

2017

Racer Manual

Trail Running Festival



April 14-16, 2017
Fruita, CO

Hello Racers and Crews!

We can't wait to see all of you this April - hopefully with fresh legs and a powerful spirit, ready to start the racing season off right! We consider ourselves 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!

Introduction

Welcome to the 15th Annual Desert RATS Trail Running Festival! This manual will supply the racer and his/her support team with information to help prepare for this year's race. We're excited for a weekend of fun and running on the breathtaking Kokopelli Loops. The festivities will include a pasta dinner, 50K and marathon races on Saturday, an awards party at Kannah Creek West brewery in Fruita Saturday night, and the 10K and half marathon races on Sunday.

Organization

The Race Director, Reid Delman will act as announcer on race day, and has the final say in any decisions, 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

If you are receiving this packet it means that you have signed up and are good to go for race day! 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 at Active.com and forms are available to download on our website. Visit www.geminiadventures.com for more information.

On packing: You should know what will bring you the most comfort by way of apparel, shoes, food and liquid intake 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: Warm-ups, waterproof materials, hat/cap, 2 pairs of shoes, water bottle/s, gloves, extra socks, sun screen, sunglasses, chap stick/petroleum jelly for chapped areas or rubbing, etc.

Suggested Items for Crew/Supporting Family: Waterproof materials, gloves, extra clothing if you'll be exposed to outside forces for an undetermined amount of time, hat/s, backpack, pen and paper, snacks/meals, water, sun screen, noise makers/cowbells, water bottle, book/magazine, this manual.

All information in this packet is available online at, <http://www.geminiadventures.com/running-events-2/festival/>.

In order to be environmentally friendly and cut down on the amount of trash we produce, we will not have cups at the aid stations. So, please carry a water bottle or a collapsible cup on the course.

Pasta Dinner

Friday night's pasta dinner will run from 6:30-8:00pm at the Community Center in Fruita CO. The cost is \$12 with early registration and \$15 after April 1st. Family and friends are welcome at the same price. There will be a limited number of dinners available to purchase on the night of the event so reserve your meal early.

Kid Events

Bring the whole family! This year's Sunday events will include an Easter Egg Hunt and Kid's Races at the start/finish area. Kid's events are free and we will begin registration at 9:00. After we see the ages and how many kids we have we will then decide on age groups and distances (may be as long as .5 miles for the older kids)

Awards/Party

The racer party for all racers and the awards ceremony for the Marathon and 50K races will be at 6:30 pm on Saturday at a Kannah Creek West in Fruita, CO. There will be wings and beer! Don't miss the opportunity to socialize with other racers and win raffle prizes. There will be a \$100 cash prize for the women's and men's overall winners of the 50K. There will also be \$100 cash premiums in the first 2 miles of both days for men and women.

Customized cowbell awards will be given to the top three male and female finishers in each race in each of the following age groups:

- under 20
- 20-29
- 30-39
- 40-49
- 50-59
- 60 and over

Racers will receive customized dog tag finisher's awards as they cross the finish line. Placer's awards will be distributed at the awards ceremony Saturday night. Awards and mementos will not be mailed after the event.

Start/Finish Area and Parking

The Start/Finish lines will be at the Mack trailhead on the Kokopelli trail just west of Fruita, Colorado, at exit #11 off I-70. The start time for the 50K and Marathon races is Saturday at 7:00 a.m. and the start on Sunday will be at 8:30 am for the half marathon and 10K races. Parking will be very limited and car pooling is strongly recommended. We may need to divert some traffic to an alternate parking lot—please plan to arrive at least one hour prior to your start time to allow time for this, if required. Your race number and packet will also be available at the

Start/Finish line beginning at 5:30 a.m. on race day Saturday and 7:00 am on race day Sunday. Sunday's racers can pick up their packets at Friday night, Saturday morning or Sunday morning packet pick-ups. Packets will **not** be available after race start on Saturday or Saturday night.

Accommodations

This year's host hotel will be at the Super 8 in Fruita, CO. Mention the Trail Running Festival for a discount (please let us know if you have any trouble with the hotel and discount).

Weather

Weather on the Kokopelli can vary. The averages for April are a low of 35 & a high of 66 degrees.

Medical

There will be radio contact available, all necessary materials to nurse any bumps, cuts, bruises, or blisters, a medical tent, and medics. In addition, a certified Emergency Medical Technician will be in attendance. 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 runners or officials.

Saturday Course:

The Marathon will be a single loop connecting the desert trails of the Kokopelli and adjacent trails. 50K runners will do an additional 4.6 mile loop beginning at the Moore Fun aid station allowing runners to hit this aid station twice. The courses roll between elevations of 4,500 and 5,400 feet with over 3,400 feet of climbing.

Start: A nice warm up takes runners out one mile of gently rolling dirt road. A .3 mile uphill brings racers to an open area where there will be a water drop and a course official will be waiting with a \$100 cash premium for the first male and the first female to reach this point. A sharp left turn puts runners on the first single track of the day. Once on this section, it will be difficult to pass so find your place before you reach this section. Large rocks and twists bring you to a high point where you will stay close to the edge and enjoy beautiful views before the rugged descent down the other side.

50K Out and Back: After leaving the aid station, runners will head down the road to Rustler's Loop. Traveling clockwise around the loop, this soft dirt trail winds its way through gently rolling hills and wide open fields. After completing the loop, the course brings you back to the Moore Fun aid station.

Moore Fun: A short downhill will bring you to a rugged jeep road. It will take you up a gentle climb and descent until it dead ends into the wide, flat and fast section of Mary's Loop. Head right on Mary's Loop, going through some fun technical terrain with amazing views of the Colorado River, to reach the Pizza Overlook aid station.

Pizza Overlook: Upon leaving the aid station, you will immediately begin descending quickly. A narrow trail and big drop offs will eventually open up as you begin following the rim in and out of the canyons. On an incredibly picturesque course, this section is generally considered the most beautiful.

Crossroads: After a short climb, the course passes some intersecting trails and makes a couple of sharp turns (be sure to pay attention to the course markings). This will lead to the undulating, remote section of the Troybuilt Trail. This is the longest section between aid stations so be sure to carry water with you. A fun descent through a wash will bring you to the aid station.

Troybuilt: Leaving this aid station will put you on the steep, hot climb of the day. Eventually bringing you to Mack Ridge, this section will open up, once again following what some would consider a little too close to the overlook. A steep descent will bring you down to the water drop and back onto the road toward the finish line.

Sunday Course:

Sunday's Half Marathon and 10K races start together.

Start: Runners head out the gently rolling dirt road for a mile until they take a sharp right turn for .3 miles to the top of the hill. From there, the first aid station is visible and racers cross the cattle guard, staying on the road, and head down the steep hill to the Crossroads aid station.

Crossroads #1: Both distances will head out from the aid station and head down the steep, rocky gully for a short distance until it flattens out but continues twisting and turning. Runners will reach a "T" in the road where they take a left hand turn.

Runners will follow along the beautiful rim for a short time before they head up the steep ledgy section to the Pizza Overlook aid station.

Pizza Overlook (10K): 10K racers will take a left at the aid station on the rugged jeep road back to the Crossroads aid station #2, back over the cattle guard and to the finish line.

(Half Marathon): Half marathoners will travel on the open rolling section of Mary's Loop until they hit the Wrangler's Loop cutoff. They will make a sharp left where some sections will be loose or sandy but overall good footing. A nice decent will bring racers to the Moore Fun aid station.

Moore Fun: The trail becomes rocky and technical as it makes the big climb to the top of this fun section. After it levels off for a short distance, it will make a fun technical decent to the cattleguard and a water drop that you visited on the way out. From there, you will go back the same way you came, down the short steep section to the dirt road and back to the finish.

Aid Stations

We will have five aid stations located throughout Saturday's course, at approximately five-mile intervals (one gap is 7 miles). The 50K will be the marathon course plus an additional loop (six aid stations). For environmental reasons **cups will not be provided at the aid stations**. Aid stations will **NOT** have aspirin, ibuprofen or other NSAIDs.

Saturday Aid Stations: gels, potato chips, peanut butter and jelly rolls, chocolate, bananas, ice water and Tailwind Endurance Fuel hydration.

Sunday Aid Stations: candy, potato chips, gels, ice water and Tailwind Endurance Fuel hydration.

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 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 – Like us on Facebook at, <http://www.facebook.com/GeminiAdventures> for updates, news, advice, and pictures from the events.

Contacts

Race Director

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MAPS can be downloaded from website

Including:

- 50K
- Marathon
- Marathon Elevation Profile - This is the general shape of the profile but has not been updated to reflect trail reroutes. There are approximately 1.5 additional miles spread throughout the course
- 10K - The 10K course is approximately half dirt road and half technical trail. Both races run out to a beautiful overlook and around scenic canyons. The 10K course is approximately 6.1 miles and the half marathon course is approximately 13.8 miles.
- Half Marathon
- Half Marathon Elevation Profile