

2017 Racer Manual



June 18-24, 2017

Grand Junction, CO – Moab, UT

Hello RATS Family!

We can't wait to see all of you this June - hopefully with fresh legs and a powerful spirit, ready to fully experience the Kokopelli trails! We feel so lucky to be around people like you, and it is for you that we have worked hard to create a fun weeklong adventure. We hope you all health, happiness, and smart training in the weeks to come!

Introduction

Welcome to the 13th Annual *Desert RATS Kokopelli 150 stage race*! This manual should aid the racer and his/her support team with information to help prepare for this year's race.

Desert RATS Kokopelli 150 is a supported multi-day footrace adventure, with several stages (running/walking), over a distance of about 143-miles along the Kokopelli trail. Distances will range from day to day between 9 and 43 miles.

Racers will rendezvous in Moab, UT on Sunday, to receive their Expedition Journals with detailed course maps and final race instructions. Two passport size photos with entrant's name on the back should be brought to registration, one will be affixed to the Journal and another will stay with the racer emergency information. Early on Monday, runners will be transported to the start line near Grand Junction and head off for the first of six days. Each day runners will be greeted at the finish line and directed to the tent city where they can mingle, access their gear, enjoy a hot meal provided by Gemini Events and rest up for the next day. While sleeping gear and supplies are forwarded to the next tent city for runners, all participants must carry a minimum amount of mandatory gear over the course of the entire event including food, water and safety equipment.

Crews, family and friends are encouraged to come out and cheer on runners and provide additional support at designated aid stations.

Organization

The Race Director, Reid Delman, will have the final say in any ruling, including rulings made by the co-director. If there are any questions prior to the race you may contact Reid (reid_delman@geminiadventures.com) (303) 249-1112 or the race coordinator, Kyla Claudell (kyla@geminiadventures.com) (303) 875-3347. If there are any questions during the race week feel free to ask staff members at the aid stations or base camps.

Race Director

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What is Desert RATS?

Desert RATS is a six day, supported foot race that covers a distance of approximately 143 miles. Each participant must carry his/her own pack containing snack food, water, safety equipment and other essential material (see gear requirements).

What does Gemini Events provide?

Gemini Events will provide tents and meals for racers. In the morning, breakfast will be provided prior to race start. Racers will make their own sandwiches the night before each stage and will be available at a designated aid station on the course. Sleeping and overnight supplies will be transported to the finish line/Base Camp for the racers. Each racer is limited to one 3000 cu. in. bag. Racers may bring their own tent but are then responsible for set-up and break-down.

Pre-Race Registration and Gear Check

Pre-Race packet pickup and gear check will be Sunday, June 18th from 4-6pm at The Gonzo Inn in Moab UT. The Gonzo is located at 100 West 200 South Street Moab, UT 84532, they can be reached by phone at (435)259-2515. You will need to bring all of your required gear. Racers will also need two passport size photos with entrant's name on the back, one will be affixed to the Expedition Journal and another will stay with the racer's emergency information.

Mandatory Pre-Race Meeting

All racers must attend a pre-race meeting at The Gonzo Inn on Sunday, June 19th at 7:30pm. At this meeting runners will receive necessary information that they will need for the week. We will also introduce the staff and there will be an opportunity for racers to ask questions.

Parking

Parking will be offsite from the Gonzo Inn. You will have a place within walking distance to leave your car for the race week, parking passes will be handed out in Moab at registration. Please do not leave cars at the Inn.

There will also be minimal parking available at each base camp for your family/support crew.

Accommodations

The host hotel is the Gonzo Inn and it is suggested you reserve rooms here for Sunday night as well as Saturday the 20th. However, there are many options very close by. This will be easier for you to attend the pre-race meeting/gear check, and to celebrate post race.

Daily outdoor camping will be available at pre-selected sites. Gemini Events will provide tents (6-8 persons per tent). Participants may bring their own tent but are then responsible for putting it up themselves.

Awards

First place male and first place female will receive champion awards. 2nd – 5th place male and female awards will also be given. All non-placing finishers finishing the entire course within the cut-off times will receive a finisher's award. All racer's finishing with a total of less than 30 hours will receive a sub 30 hour finisher's award.

Gear checks

Mandatory gear must be carried at all times while out on the course and will be checked at aid stations. Racers must be able to present gear upon request or will be penalized (see required gear).

Bib numbers

During check-in, Gemini Events will provide each participant with a race number. This must be worn in plain view by race staff. Each participant is obligated to ensure that his/her race numbers are clear, visible, in good condition and in the proper place.

Starting Order

All participants will start together on the first stage. Stages 2-5 will have staggered starts according to rankings. The back half of the field will begin a half hour before the front half and the times will be adjusted at the finish line. This is to minimize the wait time at the finish line. If, on the last stage, there is a close race between the first and second place, we will do a "rabbit" start ensuring the first person to cross the finish line is the winner of the entire race.

Cut-off times

There will be cut-offs at some aid station as well as the daily finish lines. Each leg must be completed in the time allowed. These cut-off times are lenient and designed to ensure the safety of runners.

Times will be adjusted if start times change.

Monday:

Finish Line- 5:30 pm

Tuesday:

Westwater AS- 1:45 pm

Cottonwood Wash AS- 3:30 pm

Finish Line- 8:00 pm

Wednesday: N/A

Thursday:

Onion Creek AS- 3:30 pm

Gateway AS- 9:00 pm

Finish Line- Midnight

Saturday:

La Sal AS- 11:00 am

Porcupine Rim #1 AS- 1:00 pm

Porcupine Rim #2 AS- 2:30 pm

Finish Line- 4:00 pm

Dropping out/missed cut-offs

In the event a competitor drops out of the race or misses a cut-off: It is imperative that he/she advise a Gemini Events official and returns their race numbers to an official of the race. Racer safety is our #1 priority- please don't make us use valuable resources searching for a racer that is not lost.

Several options are available to participants who withdraw from the race.

A participant who is in adequate physical condition but withdraws from official standing may elect to:

1. Be driven to Moab (subject to viability) with lodging and meals being at his/her own expense.
2. Be driven by Gemini Events every morning from the start of that day's start point to the finish point of that day.
3. Racers may also continue along subsequent stages after dropping out of a stage. They will continue unofficially and their times will not be recorded.

Competitors who drop out and stay on the course must continue to follow the race/camp rules. No refunds of unused days is made.

Expedition Stage

The 43 mile stage is the only stage where night travel is permitted and requires racers to carry glow sticks.

Aid Stations/Check Points

These are located throughout the course of each stage of the race. There are up to five aid stations per stage determined by the length of the stage. The participants must allow the race officials to record their time and agree to a gear/medical check.

Daily timing

The daily stage rankings are done by adding the time used to run that stage of the race plus penalties, if applicable. General ranking is done by adding times for each stage of the race.

Water Supply

Gemini Events will supply racers with unlimited water for drinking purposes only. Water will be available at the start of the stage each morning, at aid stations and water drops. Each racer must supply his/her own drinking containers. Cups will not be supplied at aid stations. Each night's camping area (except for the first night) will have opportunities for rinsing off in a river.

Camping

Daily outdoor camping will be at pre-selected sites. Gemini Events provide tents (6-8 people per tent). Participants may bring their own tents and they will be transported to the camp area. However, racers that decide to bring their own tents are then responsible for set up and break down of personal tents.

Medical Assistance

A crew of medical doctors specializing in expedition medicine and heat related illnesses will be in attendance throughout the race and will use assistance vehicles throughout the course. Medical personnel will be available each day and will ensure that any participants who are suffering from physical ailments are brought back to the base camp. The medical team is allowed to remove race numbers and to scratch from the race any participant whom they feel physically unfit to continue the race at any time.

Ground Assistance

Gemini Events must remind all participants that the Desert RATS is a race through the desert where climatic and ground conditions can be extreme.

Crewing is permitted in designated areas only. Designated areas are defined as start lines, aid stations and finish lines. Camping and meal plan for crew members will be available on a first

come first serve basis for a fee. It is the responsibility of the racer to make reservations for their crew along with their entry form. Some crewing expenses could be waived in exchange for volunteering on behalf of the race (contact race management for details). Crews are not allowed to remove racers from the race course or camping area. If a participant is supplied by persons at unauthorized areas during the race, he/she will be heavily penalized. Crews are also subject to all race regulations and all local, state and federal land management rules and regulations.

Weather and Terrain Conditions

Temperatures in June

Daytime: 95 F

Record high: 113 F

Night: 58 F

Record low: 37 F

The 143 mile (approx) course encounters a wide variety of terrain (sand, rocky desert, stony ground etc). In case of sand storms lowering visibility to zero, the racers must stop in their tracks and wait for instructions by the organizers.

Gemini Adventures reserves the right to modify the course and the length of the various stages as a result of unfavorable weather conditions or regulations in certain areas.

Markings

The participants of the Desert RATS must follow the course as marked by Bureau of Land Management. Stage #1 will have additional markings at difficult to read turns. There are several natural landmarks which will also serve as additional points of reference. GPS/phone app is allowed and recommended.

Expedition Journal

An Expedition Journal will be supplied to each competitor upon check in. You will need to provide 2 passport size photos at racer check-in and one will go into the Journal. The photos do not need to be official passport photos, they are for safety purposes. This book will reveal the exact course and will include maps, course description, crew information and various points of interest along the course. This book must be carried with you at all times and must be presented at each aid station. A lost Expedition Journal will result in a 1 hour time penalty. Each evening a briefing will be given relating to the next day's stage by the organizers.

Mandatory Equipment for Participants

Each competitor must in all circumstances carry of a minimum of 1000 calories and 80 oz. of liquid per day i.e. enter each aid station with 1000 calories and leave each aid station with 80 oz. of water, otherwise he/she will be penalized 1 hour. We strongly suggest that each racer have the capability to carry 140 oz. of liquid. All racers must in all circumstances carry:

- One lightweight survival blanket
- Salt tablets/e-caps
- 2 luminous signal sticks (expedition stage only)
- Compass
- Whistle
- Emergency mirror
- Small flashlight with spare batteries
- Knife with folding blade
- Disinfectant ointment (ointment or spray can)
- D cell Emergency strobe light or other emergency style strobe- visible up to two miles (if you have questions whether a certain light is considered “emergency” please contact the administration for verification) LED lights with a strobe affect are not considered emergency lights. Each participant must present all required gear at Check-in and at each aid station throughout the race.

Nightly Supplies – These supplies are required but do not need to be carried each day. These items along with your other personal belongings (fitting into one 3000 cu in. bag, sleeping bag included) will be transported forward by Gemini Events for each racer.

- Sleeping Bag
- Sleeping Pad, Warm Clothing
- Eating Utensils (i.e. plates, spoon, fork, cup etc.)

Penalties

Check-in/Gear check:

If a racer cannot show mandatory gear, he/she will be penalized 1 hour in addition to the time it takes to gain possession of these materials. If this penalty puts the racer over the allotted time he/she will be eliminated from that stage and the official standings. If the materials can not be obtained the racers will be eliminated from the race.

Medical File: Gemini Events will not have medical personnel on hand to provide medical examinations at check-in.

Food: When spot checks are made, any competitor unable to present the minimum 1000 calories per day during the race will receive a 2 hour penalty.

Start of the race: Timing for each stage begins with an official start time regardless of racers getting to the start line late. If for any reason a participant is late to the start, he/she will be on the running clock.

Cut-off times: Exceeding the maximum allowed time for a daily stage will result in elimination from the race (see dropping out and appeals process)

Expedition Stage (approximately 43 mile stage): During this stage, when night time traveling is permitted, any use of distress signals without valid reason will be subject to a one hour penalty.

Leaving the trail: Under no circumstances are racers permitted to leave the trail. While penalties are not given for getting lost, a one hour penalty will be given for the first time a racer leaves a trail. If the racer leaves the trail again, they will be removed from the course and eliminated from the race.

Drugs: Any use of illicit drugs by a participant noted by the medical team will result in the elimination of that person from the race.

Ground Assistance: The use of any transportation will result in elimination from the race.

Any trash found on the course will result in elimination from the race.

Appeals

Every night there will be a staff meeting. Any race decision can be appealed and must be presented to the staff before the nightly meeting in order to be discussed that night. Upon

discussion a decision will be made shortly thereafter. Appeals regarding missed cut-offs must be made before the nightly meeting in order to gain access to the following day's stage.

Community and the Gemini Family

Keeping in touch with our racers is important to us. In order to continue to improve this event there will be a post-race survey sent out to each participant. Please take a couple minutes to fill out the online survey with both positives and aspects we can improve on. Also, we love to hear how everyone's training has been, what races are on the horizon, countdowns to Gemini Events, and the support and advice each of you give to one another for your "first-times," injuries, or adventures. If you want to stay connected - Friend us on Facebook for updates, news, advice and pictures from the events.

Course Description

This is a general description of the course. Exact details will be given at the beginning of the race. Each racer will be given an Expedition Journal with a course description and daily requirements. This Expedition Journal must be carried with the racers at all times and be presented at all aid stations. All mileage on this page is approximate but will be updated for exact distances at the time of the race.

STAGE 1

Day 1: (20 miles) From Loma to Rabbit Valley this section is truly one of the most beautiful sections of the entire course. Amazing canyons and overlooks make this section a great way to start the race. Aid stations will be at approximately 6 miles and 13 miles into the section.

STAGE 2

Day 2: (39 miles) From Rabbit Valley to Fish Ford you will get your first taste of how remote this trail could make you feel. A climb to the top of the mesa will add a nice steep half mile challenge in the middle of the day. Five aid stations and one water drop will be available, the first aid station is the Rabbit Valley Aid Station (5 miles) with the second being at the top of the climb – Mesa Aid Station (13.1 miles) . The third is as you hit the Westwater pavement (17.5 miles) and the water drop is after the pavement ends four miles later. The Cottonwood Wash Aid Station (28.2 miles) is just as the road begins the long gradual descent toward Cisco Boat Landing. Finally, the Pump House Aid Station (34 miles) will give you a break before you hit the last four miles to camp.

STAGE 3

Day 3: (9 miles) No aid stations will be available on the section between Fish Ford and Highway 128. As you enter the trail you will travel through remote rolling cow pastures and over slickrock, until you finally make the climb away from the river. Although there are many twists and turns, the footing is good and will make it a short, fast day and allow more time to anticipate the Expedition Stage to follow.

STAGE 4

Days 4 and 5: (43 miles) This stage is what this race is all about. The day starts with a steep five mile climb away from the Colorado River. The Canyon aid station will be a welcome site after a five mile rolling climb. This aid station is the kick off point for the most remote section you will experience. After the second aid station, the trail widens and will be pleasant as the temperatures cool. A fast downhill paved section is the reward for all the climbing earlier. This is the only stage where racers will be allowed to travel in the dark therefore racers will have more required gear during this stage. Front runners will need to push the pace during this section because such a long stage could make or break a racers time. For those looking to just survive, the cut-off times will be lenient. Aid will be at Canyon (5.1), Onion Creek (17.8), a water drop (29.8) and Gateway (34).

STAGE 5

Day 6: (26.2 miles) A wonderful finish to such a challenging race is a full marathon finishing at the Slickrock parking lot in Moab. A staggered start will allow all the front and back of the pack to share the trails together for an exciting finish. Starting with the steep climb on pavement this section will allow beautiful views of the La Sal mountains and Fisher Valley to the east. A gradual downhill on jeep road brings you to the Slickrock trail parking lot and the finish line. The aid is at the La Sal aid station (5.9), water drop (9.3), Porcupine Rim #1 (14.5) and Porcupine #2 (19.5).