

LIFETIME® LEADVILLE TRAIL 100 RUN CAMP

PRESENTED BY LA SPORTIVA®

2024
ATHLETE
GUIDE



LeadvilleRaceSeries.com

LIFETIME®



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// 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

\\ WHO'S WHO OF RUN CAMP WEEKEND

Race Series Staff

Tamira Jenlink
Event Manager
TJenlink@lt.life

Quinn Cooper
National Account Manager

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

Amanda Kussin
Marketing Manager

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

Rochelle Thomas
Athlete Services Manager

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



WHO'S WHO OF RUN CAMP WEEKEND CONTINUED

Guides & Special Guests

Genevieve Harrison

Leadville Local - 2 X finisher LT 100 RUN & 2nd Place overall Womens Sub 25 hour finish

Chris Lloyd

19x Lead Challenge Finisher, going for his 20th season this year!

Ben Dicke

BJ Sellers

Sea Level to Altitude, Multiple Time LT100 Run Finisher

Bob Africa

2x Finisher of Lead Challenge, 5x Finisher of LT100 run

Daniel McCarthy

2x LT 100 Run Camp Guide

Danny Bundrock

6x LT100 Run Finisher & 10x LT100 Run Camp Attendee

Donnamarie Provenzano

Spent Years as a Pacer & Now a 3x Finisher of the LT 100 Run

Jared Conlin

10x finisher of the Leadville Race Series

Jason Friedman

Boundless Coach and multi time finisher LT 100 Run

Jolene Sandoval

Lead Challenge Finisher

Judy Allen

15x finisher LT 100 MTB

Junko Kazukawa

7x LT 100 Run Finisher, 3x LT 100MTB, 2x Lead Challenge Finisher, 3x Silver Queen

Marvin Sandoval

10x LT100 Run Finisher, born & raised in Leadville

Rodrigo Jiminez

LT100 Run Legacy Foundation Dream Chaser & 6x LeadChallenge Finisher

Ryan Krol

Founder of Boundless Coaching & Guiding the Official Coaching Partner of the Leadville Race Series

Sam Schwaller

Life Time Employee and 5 x finisher LT 100 Run

To complete the Lead Challenge, one must complete 5 events that include trail running and MTB, covering 282.4 miles, all at 10,000+ feet of Rocky Mountain elevation.

Dream Chasers start the race in very last place. For each person they pass, money is raised for the LT100 Legacy Foundation

// Schedule OF EVENTS

FRIDAY, June 21st, 2024

3:30pm - 6:30pm	Packet Pickup <ul style="list-style-type: none"> Leadville Race Series Store, 316 Harrison Ave. Leadville, CO 80461 Make sure to visit our sponsors, Leadville Race Series presenting sponsor La Sportiva for weekend running shoe demos, demos and data analysis, and Petzl for headlamp information and demos.
6:00pm - 6:30pm	Kickoff with Leadville Race Series Staff and Guides <ul style="list-style-type: none"> Introductions Welcome from Ken and Merilee Maupin Race Co-Founders and the LT100 Legacy Foundation
6:30pm-7:30pm	Tackling “ The Race Across the Sky” and Everything in Between; How to Optimize for Success <ul style="list-style-type: none"> Lead by Ryan Krol, Rodrigo Jimenez and Guides
7:30pm-7:50pm	Petzl Headlamp Demo with Katie Mussel and the Petzl Team <ul style="list-style-type: none"> Check-out Petzl's latest headlamps and try them out for the night run!
7:50pm-8:00pm	Load shuttles and depart for Mayqueen
9:00pm-12:00am	Night Run <ul style="list-style-type: none"> Mayqueen Aid Station to Leadville Race Series Store, Day 1 Route *Cut-off - We will implement a cut-off for anyone that may need extra rest for the big days ahead. Please know that you are important, your training is important and we want you to be successful. To ensure the best weekend possible for all, we will sweep the night run course and bring athletes and guides back as needed. 12.6 Miles 974' ascent, 780' descent Aid Station Information: Mile 7, end of the single track as you cross the road at Turquoise Lake Dam
11:00pm - 12:30am	Burritos at the Leadville Race Series Store

SATURDAY, June 22nd, 2024

6:30am - 7:15am	Breakfast and Q&A with Ryan, Rodrigo, and Camp Guides <ul style="list-style-type: none"> Leadville Race Series Store, 316 Harrison Ave. Leadville, CO 80461 Note: Shuttles and bag drop provided La Sportiva Shoe Demos
7:15am	Load shuttles and depart for Mayqueen <ul style="list-style-type: none"> Athletes to drive themselves or get a ride on shuttle bus MUST BE ON SHUTTLES no later than 7:30am
8:00am - 3:00pm	The Run <ul style="list-style-type: none"> Mayqueen to Twin Lakes, Day 2 Route 25.4 Miles 3241' ascent, 3927' descent Aid Station Info: Mile 14, Pipeline

// Schedule OF EVENTS CONTINUED

SATURDAY, June 22nd, 2024 continued

1:30pm - 3:00pm	Q&A with Ryan, Rodrigo and Guides at Twin Lakes Ryan, Rodrigo and Guides will be available to talk through: challenges, growing pains from the day and topics ranging from: pacing, hydration, fueling, gear, address questions about Sunday's run
12:00pm	Shuttles begin running from Twin Lakes to Leadville Race Series Store
6:00pm - 8:30pm	Dinner <ul style="list-style-type: none"> • Freight, 320 E 9th St. Leadville, CO 80461
7:15pm - 8:30pm	Panel featuring LT100 Run veterans <ul style="list-style-type: none"> • Rodrigo Jimenez • Bob Africa • Junko Kazukawa • Donnamarie Provenzano • Danny Bundrock • Ryan Krol

SUNDAY, June 23rd, 2024

7:00am - 7:50am	Breakfast and Check In <ul style="list-style-type: none"> • Leadville Race Series Store, 316 Harrison Ave. Leadville, CO 80461 • La Sportiva Shoe Demos
7:30am - 7:50am	Ryan, Rodrigo: Reminders and Tips for the day ahead <ul style="list-style-type: none"> • Topics: pacing, fueling, hydration, head space
7:50am	Load shuttles <ul style="list-style-type: none"> • Athletes to drive themselves or get a ride on shuttle bus
8:00am	Depart from Leadville Race Series Store <ul style="list-style-type: none"> • Athletes to drive themselves or get a ride on shuttle bus
9:00am - 3:30pm	The Run <ul style="list-style-type: none"> • Willis Gulch Trailhead to Winfield and Back, Day 3 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
11:30am - 3:30pm	BBQ Lunch at Llama Parking Area
1:30pm - 3:30pm	Final Q&A with Coaches and Guides <ul style="list-style-type: none"> • Topics: recap Day 3 route challenges, key takeaways, and how to adjust training for the next 6 weeks
6:00pm - 8:00pm	Dinner <ul style="list-style-type: none"> • Freight, 320 E 9th St. Leadville, CO 80461
6:45pm - 7:00pm	Tapering and next 6 weeks with Ryan, Rodrigo
7:00pm - 7:30pm	Crewing Talk with Merilee & Sandy Mahon
7:00pm - 7:45pm	Dig Deep Farewells - Tamira, Ken and Merilee

INTERACTIVE PACE CHART FOR YOUR LT100 RUN GOAL TIME CAN BE FOUND [HERE!](#)

// Weekend Routes OVERVIEW

The Leadville area is full of rich, mining history. The trails you'll be traversing over the course of the weekend include single/double track trails and old dirt mining roads.

Over the course of three days, you'll ascend a total of 10,908ft (that's 756ft higher than Leadville sits) and 59.3 miles! You will top out at 13,185 feet at Mosquito Pass, the highest continuous pass in the country!



GPS Files

Day 1 Map



Day 2 Map



Day 3 Map



Weather

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

// Packing LIST

- ☐ Running shoes of preference
- ☐ Multiple pairs of socks
- ☐ Multiple pairs of shoes
- ☐ Running shorts
- ☐ Gloves/mittens
- ☐ Headlamp
- ☐ Short sleeve shirt
- ☐ Long sleeve shirt
- ☐ Fleece mid-layer
- ☐ Rain shell
- ☐ Hat for the sun
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Gaiters
- ☐ Trekking poles
- ☐ Water bottles or running pack of your preference
- ☐ Your planned nutrition so you can test it (you can also use our nutrition)
- ☐ And of course, anything else you think you will need!



// Community IMPACT

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

From Race Director, Tamira Jenlink:

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 all of this in mind, we are reaching out to all of you to invite and request your ongoing support as we continue to strike the balance of extraordinary efforts and undertakings alongside unavoidable impact when we are 7000 strong in a community of 2700.

So from me to you:

- Please DO, continue to use the shuttle system to decrease congestion downtown.
- DO continue to park in the designated areas for each event to also help with parking issues downtown.
- DO continue to help us keep our precious backyard immaculate and pristine, by always leaving it a little better than you found it!
- Please DO find those Porta-John's - and not someone's yard....)
- And please know while these may seem like small things - they are enormous in a small town of 2700.

And once more, thank-you for your partnership in how we show up in this backyard!

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 of the Leadville Race Series

// 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.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

Dispose of Waste Properly

- ③ • 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.

Leave What You Find

- ④ • 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.

Minimize Campfire Impacts



- ⑤ • 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

Respect Wildlife

- ⑥ • 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.

Be Considerate of Other Visitors

- ⑦ • 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.

// CAMP Sponsors

Sponsors

We thank the following sponsors for making the Life Time Leadville Run Camp 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!

