

LIFETIME
LEADVILLE
TRAIL MARATHON
& HEAVY HALF PRESENTED BY **LA SPORTIVA®**

2023
ATHLETE
GUIDE



LeadvilleRaceSeries.com

LIFETIME®



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// Welcome INTRO

Welcome to Leadville!

Anything more is not necessary, anything less is not acceptable. We are so thrilled to welcome you to the 2023 Life Time Leadville Trail Marathon and Heavy Half presented by La Sportiva, as we kick off our 40th year of racing in the magical Cloud City.

Leadville is a place to call home and feel connected with those who share a common passion. It's a starting line that welcomes each and every one of you with open arms. The thunder from the old double 12 gauge will start your great adventure and at the other end is that finish line. It's not just a finish line, it's the beginning of a new you – one who possesses the Grit, Guts, and Determination to take on the tallest mountains, the baddest trails, the thinnest air and refuses to quit until the job is done. That medal around your neck says, "I can take it and I can dish it out. You can count on me!"

Our goal for the Leadville Race Series remains the same as it has been since runners first lined up at 6th & Harrison on that early morning in 1983 – to make a difference in the local community and across the world. On your behalf and in your honor, the Leadville Trail 100 Legacy Foundation, the Life Time Foundation, and the Leadville Race Series have partnered on a variety of projects this past year to benefit Leadville and Lake County. We've given out over \$400,000 in college scholarships to Lake County graduating seniors choosing to pursue higher education, we've given grants for new trails in Leadville, we've supported healthy school lunches, and we've donated the funds for the construction of a new gym floor at Lake County High School. None of this could have been possible without the most important part of the Leadville Race Series - **YOU!**

When you race in Leadville, you become family. The staff, volunteers, and community of Leadville become your family. The work is done, and your family is ready for you to take to the start line! Now between the bang and the buckle – it's all about you. Dig Deep. Commit, don't quit. Motivation will get you to the starting line. Only total commitment will carry you to that finish.

PROVE IT AGAIN—YOU'RE BETTER THAN YOU THINK YOU ARE AND CAN DO MORE THAN YOU THINK YOU CAN.

Ken, Merilee & YOUR LEADVILLE RACE SERIES TEAM

// Schedule OF EVENTS

FRIDAY, June 16th, 2023

Join us for the Friday Expo and Packet Pick-up at the 2023 Life Time Leadville Trail Marathon and Heavy Half presented by La Sportiva featuring a variety of exhibitors and sponsors!

Registration and Packet Pickup is located within the Expo, directly across from startline.

LOCATION

135 E. 6th Street,
Leadville, CO 80461

EXPO & PACKET PICKUP HOURS

1:00pm-7:00pm

- We STRONGLY recommend and encourage athletes to pick up their packet on Friday, June 16th.
- Photo ID is required. Packets must be picked up in person. They will not be mailed or given to others.

RACEDAY PACKET PICKUP HOURS

Marathon ONLY 5:45am-6:30am | **Heavy Half ONLY** 7:45am-8:30am

SATURDAY, June 17th, 2023

Race Start Times:

Marathon Race Start 7:00am | Heavy Half Race Start 9:00am

Below are some quick updates and reminders for all 2023 Leadville Trail Marathon & Heavy Half athletes.

- This race is full, there is no on-site registration. There will be no changes permitted to your original race distance registration.
- Weather - remember that you will be racing in a high-alpine environment with the possibility of extreme weather. If there is thunder or lightning, seek lower elevation quickly.
- We will now have a rolling start instead of assigned waves/corrals for both distances. There will be signs at the start with each pace & projected finish time. You will seed yourself. See below for a list of suggested seed times.
- The race is chip timed, meaning your overall time will be based on when your race bib crosses the start and finish line.

Marathon Race Start 7:00am

- **Gold** Pace 8:00min- 11:30min | SUB 5-hour finish
- **Silver** Pace 11:31min-14:00min | SUB 6-hour finish
- **Red** Pace Lead Challenge Athlete Wave
- **Green** Pace 14:01min- 16:00min | SUB 7-hour finish
- **Purple** Pace Friends & Family | SUB 8:30-hour finish
- **Rolling Start** Pace- When self-seeding, keep in mind: 2022 Course record 3:23:24 set by Tyler Andrews.

Heavy Half Race Start 9:00am

- **Gold** Pace 7:30min- 9:45min | SUB 2:30-hour finish
- **Silver** Pace 9:46min- 13:30min | SUB 3:30-hour finish
- **Red** Pace 13:31min- 17:30min | SUB 4:30-hour finish
- **Green** Pace 17:31min- 21:30min | SUB 5-hour finish
- **Purple** Pace Friends & Family | SUB 6:30-hour finish
- **Rolling Start** Pace- When self-seeding, keep in mind: 2022 Course record 1:52:03 set by Joseph DeMoor.

Awards & LT100 Coin Lottery - 4:00 PM

// Course OVERVIEW

The Leadville Trail Marathon is 26.2 miles of out-and-back dirt roads and single/double track that takes you through the historic mining district on the east side of Leadville. The Heavy Half consists of 15.46 miles along the same path as the Marathon minus the Ball Mountain section. The course is primarily on old mining roads and trails, topping out at 13,185 feet at Mosquito Pass. This is the HIGHEST continuous pass in the country and the highest trail Marathon in the USA! There is a chance you'll see snow on the course. The courses will be well marked with fluorescent pink-and-black striped ribbon and flour arrows on the ground.

GPS Files

Marathon Route



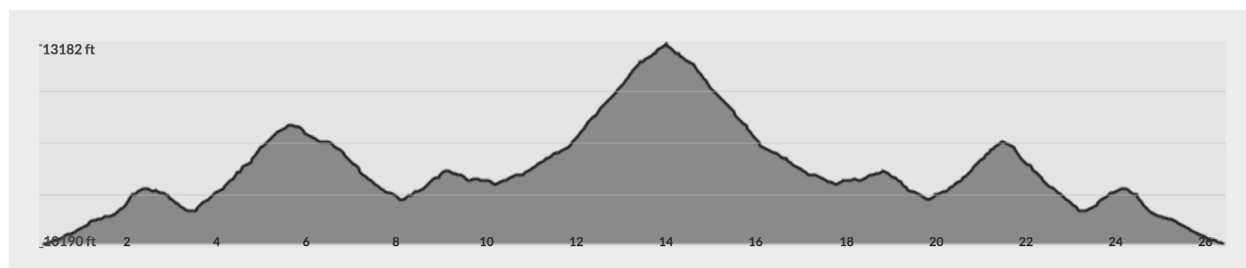
Heavy Half Route



Weather

Remember that you will be racing in a high-alpine environment with the possibility of extreme weather. If there is thunder or lightning, seek lower elevation quickly. Check the weather again the night before the race, and strongly consider carrying a light jacket, gloves and/or hat for the Mosquito Pass section.

Elevation Profile



// Aid Stations & COURSE CUTOFFS

There will be **THREE** well-supplied aid stations for the Heavy Half and **SEVEN** aid stations for the Trail Marathon. The aid stations will be supplied with nutrition products from GU along with water and other snacks.

Heavy Half Aid Locations

- A** Resurrection **4.5 Miles**
- B** Mosquito Pass **7.75 Miles**
- A** Resurrection **11 Miles**
- F** FINISH **15.5 Miles**

Marathon Aid Locations

- A** Adelaide **2.6 Miles**
- A** Adelaide **7.7 Miles**
- B** Resurrection **10.7 Miles**
- C** Mosquito Pass **13.7 Miles**
- B** Resurrection **17.2 Miles**
- A** Adelaide **20.1 Miles**
- A** Adelaide **23.9 Miles**
- F** FINISH **26.2 Miles**



Cut-Offs

Outbound

Resurrection Aid Station
11:20am

Inbound

Resurrection Aid Station
1:45pm

(Marathon Only)
CR 1 & CR2A
2:00pm

Total Course Cutoff

3:30pm

// Crew & Spectator INFORMATION

We recognize crews as a critical component to all of our events. Our courses cover open roads and trails and careful consideration must go into how and where crews and spectators can access their athletes.

A conscious plan around this is a foundation of our partnership with the community, USFS, BLM, City of Leadville and Lake County officials to ensure we are providing a safe event experience to everyone involved.

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

1

Start/Finish Area



2

Resurrection Aid Station

Resurrection Aid Station can be accessed in *TWO* ways:

1. Crew shuttles will be available from the startline to/from Resurrection Aid Station. Please help us reduce course congestion and plan to use the crew shuttle.
2. Driving from the community lots to Resurrection Aid via 7th St. Please use the map linked below and **DO NOT drive on the course.**

Map Link



- Marathon runners hit Resurrection Aid Station at miles 10.7 and mile 17.2.
- Heavy Half runners hit Resurrection Aid Station at miles 4.5 and mile 11.
- Please follow all parking crews as you approach this area, and park as directed. You can expect to walk .25 - .5 miles into this aid station.

What you need to know with regard to showing up in Leadville.

From Race Director, Tamira Jenlink:

We welcome you Leadville race family, and are so excited to have you here and share this amazing back yard with you! You are the sustenance and foundation of all of our events. And unmistakably, your love for this community and these events, creates a life and energy much like that of a family reunion. (or for some of us... maybe the one we dream of...)

Along those lines and true to our ideal of what family means, so many of you have, and continue to reach out and ask “What can I do?” “How can I support, volunteer or be more a part of this amazing community?” And this season, I want to take a few moments to answer you directly, and equally as important, share a little of what our community of Leadville has also requested.

The first one, you will hear me mention often and consistently throughout the summer; “We are in Leadville’s backyard!” The magic of all of our experience begins and ends with Leadville and the foundation of this spectacular backyard; it’s amazing community.

So first, let’s talk about what “community” means. Here in Leadville, community is the depth and breadth of what makes this place special. Community, in Leadville means all the amazing humans who live and breathe this 10,152’ air year round. It refers to those folks who make this town happen, keep it moving and thriving in the dead of winter (when many of us might choose a warmer climate), and ultimately are the foundation and cornerstones of the heart of Leadville.

This amazing community is the reason we have a space to hold these events. It is truly a gift for us to be given permission to pursue these events in this extraordinary space. With that in mind, I not only invite you, but really put forth a Call To Action, for all of us to show up in this backyard, as our very best selves and ultimately the BEST POSSIBLE HUMANS WE CAN BE. The gift we are able to give back, is to really hear and respond to the requests with our full attention and presence!

So PLEASE join me in responding and holding up our end of being awesome athletes, spectators, crews and all around humans! Please take special note of the sections that follow on Parking, Zero Waste and Leave No Trace. These are specific areas that the community has requested our attention around. Thank-you in advance for joining me in consciously addressing these pieces, and ultimately a crucial representation of ourselves in this amazing backyard!

And the last thing I will leave you with is... Don’t forget to take just a moment for the total awe of where you are and who is around you. Let’s take care of each other out there on race day, and this community before, during and after!

Have so much fun!

Tamira

// **Parking** INFORMATION

Parking and overall congestion in Leadville will continue to be a crucial topic for all Leadville Race Series events. Thank-you in advance for your support addressing this concern for our community!

All athletes and spectators will be required to park at the Community Fields and High School Parking lot and take a shuttle (or run, walk, bike) to the start line. **THERE WILL BE NO ATHLETE OR SPECTATOR PARKING AT THE STARTLINE.** More info on shuttles is available on the “Shuttles” dropdown on our website.

We appreciate your support on this delicate topic for our community. The shuttle locations are under 1 mile from the race start and will run efficiently and quickly to get you to where you need to be!

Parking Do's & Don'ts

DO

Parking in the Following Areas

See Map for Details

- Community Fields
- High School Parking Areas



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

Observe all “No Parking” signs

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

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

Please **DON'T**

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

Park on Harrison Ave. or in front of local businesses

Block people's driveways

Park in **ANY** emergency access areas

// Zero Waste & LEAVE NO TRACE

Zero Waste

All LRS events are under a zero waste initiative, and as such will be enforcing strict guidelines around waste and sustainability at our events. What does this mean? These events have the potential to leave an enormous footprint. Part of our responsibility to this community and all public and private lands involved in these events, is our stewardship and protection of this land. **WE MUST HAVE YOUR HELP!**

Trash & Recycling

- As part of a continuing effort to minimize waste and lessen our race footprint, we partnered with HydraPak and transitioned to cup-free racing. By providing runners with HydraPak's reusable, lightweight and flexible SpeedCup, we will be saving approximately 36,000 disposable cups from being used throughout our Leadville Race Series Run events.
- We partner with our local zero waste non-profit, [Cloud City Conservation Center \(C4\)](#), to divert 100% of race day waste from our local landfill. All Leadville races are a Zero Waste Event - meaning we do our absolute best to reduce, reuse, recycle and compost before sending something to the landfill.
- **Know Before You Throw** - Leadville is a small community and we do not have the same waste infrastructure as your community. Please read all signage before tossing your trash -including both event and public receptacles. Aren't sure where to toss it? Ask a Zero Waste Volunteer on site or visit [C4leadville.org](#) before your trip to plan ahead.
- As a **Leave No Trace (LNT)** event, racers and crew are required to abide by the LNT principles on race day. We encourage you to follow these principles during your entire visit to Leadville - throughout your race weekend and any training visits you make as well! Please see our page on LNT.
- Intentional littering on the course, will be grounds for disqualification.
- The course—on trails both public and private— travels past many historic sites and through areas of exceptional beauty. Join us in this crucial initiative to keep them pristine!



// Zero Waste & LEAVE NO TRACE CONTINUED

Leave No Trace

The Leadville Race Series will directly hold and mirror the 7 principles already established and in place via the US Forest Service. Below is a direct excerpt from USFS Leave No Trace web page which can be found at: <https://www.fs.fed.us/lei/no-trace-ethics.php#:~:text=Leave%20What%20You%20Find,%2C%20furniture%2C%20or%20dig%20trenches>.

The Leave No Trace Seven Principles

① Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

② Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.

In popular areas:

- Concentrate use on existing trails and campsites.
- Walk single file in the middle of the trail, even when wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent.

In pristine areas:

- Disperse use to prevent the creation of campsites and trails.
- Avoid places where impacts are just beginning.



// Zero Waste & LEAVE NO TRACE CONTINUED

③ Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

④ Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.



⑤ Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.
- KNOW AND FOLLOW ALL CURRENT FIRE RESTRICTIONS

⑥ Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

⑦ Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

// Your Safety & Health WHAT YOU NEED TO KNOW

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

All Medical Aid Stations have basic first aid and basic life support capability, and provide:

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

On-Course Emergency Response

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

Please Remember:

IV Therapy
=
Medical Transfer

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

Interested in Donating?



lakecountysar.org



\\ IMPORTANT Info & Rules

- ① Please always remember this is an open/public course and you will encounter traffic on county roads. Stay aware of traffic at all times and remember that safety is priority number one.
- ② You **MUST HAVE** your **ID** to pick up your packet. You **CANNOT** pick up a packet for your friends.
- ③ Timing chips, located on the back of the race bib, must be worn at all times during the race.
- ④ **DO NOT** fold your bib, this can damage the timing chip and cause timing errors.
- ⑤ Unsportsmanlike conduct is grounds for disqualification.
- ⑥ Respect the land - no garbage, clothing, etc., shall be thrown on the course. If runners are caught littering, they will be disqualified. There will be trash receptacles at all aid stations. Please use them!
- ⑦ DNFs must be reported to timing, preferably at the start/finish line or nearest aid station.
- ⑧ No pets on course or at the start/finish area per City of Leadville regulations.
- ⑨ Trekking poles are allowed! Please be courteous of others.
- ⑩ **COURSE MARKING** - The trail will be marked with pink/black pink flags and flagging tape.



// Awards & LT100 QUALIFIER INFO

Awards

Age group and overall awards will be distributed to the top competitors at the awards ceremony at 4 PM at the Expo. Awards will be distributed in the following categories:

Marathon Categories

Women 19 & Under

Women 20-29

Women 30-39

Women 40-49

Women 50-59

Women 60-69

Women 70+

Men 19 & Under

Men 20-29

Men 30-39

Men 40-49

Men 50-59

Men 60-69

Men 70+

Overall Men

Overall Women

Overall Nonbinary

Para Male Overall

Para Female Overall

Heavy Half Categories

Women 19 & Under

Women 20-29

Women 30-39

Women 40-49

Women 50-59

Women 60-69

Women 70+

Men 19 & Under

Men 20-29

Men 30-39

Men 40-49

Men 50-59

Men 60-69

Men 70+

Overall Men

Overall Women

Overall Nonbinary

Para Male Overall

Para Female Overall

// Awards & LT100 QUALIFIER INFO CONTINUED

LT100 Qualifier

The Leadville Trail Marathon is a qualifier for the Life Time Leadville Trail 100 Run presented by La Sportiva. **There are a total of 50 LT100 qualifier coins up for grabs at this year's race.**

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

25 slots will be distributed based on performance:

- Only the Marathon distance serves as a qualifier for the LT100 RUN.
- Slots will be distributed to each gender and age group (20-29, 30-39, etc.) based on the percentage of total athletes in those age groups, with a minimum of one slot for every age group.
- The top athletes in each age group will receive the allocated slots.
- In the event a top athlete elects not to accept a slot, the slot will roll down to the next athlete in the results within the age group.
- In the event slots are not claimed after the roll down in each age group, those slots will be allocated to the Event Lottery, as described below.

25 slots will be distributed through the Event Lottery:

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



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For more info please contact us at:
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Race Sponsors

We thank the following sponsors for making the Life Time Leadville Trail Marathon and Heavy Half presented by La Sportiva possible. Whether local or national, we ask our participants and fans to look to these sponsors first for the services or products they provide. We truly could not host these amazing events without all of you.

Our most sincere thanks to you all!

LIFETIME

