

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

**2024**  
**ATHLETE**  
**GUIDE**



[LeadvilleRaceSeries.com](https://LeadvilleRaceSeries.com)

**LIFETIME®**



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# // Welcome INTRO

## Welcome to Leadville!

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, June 28<sup>th</sup>, 2024

Join us for the Friday Expo and Packet Pick-up at the 2024 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

ENTERTAINMENT TBA

3:00pm

*THANK YOU TO RUNNERS ROOST, OUR OFFICIAL ENTERTAINMENT SPONSOR!*

- We STRONGLY recommend and encourage athletes to pick up their packet on Friday, June 28th.
- 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 29<sup>th</sup>, 2024

#### Race Start Times:

**Marathon Race Start 6:30am | Heavy Half Race Start 9:30am**

- Below are some quick updates and reminders for all 2024 Leadville Trail Marathon & Heavy Half athletes.
- This race typically fills up and 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.
- This is 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.
- Overall Male, Female, Non-Binary and Para athletes will be pulled from Age Group Awards

# // Schedule OF EVENTS CONT.

## SATURDAY, June 29<sup>th</sup>, 2024

### Marathon Race Start 6:30am

*New this year! To increase athlete experience and safety on Mosquito Pass!*

- **Rolling Start Pace** Athletes will self seed.
- **Gold Pace** 8:00min- 11:30min | SUB 5-hour finish
- **Silver Pace** 11:31min-14:00min | SUB 6-hour finish
- **Red Pace** Lead Challenge
- **Green Pace** 14:01min- 16:00min | SUB 7-hour finish
- **Purple Pace** Friends & Family | SUB 9:00-hour finish

### Heavy Half Race Start 9:30am

*New this year! To increase athlete experience and safety on Mosquito Pass!*

- **Rolling Start Pace** Athletes will self seed.
- **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 6:00

**Rolling Start Pace** When self-seeding, keep in mind:  
2022 Course record 1:52:03 by Joseph DeMoor

## AWARDS & LT100 COIN LOTTERY

4:30pm

## // 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



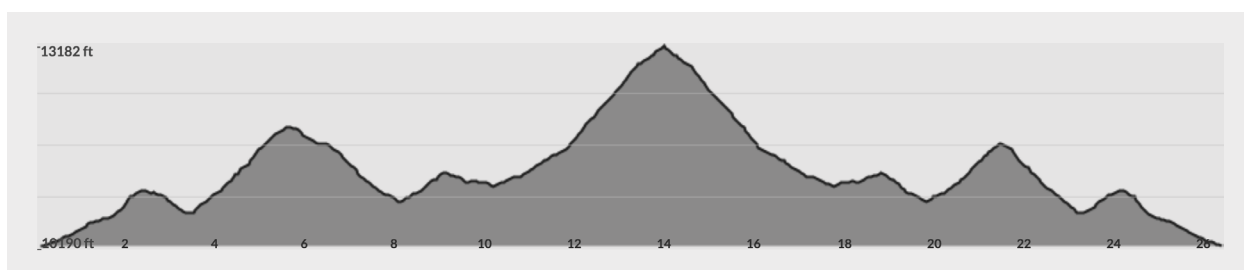
#### Heavy Half Route



### 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 Skratch Labs and Precision Fuel and Hydration (gels) 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

*(Marathon Only)*  
Adelaide Aid Station  
**9:15am**

### Inbound

*Marathon & Heavy Half*  
Resurrection Aid Station  
**1:15pm**

### Total Course Cutoff for both events

**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.

## // Community IMPACT

### A Letter From The Race Director - Community Impact and Event Changes

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 Jenlink*

**Race Director of the Leadville Race Series**

## // **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.





# 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

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Athlete Services Manager

For more info please contact us at:  
[Leadville@ltevents.zendesk.com](mailto:Leadville@ltevents.zendesk.com)

## 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!**

**LIFE TIME**

