



Schedule OF EVENTS


Friday

3:30pm-6:30pm Packet Pickup	Leadville Race Series Store Make sure to visit our sponsors, Leadville Race Series presenting sponsor La Sportiva for weekend running shoe demos, COROS for information for our official GPS watch sponsor, demos and data analysis, and Petzl for headlamp information and demos.
6:00pm-6:30pm Kickoff w/ Leadville Race Series Staff & Guides	Introductions LT 100 Legacy Foundation & co-founders Ken Chlouber & Merilee Maupin Special Guests Sandy & Mike Monahan
6:00pm-7:30pm Tackling “The Race Across the Sky” and Everything in Between; How to Optimize for Success	Lead by Ryan Krol, Rodrigo Jimenez and Guides Topics: pacing, hydration, fueling, altitude considerations, equipment/ gear considerations for the weekend ahead/race day.
7:30pm-7:50pm Petzl Headlamp Demo	With Cat Bradley & the Petzl Team Check-out Petzl's latest headlamps and try them out for the night run!
7:50pm-8:00pm Load shuttles for Mayqueen	
9:00pm-12:00am Day 1 Run Mayqueen Aid Station to Leadville Race Series Store	Route 
11:00pm-12:30am Burritos	At the Leadville Race Series Store

Saturday

6:30am-7:15am Breakfast & Q&A with Ryan, Rodrigo, Annie & Camp Guides	Leadville Race Series Store Topics can include: pacing, fueling, hydration, altitude, gear considerations. Note: Shuttles and bag drop provided
7:15am Load shuttles and depart for Mayqueen	Athletes to drive themselves or get a ride on shuttle bus. MUST BE ON SHUTTLES no later than 7:30am.
8:00am-3:00pm Day 2 Run Mayqueen to Twin Lakes	Route 25.4 Miles, 3241 ascent, 3927 descent. Aid Station Info: Mile 14, Pipeline 
1:30pm-3:00pm Q&A with Ryan, Rodrigo, Annie Hughes & Guides at Twin Lakes	Ryan, Cat & Guides will be available to talk through: Challenges, growing pains from the day & topics ranging from; pacing, hydration, fueling, gear, address questions about Sunday's run
12:00pm Shuttles	Running from Twin Lakes to Leadville Race Series Store
6:00pm-8:30pm Dinner	Freight, 320 E 9th St. Leadville, CO 80461 Directions from Leadville Race Series Store
7:15pm-8:30pm Panel featuring LT100 Run veterans	Annie Hughes, Rodrigo Jimenez, Bob Africa, Junko Kazukawa, Donnamarie Provenzano

Sunday

7:00am-7:50am Breakfast & Check-In	Leadville Race Series Store
7:30am-7:50am Reminders & Tips for the day ahead	With Ryan, Rodrigo & Annie. Topics: pacing, fueling, hydration, head space
7:50am Load shuttles	Athletes to drive themselves or get a ride on shuttle bus
8:00pm Depart from Leadville Race Series Store	
9:00am-3:30pm Day 3 Run Willis Gulch Trailhead to Winfield & Back	Route , 21.3 Miles, 6693 Ascent, 6696 Descent. Aid Station information: Start of the run/Mile 0, Willis Gulch Trailhead. This is an unsupported run, plan hydration and nutrition accordingly 
11:30pm-3:30pm Lunch	Lunch at Llama Parking Area
1:30pm-3:30pm Final Q&A with Coaches & Guides	Topics: recap Day 3 route challenges, key takeaways
6:00pm-8:00pm Dinner	Freight, 320 E 9th St. Leadville, CO 80461
6:45pm-7:00pm Tapering & next 6 weeks	With Ryan, Rodrigo & Annie
7:00pm-7:30pm Crewing Talk	With Merilee & Sandy Monahan
7:00pm-7:45pm Farewells	With Tamira, Ken & Merilee