

LEADVILLE TRAIL100RUN

PRESENTED BY



August 17, 2019

ATHLETE GUIDE

LIFETIME
HEALTHY WAY OF LIFE



Dear Leadville Trail 100 Run Family,

In 1982, the Climax Mine closed---3,250 jobs lost. Suddenly, overnight we became the highest unemployment in the Nation. Men and women, who had for decades made their living walking through solid rock, lost their income and perhaps more important, their identity. Merilee and I knew the Cavalry wasn't coming. We gave birth to, not only the Leadville Trail 100 run, but a completely different ultra concept. Our motivation was family. What could we do for Leadville and what could we do for you. And you, from your heart responded. Leadville became home. You climbed the highest peaks, found air where there was none and ran through 100 miles up and over Colorado's highest and toughest mountains---in under 30 hours and earned your Leadville Trail 100 silver buckle.

Since 1982, we have taken the Leadville Race Series as far up the mountain as we could. We gave it running shoes, and run it did. Then we gave it wheels and the mountain bikes went even farther, faster. Then in 2010, with their worldwide reach and depth, Life Time Fitness gave it wings----and the sky was no longer a limit.

Today the Leadville Trail 100 Run is known, envied and aspired to around the globe. You've not only saved a community, but you've helped us create a phenomenon.

Our goal for the Leadville Race Series remains the same today, as it was when 45 runners lined up at 6th & Harrison on that early morning in 1983; to make a positive difference in Leadville and each and every one of you. Every year in May we hand out \$2,000 college scholarships to every Lake County graduating senior choosing to pursue higher education. This would not be possible without the most important part of the "Race Across the Sky"---YOU! The contributions you make to the Leadville Trail 100 Legacy Foundation have helped hundreds of young people get a head start on higher education. Be proud of that, Leadville Trail 100 Family!

As you stand at the starting line this August, take a moment to reflect on the journey that has brought you to us. The once seemingly insurmountable obstacles, the doubts, the desire to quit, you've conquered them all! Over the course of those next 100 miles, never forget that "You're better than you think you are, and can do more than you think you can." And after you cross the finish line, take that Leadville grit, guts and determination and share it with everyone around you. Proudly wear that silver buckle! Together, we can change the world. AND WE WILL!!

Family is everything---we love you,

Ken & Merilee

TABLE OF CONTENTS



SCHEDULE OF EVENTS	4-5
THE COURSE	6
AID STATIONS	8
LEADVILLE GUIDE	8
NEW TO 2019	9
RACE ACROSS THE SKY EXPO	10
WELCOME TO LEADVILLE	11
LEADVILLE FACTS	12
COURSE DIRECTIONS	13-14
AID STATION DIRECTIONS	15-17
TO THE FIRST TIMERS	18-19
SUPPORT CREWS	20
CREW AND PACER RULES	21
RACE LOG	22
RACER CODE OF CONDUCT	23
DROP BAGS	24
GENERAL INFORMATION	25
RACING NOTES	26
PACING + DROPPING FROM THE RACE	27
ADDITIONAL RACE INFO	28-29
LEADVILLE TRAIL 100 LEGACY FOUNDATION	30
LEAVE NO TRACE PRINCIPLES	31
DIRECTIONS TO LEADVILLE	32
2019 SERIES EVENT SCHEDULE	33
CONTACT US	34
SPONSORS	35

SCHEDULE



STARTING LINE & LACE 'EM UP

This race information packet contains many suggestions and recommendations to help riders prepare for and complete the Leadville Trail 100 Run presented by La Sportiva. 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 runners, 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 runners and crews should read this information carefully. You can always check our website at leadvillraceeseries.com for updated information.

THURSDAY, AUGUST 15

6:00pm - 8:30 pm LT100 Charity Dinner with Ken & Merilee. [Tickets here.](#) 135 E. 6th St

FRIDAY, AUGUST 16

10:00 am **Mandatory Athlete Meeting** **Lake County High School
Gymnasium**
1000 West 4th St.

11:00 am - 5:00 pm **Packet Pickup / Race Across the Sky Expo / T-Shirt Pickup
/ Bag Drop** 135 E. 6th St

Photo ID is required. Packets MUST be picked up in person. They will not be mailed or given to others. Each member of a tandem or relay team must pick up their own packet.

ONLY CLEAR PLASTIC BAGS ARE ALLOWED. Please see the section titled Drop Bags on Page 15 for additional information.

11:30 am **Carbo-loading lunch following the athlete meeting** **Lake County High School
Gymnasium**
1000 West 4th St.

SCHEDULE CONT.



SATURDAY, AUGUST 17

3:00 am – 3:45 am	Start Line Opens	Start/Finish Line Corner of 6 th and Harrison
4:00 am	RACE START	Start/Finish Line Corner of 6 th and Harrison
7:00 am – 6:30 pm	Winfield Shuttle: Shuttle service from Twin Lakes Village to Winfield. <i>*Note: There is no vehicle access permitted to Winfield. Shuttles are only way to access*</i>	East side of Twin Lakes Village

SUNDAY, AUGUST 18

5:00 am	25-Hour Cutoff Time Cutoff time for runners awarded the Bib Buckle	Start/Finish Line Corner of 6 th and Harrison
10:00 am	30-Hour Cutoff Time Runners finishing before the 30-hour cutoff time, but after the 25-hour cutoff will be awarded the Small Buckle	Start/Finish Line Corner of 6 th and Harrison
12:00 pm	Awards Ceremony 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. Jackets not printed by the awards ceremony will be made and shipped free of charge. If you cannot make it to awards, your buckle and jacket can be shipped for a small fee.	Lake County High School Gymnasium 1000 West 4th St.

THE COURSE



- This is an out-and-back course that primarily covers dirt and gravel roads with some pavement.
- Courses are **not** closed to vehicle traffic - always be prepared for automobiles on course. Stay on right side of road
- Low point, 9,200 feet; high point is Hope Pass, 12,600 feet.

CUTOFF TIMES

Runners must pass through each aid station prior to the following cut-off times. Any runner coming in after the cutoff time will not be permitted to continue the race.

• Outbound

- 7:30am (3 hours 30 minutes) – May Queen: 12.6 miles
- 10:30am (6 hours 30 minutes) – Outward Bound: 23.5 miles
- 11:30am (7 hours 30 minutes) – Half Pipe: 29.3 miles
- 2:00pm (10 hours) – Twin Lakes: 37.9 miles
- 4:15pm (12 hours 15 minutes) – Hope Pass 43.5 miles
- 6:00pm (14 hours) – Winfield 50 miles

• Inbound

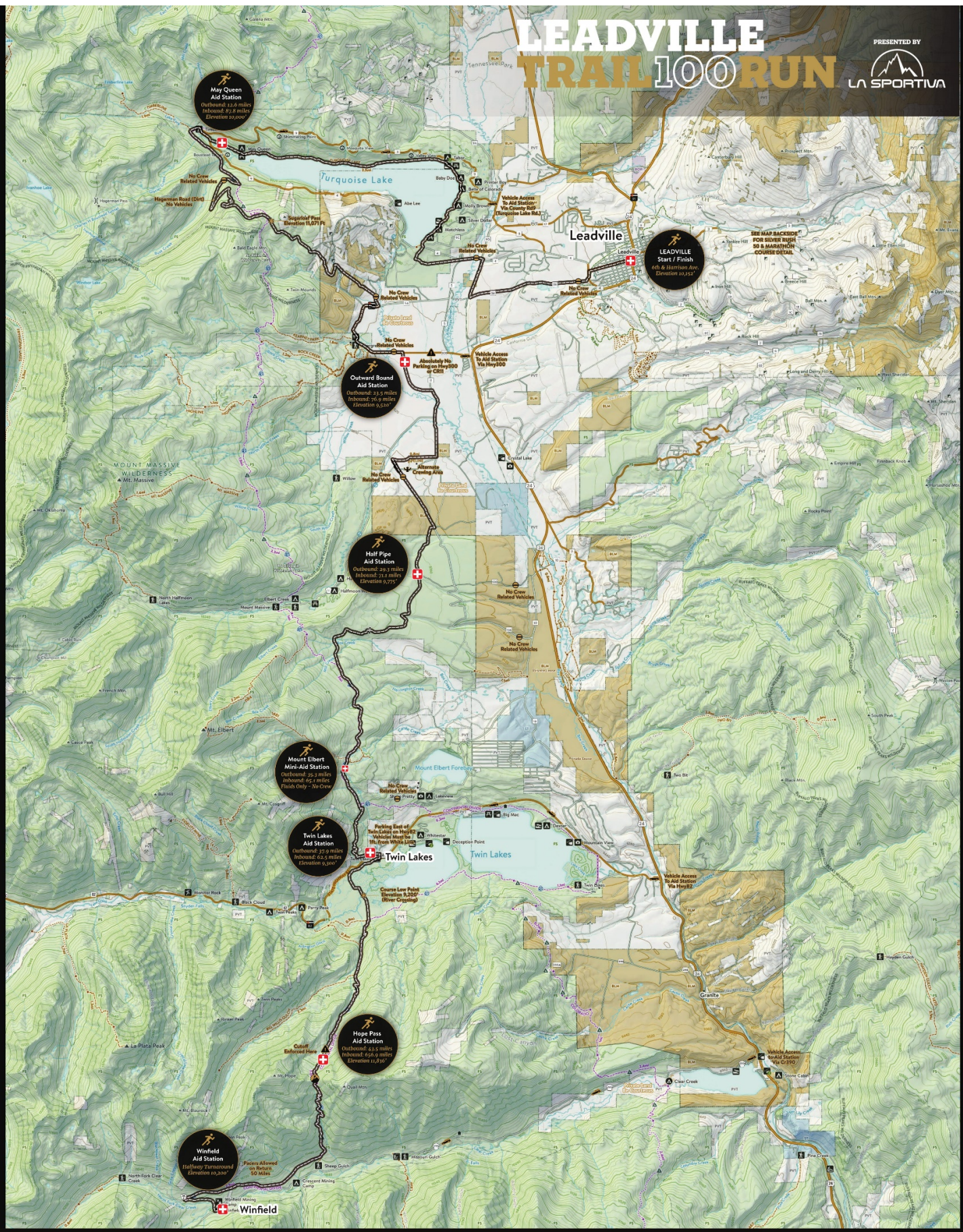
- 10:00pm (18 hours) – Twin Lakes: 62.5 miles
- 1:15am (21 hours and 15 minutes) – Half Pipe: 71.1 miles
- 3:00am (23 hours) – Outward Bound: 76.9 miles
- **5:00am – Big Buckle sub 25-hour cutoff**
- 6:30am (26 hours and 30 minutes) – May Queen: 87.8 miles
- **10:00am – Small Buckle sub 30-hour cutoff & Course cutoff**

“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”

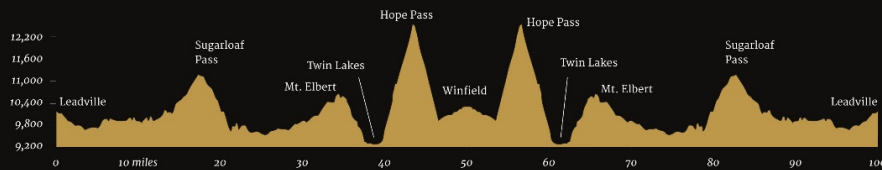
- Ken Chlouber

LEADVILLE TRAIL 100 RUN

PRESENTED BY
LA SPORTIVA



Course Profile - Leadville Trail 100 Run



RACE ACROSS THE SKY Leadville Trail 100 Run Course

2 mi / 2 km
 1:50,000
 Contour Interval: 40 feet

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AID STATIONS

Full aid stations will be at these locations:

- Mile 12.6 – May Queen outbound
- Mile 23.5 - Outward Bound outbound
- Mile 29.3 – Half Pipe outbound
- Mile 37.9 - Twin Lakes outbound
- Mile 43.5 – Hope Pass outbound
- Mile 50 – Winfield
- Mile 65.9 – Hope Pass inbound
- Mile 62.5 – Twin Lakes inbound
- Mile 71.1 – Half Pipe inbound
- Mile 76.9 - Outward Bound inbound
- Mile 87.8 – May Queen inbound

Fluid-only aid stations will be located at:

- Mile 35.3 – Mount Elbert outbound
- Mile 65.1 – Mount Elbert inbound

Aid station supplies include, but are not limited to: Water, Coke, Ginger Ale, GU Energy gels and Roctane, watermelon, bananas, cookies, potato chips, pretzels, crackers, figs and peanut butter and jelly sandwiches.

Be sure to thank a volunteer as you make your way through the aid stations!

NEW TO 2019



SHUTTLE SERVICE

Take the stress of driving and parking throughout the day and let the shuttles do the work for you! Shuttle busses will run continuously from 7 AM – 6:30 PM. Shuttles will transport crews from east of Twin Lakes Village to the Winfield Aid Station and back.

IMPORTANT RACE UPDATE ON WINFIELD ACCESS

Due to the wash out of US Forest Service Road 390 after a phenomenal snowfall year, the US Forest service has declared that crew, spectators, and pacers will not be permitted to drive personally-owned vehicles to the Winfield Aid Station.

Volunteers, crews and race management are still permitted access to the Winfield Aid Station with the same footprint as years past, however vehicle access is prohibited. The Leadville Race Series will provide shuttles from Twin Lakes to Winfield Aid Station, which will run continuously from 7:00 AM to 6:30 PM.

ALL-ACCESS PASS

The brand new Leadville Trail 100 Run All-Access Pass provides a premium package to athletes racing the Leadville Trail 100 Run and will enhance the overall experience of the LT100 Run weekend. Pass members will receive an abundance of benefits that will not only be available to them, but their supporters as well. Learn more [here](#).

RACE ACROSS THE SKY EXPO

The new and improved Race Across the Sky Expo will take place at 135 E. 6th street for 2019. Join us for the first year of the expanded Race Across the Sky Expo! Athletes will check-in, pick up their packets, and receive their t-shirts and posters here at the expo. This outdoor location is the perfect pre-race venue to bring your friends and family and show them what the Leadville Race Series is all about! The Race Across the Sky Expo is free and open to the public, so come one, come all! Learn more [here](#).

The new and improved Race Across the Sky Expo will provide an abundance of activities for those in Leadville for the LT100 Run weekend. See below for the list of activities available at the expo:

- Runner Check-in, Shirt + Poster Pick-up
- Beer Garden, courtesy of PB Brewing
- Sponsors & Vendors, all displaying the latest and greatest in all things endurance sports
- Race Info Booth – Buy Twin Lakes shuttle pass here
- Insta-Worthy Photo Opportunities

BUCKLE ENGRAVING

To help remember your amazing race, we will be offering buckle engraving following distribution at the awards ceremony. Athletes will be able to have their name and finisher time engraved into their buckle for \$20.

RACE ACROSS THE SKY EXPO



LOCATION

135 E. 6th St.

Leadville, CO 80461

HOURS

Friday, August 9: 11:00am – 5:00pm

ABOUT

Join us for the first year of the expanded Race Across the Sky Expo! Located at [135 E. 6th St.](#), athletes will check-in, pick up their packets, and receive their t-shirts and posters. This outdoor location is the perfect pre-race venue to bring your friends and family and show them what the Leadville Race Series is all about! The Race Across the Sky Expo is free and open to the public, so come one, come all!

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- Beer Garden, courtesy of PB Brewing
- Sponsors & Vendors, all displaying the latest and greatest in all things endurance sports – See the list of exhibitors below
- Race Info Booth – Buy Twin Lakes shuttle pass here
- Insta-Worthy Photo Opportunities

MAP

Please visit our [website](#) to see the map of the Race Across the Sky Expo, as well as a list of exhibitors.

WELCOME TO LEADVILLE



MOTORISTS

- Drive at or below 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

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
- All athletes and spectators should follow public decency rules: No public nudity and no public urination

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
 - East 4th
- Resident 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 be towed.
- 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

LEADVILLE FACTS



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

COURSE DIRECTIONS



Start to May Queen

- Start on the corner of 6th St. and Harrison Avenue. Runners will head west on 6th St. for just less than one mile to the junction of McWethy Drive and 6th St. Turn left for about 1/10 mile, then turn right on a dirt road called the Boulevard.
- Follow the dirt road approximately 2 1/2 miles, turn right at the junction and run about 8/10 mile to the Turquoise Lake Road (paved).
- Turn left for approximately 1/4 mile on the paved road to the three-way junction opposite Sugar Loafin Campground. Follow the dirt road (middle fork) to the power line (approximately one mile).
- Turn right and follow the power line up to the Turquoise Lake Road. Cross the road and pick up the trail on the edge of Turquoise Lake, turning right.
- Follow the trail along the shoreline, first heading north, then west to the May Queen Campground. Be careful along this trail section as it will be dark and some of the course is right along the water. After entering May Queen Campground from the trail, proceed on the road, still heading west. The first aid station will be on the right after you have run all the way through the campground. You should carry adequate water from the race start to make it to the first aid station, approximately 12.6 miles into the race.

May Queen to Outward Bound

- Continue in the same direction until you reach Turquoise Lake Road.
- Turn right, which is north-west. Run on pavement to a hairpin curve in the road, where you will turn left off the paved road and across a small stream, bearing left on a trail that in turn crosses a wooden bridge over a larger stream.
- Turn right immediately after the bridge and continue until you reach metal rails standing in the jeep road, then turn left onto the Colorado Trail.
- At Hagerman Pass Road (County Road 4), turn right and continue for approximately one mile.
- Take a hard left onto a jeep trail, Forest Service Road 105A, and proceed to the top of Sugar Loaf Pass at 11,000 feet.
- At the top of the pass, make sure you do not turn right or left at the Colorado Trail signs. Continue along the dirt road for several hundred yards, then turn right on the road that leads you down the power line right-of-way to the County Road. The portion of our trail from the top of Sugar Loaf Pass down to the paved road passes through private property. We ask that you not trespass on either side of the dirt road and NO PARKING next to the Powerline. Parking is available east of the beaver ponds.
- At the paved road, turn right and run along a paved section past the Leadville National Fish Hatchery to the Outward Bound aid station.

Outward Bound to Half Pipe Aid Station

- Exit the Outward Bound property making a right (south) onto Country Road
- After running on the paved road for 1.5 miles, turn right just south of the fence. Follow the fence line to gain access to the pipeline.
- Turn left on the pipeline and run 1.5 miles. Turn right on Forest Service Road 130 and follow for one mile.

Half Pipe Aid Station to Twin Lakes

- From the Half Pipe Aid Station continue south toward Forest Road 160 to the Colorado Trail. Follow Colorado Trail, then the single track east to the dirt road that descends to Twin Lakes.

COURSE DIRECTIONS CONT.



Twin Lakes to Winfield

- As you leave Twin Lakes Aid Station, go approximately one block east, turn right and run straight ahead to Highway 82.
- Cross the pavement and the parking lot and head in a westerly direction, following the trail that roughly parallels the pavement, until you reach a dirt road.
- Turn left and follow the dirt road until you reach the river. After crossing the river, continue on the jeep road until you reach the trail intersection with a NO VEHICLE sign. This will soon turn into a trail.
- There is a fork in the trail after about one mile. Take the left fork. This will take you to the summit of Hope Pass at 12,600 feet in elevation, and the 45-mile point in the race. There will be a limited aid station at timberline on the north side of Hope Pass. This is staffed by a few very hardy volunteers (because you couldn't pay somebody enough to do this). Aid here is extremely limited and this aid station should be considered for emergency use only. Upon leaving Twin Lakes, carry enough food and fluids to get you to Winfield.
- The course then drops down to the Sheep head gulch trailhead intersection, keep right, continue west on to the beautiful Continental Divide Trail.
- Continue to the Turnaround Aid Station located in the historic area known as Winfield. After clearing the aid station, turn around and repeat the same route—in reverse. You must leave this aid station on your return by 14 hours, 6 pm.

DIRECTIONS TO AID STATIONS



All crew vehicles, please be aware of State and Highway Driving Regulations. Speed limits will be enforced. Watch out for pedestrians at all times.

Directions to the Tabor Boat Ramp (Fee Area)

This crew zone is located at approximately seven miles into the race. Access Tabor boat ramp off of County Road 9C (Turquoise Lake Road). Crews may not park along the main lake road, but must pull down into the boat ramp parking lot. Rocky Mountain Recreation will be selling parking passes at the pre race meeting on Friday for \$7.

Directions to May Queen Aid Station

From the intersection of Harrison and 6th (stop light in the middle of town): May Queen aid station (39°16'52.63 N, 106°26'30.55 W)

Located at approximately 13 miles into the race. West out of Tabor Boat Ramp on North Lakeside Drive (9C) continue to May Queen. The aid station personnel will also be directing traffic. Runners will be using the same road as the crews, so the section of road from May Queen turnoff to the creek crossing will be closed to traffic. The aid station location is at the west end of the campground. Crews will not be allowed to drive into May Queen Campground itself. This area becomes quite congested on the outbound.

Runners Outbound

For athlete safety, all crews MUST travel around Turquoise Lake Road, counter clockwise, after the start of the race. Vehicles leaving the start will travel down 6th street making a right on McWethy and continuing down County Road 4 and making a right on County Road 9. Follow signage on County Road 9 to Turquoise Lake Road (County Road 9 C). Follow Turquoise Lake Road counter clockwise (north) to reach the May Queen aid station. Vehicles arriving at Turquoise Lake Dam will be required to turn right and join the counter clockwise flow of traffic.

Vehicles will be arriving to May Queen from the northeast driving counter clockwise on Turquoise Lake Road.

All vehicles arriving to May Queen before the first runner will be allowed to drive past May Queen course section of Turquoise Lake Road to park South of May Queen on Turquoise Lake Road pointing towards the Dam. These vehicles will leave May Queen crossing the Dam upon exit.

All vehicles arriving to May Queen after the first runner will be stopped at the course crossing and turned to exit the way they came. Crews will be allowed to cross course once last runner has passed and exit across the Dam if they wish.

Runners Inbound

For the afternoon and evening on the return, vehicles are allowed to approach May Queen from both the north and the south sides of the lake.

****ATHLETE SAFETY IS PRIORITY! **AMBULANCE AND FIRE TRUCK ACCESS IS OF UTMOST IMPORTANCE. PLEASE KEEP THE ROAD WIDE ENOUGH OR YOU WILL BE TOWED. ****

DIRECTIONS TO AID STATIONS CONT.



Directions to Outward Bound Aid Station

(39°13'33.39 N, 106°23'31.60 W) Located at approximately 24 miles into the race. There will be no parking, no stopping and no crewing between the aid station and the powerline or anywhere on CR300.

- Drive south on Harrison/Hwy 24, go 3.9 miles
- Turn right (west) on CO 300 for 1.2 miles. Arrive at aid station on left

Directions to Tree Line ALTERNATE Crew Zone

- From Leadville, take 24 South to CR 300 West.
- Make a left on CR 11, bear right at the fork onto CR 11a. Arrive at the pipeline road. Crew traffic must stay left on CR 11.

There is adequate parking and crews will be able to meet their runners here. This is at approximately 27 miles. The aid station is about three miles south of this crew zone.

No crew vehicle traffic south of the crew zone. No parking, stopping or aiding from the Outward Bound to Halfpipe crewing area and not during the outbound or return.

Half Pipe Aid Station

(39°10'26.15 N, 106°21'44.24 W) ****NO VEHICLE CREW ACCESS****

Mount Elbert

FLUIDS ONLY (39° 6'20.58 N, 106°23'43.16 W) ****NO CREW ACCESS**** NO Drop Bags

Directions to Twin Lakes Aid Station

Twin Lakes (39° 4'34.05 N, 106°18'13.57 W) approximately 39 miles into the race.

- Drive south on Harrison/Hwy 24, go 15 miles Turn right (west) on E CO-82, go 6.4 miles. Arrive at aid station.

****NO PARKING IN THE TOWN OF TWIN LAKES OR ON HWY 82 WEST OF TWIN LAKES****

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DIRECTIONS TO AID STATIONS CONT.



Crew Vehicles are allowed to park along HWY 82 (EAST OF TWIN LAKES ONLY). Per State Hwy Patrol instructions, vehicles must be parked COMPLETELY OFF the paved shoulder OR YOU WILL BE TOWED. NO DOUBLE PARKING.

Race shuttles will be running on Highway 82. Pick-up locations are near the Moache and Red Rooster fisherman access entrances as well as further east by the Twin Lakes power station. Look for the coned off waiting areas.

Pedestrian Crew Access to Twin Lakes Aid Station by foot:

- Turn right (north) in center of town, go two blocks.
- Turn left, go 0.1 miles. Arrive at aid station

****ATHLETE SAFETY IS PRIORITY! **AMBULANCE AND FIRE TRUCK ACCESS TO WINFIELD IS OF UTMOST IMPORTANCE. PLEASE KEEP THE ROAD WIDE ENOUGH OR YOU WILL BE TOWED. ****

Hope Pass

(39° 1'35.04 N, 106°24'8.20 W) ****NO CREW ACCESS****

Directions to Winfield Aid Station

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TO THE FIRST TIMERS



You've made it: The Leadville Trail 100 Run presented by La Sportiva! Because we want nothing more than for you to successfully meet the lofty goals you've brought to this lovely city, we have rounded up some words of wisdom from those who have blazed these trails before. Here we send you on your way with some last-minute tips on fueling, pacing, and the all-important mental component.

For those of you who haven't run this race before, you should know you are headed to one of the most exciting, yet demanding events in the world, with challenging terrain, spectacular vistas at every turn, and the world's most wonderful people as your hosts. So be nervous (that's a sign of respect), but feel great about the challenge you are about to undertake. The basic goal of Leadville is to finish, and to meet the challenge you have set before yourself.

Each of us has a different menu of what works and how it sits in our stomachs, so know your feeds and fluids and have confidence in them. Don't try something new for the first time in the race — too risky! Drink and eat often. Keep those blood sugar levels steady and high. A tired mind tends to be forgetful, so make fueling a habit.

Have a great race, run well within yourself, especially in those first 30 miles (you have plenty of time to make your move!), and be sure to look around and smile. You're part of one of the greatest events on earth!

"When Ken says, 'You are better than you think are and you can do more than you think you can,' he means it. When the chips are down and you're struggling to put one foot in front of the other, think hard about those words. You have to dig deep, and then dig deeper, just like the miners who helped make Leadville great. When you're forced to dig deep, you find out what you're made of. That aside, don't go out too fast and eat early and often. Leadville is a race that rewards patience (and good eaters)."

- **Skip Hamilton, Six-time LT100 winner**

"Patience, patience and more patience. Keep it simple – it is a very, very long run in which the greatest goal is to just finish. Therefore, divide the course into multiple shorter runs (aid station to aid station) and adjust your in-race goals accordingly. There will be highs and there will be lows, but consistent mental fortitude trumps 200 miles-a-week training every single time. Oh, and be patient."

- **Wyatt Hornsby, Finisher and author of the popular ultra-running blog, nolimitsever.blogspot.com**

"Make it a goal to enjoy your fellow runners, trust your training and remember the lower the low point, the higher the high point. Never give up!"

- **Brian Costilow, 10-time Finisher**

"We will each start the race with our own level of fitness and ability. Once the gun goes off, we cannot change our level of physical ability. We can only affect our outcome by using our mental component, by keeping our pre-race goal in mind and not giving in to some temporary discomfort. If running the Leadville 100 was not a challenge, there would be no reason for us to attempt it. I try to remind myself of that when the going gets tough."

- **Danny Bundrock, Finisher**

"Anything is possible in life and if you cannot accomplish it the first time, try again until you accomplish it. You are here for a reason and I know you can do it. Remember: bravery, courage and determination."

- **Bill Finkbeiner, 1st 3,000-mile buckle recipient**

TO THE FIRST TIMERS



“The most important advice for rookies is to not go out too fast, drink plenty of liquids and refuel constantly with food and electrolytes. Even though this advice is the same from most sources, it is still not followed very well.”

– Mario Varela, 20-time finisher & Leadville local

“Enjoy the experience. Recognize how lucky we all are to be able to be a part of such a grand adventure. Take a second some-time this weekend and look around at these magnificent mountains and be inspired by the indomitable spirit that’s on display. Take it, run with it, be your best with it.”

– Garry Curry, 23-time finisher

“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, *Founder of the Leadville Trail 100*

SUPPORT CREWS



We strongly suggest you bring someone to crew for you during the race. Your crew is your personal responsibility. If your crew disregards parking instructions, race rules or requests from race officials, you (the runner) can be disqualified from the race. Please make certain that your crew is not the one others complain about.

We ask that your crew drive slowly and obey all posted warnings. There will be a Lake County Sheriff's Officer patrolling road sections. Crew access into aid stations may be limited. If crews are meeting you at aid stations, they should allow adequate time to park and walk to the aid station. This race packet includes a map and directions showing access roads, crew access points, and crew and pacer rules. Crews should become familiar with the aid station locations, available access roads and race rules prior to the start. Absolutely no crewing between aid stations, except at the tree line.

In addition, please respect no parking areas near aid stations. These areas are reserved for aid station re-supply and emergency vehicle access.

****IMPORTANT RACE UPDATE ON WINFIELD ACCESS****

Due to the wash out of US Forest Service Road 390 after a phenomenal snowfall year, the US Forest service has declared that crew, spectators, and pacers will not be permitted to drive personally-owned vehicles to the Winfield Aid Station.

Volunteers, crews and race management are still permitted access to the Winfield Aid Station with the same footprint as years past, however vehicle access is prohibited. The Leadville Race Series will provide shuttles from Twin Lakes to Winfield Aid Station, which will run continuously from 7:00 AM to 6:30 PM.

RACE RULES FOR CREWS AND PACERS



ALL CREWING MUST BE DONE AT DESIGNATED AID STATIONS or ALTERNATE CREW ZONES

1. Runners are responsible for the actions of their crew and pacers.
2. Pacers will be given a bib number that you must wear at all times and you must notify aid station personnel that you are the pacer. Pacers will be required to sign a waiver and will be required to follow the same rules as the racer. Pacer waivers may be signed at the pre-race meeting or all full aid stations. Pacers under 18 must have signed permission from a parent or legal guardian. Pacers must be on foot—no bicycles.
3. Crews are not allowed to park anywhere other than where posted and allowed by Race Management.
4. Crew only at aid stations and at designated crew access points.
5. NO LITTERING!
6. All animals must be leashed at all times.
7. If your runner drops from the race, double check that they have followed proper procedures. This means surrendering the racer's timing chip (on bib) to race official.
8. Runners are allowed to have a pacer beginning at Winfield (50 miles). One pacer allowed at a time. Pacers must be switched at designated crew zones.
9. You must yield to Race Management and emergency vehicles.
10. All dirt roads in the first 20 miles and last 20 miles of the race are completely closed to vehicle traffic. Failure to obey the rules will result in disqualification and exclusion of your runner from future LT100 Runs.
11. Vehicle rules:
 - No pacing with vehicles.
 - No aid allowed from a moving vehicle.
 - No vehicles on Hagerman Road.
 - Vehicles may not stop on Halfmoon Road from State Highway 300 to the timberline.
 - Park in designated areas only.
 - Obey traffic and parking officials without comment.
 - No stopping or crewing from the Sugar Loafin' intersection to the finish.
 - Absolutely no vehicles on the Boulevard—this is at miles 2, 3, 4 and 97, 98, 99.
 - Crews at Pipeline are not permitted South of CR-160.
 - Crews are not permitted on CR-160.

RACE LOG



Have a specific time goal in mind? Enter your goal finish time and see approximate race times, split times, and split paces required at various segments of the course for that desired finishing time.

[Download file here.](#)

Course Leg	Target Time In	Target Time Out	Actual Time In	Actual Time Out	+/- Goal
Start to May Queen					
May Queen to Outward Bound					
Outward Bound to Half Pipe					
Half Pipe to Twin Lakes					
Twin Lakes to Winfield					
Winfield to Twin Lakes					
Twin Lakes to Half Pipe					
Outward Bound to May Queen					
May Queen to Finish					

RACER CODE OF CONDUCT



1. Absolutely no littering anywhere on course or at any aid stations! Littering is grounds for disqualification and will be enforced. Hold your trash until you find an appropriate receptacle. If you find trash from others, please pick it up and throw it away.
2. Whenever possible please use port-o-potties available at aid stations. PLEASE BE COURTEOUS!
3. Entries and race numbers are non-transferable.
4. Leave absolutely nothing at the river crossing!
5. Do not cut switchbacks. You must follow the trail as it has been marked. STAY ON THE TRAIL!
6. No vehicle pacing. No bicycle pacing. You may have a single pacer at a time beginning at Winfield. Pacers can be switched at designated crew zones.
7. No aid allowed from moving vehicles. Crews must be outside the vehicle when assisting a runner. Crews allowed only at aid stations and designated crew access points (see section titled Support Crews).
8. You may not stash supplies along the course.
9. No vehicle shall follow a runner assisting with headlights.
10. Any runner dropping out shall immediately surrender his/her timing chip to a race official at an aid station or finish line.
11. Any runner accepting a ride for any reason is deemed out of the race and may not reenter.
12. Well-behaved dogs are permitted but MUST be leashed. If any race or county official requests you remove your dog, please abide.
13. Cutoff times are nonnegotiable.
14. All runners will abide by the directions of the medical personnel. This includes checking in with the medical staff after you finish the race prior to leaving the finish line area.
15. Violation of any rule will be grounds for disqualification. Race Management reserves the right to ban any runner from competing in this and any future Leadville Trail 100 races.
16. Runners requiring supplemental oxygen or IV fluids will not be allowed to continue.
17. Decisions of the Race Director and Race Management are final.
18. BE COURTEOUS! Remember, your trail usage during the race is a privilege!



DROP BAGS

CLEAR PLASTIC BAGS ONLY – NO EXCEPTIONS

All aid stations, with the exception of Hope Pass, are Supply Bag Drops. Drop bags must be clear plastic bags. No exceptions! Your name, race number, and the name of the aid station must be on the outside 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. Remember that other than Winfield, you will pass through each aid station twice.

You may prefer to have a bag for the outbound trip, and a separate bag for the return trip. If you choose to do this, please mark each bag with either **OUTBOUND** or **RETURN**.

If you place any liquids in your bag make sure they are in leak-proof, non-breakable containers. Drop bags will be returned to the Leadville Race Series Retail Store on Sunday and must be collected by 6 pm. Unclaimed drop bags will be donated to local charities. There will be **NO** late pickup, and we will not mail drop bags.



PLEASE READ THOROUGHLY

Although these rules have been stated elsewhere, we reiterate them because of their extreme importance:

1. NO vehicle or bicycle pacing
2. NO Dogs at Start/Finish, aid stations, or in Twin Lakes
3. Crews only at designated crew access points
4. You must yield to Race Management and Emergency vehicles
5. NO LITTERING

RACE NUMBERS

Numbers must be visible at all times. Runners are required to check in and check out of each aid station. It is your responsibility to make sure each aid station timer has your number.

PLEASE DO NOT CUT OR FOLD YOUR RACE NUMBER. The timing chip is affixed to the race number. If you cut or fold your race number you may damage the chip, which means your race time and splits will NOT be recorded.

WEATHER AND CLOTHING

The temperature can vary from the high 70s in the daytime to the high 20s at night. A typical August day starts with sunshine and ends with afternoon showers. Weather in the Colorado high country is notorious for its rapid and violent changes. During the race it could rain, hail and even snow. Lightning is hazardous, especially above timberline. Hypothermia can occur easily with a combination of decreasing temperature, wind and precipitation. The confusion that accompanies hypothermia can be deadly. The following items are strongly suggested:

- Rain gear
- Windbreaker (with hood)
- Polypro or wool socks, hat and gloves
- Changes of socks, shoes and dry clothing
- LED lights or spare flashlights at Winfield, Twin Lakes, Halfpipe, Outward Bound and May Queen

No matter what the weather, DO NOT attempt the round trip over Hope Pass without adequate warm and protective clothing. Remember, Hope Pass resides at 12,600 feet.



LIGHTING AFTER SUNSET

The terrain and altitude, while creating a beautiful backdrop for the race, makes for extremely difficult trail running. The rocky, uneven trails, particularly when combined with darkness and fatigue, make falls and sprains more likely to occur. You will run the first hour of the event in complete darkness and a light is mandatory. All but the fastest runners should carry a light from Twin Lakes on the return, and the slowest will need to take a light from Winfield. The gold standard in nighttime illumination is the LED or Light Emitting Diode flashlight. The LED flashlight is not subject to the difficulties found in regular bulb and battery flashlights. The bulbs last thousands of hours so bulb life is not a factor. Most LED flashlights are water resistant/proof and shock resistant. LED flashlights come in a variety of beam widths and colors. All will work adequately, so choose according to personal preference. We recommend that you ALWAYS carry a spare light as unexpected things can happen to any equipment, and a flashlight at night in the Rocky Mountains should be considered a necessity. If you will be using a battery and bulb light, take plenty of batteries and spare bulbs, both to carry and to place in drop bags, and be familiar with how to change them. The evening weather will be cool-to-cold so expect less life from your batteries.

ALTITUDE, DEHYDRATION AND OTHER BODILY CONCERNS

By Mike Monahan, 1,000-mile run buckle holder

A longtime good friend of the Leadville Trail 100, Dr. John Perna, MD, said it best: There are four H's to remember when running this race: hypoxia, hydration, hyponatremia and hypothermia.

HYPOXIA

There is less oxygen to breathe at 10,000 feet than at sea level. This is true for everyone, whether they come from sea level or live in Leadville. Any amount of time you can spend at altitude will help you become acclimated. It is estimated that it takes approximately three weeks at altitude to allow for maximum acclimation.

HYDRATION

The relative humidity in Leadville can be as low as 5%. This means that your body sustains fluid loss rapidly just through breathing, not to mention sweating. To counteract this loss of fluids, you must drink regularly at the aid stations and make certain to carry adequate fluids on the trail and use them. You should drink enough fluids to maintain a regular and normal rate of urination.

HYPONATREMIA

Drinking fluids in excess of your needs can result in flushing too many of the necessary minerals and electrolytes out of your body. This can result in this life-threatening condition. Minerals such as sodium, potassium and calcium—among others—are needed for cellular functioning as well as to maintain appropriate electrical activity in the heart and neurological system.

HYPOTHERMIA

In the mountains at altitude, the weather can change completely in a matter of minutes. A bright sunny day can change into a driving hailstorm with lightning, and does with considerable frequency. Night can bring snowstorms in August. Never go up the mountain without being prepared for this kind of weather; it will happen. The clothing that felt warm enough when you were running and generating body heat will not sustain you when you are stopped to wait out lightning or a hailstorm. Be prepared for changing weather conditions.



DROPPING FROM THE RACE

While we don't like to consider it, some of you may not complete the race. If you:

- are unable to continue for any reason, stay on the marked course and inform other runners that you need aid.
- drop out at an aid station, you must surrender your timing chip (on bib) to a race official and tell them you are dropping out.
- decide to drop out between aid stations, you must report to the nearest aid station or the finish line, and inform a race official that you have dropped out.
- Under no circumstances should you leave the race without first surrendering your timing chip. Failure to follow this procedure causes extreme problems, and will result in exclusion from subsequent Leadville Race Series events.

PACING

Pacers are allowed after the 50-mile point (Winfield Aid Station). You may have as many pacers as you wish, although only one pacer at a time (until mile 99). Pacing entails patience, tolerance and humor. The primary duties of a pacer include route finding, keeping the runner on pace, ensuring that the runner continues to eat and drink, and making sure the runner leaves the aid stations with adequate clothing and supplies to reach the next aid station. Pacers should be aware of all significant medical conditions of their runner, and know how to respond if required. At minimum, the pacer should carry a basic medical kit, a cell phone and a space blanket. Pacers are not allowed to push, pull, carry or tow the runner. Any special pacing situations or requests must be pre-approved by Race Management.



AWARDS

- All runners completing the course will receive a finisher medal
- All runners completing the course in less than 25 hours will be awarded the Big Buckle
- All runners completing the course less than the 30-hour time limit will be awarded the Little Buckle
- All finishers who complete the race in less than 30 hours will receive a Commemorative Leadville Trail 100 finisher jacket

Gender and age group awards will go three-deep in the following men's and women's categories:

- Under 20
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

In the case of a tie, runners will be placed by Race Management. All awards will be presented at the Sunday awards ceremony. If you are unable to attend, your awards can be mailed for a \$25 fee. Awards will not be given to others. If you are unable to attend the award ceremony, your award will need to be claimed by October 31st, 2019. Claim your award [here](#). Award shipments will not be processed until the end of August.

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. Drones must be registered with Race Officials. Lead runners 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.

RETAIL SHOP

316 Harrison Ave
Leadville, CO 80461

Stop in to the official Leadville Race Series Retail Store 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!



SOCIAL MEDIA

Find us on Facebook (Facebook.com/leadvillerraceseries), Instagram (@LTRaceSeries), and Twitter (@LTRaceSeries). Don't forget to use and follow our hashtag #LT100RUN to share your photos with us and see what other runners, crews and spectators are posting.

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. We will be recycling all plastic and aluminum during each of our events. The Cloud City Conservation Center 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.

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 600 volunteers working the race. To volunteer for any of our events, please visit our [Volunteer Page](#) or contact [Rich Naprstek](#), our Volunteer Coordinator.

LEADVILLE TRAIL 100 LEGACY FOUNDATION



Established in 2002, the Leadville Trail 100 Legacy Foundation was created as a non-profit foundation, with the goal to provide a formal pathway for our supporters to contribute to the needs of Leadville and Lake county. With a focus on tomorrow's challenges, the Foundation provides funding to a variety of efforts in the local community, in particular education. The mission is to support the needs of Leadville and Lake county, and build a better, brighter tomorrow, while respecting the mining heritage that got us here.

The Legacy Foundation thrives through the generous donations of individuals and corporations and every dollar contributed has gone directly to support groups and initiatives within the local community. The breath of funding over the years is too extensive to detail but some examples of the Legacy Foundation work includes;

- The Leadville Trail 100 Legacy Scholarship Program, created in 2009, has given out over \$340,000 to graduating Lake County High School seniors who go onto any form of higher education – be that trade school or a research university.
- The Early College fund at Leadville Colorado Mountain College campus, sponsored by the Legacy Foundation, provides dollars to cover the cost of books, tutoring and course fees for High School students taking college credits, with the goal of graduating High School with a college diploma.
- The Foundation is proud to support such projects as the Mineral Belt Trail, the Community Field and Huck Finn Park. Along with the Community Garden and Greenhouse project, the development of new Bike trails and programs for local youth to learn leadership and life skills as well as recreation programs providing access to equipment and resources to get kids outside to learn about and appreciate this beautiful place where they live.
- All of the local Emergency Services groups have received funding over the years, and social services groups have also received support from the Legacy Foundation for families in need.
- We are proud to host the annual Children's Christmas party, where Leadville children receive gifts from Santa, which has been held since the very early days of the Leadville Trail 100.

On behalf of the Leadville Trail 100 Legacy Foundation, we thank you. Your thoughtful contributions make it possible for us to build a better, brighter tomorrow for Leadville. If you are interested in making a donation to the Legacy Foundation or the Legacy Scholarship Program, please visit our website at [www.leadville trail100legacy.org](http://www.leadvilletrail100legacy.org) or send your tax-deductible donation to

Leadville Trail 100 Legacy

PO Box 1
Leadville CO 80461

You can also reach us at leadvilletrail100legacy@gmail.com



LEAVE NO TRACE PRINCIPLES

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 six-to-eight 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.

DIRECTIONS TO LEADVILLE



METRO DENVER & DENVER INTERNATIONAL 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 miles)

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 onto Hwy 24 to Leadville



The town of Leadville is located 10,152' above sea level in Colorado's Rocky Mountains. From every direction, it's a breathtaking and easy drive.



2019 LEADVILLE RACE SERIES EVENT SCHEDULE

Austin Rattler // March 29 - 29

Wilmington Whiteface // June 1

Leadville Trail Marathon & Heavy Half // June 15

Leadville Trail 100 Run Training Camp // June 21 - 24

Stages Cycling Leadville Trail 100 MTB Training Camp// June 27 – 30

Silver Rush 50 Run, Silver Rush 15.5-Mile Run, and Silver Rush Kid's Duathlon // July 6

Stages Cycling Silver Rush 50 MTB and Silver Rush 15.5-Mile MTB// July 7

Tahoe Trail // July 13

Stages Cycling Leadville Stage Race // July 26 - 28

Stages Cycling Leadville Trail 100 MTB // August 10

Leadville 10K Run // August 11

Leadville Trail 100 Run presented by La Sportiva // August 17- 18

Barn Burner // September 7

Visit www.leadvillerraceseries.com for more information on event registration.



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!

RACE SPONSORS



We thank the following sponsors for making the Leadville Trail 100 Run presented by La Sportiva possible. Whether local or national, we ask our participants and fans to look to these sponsors first for the services or products they provide. We truly could not host these amazing events without them. Thank you for your continued support!



Runners Roost
COLORADO

