

LIFE TIME LEADVILLE TRAIL100RUNSM

PRESENTED BY LA SPORTIVA[®]

2024
ATHLETE
GUIDE

LEADVILLERACESERIES.COM



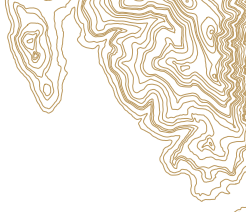


TABLE OF CONTENTS

SECTION	PAGE #
Welcome/Introduction	03
Schedule of Events	04
Course Overview	06
Letter from Race Director	07
2024 LT100 RUN Changes	08
Aid Stations & Course Cutoffs	10
Crew & Pacer Info	12
Drop Bag Information	15
Parking & Shuttles	16
Zero Waste & Leave No Trace	17
Your Health & Safety	20
Important Info & Rules	21
Awards	22
Leadville Race Series Staff & Sponsors	24



WELCOME INTRO

WELCOME HOME!

You didn't find Leadville, Leadville found you! So, come on home and once again, prepare to Dig Deep and breathe 10,200 feet of pure Leadville mountain air.

The event you've committed to will demand you Dig Deep. From the 10K, to the 100 mile run/100 mile mountain bike, Merilee and Tamira have spared no time or effort to remove any easy parts. Digging Deep will begin at the sound of the shotgun. Expect every stride, every push of the pedal to hurt some, and then, some more. So make pain your friend and you'll never have to run/ride alone. We believe in you! Now, you must believe in you. We have proved 1,000's of times—inside each runner, each rider is an inexhaustible well of Grit, Guts and Determination. So, when you need it, and you will—DIG DEEP! It's there! Inexhaustible!

Since that first 100 mile run in 1983 our primary goal has not changed: the economic survival and vitality of Leadville. And because of you, we have grown. On your behalf and in your honor, we established the Leadville Trail 100 Legacy Foundation. The Legacy, with the Leadville Race Series, has awarded more than \$1,120,000 in college scholarships to Lake County graduating seniors choosing to pursue higher education. In concert with our partner, the Life Time Foundation, we have joined forces on a variety of projects including grants for new trails and a mini excavator to build them, supporting healthy school lunches, and a new gym floor at Lake County High School. None of this would have been possible without the most important part of the Leadville Race Series—YOU!

You are family. Remember to thank the staff and volunteers whose hard work is singular—to get you from the starting line to the finish line. Family, friends, your job; all have sacrificed to get you to this point. Don't let them down. Don't let yourself down. From the bang to the buckle—totally you. Dig Deep. Commit. Repeat to yourself, "I won't quit".

CROSSING THAT RED CARPET WILL CHANGE YOUR LIFE. THE SILVER BUCKLE IS WHAT YOU GET. WHAT YOU GAIN IS WITHOUT LIMITS!!

Ken, Merilee & YOUR LEADVILLE RACE SERIES TEAM

SCHEDULE OF EVENTS

FRIDAY, AUGUST 16TH

10:00am	MANDATORY ATHLETE MEETING Lake County High School Football Field *Outdoor Venue
11:00am-5:00pm	EXPO, PACKET PICKUP 135 E. 6th Street, Leadville, CO
11:00am-5:00pm	DROP BAG DROP-OFF Leadville Race Series Store 316 Harrison Ave
8:00am Sunday	DROP BAG RETURN Leadville Race Series Store 316 Harrison Ave

- Only clear plastic bags are allowed
- Clearly label bags with your name, race number and aid station in large letters
- ****Note**** Any bags not picked up by 5pm Sunday will be donated to local charities!
- Photo ID is required
- Packets must be picked up in person
- Packets will not be mailed or given to others



SATURDAY, AUGUST 17TH RACE DAY | CUT OFF TIMES

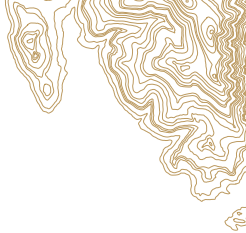
7:45am	MAYQUEEN CUTOFF (OUTBOUND)
10:00am	OUTWARD BOUND CUTOFF (OUTBOUND)
11:30am	HALF PIPE CUTOFF (OUTBOUND)
1:30pm	TWIN LAKES VILLAGE CUTOFF (OUTBOUND)
4:00pm	HOPE PASS CUTOFF (OUTBOUND)
6:00pm	WINFIELD CUTOFF (TURNAROUND)
10:15pm	TWIN LAKES VILLAGE CUTOFF (INBOUND)

STARTING LINE OPEN
3:00am-3:45am

RACE START
4:00am

START LINE
[Corner of 6th St & Harrison](#)

FINISH LINE
[Corner of 6th St & Harrison](#)



SCHEDULE OF EVENTS CONTINUED

SUNDAY, AUGUST 18TH, 2024

CUT OFF TIMES

1:15am	HALF PIPE (INBOUND)	6:30am	MAYQUEEN (INBOUND)
3:00am	OUTWARD BOUND (INBOUND)	10:00am	30 HOUR CUTOFF TIME Runners that finish under 30hrs will get "small" buckle (based on chip time)
5:00am	25 HOUR CUTOFF TIME Runners that finish under 25hrs will get the BIG buckle (based on chip time)		

FINISH LINE
Corner of 6th St & Harrison

AWARDS CEREMONY
12:00pm

LOCATION
Lake County High School Football Field
*Outdoor Venue

- All awards will be presented at this time and must be picked up in person.
- Awards will not be given to others and will not be distributed before or after the awards ceremony.
- Belt buckles will be given away in the finish chute.
- Finisher jackets will be printed and mailed to all athletes.
- Your award can be mailed to you until October 31, 2024.

Below are some quick updates and reminders for all 2024 Leadville Trail 100 Run athletes.

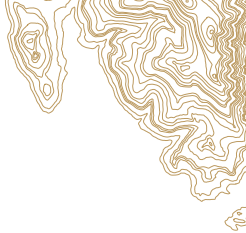
Weather - remember that you will be racing in a high-alpine environment with the possibility of extreme weather. If there is thunder or lightning, seek lower elevation quickly.

The race is chip timed, meaning your overall time will be based on when your race bib crosses the start and finish line.

PARTICIPATING VENDORS

- Boundless Coaching
- Coros
- FKT Gear
- Garmin
- Hydrapak
- La Sportiva
- Leadville Trail 100 Legacy Foundation
- Life Time Foundation
- Neversecond
- Optic Nerve
- Petzl
- Precision Fuel and Hydration
- Proud Source
- Runner's Roost
- Segterra (Inside Tracker)
- Skratch Labs
- Toyota Motors
- Trail Sisters
- Unilever
- Vander Jacket

****Note: There will be an updated Participating Vendors closer to the race weekend.**



COURSE OVERVIEW

This is it, the **granddaddy of all endurance trail running events**. The mighty Race Across the Sky takes runners on an epic out and back journey that traverses the biggest, baddest, toughest mountains out there.

100 Miles	15,744' Elevation Gain	9,219' Lowest Point	12,532' Highest Point
--------------	---------------------------	------------------------	--------------------------

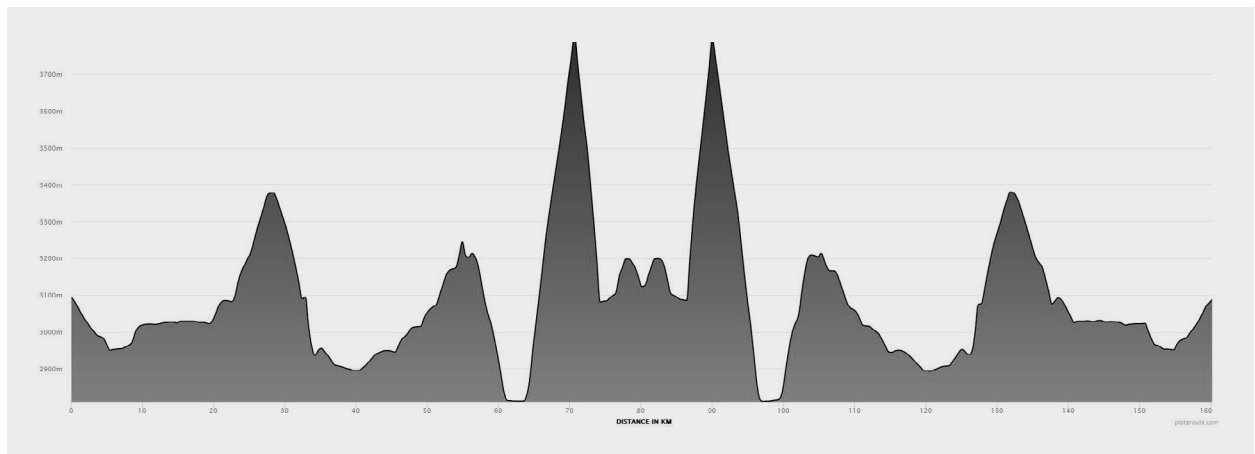
GPS FILE



SCAN OR CLICK

<https://www.plotaroute.com/route/1632492>

ELEVATION PROFILE





LETTER FROM **RACE DIRECTOR**

WELCOME LEADVILLE RACE FAMILY!!!

We are looking forward to sharing yet another magical, dream chasing, soul changing race season with all of you! Thank you for all you bring, including all of your support to our local community.

As many of you know, these events have grown from the timely vision of Ken and Merilee to address a critical economic impact with our local mine closing in 1982. From the first 45 starters in 1983, to 7 weekends of sold out events, we can all agree their vision has not only been incomparably realized, but has forged the path for outdoor recreation as a mainstay of today's economic vitality in Leadville.

With this in mind, we are reaching out to all of you to invite and request your support in how we manage the intersection of economic vitality with local impact. Please know these changes were not implemented lightly, but made collaboratively with local government agencies, with the greatest consideration for safety and experience for all. Much like the climb up Columbine, if something seems insurmountable, our athletes adapt and astound us every time.

There are a number of changes for 2024, with the most significant listed below this letter. Please be sure to read the athlete guide from front to back, and always check the website for the most current updates.

Please join us in continuing to forge the vision of Ken and Merilee in a sustainable stewardship path forward. Together we are “so much better than we think we are”... and can ALWAYS “do more than we think we can”. Thank-you for joining myself, our amazing team, and our precious community of Leadville in these collective efforts.

LET'S DREAM BIG AND FINISH STRONG!

Tamira

**Race Director
Leadville Race Series**



2024 LEADVILLE TRAIL 100 RUN

CREWING CHANGES

FIRST, THE WHY

Athlete safety: The current congestion poses an unsafe level of risk for athletes and the Twin Lakes locals.

Emergency Services: are facing delayed response times for accidents in the area.

Traffic: Travelers are facing delays between Leadville and Aspen.

2024 LEADVILLE TRAIL 100 RUN CREWING CHANGES:

MAYQUEEN CREWING LOCATION

Crewing is not allowed at Mayqueen outbound in the morning

- We will have a staffed and stocked aid station.
- Your runner will be disqualified if you crew here in the morning.
- Law enforcement will be onsite to increase safety and awareness

Crewing at Mayqueen WILL be allowed beginning at 5:00pm

- Traffic will only move in one direction, clockwise, around the lake.
- Law enforcement staffed at entrance to support access
- Access opens at 5:00pm

Only 4 crew members + 1 pacer allowed.

All athletes will receive:

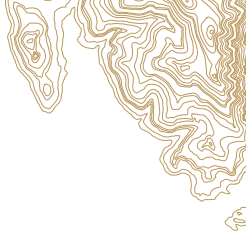
- 1 parking pass for Mayqueen
- 4 color-coded crew wristbands
- 1 pacer wrist band

TWIN LAKES CREWING LOCATION

To ensure that all crews are able to meet and support their athletes in a timely manner, we will have 10+ shuttles available.

NEW FOR 2024

- Twin Lakes Inbound Cut-Off changed to 10:15pm
 - Additional 15 minutes back to the cut-off time.
- No Crew Driving Access to Twin Lakes Village Crews must park/shuttle from Outward Bound. No parking permitted on State HWY 82
 - Law enforcement on site to support



2024 LEADVILLE TRAIL 100 RUN

CREWING CHANGES CONT.

Shuttles

- 10+ shuttles will loop from Outward Bound to Twin Lakes Village
- Shuttles will run between 5:00am -10:00pm (Or until all crews/athletes back to Outward Bound)

4 Crew Members Only at Twin Lakes Village

All Athletes will receive:

- 4 color-coded crew wristbands
- 1 color-coded pacer wristband

Twin Lakes Village Setup Information:

- Village Set-up: Friday, August 16th from 12:00pm-10:00pm
- Twin Lakes Visitor Center Set-up: Friday Aug. 16th 3:00pm - 10:00pm
- Staff will be on site to help you get set up, and security will be in place all night.

Please plan to drop all large items on Friday as they will not be allowed on shuttles on Race Day, including:

- Tents (10x10 only)
- Coolers
- Chairs
- Strollers that cannot be folded and transported quickly
- We encourage you to pack efficiently so that all crews have enough space and shuttles can leave in a timely manner!

OUTWARD BOUND CREWING LOCATION

- No crew or parking limits at this aid station! Bring all the support you need!

WINFIELD CREWING LOCATION

- No pacers or crews remains in effect

AID STATIONS & COURSE CUTOFFS

There are **12** aid stations along the course, and **9** COMPLETELY STOCKED aid stations.

OUTBOUND AID STATION LOCATIONS

1 Mayqueen | 12.6 Miles

Cutoff Time
7:45am

**** New and Important for 2024 and beyond****
TO ENSURE SAFETY AND EMERGENCY
RESPONSE ACCESS:

- No crew /spectator access/ parking will be allowed at Mayqueen outbound. Individual crews/cars will be allowed beginning at 5:00pm on Saturday August 17th, 2024 and permitted throughout the remainder of the event.
- Please help us maintain this access by following all traffic officials in this area.
- Only 4 crew + 1 pacer allowed

CLICK HERE FOR
GPS Link

2 Outward Bound | 23.5 Miles

Cutoff Time
10:00am

Access via HWY 300, look for
parking crews

CLICK HERE FOR
GPS Link

AID STATION SUPPLIES

- Water
- Precision Fuel & Hydration (Gels)
- Fruit
- Potato Chips
- Skatch Labs (On-Course Nutrition)
- Coca-Cola Products
- Cookies
- Salty Snacks

● = NO CREW ACCESS

3 Half Pipe | 29.3 Miles

Cutoff Time
11:30am

**** Please note there will NO LONGER be MINI
Mount ELBERT Hydration Station****

4 Twin Lakes Village | 37.9 Miles

Cutoff Time
1:30pm

**** New and Important for 2024 and beyond****

- Crews must park and shuttle from Outward Bound.
- Only 4 crew + 1 pacer allowed

CLICK HERE FOR
GPS Link

5 Hope Pass | 43.5 Miles

Cutoff Time
4:00pm

6 Winfield | TURNAROUND

Cutoff Time
6:00pm

AID STATIONS & COURSE CUTOFFS CONTINUED

INBOUND AID STATION LOCATIONS

● = NO CREW ACCESS

7 Twin Lakes Village | 62 Miles

Cutoff Time
10:15pm

**** New and Important for 2024 and beyond****

- Crews must park and shuttle from Outward Bound.
- Only 4 crew + 1 pacer allowed

[CLICK HERE FOR GPS Link](#)

**** Please note there will NO LONGER be MINI Mount ELBERT Hydration Station****

8 Half Pipe | 70.3 Miles

Cutoff Time
1:15am

9 Outward Bound | 76.2 Miles

Cutoff Time
3:00am

Access via HWY 300, look for parking crews

[CLICK HERE FOR GPS Link](#)

10 Mayqueen | 87.4 Miles

Cutoff Time
6:30am

**** New and Important for 2024 and beyond****

TO ENSURE SAFETY AND EMERGENCY RESPONSE ACCESS:

- Individual crews/cars will be allowed beginning at 5:00pm on Saturday August 17th, 2024 and permitted throughout the remainder of the event.
- Only 4 crew + 1 pacer allowed
- Reminder: No Crewing in the morning. Crewing access begins Saturday Aug. 17th at 5:00pm

[CLICK HERE FOR GPS Link](#)

11 FINISH LINE

Cutoff Time
10:00am

COURSE HISTORY

In 2021 the decision was made to remove pacer and crew access from Winfield. This was due to overall impact in Winfield, as well as congestion between Twin Lakes, over Hope Pass to Winfield. **This will remain in effect permanently.**

All or part of this operation is conducted on Public Lands under special permit from the U.S. Bureau of Land Management. This event is held on the San Isabel National Forest under a special use permit.

CREW & PACER INFO

CREW INFORMATION

In collaboration with the Lake County Health Department and USFS, we are limiting each runner to 1 vehicle hang tag. Hang tags should be visible and will have your bib number on it.

****Note**** Winfield will not serve as a crew or pacer pickup location.

Crew Shuttles

Crew shuttles will be offered beginning at 5:00 AM. Check the “Parking & Shuttles” tab for a complete shuttle schedule and map.

Crew Parking

- Attendants will assist you with parking, look for orange vests.
- Park only in designated areas.
- Do not disturb wildlife or vegetation.
- Aid stations do experience parking congestion. Be prepared to walk long distances, especially at Twin Lakes.
- Be courteous to our local community and residents, and other crews, when parking.



Crew Locations

There are 4 official crewing locations. Runners will hit each location twice.

1 **Outward Bound**
ALL PARKING FOR TWIN LAKES WILL BE AT OUTWARD BOUND

[CLICK HERE FOR GPS Link](#)

2 **Pipeline**

[CLICK HERE FOR GPS Link](#)

****Note**** *This is NOT half-pipe aid station. See link.*

3 **Twin Lakes**
REMINDER | NO DRIVING TO TWIN LAKES, YOU MUST TAKE THE SHUTTLE

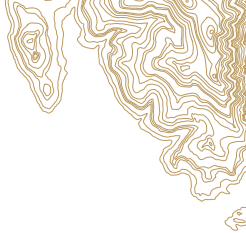
[CLICK HERE FOR GPS Link](#)

4 **Mayqueen**
REMINDER: NO CREWING IN THE MORNING. CREWING ACCESS BEGINS SATURDAY AUG. 17TH AT 5:00PM

[CLICK HERE FOR GPS Link](#)

****Note****

- Crewing outside of these 4 locations is against official race rules and may result in disqualification of your runner.
- In an effort to maintain positive community relationships, it's important to be aware our race courses cross multiple Private Property Sections including, but not limited to the following areas: Powerline, Sugar Loaf Mountain, County Road 2, near Oro City Aid Station, County Road 1 near Ball Mountain.
- Only 4 crew members allowed at Twin Lakes and Mayqueen.
- Wristbands will be required to gain entry into Twin Lakes and Mayqueen.
- You will be turned around if you do not have the appropriate color coded wristband and parking tag for these areas
- Only one Vehicle Tag for Outward Bound and Mayqueen.
- Crewing only at Mayqueen Saturday Aug. 17th from 5:00pm on.



CREW & PACER INFORMATION

CREW RULES

Crew must abide by Lake County & Chaffee County laws, race rules, listen and respect ALL Leadville Race Series Staff, Volunteers, and personnel in enforcement uniform or vests.

If you fail to abide and respect our community you will be asked to leave and your athlete may be disqualified!

DO
Crews can provide food, drinks and supplies.
Pets are allowed – must be leashed and under control at all times.
Setup is permitted as follows: Twin Lakes Village - 12:00pm on Friday Aug. 16th. Outward Bound / Pipeline - 5:00am on Race Day Aug. 17th.
Crews should allow adequate time to walk to aid stations, expect crowds and congestion. Refer to the event web page for up to date shuttle schedules under the “SHUTTLE” Tab.
Carpooling is encouraged! All vehicles must have a hang tag.

Please DON'T <small>*GROUNDS FOR DISQUALIFICATION</small>
No crewing outside of official crew locations – Outward Bound, Pipeline & Twin Lakes, Mayqueen Inbound.
Littering.
Illegal Parking.
No camping – arrive only on race day.

In order to alleviate our impact and continue to permit our event over Hope Pass and into Winfield, we have worked closely with the USFS on an updated plan:

Winfield: No crew, spectators or pacers will be allowed in Winfield.

- Winfield Aid station will be well-stocked
- LRS Staff, Medical personnel and volunteers will be onsite
- DNF's or athletes that do not make the cut-off will be transported back to Twin Lakes.

****Note**** LRS staff will be on-site managing vehicles coming in/out at Winfield. Do not attempt to drive a personal or crew vehicle to Winfield, you will be turned around.

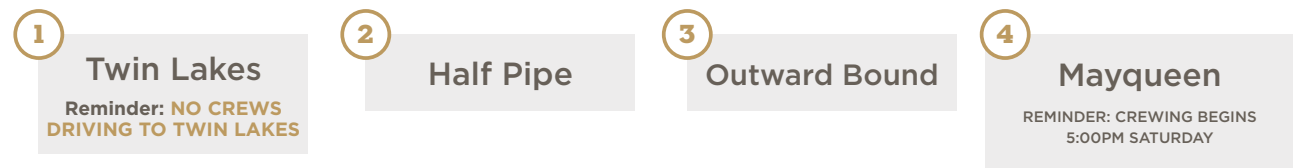
CREW & PACER INFORMATION

PACER INFORMATION

Pacers can pick up their runners at any point on course beginning at Twin Lakes inbound at mile 62. ****Note** Winfield will not serve as a crew or pacer pickup location.**

- Each runner will receive 2 pacer bibs at packet pickup.
- If you require more than 2 pacers, you will have to transfer one pacer bib to the next pacer,
- OR you can pick up a pacer bib at one of the checkpoints below.

- You must follow all crewing / pacer rules to get there.
- For example - pacers will need to take the shuttle to Twin Lakes.
- You will only be allowed one pacer to Twin Lakes and Mayqueen.
- This pacer can be in addition to the 4 crew members.



PACER DO'S & DONT'S

DO

All pacers **must be wearing a bib at all times** while on course.

Pacers are **allowed starting at mile 62** - Twin Lakes Aid Station inbound.

You may have as many pacers as you wish, although **only one pacer at a time** (until mile 99).

A pacer must **fill out a waiver prior** to being on course. The waiver can be filled out at one of the official checkpoints above. The waiver must be turned in at an aid station to receive your pacer bib.

Pacers may **act as burros**, to carry food and equipment for their runner.

Please DON'T

Pacers are **not allowed to push, pull, carry or tow** the runner.

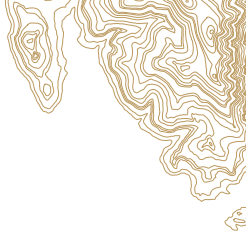
Any special pacing situations or requests (ie blind athletes) **must be pre-approved** by race management.

Do not pace using a **vehicle or bicycle**.

Do not **take aid from vehicles**.

Do not camp overnight.

****Important**** In an effort to maintain positive community relationships, it's important to be aware our race courses cross multiple Private Property Sections including, but not limited to the following areas: Powerline, Sugar Loaf Mountain, County Road 2, near Oro City Aid Station, County Road 1 near Ball Mountain.



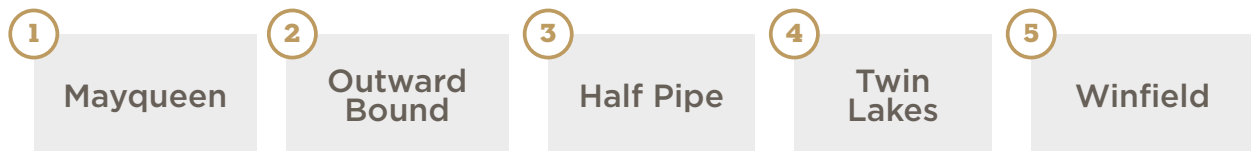
\\ DROP BAG INFORMATION

DROP BAG DROP-OFF

DROP BAG DROP-OFF 11:00am-5:00pm	LOCATION Leadville Race Series Store 316 Harrison Ave
--	--

- Only clear plastic bags are allowed
- Clearly label bags with your name, race number and aid station in large letters
- **Note** Any bags not picked up by 5pm Sunday will be donated to local charities!**

There are 5 locations on course you can send drop bags:



- **Remember**** That other than Winfield and Mayqueen, you will pass through each aid station twice.
- **Pro tip**** Send 2 bags together - one to be used for inbound and outbound.

DROP BAG GUIDELINES

- Drop bags must be clear plastic bags.
- Clearly label bags in large letters with the following info:

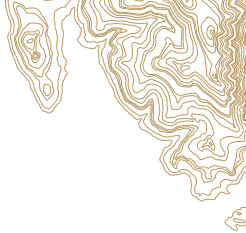
Bib Number	Name	Aid Station Name
------------	------	------------------

- Liquids - any liquids in your bag should be leak proof and in non-breakable containers

DROP BAG RETURN

PICK-UP DEADLINE Sunday, August 18, 2024 by 5:00pm	LOCATION Leadville Retail Store 316 Harrison Ave
---	---

- Unclaimed drop bags will be donated to local charities the next day.
- We will not mail drop bags.



// PARKING & SHUTTLES

As noted in the letter above, congestion is a critical topic with all of our Leadville Race Series events. Thank-you again and 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.**

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!

For a comprehensive shuttle schedule please refer to the QR code below. Please note, double check this at a minimum the week of race week, for any last minute updates. Our website will always have the most up-to-date shuttle information:



PARKING DO'S & DON'TS

DO
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

- 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. Learn more about the Leave No Trace Principles here:

https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd605695.html

The Leave No Trace Seven Principles

1 PLAN AHEAD AND PREPARE

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

2 TRAVEL AND CAMP ON DURABLE SURFACES

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

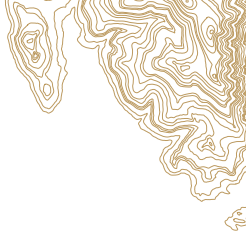
IN POPULAR AREAS:

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

IN PRISTINE AREAS:

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





ZERO WASTE & LEAVE NO TRACE CONTINUED

3 DISPOSE OF WASTE PROPERLY

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

4 LEAVE WHAT YOU FIND

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

5 MINIMIZE CAMPFIRE IMPACTS

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

6 RESPECT WILDLIFE

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

7 BE CONSIDERATE OF OTHER VISITORS

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



YOUR SAFETY & HEALTH WHAT YOU NEED TO KNOW

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

ALL MEDICAL AID STATIONS HAVE BASIC FIRST AID AND BASIC LIFE SUPPORT CAPABILITY, AND PROVIDE:

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

ON-COURSE EMERGENCY RESPONSE

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

PLEASE REMEMBER:

IV Therapy
=
Medical Transfer

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

INTERESTED IN DONATING?



lakecountysar.org



IMPORTANT INFO & RULES

- 1 Please always remember this is an open/public course and you will encounter traffic on county roads. Stay aware of traffic at all times and remember that safety is priority number one.
- 2 You **MUST HAVE** your **ID** to pick up your packet. You **CANNOT** pick up a packet for your friends.
- 3 Timing chips, located on the back of the race bib, must be worn at all times during the race.
- 4 **DO NOT** fold your bib, this can damage the timing chip and cause timing errors.
- 5 Unsportsmanlike conduct is grounds for disqualification.
- 6 **RESPECT THE LAND** - no garbage, clothing, etc., shall be thrown on the course. If runners are caught littering, they will be disqualified. There will be trash receptacles at all aid stations. Please use them!
- 7 DNFs must be reported to timing, preferably at the start/finish line or nearest aid station.



AWARDS

Awards Ceremony

The awards ceremony will take place on Sunday, August 18, 2024, at the Lake County High School Football Field.

- Belt buckles will be distributed directly in the finish chute at the end of your race!
- All finisher hoodies will be custom printed and shipped directly to your door.
- Racers must complete the event in under 30 hours to be considered an official finisher and receive their hoodie and belt buckle.
- All awards will be presented at this time and must be picked up in person.
- Awards will not be given to others.

Age Group Categories	Awards
Women 18-19	1000 Mile Buckles
Women 20-29	2000 Mile Buckles
Women 30-39	11 Year Jackets
Women 40-49	Last Ass Over the Pass (last official finisher)
Women 50-59	Age Group Awards (3 deep per category)
Women 60-69	
Women 70+	
Men 18-19	Age group awards will be based on the age an athlete will be on RACE DAY.
Men 20-29	
Men 30-39	*Overall male and female will be removed from age group awards.
Men 40-49	
Men 50-59	Note: If you cannot pick up your award, you will have the option to have it mailed to you for a small fee.
Men 60-69	
Men 70+	
Overall Men*	
Overall Women*	
Overall Nonbinary	
Para Male Overall	
Para Female Overall	





FIND YOUR FLOW



PRODIGIO

A revolutionary new trail running shoe that provides enhanced cushion with superior control. The **PRODIGIO** features a progressive rocker that works with the **X-FLOW** technology, our new supercritical foam, to create noticeable rebound and energy saving while running. Finally cushion that feels fast!

[LASPORTIVAUSA.COM](https://www.lasportivausa.com)

RACE SERIES Staff & Sponsors

Race Series Staff

Tamira Jenlink
Event Manager
TJenlink@lt.life

Ken Chlouber
Race Founder & 14-Time Finisher
KenChlouber@gmail.com

Merilee Maupin
Race Founder, Former Race Director
MerileeM33@gmail.com

Amanda Kussin
Marketing Manager

Quinn Cooper
National Account Manager

Rochelle Thomas
Athlete Service Manager

Bernadette Finch
Retail Manager

Grisell Rodriguez
Expo Manager

For more info please contact us at:
Leadville@ltevents.zendesk.com

Race Sponsors

We thank the following sponsors for making the 2024 Life Time 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 all of you.

Our most sincere thanks to you all!

LIFETIME

LA SPORTIVA

COROS

HydraPak

InsideTracker

OSPREY

PETZL

**PRECISION
FUEL & HYDRATION**

**PROUD
SOURCE
SPRING WATER**

**Runners Roost
COLORADO**

**skraitch
LABS**

HOME CHEF

**KARTA
CUSTOM MAPS**

**COLORADO
OUTWARD BOUND SCHOOL**

TOYOTA