving of your love, it would be Leadville, a city that epitomizes some of the very reasons you entered this race: soul, spirit and survival.**

But how much do you really know about Leadville? Here are some fast facts. We can't give you a buckle for knowing this stuff, but it will take your mind off those hundred miles.

- Leadville has multiple nicknames including Cloud City, Magic City and Two-Mile-High City.
- Leadville is North America's highest incorporated city.
- Even though Leadville was founded during the Silver Boom, there were too many other cities around that same time with silver in their names, so founders decided to name it after the ore.
- Leadville was founded in 1877 by mine owners Horace Tabor and August Meyer.
- Leadville's population at the height of the mining boom is said to have been close to 30,000. Today the population is closer to 2,700.
- Leadville's past was filled with legends, eccentrics, entrepreneurs, dreamers and other characters famously euphemized as colorful, including Horace and Baby Doe Tabor, Molly Brown, Texas Jack, Frank and Jesse James, Wyatt Earp and Doc Holliday.
- Leadville is one square mile and its 70 square blocks of Victorian architecture have been designated a National Historic Landmark District.
- Leadville had the highest unemployment in the nation when Ken Chlouber, determined to bring Leadville back from the brink, organized the inaugural Leadville Trail 100 Run in 1983. The mountain bike race was added 11 years later.
- The Climax Molybdenum mine, shuttered in the 1980s, is open and thriving, employing 300 people.



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## WELCOME TO LEADVILLE

Safety tips while training from the Leadville Police Department and Lake County Sheriff's Office:

### BICYCLISTS

- Ride in single file with the flow of traffic
- Observe all traffic signs and traffic laws
- Wear proper reflective clothing and safety equipment
- Use hand signals when stopping and making turns
- Make sure your bike is in good working order before you begin your ride
- Bicycles should be ridden on streets and roads instead of sidewalks
- It's against the law to ride your bike while intoxicated.

### MOTORISTS

- Drive at the posted speed limit
- Yield to all emergency vehicles by pulling over to your right as far as you safely can
- Adjust your speed during adverse weather conditions
- Designate a sober driver or call a cab
- When school bus lights are flashing yellow and red, slow down and stop
- Stop for pedestrians in crosswalks
- Buckle up, the life you save might be your own
- No U-turn on double yellow lines

### PEDESTRIANS

- Always use the crosswalk
- While walking or running on a roadway, move against traffic
- While running on a roadway, wear bright and or reflective clothing





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## PUBLIC PARKING

There are four public parking lots:

- West 3rd and Harrison Ave
- East 4th behind the Tabor Opera House
- 1000 W 4th, High School North Lot
- Community Park across the street from the North Lot at the intersection of W 6th Street and McWethy

## STREET PARKING

- Diagonal parking is permitted on the south side of the street up to the alley on the following streets: East 8th, East 7th, East 6th, East 5th, and East 4th streets
- Leadville Municipal Ordinance allows for homeowners to purchase private parking signs to put in front of their homes. These parking spaces are clearly marked with a red and white sign. If you park in one of these spaces you will be ticketed and your vehicle may towed
- Remember to park in the direction of traffic and 12 inches or less from curb
- There is a two-hour time limit for parking in some areas
- No parking in front of driveways



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## COURSE OVERVIEW

“When it comes to that point, when it hurts beyond hurt, when your lungs are burning, your legs are dead, and you’ve still got miles and miles to go, that’s when you dig deep.”

- Ken Chlouber

- This is an out-and-back course that primarily covers dirt and gravel roads with some pavement.
- The entire course is open for pre-riding with the exception of the private property just past the Twin Lakes Dam to the Lost Canyon Road. You can access the Lost Canyon Road and the Columbine Mine by taking Road 398 from Granite or 398B from Hwy 82. Check our Facebook page for current course conditions.
- Race Management will try to keep vehicles off the course, but this is not always possible. **ALWAYS BE PREPARED FOR AUTOMOBILES ON THE COURSE.**
- From Twin Lakes to the halfway point is an extremely demanding grind up to the heavens. As you travel uphill, you must stay to the right, never cut corners, and yield to the downhill riders. Columbine Mine Aid Station, located at 12,600 feet, is the halfway point.
- Miles 48 through 52 are above timberline.
- Make safety your top priority when you begin the descent from Columbine Mine, as there will be riders traveling both directions. As you travel downhill, you must stay in control and on the right side of the road. Extra caution here will cost a little time, but inattention could end your race. Be aware and alert.
- Any course changes will be covered during Friday’s mandatory final briefing.

## COURSE MARKING AND DIRECTION

Major road intersections and the highway crossings will have local law enforcement officers present. At various course turns, volunteers will provide direction. Course markings will be chalk arrows on the ground and pink/black pin flags and flagging tape.

Start is at 6th and Harrison. Riders will have a police escort via 6th St. to Turquoise Lake Road to County Road 9 to Leadville Junction, then across the railroad tracks, and across the river to Forest Service Road 103. Here the police escort ends and the race begins. (Note: the return route from this point back to the finish is entirely different, as explained later).

Ride Forest Service Road 103 about 5.1 miles up and over the St. Kevins Mining District. The first climb, St. Kevins, is extremely difficult and narrow. St. Kevins road has been recently graded and is in far better condition than in previous years. Passing will be easier than it has been in the past. Racers who must push their bikes are required to stay to one side to allow passing riders the best line. Please allow the faster riders to clear St. Kevins first. Patience here will benefit all riders.



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This road ends at Bear Lake Road (Forest Service Road 107). Be extremely careful here. The road is a steep downhill with a hard, quick right and left turn on loose dirt and gravel. Across this road and to the right is a Forest Service green gate. Go through the gate (open on race day), then approximately two miles to the Turquoise Lake Road. This is the location of the Carter Summit Aid Station. Turn right, following the paved road about 4.5 miles around the west end of the lake to the Hagerman Pass Road (Forest Service Road 105). Turn right, then about two miles up this dirt road to Forest Service Road 105A. A hard left turn begins the route up and over Sugarloaf Pass. The descent has steep grades, sharp turns and a creek crossing at the bottom.

A short distance after the water crossing, turn right on the paved road. Continue on the paved road (CR 300) about 2.5 miles until you reach CR 11 (Halfmoon Road) make a right turn, continue south on CR11A (this section will be on the same route as crew traffic, so use extra caution.) Make a 90-degree turn through the ditch on a two-track road next to a barbed wire fence. Continue west to the Pipeline road, and then turn left on the Pipeline to the aid station. The Pipeline Road is the location of the first full-aid station. This is a two-track dirt road. Approximately four miles beyond the Pipeline aid station, you will bear left on an old four-wheel drive road. This old four-wheel-drive road has a sharp descent and steep ascent, and will soon take the rider to the new single track. This will take riders to CR 10, eliminating the ambulance hill. Turn right onto the pavement and follow to CR 10 (turns to gravel) until it intersects with SH 82. Proceed directly and carefully across the highway to the dirt road and turn left. Follow this road, then trail, across the dam to the Twin Lakes Aid Station located at the south end of the dam. Check in; refuel; head out.

Follow the road south through the Forest Service gate. This part of the course crosses private land. The ranch owner is extremely generous. Please show every courtesy and respect in return. It's about 1.5 miles across the ranch. The route is marked and will take riders to Chaffee County Road 398A. (This is also the location of the new crewing area.) Turn right and begin the long climb to the top of the mountain. The road surface is good, although very steep in places and with many switchbacks. In the final 2 miles to the Columbine Mine Aid Station and the 50-mile mark, the road abruptly changes to a very rough, rocky, rutted double-track climb to the 12,600-foot turnaround.

Enjoy the magnificent view, then carefully and safely come down the mountain, retracing the course exactly back to Leadville Junction. As you descend the mountain after the turnaround, you must stay on the right half of the very narrow road, and you must stay in control. Riders climbing must also treat their half of the road as single track. Downhill riders will have the right of way. Uphill riders must stay as far right as possible. Safety is the number one concern. **STAY IN CONTROL.** Again, automobiles or emergency medical staff may be on any part of the course. **STAY ALERT.**

Once at Leadville Junction, continue south on the road beside the railroad tracks. This will turn up a short, steep grade and riders will be 3.5 miles from the finish. This dirt road, known locally as the Boulevard, takes the riders up to McWethy Drive, then it's a left and a quick right on 6th St, and on to the finish.





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## CUTOFF TIMES

Riders must check out of each aid station prior to the following cut-off times:

Twin Lakes Outbound (40 miles)

Elapsed time, 4 hours

Actual Time 10:30am

Twin Lakes Return (60 miles)

Elapsed time, 7 hours, 45 minutes

Actual Time 2:15pm

Pipeline Return (74 miles)

Elapsed time, 8 hours, 45 minutes

Actual Time 3:15pm

## AID STATIONS

Full aid stations will be at these locations:

- Pipeline (outbound at about 26 miles)
- The base of Twin Lakes Dam (outbound at about 40 miles)
- Columbine Mine (at 50 miles)
- Twin Lakes Dam (return at about 60 miles)
- Pipeline (return at about 74 miles)

There will also be an express aid station located at Carter Summit on Turquoise Lake (at about mile 11 and mile 89). This location will not be a drop bag point.

Aid station supplies include, but are not limited to: Herbalife Prolong, GU (including gels, Roctane, Chomps), Coca-Cola products, fruit (such as bananas, oranges and watermelon), cookies, potato chips, mini candy bars, pretzels, crackers, and PB&J sandwiches.



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## CREWS

"Nobody's gonna get you across the finish line but you."  
- Ken Chlouber

We love and appreciate rider crews and consider them part of the Leadville Trail 100 family. Here are a few things you and your crew should know:

- Riders are responsible for the actions of their crew; consequences may include disqualification from the race.
- The race packet includes a crew vehicle hangtag with the race number on it. This hangtag must be displayed and readily visible on the crew vehicle at all times.
- Crew pets must be leashed and under control at all times.
- Crews are welcome at all aid stations except the turnaround.
- No crew bikes, please.
- Crew vehicles are not allowed on any dirt road sections of the course.
- This includes the dirt road to Columbine Mine, St. Kevins road, Hagerman Pass Road and the Boulevard.
- Please be courteous and yield to Race Management and emergency vehicles.
- Crews should be at the 6:30 am start to assist the rider with any last second needs, and then to cheer them on at the sound of the starting gun. Once the race starts and crews prepare to leave town, please obey the posted speed limit on Highway 24 S.
- There may be some riders without a crew who would appreciate your help. Remember, you may help a rider with any need, but the riders must carry their own tools and personally perform all repairs or adjustments to their mountain bike. Crews may furnish the replacement parts.
- Crews are allowed to park in areas designated by Race Management. Do not park in areas where No Parking signs are posted. Crews should allow adequate time to park and walk to aid stations. In addition, please respect no parking areas near aid stations. These areas are reserved for aid station re-supply and emergency vehicle access.
- At the Twin Lakes Dam, volunteers will direct the parking. This area gets very congested, so we ask for your help and patience, and that you don't question the instructions of the traffic control volunteers.
- A second crew access and parking area is the Mountain View Overlook parking area. Take the first left turn past the road up to the dam. There is a parking area at the end of this road.
- A third crew access point may be more convenient for some riders and crews. This crew area is located on Chaffee County Road 398A at the start of the climb to Columbine Mine Aid Station. Drive south on Hwy 24 to Granite. Turn right (west) just past the Granite store.



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- Follow this dirt road to the marked crew area. This will give riders last-second help before their big climb and again at the end of their descent. Use this crew point to avoid crowds at the Twin Lakes Dam.
- Riders will be crossing the dam, then checking in at the Twin Lakes Aid Station. Crews may not cross the dam, per the Bureau of Reclamation. Crews must carry anything needed for their riders to the crewing area. This same area will also be the next crew stop, as riders will return to this aid station after an incredible climb to and descent from the 12,600 foot Columbine Mine Aid Station.
- No crewing is allowed on this section of the course. Volunteers will attempt to meet their every need at this top-of-the-world turnaround checkpoint.
- If your rider must drop out of the race, double check to make sure that they have surrendered the timing chip to an aid-station captain.





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## FOR CREWS - DRIVING DIRECTIONS TO AID STATIONS

From the intersection of 6th and Harrison (stoplight in the middle of town):

Carter Summit (39°17'1.65 N, 106°24'20.76 W) **\*\*No Crew Access, Volunteers Only\*\***

Drive west on E 6th St, go 0.9 miles

Turn right (north) on McWethy Dr / County Rd-4, go 1.0 mile

Stay right (north) at Leadville Junction, go 0.4 miles

Turn left (west) on County Rd-9, cross railroad tracks, go 0.5 miles

Turn right (north) on Turquoise Lake Rd, go 4.6 miles

Arrive at aid station, just past Carter Summit

Pipeline (39°11'22.69 N, 106°22'26.82 W)

Drive south on Harrison/Hwy 24, go 3.9 miles

Turn right (west) on CO-300, go 0.8 miles

Turn left (south) on County Rd-11, go 1.2 miles (you are now on the race course - please use CAUTION)

Continue straight (south) on paved road CR 11A, go 1.6 miles

Drive between the gravel pits (west), through the treed area and the Pipeline aid station is on the corner.

Twin Lakes (39° 4'34.05 N, 106°18'13.57 W)

Drive south on Harrison/Hwy 24, go 15.0 miles

Turn right (west) on E CO-82, go 0.8 miles

Turn le' (southwest) on County Rd 25, go 0.5 miles

Arrive at aid station

There is an alternate crew area available on Lost Canyon Road if you want to avoid the chaos of Twin Lakes. This area is accessible from Granite. Turn le' onto County Road 398.

Columbine Mine (39° 1'30.80 N, 106°21'40.55 W) **\*\*No Crew Access, Volunteers Only\*\***

Drive south on Harrison/Hwy 24, go 17.6 miles

In Granite, Turn right (west) on County Rd-398

Follow County Rd-398 towards mine, go approximately 10 miles

Arrive at aid station



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## RULES AND OTHER STUFF YOU NEED TO KNOW

### PLEASE READ THOROUGHLY

“Your results depend on your preparation, your integrity, your belief in yourself.”

- Ken Chlouber

You **MUST HAVE** your ID to pick up your packet. You **CANNOT** pick up a packet for your friends.

Timing chips will be integrated into your race number. Please do not alter your number in any way or your time will not be recorded.

You **MUST HAVE** your number visible throughout the race.

The race starts at 6:30am at the corner of 6th and Harrison.

Helmets must be worn at all times.

You must start and finish on the same bike.

Singlespeed entrants must complete the race in the gear in which they started; flip-flop hubs must have only one gear.

Awards are three-deep per category/division.

Unsportsmanlike conduct is grounds for disqualification.

When riders are heading the same direction, riders riding their bikes have right-of-way over riders pushing their bikes.

Riders may accept food, water or clothing from crews **ONLY** at aid stations.

Riders may accept bike parts, wheels, tires or tubes **ONLY** at aid stations. Riders must carry their own tools and do their own repairs unassisted.

You may not stash supplies along the course.

Any rider accepting a ride in a vehicle for any reason is deemed out of the race.

Abandonment: No garbage, clothing, etc., shall be thrown on the course or surrounding area.

DNFs must be reported to timing, preferably at the start/finish line or nearest aid station.

No pets on course or at the start/finish area.

Please pick up your trash and help the Zero Waste crews

Violation of any rule may be grounds for disqualification. Race Management reserves the right to bar any rider from competing in this and any future Leadville Race Series event.

Decisions of the Race Director and/or Race Management are final.



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## RACE NUMBERS

We will supply you with a race number for the handle bars of your bike. We will also supply you a timing chip. Numbers must be visible at all times.

**PLEASE DO NOT CUT OR FOLD YOUR RACE NUMBER.**

## TIMING

We will incorporate dual timing this year. As always, the shotgun starts the race and starts the clock. Your finish position will be your place when you cross the finish line. Your actual time will begin when you cross the start line, meaning your 12-hour time limit begins when you cross the start line. This also allows us to record accurate split times at every aid station for each athlete. Please visit **LeadvilleRaceSeries.com** during the event for Live Athlete Tracking presented by Transamerica®.

## RACE START AND CORRALS

Riders must line up in pre-assigned corrals by 6:15 am. Check-in will be at the entry to your starting area. At the time of check-in, we require that all race numbers and timing chips have been affixed to the handlebars of your bike. Race numbers may not be altered. Unregistered bikes are not allowed in starting area.

Riders will be seeded in pre-assigned color-coded corrals. You will receive your corral color at packet pickup when you will receive a colored race number placard. Seeding will be based on your best finish time from either a 2013 Leadville qualifier event, 2013 Leadville Trail 100 finish, or a 2014 Leadville qualifier event finish.

You must start the race in your assigned corral and you will be disqualified if you start the race in a corral not assigned to you. This rule will be strictly enforced.

Corrals will be assigned as follows:

- Gold
- Silver
- Red
- Green
- Purple
- Orange
- Blue
- White

At the sound of the starting gun, riders will follow the police escort for a neutral start to Forest Service Road 103. Please maintain your starting position - no passing. Once riders have reached Forest Service Road 103, the all-out race begins.





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## WEATHER AND CLOTHING

Leadville temperatures in August vary from daytime highs in the upper 70s to nighttime lows in the upper 20s. Expect sunny mornings and afternoon showers, and be prepared for the Colorado high country's volatile weather: During the race, it could rain, hail and even snow. Lightning is hazardous, especially above the timberline. Hypothermia easily occurs with a combination of decreasing temperatures, wind and precipitation. It can result in confusion, and this can be deadly. We strongly suggest you bring the following items:

- Rain gear
- Windbreaker (with hood)
- Polypro or wool socks, hat and gloves
- Changes of socks, shoes and dry clothing

No matter what the weather, DO NOT attempt the round trip to Columbine Mine without adequate warm and protective clothing. Remember, the Columbine Mine is at 12,600 feet.

## DROP BAGS

If you would like to use a drop bag containing personal supplies, Race Management will transport it to the aid station of your choice the day before the race. Your drop bag should be, at a minimum, equal to the strength of double-thick plastic bags (no paper bags, please).

You must clearly mark your name, race number and the name of the aid station on the outside of the bag in large letters. We prefer that you use wide white tape on the bag, and then write on the tape with a black felt-tip marker. If you place any liquids in your bags, make sure they are in leak-proof, non-breakable containers. You must deliver your bag to the courthouse lawn on Friday afternoon between 3pm and 5pm.

After the race, you must pick up your bag from the courthouse lawn. Bags will be returned to the courthouse by 7pm on Saturday. Bags not picked up by 2pm on Sunday will be donated to local charities.

## RACE CUT-OFF TIME

This is a 12-hour mountain bike race. Official finishers must complete the course in less than 12 hours. Riders who make the last aid station cut-off time, but fail to achieve the 12-hour finish will be allowed to continue for one additional hour only. Finishing in less than 13 hours is an indication of a rider's tenacity, but does not earn official finish placing. All riders must be off the course in 13-hours. Please allow our sweep to pick up late riders.



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## AWARDS

All awards will be presented at the awards ceremony on Sunday, August 10, at 7:30 am. There will be male/female 1st, 2nd and 3rd place awards in each age category: Under 19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over. Handmade trophies will be given to the male and female overall champions. Finishers under nine hours will receive a large gold-and-silver trophy belt buckle. Finishers under 12 hours will receive a silver belt buckle. All finishers under 12 hours will receive a finisher's medal and a custom finisher's sweatshirt. In addition, female finishers under 12-hours will receive a gold-and-silver pendant. There will also be awards for 1st, 2nd and 3rd tandems and 1st, 2nd and 3rd male and female singlespeed. You must be present to receive your award. Others cannot pick it up for you. Please see [leadvillaceraceseries.com](http://leadvillaceraceseries.com) to learn how to receive your award if you cannot attend the ceremony.

## DROPPING FROM THE RACE

While we don't like to consider it, some racers will not finish the race. If you drop out at an aid station, you must surrender your timing chip to the aid-station captain and tell them you are dropping out. If you decide to drop out between aid stations, you must report to the nearest aid station or the finish line and inform that aid-station captain that you have dropped out. Under no circumstances should you leave the race without first surrendering your timing chip. If you are unable to continue for any reason, stay on the marked course and inform other riders that you are in need of aid.

## TRASH AND RECYCLING

There will be trash bins and recycling/compost containers at all full aid stations and at the start/finish line. Please discard of any trash in the appropriate container or within 100 yards of an aid station. We will be recycling all plastic and aluminum during each of our events. Zero Waste is hosting our recycling program.

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. Help us keep them pristine.

## PHOTOGRAPHY AND FILM CREWS

Photography and film crews may be present this year on foot, in vehicles and in helicopters for the duration of the race. Lead riders can expect to be shot extensively for the first few and final miles. Please be tolerant and as accommodating as possible. Their coverage will benefit the race and the Leadville community. Framed photos and DVDs also make great thank you gifts for the crews, family and friends who tolerate your extreme behavior.

## UNREGISTERED RIDERS

Race Management will do everything possible to keep unregistered riders off the course. We consider this theft of service and will pursue any violators to the maximum extent of the law. Our primary goal is that each entrant successfully and safely conquers the world's highest and toughest mountain bike challenge. Race Management and hundreds of Leadville Trail 100 volunteers will do everything possible to ensure the riders, families and crews a quality race experience, and that the rider crosses the finish line before the 12-hours expire.



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



## SOCIAL MEDIA

Find us on Facebook ([Facebook.com/leadvillaceraceseries](https://Facebook.com/leadvillaceraceseries)) and Twitter (@LTRaceSeries). Don't forget to use and follow our hashtag #LT100 to share your photos with us and see what other riders, crews and spectators are posting.

## RETAIL SHOP

Stop in to our store at 213 Harrison Avenue and shop for amazing race gear for the whole family. You can only find it here at 10,152 feet above sea level, so stock up now. We look forward to seeing you soon!

## BEER GARDEN AND MEALS

After the race grab some Sam Adams to celebrate your finish. Beers will be served in the Lake County Courthouse parking lot. Athletes get two free beers. You will be required to show ID in the Beer Garden.

## MASSAGE

Be sure to reserve your pre- and/or post-race massage appointment, during normal expo hours, at the massage tent.

## EXPO

Please visit our many sponsor and vendor booths at the new expo location next to the Lake County Middle School:

- Friday, August 8, 10am - 6pm
- Sunday, August 10, 7am - 11am

## THANK YOU TO OUR VOLUNTEERS

Please take time along the way to thank the numerous volunteers—we couldn't put this race on without them. We have well over 500 volunteers working the race. To volunteer for any of our events, please visit [leadvillaceraceseries.com](http://leadvillaceraceseries.com).





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## LEADVILLE TRAIL 100 LEGACY

### **Giving Back to the Community**

In 2002, the Leadville Trail 100 created the Legacy as its nonprofit foundation to formalize a pathway to meet ever-increasing community needs. The Legacy fund continues to grow through generous contributions from individuals and corporations, as well as a portion of race entry fees. Since the foundation's inception, hundreds of thousands of dollars have been contributed with every dollar going directly to meet the needs of the Leadville/Lake County community.

On behalf of the Leadville Trail 100 Legacy, we thank you. Your contributions make it possible for us to support such efforts as the Community Park, the Sno-Cat Groomer for Leadville's Mineral Belt Trail, Youth Baseball and Youth Basketball in Lake County. Of course, no recipients are more grateful and excited than the Leadville children who receive gifts from Santa during the Legacy's Annual Children's Christmas Party. We wish all of the Legacy donors could be there to experience the joy these children express when opening that special present from Santa.

Your thoughtful contributions allow the Legacy's giving to continue to grow. In May 2009, the Leadville Trail 100 Legacy Scholarship Program was created, and twenty-six \$1,000 scholarships were distributed to graduating Lake County High School seniors who were continuing forward with some form of higher education. Since then, over 100 additional scholarships have been awarded.

Our belief is that the greatest opportunity for Leadville can be found in today's graduating seniors. The Legacy Scholarship Program is making that dream a reality for many Lake County students. This is only possible because of thoughtful contributions from people like you. We hope for your continued support in the future.

### **Help Make a Difference**

If you are interested in making a contribution to the Leadville Trail 100 Legacy or to the Legacy Scholarship Program, please send your tax-deductible donation to:

Leadville Trail 100 Legacy  
P.O. Box 234  
Leadville, CO 80461

You can also reach us at (719) 486-1133 or [leadvilletrail100legacy@gmail.com](mailto:leadvilletrail100legacy@gmail.com)



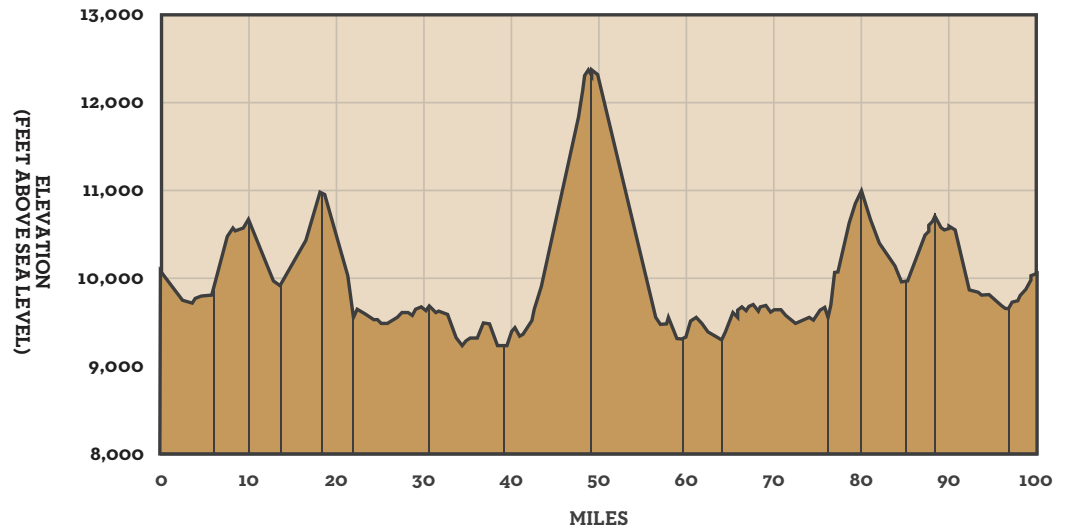


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## COURSE PROFILE



## LEADVILLE TRAIL 100 STRAVA SEGMENT CHALLENGE

Ready for your challenge within a challenge? Want to win some Strava gear? Join the Columbine Climb Segment Challenge or be automatically entered when you upload your ride to Strava. Winners will be chosen at random from all finishers, so it's anyone's game this year. All participants who upload their data at the Strava Sprinter Van on race day or at the awards ceremony will also be treated to something cool.

Find segment details here: <http://www.strava.com/challenges/2014-leadville-100-mtb>



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## DIRECTIONS TO LEADVILLE FROM:

### **Metro Denver & Denver Intl Airport**

(121 miles)

Take I-70 West

Go through the Eisenhower Tunnel

Continue past Dillon

Continue past Frisco

Take Hwy 91, Copper Mtn Resort  
(Exit 195)

Go South on Hwy 91, past Climax to Leadville (24 m)

### **Grand Junction**

(163 Miles)

Take I-70 East

Turn onto Hwy 24 South at Minturn

Follow Hwy 24 over Tennessee Pass to Leadville

### **Pueblo**

(153 miles)

Take Hwy 50 West through Canon City and Salida

Take Hwy 291 North until Hwy 285

Take Hwy 285 North until Hwy 24

Take Hwy 24 North until Leadville

### **Colorado Springs**

(130 miles)

Take Hwy 24 West through Woodland Park

Continue past Buena Vista

Continue on Hwy 24 to Leadville

## WHERE TO STAY?

Visit us at [leadvillerraceseries.com](http://leadvillerraceseries.com) (click on “Visit Leadville” and then “Where to Stay”) or check out the Leadville Chamber of Commerce at [leadvilleusa.com](http://leadvilleusa.com).





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## TO THE NEWBIES

You are here. In Leadville.

If this is your first time bringing your lofty goals to this lofty city, then we have some words of wisdom for you (if you're like most newbies, you can't get enough). We've rounded up a panel of some of the most skilled and ardent mountain bikers, some of whom have made names for themselves on these very trails: Ricky McDonald (20-time buckle winner), Rebecca Rusch (four-time women's champ and pro), Gretchen Reeves (former women's champ and pro), Dallas Eakins (two-time finisher) and Bryson Perry (former champ and current pro) and Jay Henry (pro). The kind of advice you need depends on the kind of first timer you are. Find your type below and see what our experts have to say.

### **The Leadville Virgin:**

Maybe this whole racing Leadville thing was your idea, or maybe it was somebody else's. Either way, you feel pretty clueless about the challenges ahead.

Ricky: This race is very mental: If you think you can, you can. If you think you can't, you probably can't. Your mind can trick your body into doing some pretty amazing things. Let it. There may be a time when you feel too wasted to continue. Back off, eat and drink. Don't quit because you get tired. There is no shame in making them pull you off the course because you didn't make the time cut, but don't quit because you get tired. The aid stations are very well stocked and staffed. The volunteers will do anything in their power to help you, so don't be afraid to ask if you need something, and don't ride off without thanking them. Carry rain gear. Leadville rain is not refreshing. The longer you are on the course, the better chance you have of getting wet.

### **The Leadville Colt:**

You are rarin' to go, but a little skittish. You sometimes let your nerves get the best of you on race day.

Jay: Take the time to look around and enjoy the view at the top of the Columbine climb. It is an amazing view, and at that point of the race you are going to need a mental break. Taking your mind off the race, even for a few seconds, is very refreshing.

Rebecca: My advice for first timers is to soak in the atmosphere, look around town, talk with people, take in the views and have a great time. Many first timers are nervous about the course and the race. I know I was. However, there's no reason to waste energy being stressed out. The training is done and all that's left is to enjoy the results of your hard work. Your first Leadville is an exciting endeavor. You'll never be a rookie again after this. Take deep breaths of the thin air and have a great time. You've earned it.

Ricky: Be safe. There will be upwards of 2,000 riders on the course this year. Although this is a race, there are only a few who will be racing to win. The rest of us will be racing against the clock and against ourselves. No matter how fit and race worthy you are, you will be starting at the back. That means everyone in front of you has more experience racing this course than you do. Try to pass safely and courteously.



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## The Leadville Grasshopper:

You are beyond excited and have taken your training seriously, but you tend to start too strong and can be overconfident.

Bryson: Don't go out too hard because you don't recover the same as if you were at a lower elevation. If you go out too hard at the beginning you will pay for it the rest of the race. Make sure you have the tools and flat repair to fix your bike if something happens and have a basic understanding of how to fix at least the basics so you don't have to ask others to keep you going.

Ricky: Ride conservatively in the beginning. This is very hard to do. You will be excited, you will be pumped with endorphins, you will have fresh legs, but every minute you ride too hard in the beginning will cost you five minutes by the time you get to the Columbine climb. There is no shame in walking. Sometimes it is faster.

## The Leadville Sponge

You've sucked up every ounce of information you can find to prepare you for the race, and now you're ready to put it into practice.

Gretchen: I suggest setting a reasonable goal for your finishing time. I like to look at previous results and splits so I have an idea of where I am time-wise out there on the course. Planning for nutrition during the race and resting beforehand are as important as the physical training for the event. Remember not to start too hard, relax, have fun and enjoy. We are riding our bikes for goodness sakes.

Bryson: Don't try something new on race day and don't change your bike set up in the couple weeks leading into the race. This is not the time to get a new bike, new shoes, etc.

Dallas: **JUST PUT YOUR HEAD DOWN AND PEDAL!**



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



## LEAVE NO TRACE PRINCIPALS

### PLAN AHEAD AND PREPARE

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards and emergencies.

#### Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel or dry grasses.
- Good campsites are found, not made. Altering a site is not necessary.

### DISPOSE OF WASTE PROPERLY

- Pack it in, pack it out.
- 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.

### 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.

#### 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.

### 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.

### BE CONSIDERATE OF OTHER VISITORS

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.



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## RIDE RECOVERY

In an athlete's parlance, the word, "recovery" refers to what happens after a hard effort. It's whatever protocol you follow to prepare your body for the next hard effort, whether it's the next interval or the next day's workout or even the next race.

Three athletes racing this year's Leadville Trail 100 have a different take on recovery. All three are injured veterans who have found (or rediscovered) their love of the bike through Ride 2 Recovery (R2R), a program whose mission is to mentally and physically rehabilitate our country's wounded veterans. They are David Haines, Juan Carlos Hernandez and Marc Hoffmeister and, for them, recovery isn't just what happens after a race. The race itself is a very important part of recovery from adversities that no race—not even the LT100—could ever match.

Here we let David, Juan Carlos and Marc talk about their experiences with cycling, recovery and what it means to them to compete at Leadville. To learn more about these athletes and the Ride 2 Recovery program, visit [Ride2Recovery.com](http://Ride2Recovery.com).

### **Why do cycling and recovery go hand-in-hand for you?**

David: One thing that distinguishes cycling from other sports and activities is that with some ingenuity it is possible to adapt a bicycle for every kind of injury. Cycling also helps people recover not only physically, but also emotionally and psychologically from whatever their injury is. There is also a social aspect to cycling that significantly helps people with posttraumatic stress disorder (PTSD).

Juan Carlos: Cycling helps recovery in not just a physical way, but also in a spiritual way. Before my injury I never rode a bike, but once I began riding as part of my rehabilitation, I noticed dramatic changes in my life daily life and physical fitness. After losing my leg in combat while I was deployed to Afghanistan, I was very limited in what I could do to still be physically active. Once I had the opportunity to get on the bike, it changed me dramatically. I was tired and depressed from spending most of my days indoors doing therapy and I knew that if I didn't do something, things would only get worse. I found out about R2R and signed up for one of the challenges just six months after my injury. During that challenge (a ride from San Antonio to Dallas, Texas) I found what was missing in my life. I felt more comfortable than ever as an amputee, and I met other guys that had been through the same events and could relate. I finally had the opportunity to be outdoors and not worry about what people would say or think about my injury. When I ride, there's not a single thing that crosses my mind other than the sense of being free and being able to accomplish so many things that at one point in my life I thought I would never be able to.

Marc: Both cycling and recovery share a natural, phased progression of performance that ends in a better, stronger you. Depending on the severity of an injury, when a soldier is seriously wounded, it reduces them to dependence on others, to limited physical and often mental abilities and reduced to self-sufficiency—very similar to when we are children. For a warrior whose sense of self comes from the strength we feel in our ability to face an armed enemy and prevail, and who takes pride in our nation relying on us to defend her, that can be a hard pill to swallow. Many of us learned to bike at a young age, [then lost] the training wheels, then rode home from school and eventually rode longer or more technical terrain as we grew stronger and more experienced. Recovery is the same path: We rely on others as we gradually regain our balance, learn to use a prosthetic leg or manage with limited mobility or range-of-motion challenges, or even to control the stressors of PTSD. As we grow stronger, we ride farther and rediscover the sense of freedom and self-sufficiency on the bike that we had before being wounded.



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## **Why the Leadville Trail 100? What is it about this particular challenge that inspires and motivates you?**

David: About a year-and-a-half ago, Marc and I decided to ride La Ruta in Costa Rica. We successfully did it and it taught me a lot about the rewards of working hard to attain something that may look impossible. Leadville is going to be tough, but I think it is another step in pushing myself to accomplish some really cool things. The challenge of Leadville is particularly inspiring to me. I hope that I successfully finish it and enjoy the feeling of great pride I have had after completing other tough events.

Juan Carlos: When I found out that I would be given the opportunity to do the LT100 I knew very little about it, but being the overachiever and competitor that I am, I immediately said yes. Once I found out more about the race, I knew I had probably chewed more than I could swallow, but there was no going back. I love the sense of accomplishment after completing a certain event that not many people are willing to suffer in order to complete. I love the pain [that leads to] accomplishment. Leadville is known as one of the toughest mountain bike races in North America and I am extremely excited that I will be participating in it on August 11. This will be by far one of the toughest challenges I have ever done, but I feel as if I've prepared well enough for it.

Marc: Leadville in its purest sense is symbolic of the very same physical and mental struggles our wounded warriors strive to overcome as they redefine their new normal. It demands focused, dedicated training to even have a chance of success and subjects its riders to the harsh rigors of the trail, forcing them to face their inner demons, overcome self-doubt, and endure extreme physical discomfort -- all of which, frankly, is the same as recovering from serious injury. Success demands mental toughness, discipline and a massive tolerance for physical discomfort. Perhaps the greatest reason for entering this race is that I'm not sure I can do it. I'm not a fan of limiting myself through my own perception. When I am fearful of a task, or unsure I can pull it off, that's motivation to confront the demon and throw myself into battle. Last year David and I were finishers at La Ruta, which was major motivation to motivate others to face a similar challenge. Hence, Leadville.

## **What are you thinking about as race day approaches?**

David: I am spending a lot of time thinking about the altitude and the effect it is going to have on my effort. I don't have a lot of experience of sustained effort at those altitudes. Obviously I am also thinking about what I am going to eat during the race and how I am going to meter my effort to finish. I am working to stay positive. I have done a lot of riding in preparation for this, so while I am anxious I am fairly confident I will do well for myself. I am looking forward to the experience overall. It is going to be an incredible test of my endurance.

Juan Carlos: I am thinking mostly about the altitude. I'm originally from Texas and living in Georgia, so I have not had much experience with the altitude we will be experiencing in Leadville. Mentally I am well prepared and I feel as if the mental toughness of a person will always win in this type of event, no matter their physical condition. I see myself completing the race in just under nine hours, but if things turn out differently I will not be devastated by my performance simply because I am grateful to see another day and for opportunities such as this one.

Marc: Probably same as most: keep training, hold your edge, don't over train and don't get injured. Is my bike ready? Did I pick the right chow plan? And on and on. It's all nervous excitement encouraging me to bring it all together, to prove to myself that I can do it: I can complete this race and I can do it as well as my 'able-bodied' peers.





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## RACE LOG

Course Leg	Target Time In	Target Time Out	Actual Time In	Actual Time Out	+/- Goal
Start to Pipeline					
Pipeline to Twin Lakes					
Twin Lakes to Columbine					
Columbine to Twin Lakes					
Twin Lakes to Pipeline					
Pipeline to Finish					

Target Finish Time \_\_\_\_\_

Actual Finish Time \_\_\_\_\_

Notes for Next Year! \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



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## AT YOUR SERVICE... THE LEADVILLE RACE SERIES STAFF

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You'll also be seeing the familiar faces of Leadville Trail 100 Founder Ken Chlouber and former LT100 Race Director Merilee Maupin at the events this year.



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## REMAINING 2014/15 LEADVILLE RACE SERIES SCHEDULE

\* Qualifying events are subject to both date and locations change

### Race Location

August 9	Leadville Trail 100 MTB Leadville, CO
August 10	Leadville 10K Run Leadville, CO
August 16	Leadville Trail 100 Run Leadville, CO
September 6	Barn Burner Flagstaff, AZ
Multiple dates	Leadman & Leadwoman Leadville, CO
2015 TBD	Austin Rattler MTB Austin, TX
2015 TBD	Austin Rattler Run Austin, TX
2015 TBD	King & Queen of the Rocky Hill Ranch Austin, TX
2015 TBD	Leadville Trail Marathon & Heavy Half Leadville, CO
2015 TBD	Wilmington Whiteface MTB Wilmington, NY
2015 TBD	Leadville Trail 100 Run Training Camp Leadville, CO
2015 TBD	Camp of Champions Leadville, CO
2015 TBD	Fire Road Cedar City, UT
2015 TBD	Silver Rush 50 MTB Leadville, CO
2015 TBD	Silver Rush 50 Run Leadville, CO
2015 TBD	Silver King & Queen Leadville, CO
2015 TBD	Tahoe Trail 100K, Truckee, CA

Visit [leadvillerraceseries.com](http://leadvillerraceseries.com) for more information on lottery and registration opening as well as detailed information on the leadville race series of events.



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## RACE SPONSORS

We thank the following sponsors for making the Leadville Race Series 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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# ROUND OF APPLAUSE TO OUR SPONSOR, TRANSAMERICA

Leadville Race Series would like to thank our partner, TransAmerica, for making the Leadville Trail 100 safer than ever by providing necessary course improvements, including course grading and race week watering. On behalf of all participants, we thank you.



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