

2017

Racer Manual

Desert RATS Rabbit Valley Half Marathon



May 13, 2017
Fruita, CO

Hello Racers and Crews!

We can't wait to see all of you this May - hopefully with fresh legs and a powerful spirit, ready to start the cycling season off right! We feel so lucky to be around people like you, and it is for you that we have worked hard to create a fun and fast event. We wish you all health, happiness, and smart training in the weeks to come! See MAPS at the end of this manual to view the course.

Introduction

Welcome to the 7th Annual *Desert RATS Classic 100K and 50K Endurance Mountain Bike Races*. This manual should aid the rider and his/her support team with information to help prepare for this year's event.

On the western slope of Colorado, the famous Kokopelli Trail winds its way through sagebrush, ledgy slickrock, winding double track, sandy washes, fast jeep trails and crosses the state line toward Moab, Utah. This trail is the site of the Desert RATS Classic. The 100 kilometer endurance mountain bike race is a challenging 61 miles test of stamina and includes the beautiful 13 mile Zion Curtain Loop Trail. T100K Relay and the 50K races are fun out and backs on the rugged Kokopelli Trail (twice for the Relay). Held in May, it's a great early season test of fitness and a great reason to keep training through the winter and early spring. The course is equally well suited for geared bikes and single speeds and covers a wide variety of terrain including challenging technical terrain, grueling climbs, fast flats and tricky descents.

This event is challenging and should not be taken lightly. While it is not designed for the casual rider, you can finish with focused and adequate training. The race will have five well – stocked aid stations along the course. Every racer that finishes the 100K in less than 6 hours receives a “Gonzo” finisher's award, we'll have a sub 10 hour “Enduro” award, and three deep awards in men's and women's categories. The 50K and Relay racers will have three aid stations and will receive a finisher's memento and age group awards. 50K racers and Relays will have 10 hours to complete the course.

Organization

The Race Director, Reid Delman will act as announcer on race day, and has 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 on race day feel free to ask staff members at the aid station/s and the start/finish line.

Racer Information

Great news! There are still race slots available if there's anyone you know who would like to try it out. Registration is still open online, check the website for details. www.geminiadventures.com

Forms are also available to download on our website.

On packing: You should know what will bring you the most comfort by way of apparel, shoes, food and drinks for your race. We are capable of offering suggestions, and we have a really amazing kitchen crew who understand racer's needs, but you understand your body best. Some clothing suggestions might include: Waterproof materials, hat/cap, a second pair of shoes to change into after your race, water bottle/s, sun block, sunglasses, chap stick and chamois butter.

Suggested Items for Crew/Supporting Family: Waterproof materials, gloves, cold weather/sun hat, snacks/meals, water, sun block, umbrella for sun protection, noise makers/cowbells, water bottle, book/magazine, this manual.

All information in this packet including course description, race map, etc. is available online at, <http://www.geminiadventures.com/cycling-events/drclassic/>.

Race Categories

100K only

Pro/Open

50K & 100K

Sport:

Under 29

30-39

40-49

50+

Single Speed

Relay (2 person- 100K only)

Racer check-in and Post Race Awards

Racer check-in will be at the Summit Canyon Mountaineering and the post race awards ceremony/party will be at a Kannah Creek West in Fruita, CO.

Pre Race

There will be packet pick-up/registration on Friday evening at Summit Canyon Mountaineering in Grand Junction and Saturday morning at the start/finish area. All racers picking up their packet on Friday night must still check in at the start line no later than 10 minutes prior to the start of the race. Drop bags can be brought to racer check-in the evening before the race and will be brought to the Westwater aid station.

Awards

Customized cowbell awards will be given to the top three male and female finishers in each category (all Relay teams are in the one category).

Customized dog tag awards will be awarded to all finishers as they cross the finish line. "Gonzo" finisher's awards will be given to anyone finishing the 100K in less than 6 hours. "Enduro" finisher's awards will be given to 100K racers completing the course between 6 and 10 hours and all 50K and Relay racers will receive a finisher's award.

Placer's awards will be distributed at the awards ceremony Saturday night. Awards and mementos will not be mailed after the event.

Weather

While the weather is never a sure thing, typically in the Fruita and Moab area/s at this time of year, you can expect temperatures between 65-75 degrees with very little chance of rain.

Crews

Crews will be allowed at the Westwater aid station (parking is only allowed on the west side of the road). Crews will not be allowed at the Zion Curtain aid station/s.

Dropping Out

While we would love for there to be no drop outs, we understand that it happens. Please be self-aware and acknowledge your body's needs, as you will most likely be the first to know. There are a number of ways to cut out sections of the course to get yourself back to the finish area and it is always an option to take a break for however long you need within the cut-offs. We will assist with transportation to the finish line if necessary, when vehicles become available. This is not an event where we leave you hanging. Be sure to tell a race official when you drop out, we will be out there until every racer is accounted for.

Bibs

Racers must display their race numbers at all times.

Medical

There will be radio contact available, all necessary materials to nurse any bumps, cuts, bruises, or blisters and a medical personnel.

Drop Bags

Drop bags can be brought to racer check-in at Summit Canyon Mountaineering the evening before the race. Make sure that the drop bag has your name on it. Drop bags will be transported to the Westwater Turnaround location. Note that drop bags will not be returned to the start/finish line until all the racers have been through the turnaround and the aid station has been closed.

Aid Station

Food and drink may be supplied to any racer, by anyone at the Westwater aid station only. A strict Leave No Trace policy will be implemented. Race management will supply aid stations with water, sports drink, energy gels, and trash receptacles along the course (see "Aid Station" for details on aid station food). Aid stations will **NOT** have aspirin, ibuprofen or other NSAIDs.

Local Laws

Federal, State, and County laws and ordinances must be followed at all times.

Staying on Course

Racers must stay on the designated course. Any racer that goes off the designated course (i.e. shortcutting) will result in a disqualification.

Unforeseeable Circumstances

In the case of unforeseeable circumstances due to weather or other extenuating circumstances that prevents the safe continuation of the race, race officials may end the race at any given time. This rule will be implemented in the most extreme cases for the safety of the racers or officials.

Finish/Cut-Offs

9:30 am – Zion Curtain #1

11:00 am – Zion Curtain #2

12:00 pm – Westwater Turnaround

1:00 pm – cut-off for 100K 6 hour Gonzo award

1:30 pm – Zion Curtain #3

3:30 pm – Zion Curtain #4

5:00 pm – cut-off for 10 hour Enduro finisher's award

5:00 pm- cut-off for 50K and Relay racers

Aid Stations

Food and drink may be supplied to any racer, by anyone at the Westwater aid station only. A strict Leave No Trace policy will be implemented

100K Aid Stations

- Zion Curtain aid #1 (10.6), #2 (24.3), #3 (36.3), #4 (50)

Racers will be supplied with water, Skittles, potato chips, peanut butter and jelly rolls, Coke, oranges, bananas, cookies, gels, sports drink and E-caps.

- Westwater aid station (30.3)

Crew will be allowed at this aid station. There will be toilet facilities and racers will be given water, Skittles, bananas, gels, sports drink and E-caps.

50K Aid Stations

- Zion Curtain #1 aid station (10.6), #2 (16.6)

Racers will be supplied with water, Skittles, potato chips, peanut butter and jelly rolls, Coke, oranges, bananas, cookies, gels, sports drink, and E-caps.

- Westwater aid station (16.6)

There will be toilet facilities and racers will provided water, Skittles, bananas, Hammer Gel, Heed, Tailwind, Honey Stinger and E-caps.

COURSE/DIRECTIONS

Exit #2 off I-70 at the Rabbit Valley Exit

This event is run on the world famous Kokopelli and classic Zion Curtain trails. This section has a wonderful mix of technical singletrack trail, big climbs and heinous descents, and even some jeep roads. This is an out and back course with a total of five aid stations for the 100K and three aid stations for the 50K.

100K

Total 98km (60.6 miles)

Start to Zion Curtain Aid Station #1 (10.6 miles) – Rolling terrain with some deep sand, rolling hills and the occasional rock garden.

Zion Curtain Aid #2 (24.3 miles) Right out of the aid station you will begin a steep loose climb.

The challenge will be topping out without dismounting. I DON'T BELIEVE IT CAN BE DONE!

Zion Curtain to Westwater Aid Station/ turnaround (30.3 miles) This section starts with a short (maybe rideable) climb where you will gain over 400' in just over a half mile. After a short easy section to catch your breath you will begin the technical ledgey descent off the mesa.

Westwater/turnaround to Zion Curtain Aid Station #3 (36.3 miles) – The ledgey technical ascent will give way to to a nice flowy trail right before you drop down the steep half mile descent to the Zion Curtain aid station. You will need to keep your bike under control as there may be riders coming up that same section of trail.

Zion Curtain Aid Station #4 (50 miles) – You will ride this loop in reverse with the flat section at the start. This is a strenuous section with a steep treacherous section (most will have to dismount) at the start of the descent to end the loop.

50K

Total 53.4K (33.2 miles)

Start to Zion Curtain Aid Station #1 (10.6 miles) – Rolling terrain with some deep sand, rolling hills and the occasional rock garden.

Zion Curtain to Westwater Aid Station/ turnaround (16.6 miles) This section starts with a short (maybe rideable) climb where you will gain over 400' in just over a half mile. After a short easy section to catch your breath you will begin the technical ledgey descent off the mesa.

Westwater/turnaround to Zion Curtain Aid Station #3 (22.6 miles) – The ledgey technical ascent will give way to to a nice flowy trail right before you drop down the steep half mile descent to the Zion Curtain aid station. You will need to keep your bike under control as there may be riders coming up that same section of trail.

Zion Curtain to Finish – The challenge isn't over until you ride the last 10.6 miles of rolling hills and rocky terrain back to the finish line.

Directions:

Start/finish

Rabbit Valley Trailhead parking lot.

From I-70, take Exit 2, for Rabbit Valley (about 17 miles west of Fruita). Turn South, continue about 1/2 mile past the large staging area, turn left to the next parking area where there are restroom facilities.

Access to Westwater Aid Station: Follow I-70 westbound into Utah. Take Westwater exit #227. Drive south for about 4 miles to intersection with the Kokopelli Trail. Aid Station will be on the left. Park along the road or as otherwise directed.

SCHEDULE

Friday:

6:30 pm- 8:00 pm – Packet pick-up at Summit Canyon Mountaineering in Grand Junction (drop bags will be collected here)

Saturday:

5:30-6:30 am – race day registration, packet pick-up at start line

6:50 am – pre race check-in and meeting (mandatory for all racers)

7:00 am – 100K and 50K races begin

1:00 pm – cut-off for 6 hour Gonzo award

5:00 pm – cut-off for 10 hour Enduro finisher's award

5:00 pm- cut-off for 50K race and Relay

6:00 pm – awards – Beer and wings at Kannah Creek West brewery in Fruita

Community & 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 survey with both positives and aspects we can improve upon. Also, we love to hear how everyone's training has been, what races are on the horizon, countdowns to Gemini Events, race reports, 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 - Like us on Facebook for updates, news, advice, and pictures from the events.

Contacts

Race Director

Reid Delman

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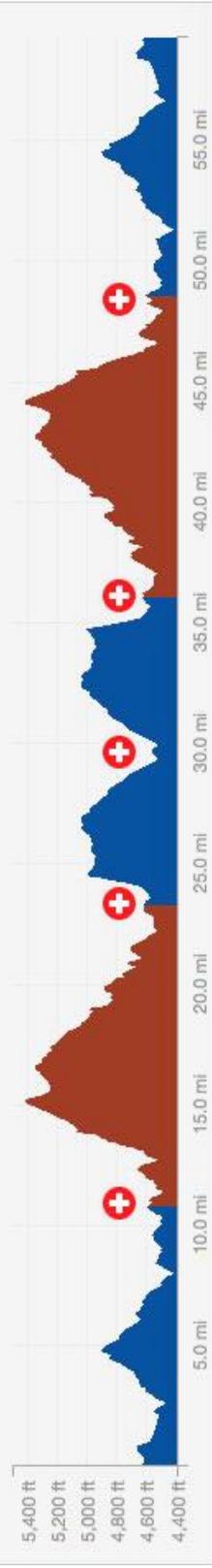
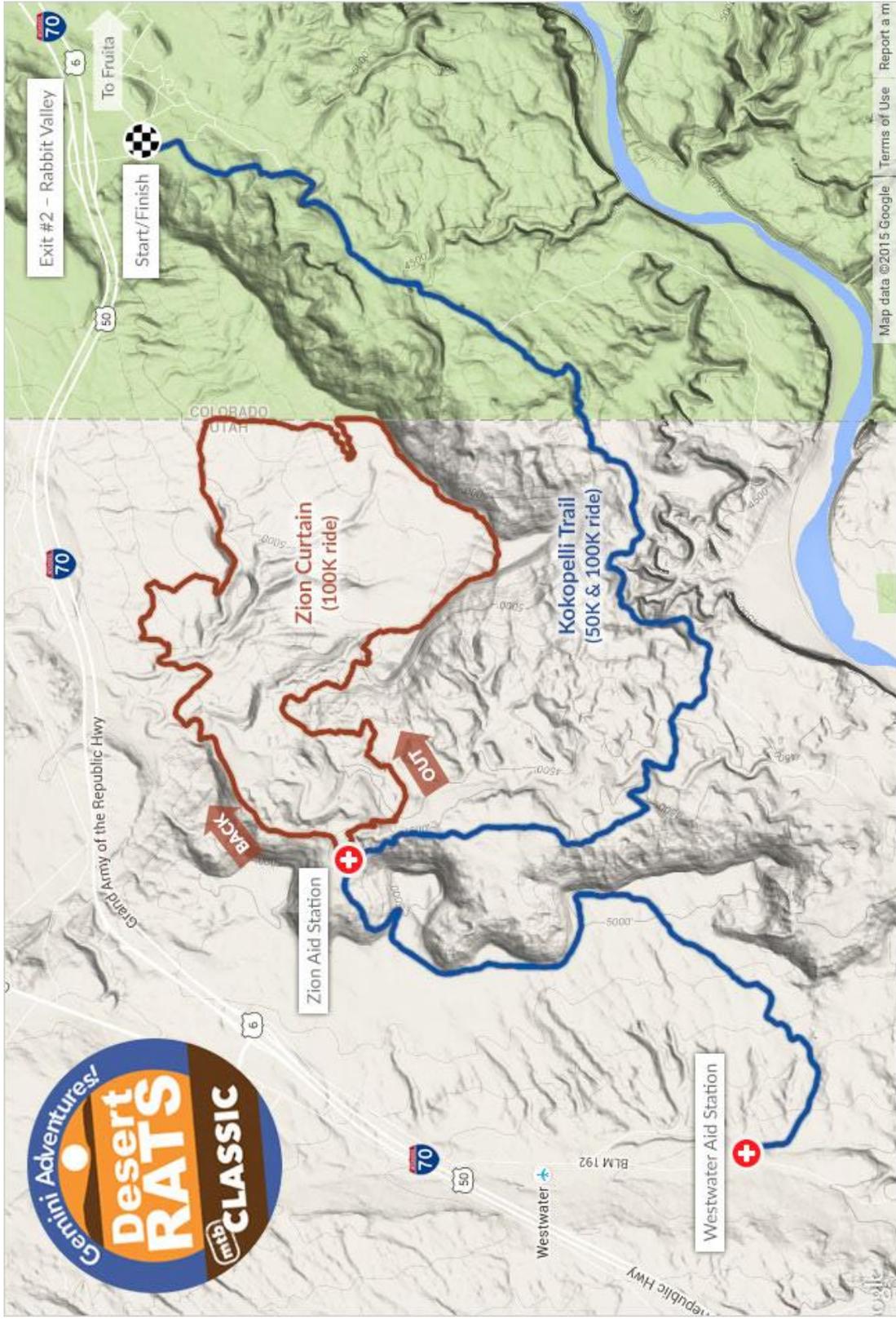
(303) 249-1112

Race Coordinator

Kyla Claudell

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100K route elevation chart

Total elevation gain is approximately 6,000'