

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 2nd Annual *Desert RATS Rabbit Valley Half Marathon*. This manual should aid the runner with information to help prepare for this year's event.

A fun, rugged, desert half marathon run as an out and back mostly on the Kokopelli Trail. With short steep climbs, rock gardens and sand traps runners will enjoy 13.1 miles of gorgeous early season desert.

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.

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

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.

Awards/Party

Finisher's mementos will be given as racers cross the finish line. Placer's awards will awarded along with raffle prizes at approximately 10:30 am. There will also be a racer appreciation party at Kannah Creek West in Fruita. There will be wings and beer! Don't miss the opportunity to socialize with other racers and win raffle prizes. This event will be run in conjunction with the mountain bike race awards.

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 at approximately 10:30 am. Awards and mementos will not be mailed after the event

Start/Finish Area and Parking

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

Accommodations

This year's host hotel will be the Super 8 in Fruita, CO.

Course

This is a challenging course with rugged trails, short hill climbs and sand traps.

This race is run in conjunction with the Desert RATS Classic mountain bike race and follows the first part of the same course. The start line is at the Rabbit Valley parking area of the Kokopelli Trail and heads west for 6.5 miles. After reaching the aid station, runners will turnaround and experience the challenge from the other direction.

Aid Stations

We will have four aid stations located throughout the course. The first will be MacDonald Creek #1 at 2.4 miles, Cattleguard #1 at 5.5 miles, Cattleguard #2 at 7.6 and Macdonald Creek #2 at mile 10.7. We will provide water, Skittles, bananas, gel, sports drink and E-caps. We will **NOT** have aspirin, ibuprofen or other NSAIDs.

Schedule

Friday:

6:30 pm- 8:00 pm – Packet pick-up at Summit Canyon Mountaineering in Grand Junction.

Saturday:

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

7:20 am – pre race check-in and meeting (mandatory for all racers)

7:30 am- Rabbit Valley Half Marathon race begins

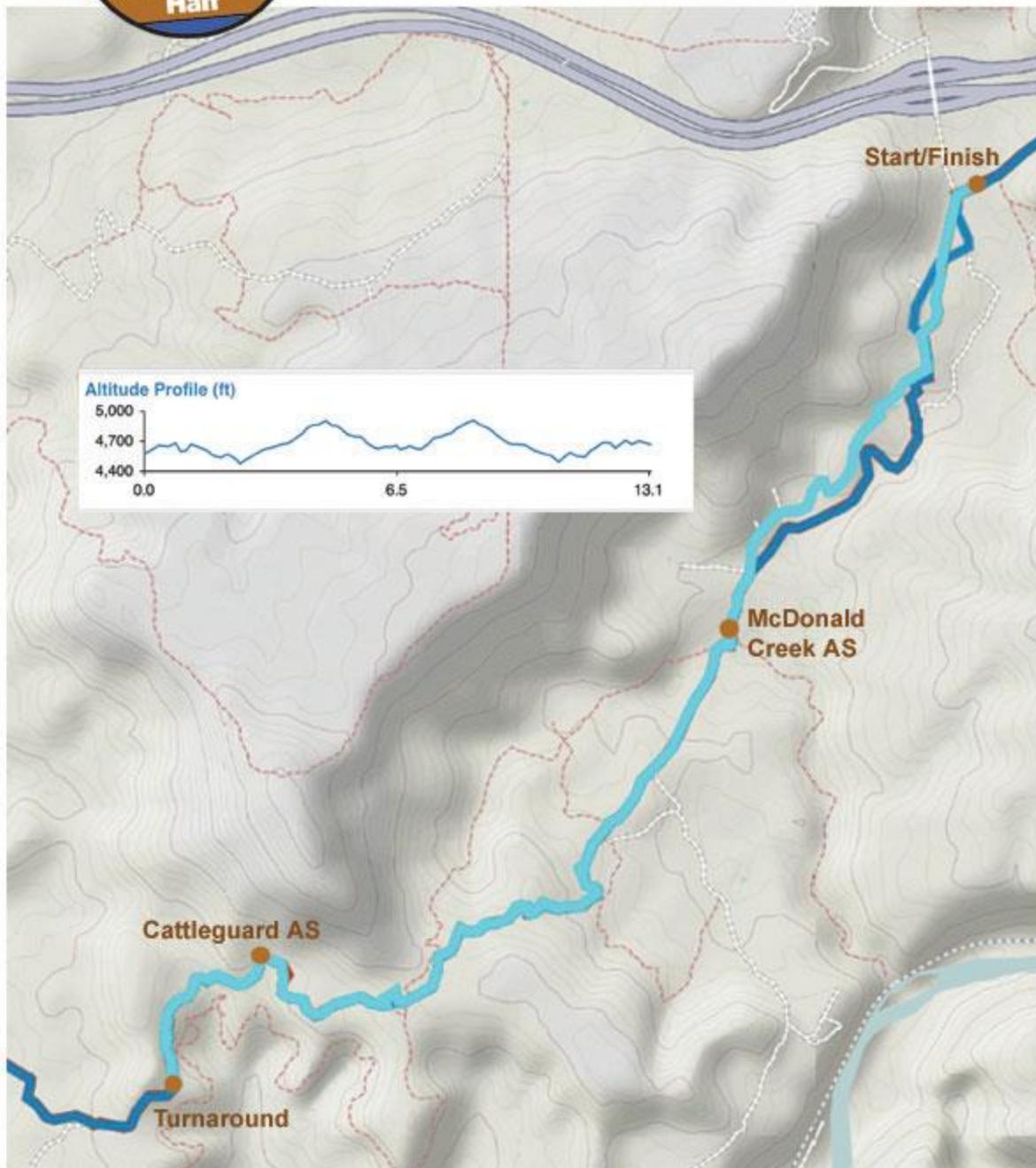
10:30 am – Awards/raffle at finish line

6:00 pm – Racer appreciation party with beer and wings at Kannah Creek West in Fruita, CO

For environmental reasons **cups will not be provided at the aid stations.**



Aid Stations:
McDonald Creek #1- 2.4
Cattleguard #1- 5.5
Cattleguard #2- 7.6
McDonald Creek #2- 10.7



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.

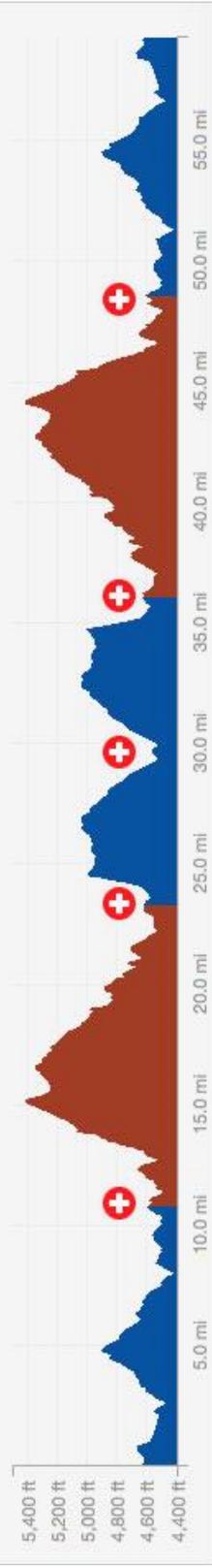
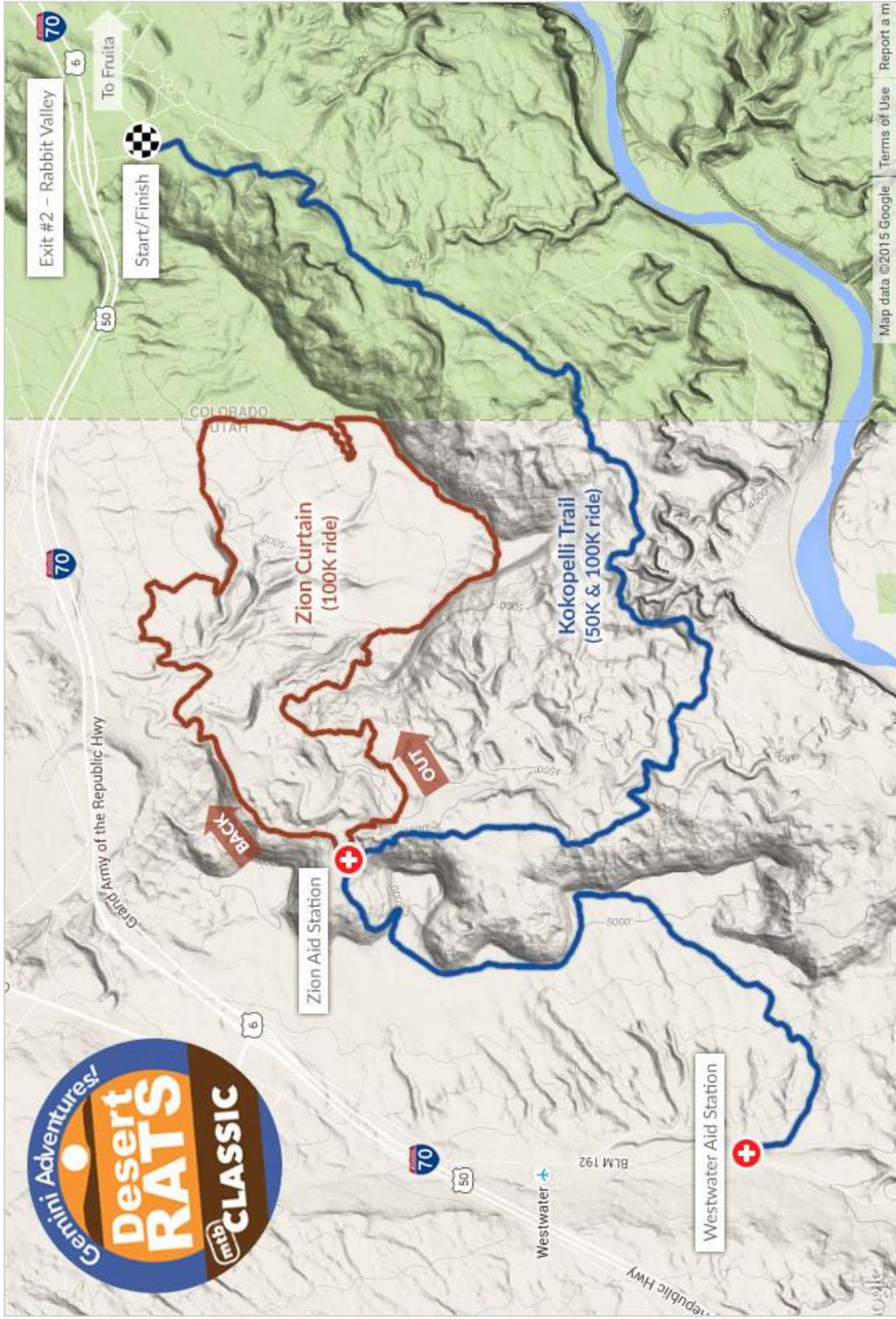
Contacts

Race Director

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Race Coordinator

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100K route elevation chart

Total elevation gain is approximately 6,000'