## LIFE TIME SILVER RUSH 50 RUN

LIFE TIME SILVER RUSH 15 RUN LIFETIME SILVER RUSH 50MTB

RESENTED BY KENETIN

LIFETIME SILVER RUSH DSMTB



LeadvilleRaceSeries.com



LIFE TIME

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## 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





## FRIDAY, July 5<sup>th</sup>, 2024

2:00pm-7:00pm PACKET PICKUP RUN & MTB Base of Dutch Henry Hill US Highway 24 and McWethy Dr.

- ID is required.
- Packets must be picked up in person. They will not be mailed or given to others.
- ${\boldsymbol \cdot}$  No onsite registration.
- PLEASE DO NOT PARK ON HWY 24 FOLLOW ALL SIGNS & STAFF!

## SATURDAY, July $6^{th}$ , 2024

5:00am-	PACKET PICKUP	9:30am	SILVER RUSH 5K JUNIORS
5:45am	50 RUN ONLY		START
	Dutch Henry Tubing Hill		Dutch Henry Tubing Hill
	US Highway 24 and McWethy Dr.		US Highway 24 and McWethy Dr.
	<ul> <li>No onsite registration</li> </ul>		
	• Photo ID required	10:00am-	PACKET PICKUP
		3:00pm	50MTB & 15MTB
	DROP BAG DROP OFF		Dutch Henry Tubing Hill
	50 RUN ONLY		US Highway 24 and McWethy Dr.
	Base of Dutch Henry Hill		<ul> <li>No onsite registration</li> </ul>
	In Leadville Truck		• Photo ID required
6:00am	SILVER RUSH 50 RUN START	12:00pm-	FINISH FESTIVAL
	Dutch Henry Tubing Hill	8:00pm	
	US Highway 24 and McWethy Dr.		
	Note:	1:00pm	15 MILE AND 5K AWARDS
	• Top of the hill - Qualifier coin will ONLY be at the top of the hill for wave 1 - first male		Dutch Henry Tubing Hill
	and first female only	5:00pm	DROP BAG PICKUP
0.000		oreepin	50 RUN ONLY
8:00am- 8:30am	PACKET PICKUP		Base of Dutch Henry Hill
0.50dill	15 RUN ONLY		Base of Dutch Henry Hill
9:00am	SILVER RUSH 15 RUN START	8:00pm	AWARDS AND LT100 RUN
	Dutch Henry Tubing Hill		LOTTERY COIN DRAWING*
	US Highway 24 and McWethy Dr.		*50 RUN ONLY
			Dutch Henry Tubing Hill
			US Highway 24 and McWethy Dr.
			<ul> <li>All drop bags must be picked up!</li> </ul>



# **Schedule** of events

#### SUNDAY, July 7<sup>th</sup>, 2024 6:30am-SILVER RUSH MTB PACKET 7:45am PICKUP Base of Dutch Henry Hill US Highway 24 and McWethy Dr. • No onsite registration 8:00am SILVER RUSH MTB START 8:00am - WAVE 1 - SELF SEEDED 8:05am - WAVE 2 - SELF SEEDED Base of Dutch Henry Hill US Highway 24 and McWethy Dr. Note: • Top of the hill - Qualifier coin will ONLY be at the top of the hill for wave 1 - first male and first female only • There are no drop bags allowed for the Silver Rush 50 MTB 8:15am-PACKET PICKUP 8:30am Silver Rush 15 MTB ONLY Base of Dutch Henry Hill US Highway 24 and McWethy Dr. 12:00pm-FINISH FESTIVAL 5:00pm Base of Dutch Henry Hill US Highway 24 and McWethy Dr. 5:00pm AWARDS AND LT100 MTB **QUALIFIER SELECTION\*** \*50 MTB ONLY Dutch Henry Tubing Hill US Highway 24 and McWethy Dr. • LT100 MTB Qualifying Spots will be awarded • Must be present to claim your LT100 MTB **Qualifier Spot**





# **Course** overview

## Silver Rush 50 Run & MTB

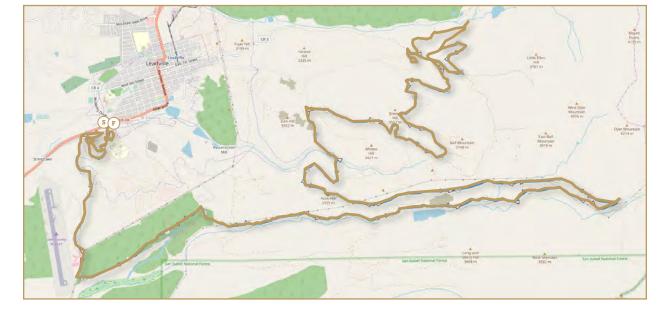
The 50-mile out-and-back course takes racers through the historic mining district on the east side of Leadville. Your day will begin with a nearly 10 mile climb on challenging alpine doubletrack topping out at over 12,000'. Enjoy the views of Mt. Sherman before descending a fast and furious dirt road section. **REMINDER: Use caution! You are on public roads throughout this course. BE AWARE OF VEHICLE TRAFFIC**. Your next uphill battle begins at mile 16 as you tackle a 4 mile grind back up to 12,000' again before descending to the turnaround point at mile 25. On the return, be aware of 2-way traffic on the course, and be respectful of your fellow athletes. Your long day is rewarded with a 10 mile descent back to the finish at Dutch Henri Hill where you'll be greeted with a finisher medal, warm food, and a cold beer!

- 48.4 miles
- 7,503' Elevation Gain
- 12,024' Highest point





## **Course Map**



#### **Elevation Profile**





# │ Course overview continued

## Silver Rush 15 Run & MTB

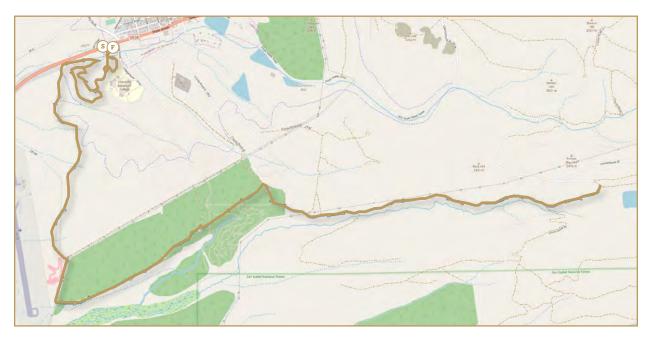
This race will start and finish on the same course as the Silver Rush 50 MTB. This race provides an excellent entry option into mountain bike racing and will, of course, be accompanied by the tremendous Leadville views along the way.

- 15.6 miles
- 1676' Elevation Gain
- 10,896' Highest Point

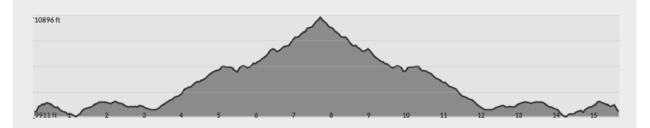




## **Course Map**



#### **Elevation Profile**





# **Aid Stations** & COURSE CUTOFFS CONTINUED

## **50 Run**

#### **Aid Stations**

There will be **SEVEN** well-supplied aid stations for the 50 Run. Aid stations will offer Skratch Labs (On-Course Nutrition), Precision Fuel & Hydration gels, and assorted foods including bananas, figs, pretzels, chips, etc. Featuring Hydrapak SpeedCups for a for a cup-less race!

5 Mile 29.4 Venir

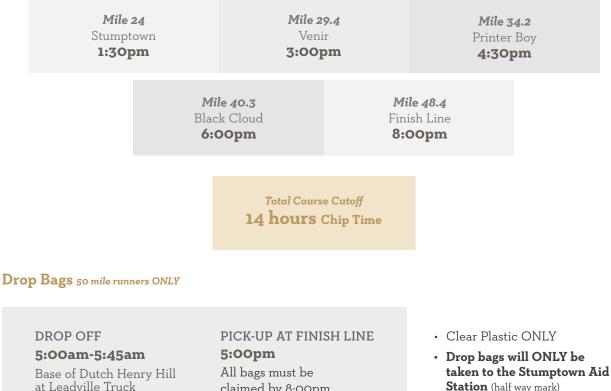
Mile 34.2 Printer Boy

Mile 40.3 Black Cloud

- 1 Mile 7.7 Black Cloud
- 2 Mile 14.3 Printer Boy
- (3) Mile 18.6 Venir
- (4) Mile 24 Stumptown

#### **Cut-Offs**

- Racers that do not make the cut off at the aid stations will NOT be able to continue the race
- · Cutoffs at aid stations are based on gun time and have factored in various start times
- Cutoffs at finish are based on chip time



claimed by 8:00pm

Station (half way mark)



# **\\ Aid Stations** & COURSE CUTOFFS

## 15 Run & MTB

#### **Aid Stations**

There will be **ONE** well-supplied aid station along the way, located at Black Cloud/Turnaround point at mile 7.8.



## **50 MTB**

#### **Aid Stations**

There will be **FIVE** well-supplied aid stations for the 50 MTB. Aid stations will offer Skratch Labs (On-Course Nutrition), Precision Fuel & Hydration gels, water, and assorted foods including bananas, figs, pretzels, chips, etc.

1 Mile 7.7 Black Cloud



Mile 40.3 Black Cloud

2 Mile 14.3 Printer Boy

(3) Mile 24 Stumptown (12:50pm cutoff)

### **Cut-Offs**

- Racers that do not make the cut off at the aid stations will NOT be able to continue the race
- Cutoffs at aid stations are based on gun time and have factored in various start times
- Cutoffs at finish are based on chip time

<i>Mile 24</i>	<i>Mile 34.2</i>	<i>Mile 48.4</i>
Stumptown	Printer Boy	Finish Line
<b>12:50pm</b>	<b>2:20pm</b>	<b>4:35pm</b>
	Total Course Cutoff 8hrs & 30 minutes	

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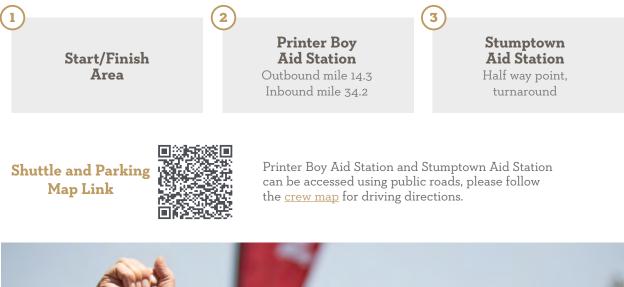


# **\\ Crew** INFORMATION

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.

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.

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







# **Community** IMPACT

## 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!
- 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.

#### LETS DREAM BIG AND FINISH STRONG!

Tamira



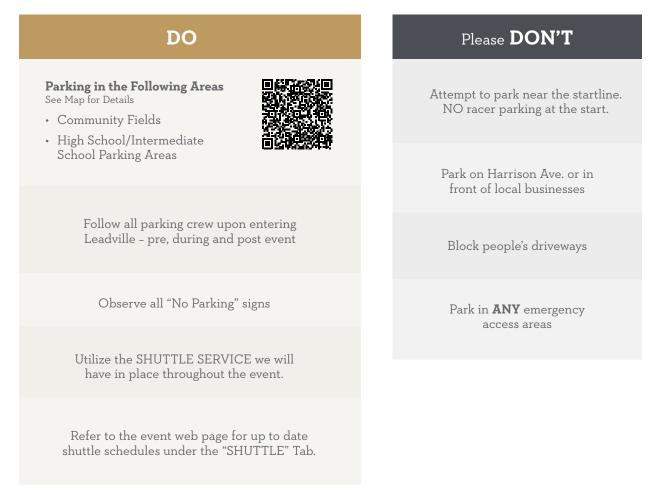
# **Parking** INFORMATION

Parking and overall congestion in Leadville will continue to be a crucial topic for all Leadville Race Series events. Thank-you in advance for you 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





# **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, <u>Cloud City Conservation Center (C4)</u> 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 <u>C4leadville.org</u> 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.

### 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.

- 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.





# **\\ 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 nonnative 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!





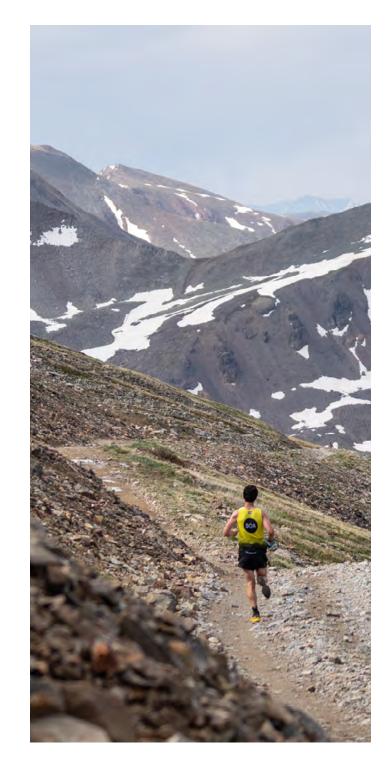


lakecountysar.org



# **M** IMPORTANT Info & Rules

- 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.
- 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.
- **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.
- 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.
- Trekking poles are allowed!
   Please be courteous of others.
   \*Run Only
- 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.

#### Awards will be distributed in the following categories:

50 Mile Run	15 Mile Run	50 Mile MTB
Female 19 & Under	Overall Female	Female 19 & Under
Female 20-29	Overall Male	Female 20-29
Female 30-39	Overall Nonbinary	Female 30-39
Female 40-49	Para Overall Male	Female 40-49
Female 50-59	Para Overall Female	Female 50-59
Female 60-69	Juniors Overall	Female 60-69
Female 70+	18 and under racing age	Female 70+
Male 19 & Under		Single Speed Female Open
Male 20-29	15 Mile MTB	Male 19 & Under
Male 30-39		Male 20-29
Male 40-49	Overall Female	Male 30-39
Male 50-59	Overall Male	Male 40-49
Male 60-69	Overall Nonbinary	Male 50-59
Male 70+	Para Overall Male	Male 60-69
Overall Male	Para Overall Female	Male 70+
Overall Female	Juniors Overall	Single Speed Male Open
Overall Nonbinary	18 and under racing age	Single Speed Nonbinary
Para Overall Male		Tandem
Para Overall Female		Overall Male
		Overall Female
		Overall Nonbinary

Para Overall Male Para Overall Female

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# **Awards & LT100** QUALIFIER INFO CONTINUED

## LT100 Qualifier

The Leadville Silver Rush 50 RUN & MTB events are qualifiers for the Life Time Leadville Trail 100 Run presented by La Sportiva and the Leadville Trail 100 MTB presented by Kenetik. **There are a total of 50 LT100 qualifier coins up for grabs at each of the SR50 events, RUN & MTB.** 

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:

- 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:

- 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 & 100 MTB must be completed and paid for during the designated time offered.

- Only solo runners or riders competing the required distance under the allotted cutoff time will be considered as potential qualifiers.
- All registration fees for the LT100 Run & LT100 MTB are non-transferable and non-refundable.



#### Top of the Hill LT100 Coins

We will award a qualifier coin to the King & Queen of Dutch Henry! The first male and female runners and riders to make it to the top of the hill will be handed a coin. Winners must finish the race before the cutoff to claim the entry.



# **RACE SERIES Staff & Sponsors**

## **Race Series Staff**

Tamira Jenlink Event Manager TJenlink@lt.life

**Amanda** Kussin Marketing Manager

Quinn Cooper National Account Manager

**Rochelle** Thomas Athlete Service Manager

Jack Shields Marketing Coordinator Ken Chlouber Race Founder & 14-Time Finisher

Merilee Maupin Race Founder, Former Race Director

FOR MORE INFO PLEASE CONTACT US AT: Leadville@ltevents.Zendesk.com

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### **Race Sponsors**

We thank the following sponsors for making the Life Time Leadville Silver Rush 50 RUN & MTB 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!

