LIFETIME LEADVILLE, STAGERACE.

PRESENTED BY KENETIN



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

Schedule OF EVENTS

THURSDAY July 25th, 2024

Packet Pickup

PACKET PICKUP

5:00pm-8:00pm

LOCATION

LRS Retail Store
316 Harrison Ave.

- · Photo ID is required.
- Packets must be picked up in person - they will not be mailed or given to others.
- · No on-site registration.

FRIDAY, July 26th, 2024

Packet Pickup & Drop Bags

PACKET PICKUP/

7:00am-8:30am

DROP BAG DROP OFF

7:30am-8:45am

LOCATION

Lake County Rodeo Grounds 6th Ave & McWethy

- Drop bags must be a clear plastic bag with no liquids
- Neutral Tech Cycles of Life will be onsite for neutral support for any last minute quick check overs!

Day 1 Race | 40 Miles

RACE START
9:00am

START LOCATION

<u>Lake County Rodeo Grounds</u> 6th Ave & McWethy

FINISH LOCATION

Twin Lakes Dam

Race Shuttles

SHUTTLE TIMES

12:00pm-2:00pm

LOCATION

Twin Lakes Dam to Lake County Rodeo Grounds

- Race shuttles will be taking racers back to the Lake County Rodeo Grounds
- Bikes are not allowed on the shuttles. There will be overnight security.

Note: If you did not sign up for a race shuttle during registration, you may purchase a seat for \$15 for one day and \$25 for both at packet pick up. (based on availability)

FRIDAY, July 26th, 2024 Continued

Awards, Post-Race Dinner, & Entertainment

TIME

4:00pm-6:30pm

LOCATION

Freight
320 E. 9th Street

SATURDAY, July 27th, 2024

Day 2 Race | 19 Miles

RACE START
9:00am

START/FINISH LOCATION

Lost Canyon

Neutral Tech - Cycles of Life will be onsite for neutral support for any last minute quick check overs!

Note: Athletes are expected to drive to the day 2 race start at Lost Canyon. Carpooling is highly encouraged to limit traffic and parking issues. **There are no shuttles for day 2.**

Parking Area at Lost Canyon

- · Parking Areas for Lost Canyon will be managed by Parking Staff. View Parking Area
- This is approximate, do not drive over plant life, be respectful of the land.
- Athletes can leave their bikes at the Twin Lakes Dam after Day 2 finish.
 - Our staff will bring bikes to Lost Canyon for you!
 - There will be overnight security with bikes as well in this area.

Awards, Post-Race Dinner, & Entertainment

TIME

4:00pm-6:30pm

LOCATION

Freight
320 E. 9th Street





Schedule OF EVENTS

SUNDAY, July 28th, 2024

Race Shuttles

SHUTTLE TIMES

6:00am-7:30am

LOCATION

Lake County Rodeo Grounds to Twin Lakes Damn

- Shuttles will run in a loop.
- First shuttles leaving at 6:00am
- Bikes are not allowed on shuttles.

Neutral Tech - Cycles of Life will be onsite for neutral support for any last minute quick check overs!

Note: If you did not sign up for a race shuttle during registration, you may purchase a seat for \$15 for one day and \$25 for both at packet pick up. (based on availability)

Drop Bags

DROP BAG DROP OFF

6:00am-7:30am

LOCATION

Lake County Rodeo Grounds 6th Ave & McWethy • Drop bags must be a clear plastic bag with no liquids

Day 3 Race | 41 Miles

RACE START
9:00am

START LOCATION

Twin Lakes Dam
Highway 82 & County Road 25

FINISH LOCATION

Lake County Rodeo Grounds 6th Ave & McWethy

Post-Race Celebration

Finish the weekend off with postrace food, beer and tunes!

11:00am-3:00pm

LOCATION

Lake County Rodeo Grounds 6th Ave & McWethy

Awards Ceremony & LT100 MTB Qualifier Coin Drawing

3:00pm

LOCATION

Lake County Rodeo Grounds 6th Ave & McWethy Age group awards and LT100 MTB Coin drawing - must be present!

The 100-mile out-and-back course, split into 3 stages, in the midst of the Colorado Rockies. Low point of 9,200 feet is located at the Twin Lakes dam. The high point is Columbine Mine, at 12,513 feet. The majority of course is on mountain two-track fire roads. A sub 11-hour finish time is required to be considered an official Stage Race Finisher.

Stage 1 | 40 Miles Friday, July 29th

Course Description

Get ready to meet St. Kevins! Within 4 miles of the Stage 1 start, you will conquer the first of two big climbs of the course. St. Kevins will test your legs with steep rocky sections that seem to never end. After the Carter Summit Aid Station (fluids only) at Mile 10 you can enjoy a short break on pavement around beautiful Turquoise Lake. Next, you will head up Hagerman Pass to Sugarloaf Pass for a brief introduction to the high alpine tree line at 11,161 feet. Keep your wits because hiding just over the south side of Sugar loaf Pass is the infamous Power line section. "Loose, steep, fast and exciting," doesn't even come close to describing these 2 miles of jaw-dropping fun. Once down, enjoy the only flat paved section on the course. Make good time as you pace line around Fish Hatchery to the Outward Bound Aid Station at mile 24.

Reload for the Pipeline Road and don't forget there is some sweet singletrack waiting at the end! Cross over the Twin Lakes Dam to reach the Stage 1 finish. A truck located at the Lake County Rodeo Grounds will be available to transport drop bag items from the start line to the Twin Lakes Dam.

GPS File



Scan or click to view interactive map

- Start at the Lake County Rodeo Grounds and finish at Twin Lakes Dam.
- · 40 miles
- 3,812' Elevation Gain
- 11,128' Highest Point

Elevation Profile



Stage 2 | 19 Miles Saturday, July 30th

Course Description

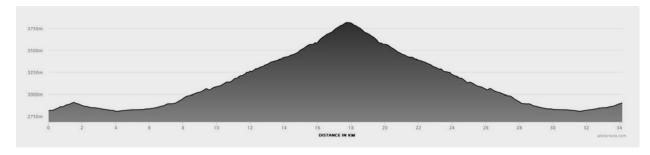
Elevator going up! At the sound of the gun, you have 8 miles of pure climbing that will bring you to the top of the Columbine climb and the Columbine Aid Station at mile 11. Check out the views from 12,496 feet as you swing into the aid station, but don't stay too long. You still have 8 miles of white knuckled descending! Please be sure and stay to the right as you cross paths with EVERY-ONE in the race. Give a shout to those still climbing!

Athletes can leave their bikes at the Twin Lakes Dam after Day 2 finish. Overnight security will be provided.

Scan or click to view interactive map

- Start and finish at Twin Lakes Dam while climbing/descending Columbine.
- 22 Miles
- 3,359' Elevation Gain
- 12,496' Highest Point

Elevation Profile







GPS File





Stage 3 | 41 Miles Sunday, July 31st

Course Description

It's time to retrace your steps, literally, as you make your way back to the Outward Bound Aid Station, at mile 15.4, and prepare for your trek up and over the Power line climb. As you descend Hagerman Pass, be ready for one last big effort on the paved road around Turquoise Lake. Coming through Carter Summit Aid Station at Mile 30 means you are almost home. A truck will be available at the Twin Lakes Dam to deliver drop bag items to the finish at the Lake County Rodeo Grounds.

GPS File



Scan or click to view interactive map

- Start at Twin Lakes Dam and finish at the Lake County Rodeo Grounds.
- 41 miles
- 4,501' Elevation Gain
- 11,122' Highest Point

Elevation Profile





\ Aid STATIONS

There will be well-stocked aid stations during each stage of the race. **Aid stations will offer:** Water, Skratch Labs hydration, bars and chews, Precision Fuel & Hydration Gels, Assorted foods including bananas, figs, pretzels, chips, etc.

Stage 1 Locations

Outward Bound Mile 24

Stage 2 Locations

Stage 3 Locations

- 1 Carter Summit **Mile 10**
- 1 Columbine Summit Mile 9.5
- 1 Outward Bound Mile 15.4
- 2 Carter Summit Mile 29.6

**** \ Crew & Spectator INFORMATION

It's great to see you! Crews and spectators are treated and appreciated equally with the participants and are included in the Leadville Race Series family.

Crew Do's:

- Pets are welcome, but must be leashed and under control at all times
- Crews are welcome at Outward Bound and Twin Lakes Aid Stations
- Allow adequate time drive safely to aid stations, to park and to walk to aid stations.
- Riders are responsible for the actions of their crews.

Crew Don'ts:

- Vehicles are not allowed on any dirt road sections of the course.
- Please do not park on any vegetation at any time or block driveways or intersections
- There will be no crewing or access at the base of Powerline
- This includes where Powerline meets the pavement

In an effort to protect private lands and 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, and the Columbine climb. Please join us in decreasing overall impact and increasing awareness and regard.

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!





1

Lake County Rodeo Grounds

231 McWethy Drive, Leadville, CO 80461

2

Twin Lakes Dam/ Country Road 25

Take Hwy. 24 south for 11 miles. Turn west on Hwy. 82 for approximately 3/4 mile then left on Lake County Road 25 **Shuttle/Parking Map**



\| Transportation INFORMATION

Stage 1

the Life Time Leadville Stage Race presented by Kenetik starts at the Lake County Rodeo Grounds, which has plenty of parking available. The Stage 1 finish is located 20 miles south of Leadville at Twin Lakes Dam.

Stage 2

begins and ends at Lost Canyon. Athletes are responsible for their own transportation to Lost Canyon for Stage 2.

View Parking Area

Stage 3

begins at Twin Lakes Dam and finishes at the Lake County Rodeo Grounds.

Shuttle Service is available on Day 1 and Day 3 as follows:

Day 1

TWIN LAKES DAM TO LAKE COUNTY RODEO GROUNDS

12:00pm - 2:00pm

Day 2

LAKE COUNTY RODEO GROUNDS TO TWIN LAKES DAM

6:00am - 7:30am

\$15 for single day, \$25 for both

Payment by cash or card via QR Code available at Packet Pick Up

Note: No Bikes are allowed on the shuttles, overnight security is provided.

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

- 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.
- In 2022, Leadville managed to collect 68lbs of wrappers with GU TerraCycle!
- 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!





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.
- 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.

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.



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!

Interested in Donating?







N 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.

Course Marking

Course is PUBLIC and open to vehicles! State Hwy 82 will have law enforcement and all other major intersections will be staffed by volunteers/staff and/or adequately marked!

Bike Shipping

Cycles of Life is a full-service bike shop right in the town of Leadville, providing shipping services, all types of minor and major repair, tune-ups, custom wheel building, suspension and fork overhauls, bike fitting and more. To make things easy for you, have your bike shipped directly to the shop where Cycles of Life will unpack, assemble, inspect, fully tune and prepare your bike for race day. Post-race, simply drop off your ride and Cycles of Life will repack and ship to your destination.

For more information on Cycles of Life shipping package options, visit: https://colbikes.com/bike-shipping.html

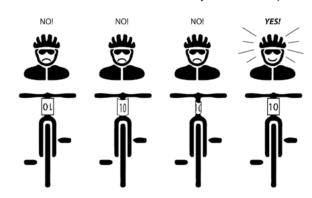
309 Harrison Ave, Leadville, Co 80461

Phone: (719) 486-5533

Race Numbers

- · Race Numbers must be visible at all times
- They must be tied to handle bars of your bike.
- · The timing chip is affixed to your bib.
- · Do NOT cut/fold your number.
 - This may render your bib /timing unreadable / and will NOT be recorded

"How To" and "How Not To" mount your number plate.



No Cutting. No Bending. No Wrapping. No Joke!

Wards & LT100 QUALIFIER INFO

Daily Presentation & Awards

All athletes who finish the Life Time Leadville Stage Race presented by Kenetik in under 11 hours will receive a custom belt and a finisher belt buckle.

The question is, which size buckle will you earn?

- Riders who finish in under 8.5 hours will receive a **LARGE** buckle
- Riders who finish in under 11 hours will receive a SMALL buckle

Awards Categories

Awards will be distributed in the following categories:

Categories

Top 3 Overall Male	Top 3 Age Group Finishers Male & Female:
Top 3 Overall Female	19-under
Top 3 Para Male	20-29
Top 3 Para Female	30-39
Top 3 Non-Binary	40-49
Top 3 Singlespeed Male & Female	50-59
Top 3 Team Relay	60-69
Tandem	70+

- Age group awards will be based on the age of an athlete on RACE DAY!
- The overall top 3 male and female are taken out of their age groups. 3 coins will be dedicated to the overall male podium and 3 to the overall female podium.
- Age group awards will be based on the age an athlete will be on RACE DAY.
- Athletes must be present at awards on Sunday to accept a coin into the LT100 MTB. The athlete MUST choose which year they will be racing when they receive the coin.
- Relay Teams are not eligible to earn a spot into the LT100 MTB
- There are a total of FIFTY LT100 MTB coins available at this year's race.

LT100 Corral Information

More information regarding qualifier finish times & coinciding corral placements can be found here.





Awards & LT100 QUALIFIER INFO CONTINUED

LT100 Qualifier

The 2024 Life Time Leadville Stage Race presented by Kenetik will award 50 qualifying slots to the Life Time Leadville Trail 100 MTB presented by Kenetik.

Half of the qualifying spots will be allocated based on the top age-group performances and half will be drawn among riders who have finished the qualifier race within the allocated cut-off time of 11 hours.

The 2024 Stage Race will award 50 qualifying slots to the Leadville Trail 100 MTB.

- There will be at least 1 slot allocated to each age group with a racer in that age group.
- All remaining slots will be distributed through the drawing concluding the Stage Race awards and Age Group Awards.
- All finishers under the pre-determined maximum finish time, who have indicated their desire to participate in the drawing, will be entered.
- Names will be drawn from the eligible 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 Life Time Leadville
 Trail 100 MTB presented by Kenetikmust
 be completed and paid for within the
 designated timeframe.
- All athletes must decide if they will be using the slot for the 2024 or 2025 LT100 MTB at the time of accepting the coin.
- All athletes that accept the coin/ slot for the 2024 LT100 MTB will receive a card/ paper upon accepting the coin at awards and will use the unique QR code/ link to Run Signup to register and pay for the 2024 Life Time Leadville Trail 100 MTB presented by Kenetik. Deadline to register is AUGUST 2nd, 2024!

- All athletes that accept the coin/ slot for the 2024 LT100 MTB will receive a card/ paper upon accepting the coin at awards and will use the unique QR code/ link to Chronotrack and a code to register and pay for the Life Time Leadville Trail 100 MTB presented by Kenetik. Deadline to register is AUGUST 2nd, 2024!
- All registration fees for the LT100 are non-transferrable and non-refundable.



Race Series Staff

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Rochelle Thomes Athlete Service Manager

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Merilee Maupin
Race Founder, Former Race Director
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For more info please contact us at: Leadville@ltevents.zendesk.com

Race Sponsors

We thank the following sponsors for making the 2024 Life Time Leadville Stage Race presented by Kenetik 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!

LIFETIME KENETIN

















































