



# 2016 Runner's Manual

Welcome to the 2016 50 & 100 Mile Run Rabbit Run Endurance Runs! This manual will provide you and your crew with everything you need to know for the 2016 run weekend and runs. If we can improve this manual in any way, please let us know.

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### The Rules of the Game

- 1 **All decisions of the Race Directors are final.** Aid station captains have the authority to act as on-location race directors, but the RDs have final say on all decisions.
- 2 **You may not cut the course.** There are very few "bushwacking" sections; when there are, they will be well noted. You must follow and stay on the trail and course and you may not shortcut it in any way. If there is a flag or marker it means stay on the trail the marker is on. It's your responsibility to know and stay on the course. If you fail to run the course as marked you will not receive an official finish time and will not be eligible for an award— no time adjustments, no exceptions!
- 3 **You must complete the course on foot, with no assistance from vehicles, bicycles or animals.** No scooters, skateboards or roller skates either. Or hot air balloons. Or sled dogs.
- 4 **While headphones are fine, no headphones between Fish Creek Falls Trailhead and Olympian Hall.** It's dangerous. And remove your headphones when approaching an aid station. It's impolite not to.
- 5 **Run TOWARDS ONCOMING TRAFFIC on Fish Creek Falls Road, both ways.** It's a narrow road and your life depends on it.
- 6 **HARES - crews may aid at designated crew aid stations only and at the top of the gondola.** We're seeing how fast you can run, not how many crewmembers you can muster to help you. **TORTOISES** and **50 MILERS** may receive aid at any designated crew aid station or spectator access point, as noted in the instructions.
- 7 **You are responsible for the behavior of your crew! No crewing or vehicle access above Dry Lake on Buffalo Pass Road or above Trail Ridge Trailhead on Cow Creek Road! No parking at Fish Creek Falls Trailhead. No parking at Dry Lake Aid Station!** Use the shuttle we will provide, or run or hike. If your crew tries to drive or park where they shouldn't, you are outta here!
- 8 **HARES-** no poles or hiking or trekking poles; ok for **TORTOISES**, none for **50 MILERS**.
- 9 **MULING** - we don't care if your pacer hands you a flashlight or a Honey Stinger bar or holds your water bottle (or your hand) while you puke, but really, consider fairness and good sportsmanship. Pacers are there mostly for safety, to keep you company, and to keep you on course. HARES – FUHGETTABOUTIT. And, while we're not setting any hard and fast rules about it for Hares, that includes receiving physical assistance from other runners. You are running as an individual – this is not bicycle racing.
- 10 **MORE ON PACING - HARES** - We certainly don't want to detract from the comradery of our sport but runners running as teams, formal or informal, have an unfair advantage over those running on their own, especially, in the case of men and women running together, where neither are in competition with each other. Let's face it - men entering the race as Hares and then "pacing" women runners give those women an unfair advantage over those women without male assistance. Consider fairness and good sportsmanship!
- 11 **If you receive an IV or oxygen, your race is over.**
- 12 **Being rude, discourteous or otherwise annoying race volunteers or staff is grounds for disqualification.** Same with being rude or annoying to other runners or anyone else on the course, such as bicyclists, hunters or hikers.
- 13 **No littering. Ever.**
- 14 **No stashing food, drink or other supplies along the course.** Drop bags at aid stations so designated only.
- 15 **Poor sportsmanship is grounds for disqualification and grounds for being barred from future races.** A sense of humor is also always welcome. Try to smile no matter how rotten you feel. Sending nasty emails or making awful online postings may also bar you from future races. We're volunteers. Until you try and put one of these on yourself – best to be quiet.
- 16 **Pacers for TORTOISES only, and only at designated exchange points. EXCEPTION:** All runners may have a pacer between Olympian Hall and Fish Creek Falls Trailhead. Runners over 60 may have a pacer for the entire course. Only one pacer at a time. **ANOTHER EXCEPTION: TORTOISES** and **50 MILERS** may have as many pacers as they'd like from the top of the Gondola to the finish. **No pacers for 50 MILERS except as here noted. HARES:** we are not trying to take away from the fun here, and if you have friends or family who'd like to accompany you the last few hundred yards and take pictures or whatever, we have no problem with that, assuming you're not involved in a sprint to the finish with another Hare competing for prize money. Good sportsmanship and fairness rules.
- 17 **Generally, no cheating.** If you wonder if what you are doing is cheating, it probably is.
- 18 **The clock runs until you hug the Designated Hugger (DH).**
- 19 **HARES ONLY** – how deep we go in prize money will be based on the number of starters; fifteen starters is the minimum for five deep prize money; four starters for the masters and over 50 premium. Masters are eligible for both masters and general prize money.
- 20 **TORTOISES run for TORTOISE prize money, HARES for HARE prize money.** No matter how fast you run. .
- 21 **Any objections or complaints must be made to the Race Directors within a reasonable time of completing the race.** Like, within minutes of finishing.
- 22 **See Rule # 1.**



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### Schedule of Events

**Saturday, August 27, 2016** – Deadline to withdraw from 50 and 100 mile runs and receive 2017 credit.

**Sunday, September 4, 2016** – Deadline to enter and/or submit changes (i.e., switch from Tortoise to Hare, opt for early start, make corrections). Bib numbers assigned.

#### Thursday, September 15, 2016

3:00 pm - 8:00 pm	100 mile race check-in (The Sheraton Pool Tent, no race day check-in – please try to check – in early and reduce last minute check-ins)
3:00 pm - 8:00 pm	100 mile race drop bag drop off (Ski Basin Transit Center)
6:00 pm - 7:00 pm	100 mile pre-race briefing (Sheraton Pool Tent, mandatory)
6:00 pm - 8:00 pm	100 mile race check-in (Sheraton Pool Tent, no race day check-in)

#### Friday, September 16, 2016

7:00 am	<b>Early Bird start for Tortoises (over 70)!</b>
<b>8:00 am</b>	<b>Race Starts for Tortoises!</b>
10:00am	First Shuttle leaves from Olympian to Fish Creek Falls
<b>Noon</b>	<b>Race Starts for Hares!</b>
3:00 pm - 8:00 pm	50 mile race check-in (Sheraton Pool Tent, no race day check-in – please try to check – in early and reduce last minute check-ins)
3:00 pm - 8:00 pm	50 mile drop bag drop off (Ski Basin Transit center)
6:00 pm - 7:00 pm	50 mile pre-race briefing (Sheraton Pool Tent, mandatory)
6:00 pm - 8:00 pm	50 mile race check-in (Sheraton Pool Tent, no race day check-in)

#### Saturday, September 17, 2016

4:15 am - 4:45 am	50 mile Early Bird final check-in (Sheraton)
<b>5:00 am</b>	<b>50 mile start for Early Birds!</b>
<b>6:00 am</b>	<b>Race Starts for 50 Milers!</b>
1:00 -10 pm	Post race beer, food and party at Sheraton (free to runners; \$25 others)
<b>6:00 pm</b>	<b>100 Mile Race cutoff, Hares</b>
<b>8:00pm</b>	<b>100 Mile Race cutoff, Tortoises</b>
8:00 pm	Awards Ceremony at the Sheraton
<b>9:00 pm</b>	<b>Race cutoff for 50 milers. Race ends.</b>

#### Sunday, September 18, 2016

7:00 am - 10:00 am Last chance to pick up drop bags at the Sheraton.



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### Directions & Crew/Spectator Access

Unless otherwise noted, these directions are to the aid stations from the ski basin. There is no crew access at any other aid stations. There are other places to watch your runner, but please don't crew or assist them outside these aid stations if they are racing as Hares. For 50 milers, Dumont aid station is the only place to see your runner (except should you take the Gondola those last 4 miles), though they pass through Dumont twice.

#### Directions to Start and Finish

Both the 50 and 100 mile runs start at the Sheraton, our race headquarters, at the base of the ski basin. To get there, find your way to Mount Werner Road, park in the free covered parking lot. The Pool Tent is right there. For the start follow the signs through The Sheraton. The start is directly in front. If you're staying at any of the lodging provided by our sponsor Wyndham Resorts, you can walk to the start and from the finish. Otherwise there is ample free parking in the Gondola Square covered parking garage (next to the Sheraton and the big Pool Tent).

#### Flashlights - Special Note for 50 Mile Runners

The 50 mile run starts in the dark at 6 am; we suggest you start with a headlamp or flashlight, and mark it with your bib number. We will have someone a few miles up the course who will return your light to the start/finish. If you leave it at Mt. Werner it will not be returned until the aid station closes, which will be late on Saturday. Of course you may pick it up on your return.

### Crew/Spectator Access and Aid Stations; Parking; Shuttles

#### The Gondola – Special Note for 100 Mile Runners and Crews

The Gondola will open at 8:00 am on Friday, and you may purchase a ticket and see your runner as he or she mounts the very steep climb beneath it, emerging at the top of the Gondola. **(WE WILL HAVE A LIMITED NUMBER OF THESE TICKETS FOR \$15!)** You can hand him or her a water bottle and a kiss, point them in the right direction, and then spend the day in the mountains hiking and biking and fretting about your runner. Or not. And then you can go up the Gondola and do the same with the Hares.

#### Fish Creek Falls Trailhead Aid Station — No Crew Parking!

There will be nothing but water here. **THERE IS NO LONGER ANY CREW PARKING AT THE TRAILHEAD, AT LEAST NOT BEFORE 10:00 PM ON FRIDAY! ANY CREW MEMBER TRYING TO PARK AT THE TRAILHEAD WILL CAUSE HIS RUNNER TO BE DISQUALIFIED!** We will provide shuttles to and from Olympian Hall to the Trailhead. It is a 20-minute drive from the Start/Race Headquarters at the ski basin to the aid station at Olympian (see below). The water station will be set up in the lower lot. For safety reasons, a pacer may accompany any runner the four-mile stretch to Olympian Hall. Assist your runner in watching out for traffic.

#### Shuttle to and from Fish Creek Falls Trailhead

The shuttles to Fish Creek Falls Trailhead will start running at 10:00 am from Olympian Hall (see



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directions to the aid station below). There will be a sign in the parking lot in front of the aid station indicating where the shuttle will pick up pacers; there will also be a sign at Fish Creek Falls Trailhead for the return shuttle. It is about a 20-minute shuttle ride to the Trailhead. We expect the first runner (Tortoise) to arrive at Fish Creek Falls Trailhead at about 11:00 am. From 10:00 am until 1:00 pm shuttles will leave Olympian Hall approximately every 20 minutes; after that, they will leave less frequently. Please anticipate the time you expect your runner to arrive and plan on arriving well in advance; the shuttles may get crowded and there may be a wait. All pacers can take the short walk up to the beautiful Lower Falls and meet your runner there if you'd like.

**PLEASE — ONE PACER PER RUNNER ONLY! THERE IS LIMITED SPACE ON THE SHUTTLE!**

Crew members not pacing, please wait for your runner at Olympian and assist him or her there.

The last shuttle will leave Fish Creek Falls Trailhead at 10:00 pm to transport pacers back to Olympian. **After 10:00 pm crew may park at Fish Creek Falls Trailhead to transport your pacer back to Olympian Hall. YOU MAY NOT HAVE A CREW MEMBER DRIVE A PACER TO FISH CREEK FALLS TRAIL HEAD. The U.S.F.S. does not want increased traffic on this road.**

### Olympian Hall Aid Station

It is a 20-minute drive from the Start/Race Headquarters at the ski basin to Olympian Hall. Drive down Mount Werner Road, turn right on Highway 40 (Lincoln, the main street across town) into town, turn left on 5<sup>th</sup> Street, cross the railroad tracks, and then turn right. There is ample parking in front of Olympian Hall, as well as by the adjacent ball fields and rodeo grounds, less than 100 yards away. There will be shuttles here to take pacers to and from Fish Creek Falls Trailhead and to and from Dry Lake Aid station. Make sure you get on the right shuttle!

### Cow Creek Aid Station

It is a ¾ hour drive from the Start/Race Headquarters at the ski basin to Cow Creek. Drive down Mount Werner Road, turn right on Highway 40 (Lincoln, the main street across town) into town, then turn left on 13th Street. Continue straight for less than one mile. 13th Street becomes CR 33 (no turns required). Stay on CR 33 (also called Twenty Mile Road) for 6.5 miles from the 13th Street intersection. Turn left onto CR 45 (the sign says both CR 45 and Cow Creek). It is a rough dirt road. Proceed one mile. The aid station will be on the left, in the parking area. There is limited parking at this aid station; please anticipate the arrival time of your runner and leave when your runner has left. **DO NOT DRIVE OR CREW BEYOND THIS AID STATION ON COW CREEK ROAD!**

### Dry Lake Aid Station

There is no crew parking at Dry Lake Aid Station. Crewmembers attempting to park at Dry Lake risk the disqualification of their runners. **We will have a shuttle from Olympian Hall Aid Station taking crew and pacers to and from Dry Lake.** ALSO, PLEASE, USE OF THE HEATERS AND SHELTER IS RESTRICTED TO RUNNERS AND VOLUNTEERS ONLY. CREWS PLEASE BRING YOUR OWN WARM CLOTHES AND A SLEEPING BAG IF YOU THINK YOU WILL NEED IT. It can get cold at Dry Lake at night! **DO NOT CREW OR DRIVE ABOVE DRY LAKE AID STATION ON BUFFALO PASS ROAD!**



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### Shuttle to and from Dry Lake Aid Station

It is about a 20-minute shuttle ride from Olympian Hall to Dry Lake. There will be a sign in the parking lot in front of Olympian indicating where to meet the shuttle. Please give yourself ample time to meet your runner: shuttles may get crowded when the bulk of the runners pass through so plan on getting there at least ½ hour early. **BRING WARM CLOTHES!** The first shuttle will leave Olympian Hall at 8:00 pm on Friday and the last shuttle will leave Dry Lake to return to Olympian at 10:30 am on Saturday. We will try and have a shuttle leaving approximately every 20 minutes.

**IF, and ONLY IF**, the shuttles are getting too crowded, or because of backups or what not are not running timely, we will allow cars to drive up Buffalo Pass Road to within about ½-¾ of a mile within the aid station and drop off their crew and/or pacer, turn around and leave. We will have signs as to where you must stop, drop off the crew, and turn around. Crews and pacers will need to walk (or run) up to the Aid station. We will rely on your good faith to make the judgment call as to whether you can't take the shuttle (and please note that if too many folks do this, we risk losing our permit).

That said:

1. We will have signs indicating where you must drop off your crew and turn back down Buff Pass Road. **DO NOT DRIVE PAST THAT POINT!**

2. **ABSOLUTELY NO PARKING ANYWHERE ON BUFF PASS ROAD!** The sheriff and the forest service will be patrolling the road (and so will we). **ANY CREW MEMBER DRIVING BEYOND THE TURNAROUND SIGN WILL HAVE THEIR RUNNER DISQUALIFIED - PERIOD! NO QUESTIONS ASKED!**

### Spring Creek Ponds Aid Station

It is a 20-minute drive from the start/race headquarters to Steamboat High School, where you will park your car, and approximately another one mile hike to the aid station. Drive down Mount Werner Road; turn right on Highway 40 (Lincoln, the main street across town) and head towards town. Make a right turn on 3<sup>rd</sup> Street, heading towards Steamboat High. Park there. Locate the trailhead of Spring Creek Trail and walk up. The aid station will be about .7 miles up from the trailhead. PLEASE DO NOT DRIVE ABOVE THE TRAILHEAD OF SPRING CREEK TRAIL!

### Dumont Aid Station (50 mile only)

It is a ¾ hour drive to Dumont Aid Station, the only spectator/crew accessible aid station in the 50 miler. Drive down Mount Werner Road to Highway 40 (Lincoln, the main road through town). Turn LEFT towards Rabbit Ears Pass, away from town. Drive approximately 17 miles up the Pass. You will see a sign indicating "Dumont" on the left hand side. Take it. Follow the road past the campground, until you see the Rabbit Ears Monument. The aid station will be located on the left, beyond that. There is parking in the area and we will have volunteers directing you to appropriate parking place. Please follow their directions.

### Downtown Steamboat Springs (100 mile only)

Runners will be running through town, in both directions, between Fish Creek Falls Trailhead and



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Olympian Hall, for approximately 4 miles. They will run from the trailhead along Fish Creek Falls Road, down 3<sup>rd</sup> Street, across Lincoln (the main street through town) and then turn left on to the Core Trail to Olympian Hall. WE CANNOT STOP TRAFFIC ON LINCOLN ALTHOUGH WE WILL HAVE VOLUNTEERS ASSIST RUNNERS IN THIS CROSSING. As a safety measure, we will allow ALL runners, Tortoises and Hares, to have pacers through this section of town (in both directions).

**PLEASE DO NOT ALLOW YOUR RUNNER TO WEAR HEADPHONES! PLEASE MAKE SURE THEY ARE RUNNING AGAINST TRAFFIC AND PLEASE OTHERWISE ASSIST THEM IN WATCHING FOR TRAFFIC!**

### The Gondola

The hours of the Gondola are variable, but it generally runs until 5 pm on both race days. As noted elsewhere, on Friday, for the 100 miler, the Gondola will open at 8:00 am. If you wish to accompany your runner down from the Gondola at the end of the race (approximately the last 4 miles), you may either take the Gondola or hike up to it, locate the course, and run down with him or her (Tortoises and 50 Milers only). If you take the Gondola, you are responsible for paying the fee. We will have a limited number of tickets at the discounted rate of \$15. Though runners will be running directly past the Gondola on the way out, there is no aid station here.

## The Course

The course is closed. That means runners are required to follow the specified route and that they may not cut corners or switchbacks or wander off the trail and not come back to where they so wandered off. The courses start and finish at the bottom of the ski basin, in front of The Sheraton. We will do our best to mark the course really well, but animals, human and non, can tinker with our best-laid plans. Please know where you are going. Course descriptions and maps can be found on the website. You might want to read them. You might want to take them with you. But we'll give you the short version below:

### Course Marking

The course will be marked with brightly colored ribbons and, in sections likely to be traversed at night, with some sort of reflective tape or marker. **We will show them to you at the race briefing.** We will not use glow sticks. There will also be race signs indicating turns and directing you to the next aid station, and, where appropriate, we may use flour or cones or paint or brightly colored balloons or big bunny rabbits. We will mark the very obvious parts a lot less than the more difficult stretches but it will be marked well. We promise. By and large, the course is easy to follow, with most of it quite obvious.

Volunteers will try and assist you in finding your way, but please realize they may not be familiar with the route and they may be tired and they make mistakes too. **IT IS YOUR RESPONSIBILITY TO KNOW WHICH WAY TO GO!** Here are some directions and turns you might try to remember. Most of the rest is fairly obvious, we think.



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### How NOT To Wander Off Course

#### 50 Mile Course Note

Every year, no matter how diligently we mark the turn, some runners insist on not running on the Continental Divide Trail but instead run directly past our big clump of ribbons and continue on the road. So, about ½ mile (outward) **AFTER Base Camp, LOOK FOR THE RIGHT HAND TURNOFF OFF THE ROAD ONTO THE SINGLE TRACK TRAIL.**

#### 100 Mile Course Notes

1. You will follow the course to the bottom of the ski run known as Heavenly Daze. Go straight up Heavenly Daze staying well to the left of the Gondola to the top of the Gondola. This stretch is very steep. Please follow the markers up to the Gondola building. You may have family and crew there.
2. Looking out from the front of the Gondola building, there is a dirt road straight ahead, across the grass. Take that for about ¼ mile. Turn right. This will take you to the Chisholm Trail/Four Points Hut/Storm Peak Challenge Trail. Take it. You will bear left at the next major fork. Take the dirt road up to the aid station.
3. Before you reach Long Lake you will reach the junction with the Fish Creek Fall Trail coming in from the left. **DO NOT TAKE IT**, but proceed straight ahead (bearing right), to the Long Lake Aid Station, about ¼ to ½ mile. **THIS IS THE SINGLE AREA THAT SEEMS TO CAUSE THE MOST MISCHIEF! DO NOT TAKE THE TURN TO FISH CREEK FALLS TRAIL! GO TO LONG LAKE AID STATION!**
4. After you reach Long Lake the first time (aid #2, at mile 11 or so), reverse back less than ½ mile to the junction and **now GO RIGHT down the Fish Creek Falls Trail.**
5. Coming down Fish Creek Falls trail there is a steep rocky section where the trail is indistinct or vague. Not a big deal if you do so (it's only a short ways), but do not go left towards the Falls. Go down. The trail will reappear.
6. After running down Fish Creek Falls Road go left on 3<sup>rd</sup>. Then after crossing Lincoln, on the far side of Lincoln Ave (the main street), go left on to the Core Trail. Flagging or paint will direct you to Olympian Hall.
7. From Olympian Hall flagging will take you to Blackmere Drive.
8. After Cow Creek Aid Station you will go almost exactly 2 miles on Cow Creek Road to the Beall Trail Trailhead. There will appear to be other turnoffs before that. Don't take them.
9. On return from Olympian Hall aid, see number 6.
10. On return, see number 5.
11. After arriving at Long Lake the second time take the **Continental Divide ROAD** to Summit Lake Aid Station. It will be marked. After you leave the Summit Lake Aid Station, make sure you are on the Buffalo Pass Road. You will take this down, down, down, to and past the Dry Lake Aid Station, down Spring Creek Trail, to the Spring Creek Ponds Aid Station, where you will check in, reverse, and go back to Summit.
12. After arriving at Summit Lake the second time **MAKE SURE YOU GET ON THE CONTINENTAL DIVIDE TRAIL (KNOWN HERE AS THE WYOMING TRAIL)**. The access on to it is small and a bit vague.





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13. After about 7 or 8 miles, you will reach a 4-way junction with the Percy Trail – **TAKE THE RIGHT HAND TRAIL BACK TO LONG LAKE.** This is one of the few section where you might wander onto the 50 mile course (which goes left).

Got it?

### The Weather

The weather is always unpredictable in northern Colorado, especially this time of year. While late summer is normally among the mildest time here, and the first four years of our 50 miler saw sunshine and mild weather – in 2011 it hailed, rained and blew vertical snow – ice cold winds at 40 mph. Prepare for snow! Prepare for rain! We will give you the forecast at the pre-race briefing but pay no attention to it: Prepare for anything. **Absolutely prepare for cold (especially at night) no matter the daytime temperatures!** Know how to deal with lightning and hail! This is the Rockies!

More runners in our 100 miler fail to finish due to unexpected cold at night than for any other reason. It may be quite warm during the day, crossing Emerald, and then get quite cold when you climb into the more remote parts of the course at night at higher elevation. Be prepared. Expect that at night at higher elevations it may well go below freezing.

### Crews

Runners are responsible for and accountable for all the actions and behaviors of their crew and pacers. While some of the course is remote and inaccessible to crew, some of it is accessible and we encourage friends and family to enjoy the experience of watching friends and family members suffer. Note, however, that runners are not allowed to accept aid between aid stations except as otherwise noted and Hares may NOT have pacers (except between Fish Creek Falls Trailhead and Olympian Hall). Any runner who takes aid where they should not may be disqualified. We will try to make sure that, with the available aid station supplies and your drop bags, you will be able to complete the run without worrying about a crew, or without a pacer, should you so choose. Directions and specific instructions for crew and pacers are provided elsewhere in this manual and on the website.

Runners may not ride in a vehicle to advance their progress or to compensate for getting off course. If they do, they are considered to have abandoned their attempt at the run. They will not be allowed to continue, and if they do, they will not be listed as finishers, and risk being barred from entry in future runs. Runners may, after checking into an aid station, rest and get warm in a STATIONARY vehicle.

### Pacers

**No pacers for our 50-mile runners or Hares in the 100** (except through town as otherwise noted). But if you are a Tortoise in our 100, you may have a pacer. Pacers may accompany runners from Olympian Hall (return) to the finish. Any runner over 60 years old may have a pacer for the whole distance. Pacers



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may meet their runner **ONLY** at crew access aid stations. We will allow **ALL** runners to have pacers the four miles between Fish Creek Falls Trailhead and Olympian Hall (Hares included), for safety reasons, to assist in traffic crossing. Pacers are responsible for getting themselves to and from aid stations. **We will have a shuttle to transport pacers to Fish Creek Falls Trail Head and pacers and crew to Dry Lake (see Section 16, below). PLEASE DO NOT DRIVE TO OR PARK AT THESE AID STATIONS!** Non-pacer crewmembers are **NOT** allowed at non-crew access aid stations.

### Special Gondola to Finish Line Pacers

You may have only one pacer at a time, except Tortoises and 50 Milers may have family and friends accompany them from the top of the Gondola to the finish (you will need to find your way the short distance to the course, which follows the 100 mile course), approximately the last 4 miles. If the Gondola is not running when your runner is expected, hike up. It will give you some sense of what the runners have done. You are responsible for buying the Gondola ticket. **We may have a limited number of Gondola tickets available for sale for \$15 at the race check-in.**



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### Keeping Track of Your Runner

Runners will have chips affixed to their bibs, and we will try and provide live, on-line coverage of all runners so your crew, family and friends can follow all you little Bunnies and Turtles. The platform will allow you to track your runners either via our website, Facebook, or will provide tracking directly to your smart phone by bib number. In addition, we will be tracking the runners at race headquarters, at the Sheraton. But like everything else about our race, we make no promises, other than to do our best.

### Assignment of Bib Numbers

Our race will be closed to all entries and changes on Sunday, September 11, 2016 and bib numbers will be assigned thereafter. Bibs will vary as to color and number depending on the distance.

100 mile Hares will be assigned 1, 2 or 3 digit numbers (numbers 1 through 150).

100 mile Tortoises will be assigned 3 digit numbers (numbers 500 – 800).

50 mile runners will be assigned 4 digit numbers.

### What to Bring

Oh, my- what *shall* you bring? Gee, it may be hot and it may be cold, and you are at high altitude (about half the run is at close to or above 10,000 feet) and it will probably be cold at night – even below freezing. Temperatures can be much colder up high and the temperature can drop dramatically when the sun sets. There is no reason not to carry a space blanket, trash bag, or extra warm clothes. Bring gloves and a hat. Hypothermia is a real danger, especially when you are tired! And of course, don't forget your flashlight, headlamps, and spare batteries. Then too, it might be hot, particularly during the day, particularly at Emerald Mountain. It's a long way from Cow Creek aid station back to Olympian Hall. **NOTE – WE WILL NO LONGER HAVE A WATER DROP BETWEEN COW CREEK AND OLYMPIAN, THE LONGEST STRETCH ON THE COURSE!** Make sure you carry enough water! Figure three water bottles on that stretch. And don't just rely on the weather forecast! Use your head!

### Crew & Pacers: What to Bring

Crew & pacers should bring adequate gear for their own safety and comfort (see above). You may be up all night. A sleeping bag may be helpful as well. You may find yourself sleeping in the car.



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## Aid Stations

### Aid Station Menu

In addition to various supplies most aid stations will have most, if not all, of the following. Some will have more. If there's something you'd like, let us know, or forever hold your peace.

Water	Peanut butter and jelly sandwiches	Mary's Mountain cookies, candies, other sweets
Tailwind or Other Replacement Drink	Seven-Up and/or ginger ale	Cola
Coffee, hot chocolate	Hot soups, such as chicken, potato, ramen noodles, broth (night)	Mashed potatoes and butter
Pretzels, nuts	Turkey and cheese tortilla sliders	Potato chips, other salty snack items
Honey Stinger Products	M & M's, other sweets	Pancakes, syrup, eggs, bacon, sausage (night)
Fruit, such as bananas, oranges, grapes and watermelon	Bean and breakfast burritos (night)	Various pastries

### Sleeping at an Aid Station – Use of Aid Station Equipment

If you expect to take a snooze during the run, it's a free country, but you are responsible for providing your own equipment. The sleeping bags and other facilities at the aid stations are brought by the aid personnel for their own and emergency use only. At some aid stations shelter is limited or non-existent. All available space is required for running the aid station. Please inform your crew of this! At Dry Lake in particular, where it may be cold and at night, **PLEASE INFORM YOUR CREW TO BE PREPARED! YOUR CREW SHOULD BE PREPARED FOR COLD AT DRY LAKE!**



## 2016 RUN RABBIT RUN RUNNER'S MANUAL

### Drop Bags

Runners in our 100 miler may have five drop bags. We will transport them to Long Lake, Olympian Hall, Cow Creek, Spring Creek Ponds and Summit Lake. You may also leave bags at the finish line at The Sheraton. For our 50, drop bags only at Base Camp aid station (which you will pass through twice) and at the finish.

#### Basic Drop Bag Rules

While we don't want anyone to be underprepared, the truth is that most runners use far too many drop bags and overfill them at that. That makes it difficult for aid station volunteers who have to bring them out, organize them, and return them. Think hard if all of your drop bags are bigger than a shoebox. If you want aid station volunteers to lug up your cooler, you're not getting the message. We will not transport coolers.

Here are some suggestions:

**The aid stations will provide Honey Stinger products (bars, waffles, chews), but to minimize litter, we will not provide gels.** The replacement drink will be Tailwind. If you prefer another type of gel, fluid replacement or energy bar, put it in your drop bags. The aid stations are well stocked, however.

**One clean pair of socks in one or two drop bags.** You do not need more than two extra pairs of shoes in your drop bags, if that.

**A small tube of Vaseline** or skin lubricant and Band-Aids (2) in each drop bag, although they will be available at the aid stations.

**A small backup flashlight,** backup flashlight batteries, gloves, warm clothes and long-sleeved shirt and perhaps a jacket for the nighttime drop bags starting at Cow Creek.

**Warm jacket at the aid station before you anticipate running at night.** Wrap this around your waist or put it in your pack. Warm clothes do little good sitting in your bags.

**Purchase a small blister kit.** They may be available at the aid stations, but you'll likely need blister care on the trail, not at an aid station.

Bags will be picked up on Thursday and Friday (for the 50) after the runners' briefing at 7 pm and we will transport them to the aid stations. They may be dropped off at the Transit Center, located opposite the Grand Hotel, right on your way to the Sheraton. You may leave a bag at the start for your finish. Bags will be returned to the start as soon as we can.

100 milers may leave drop bags at Long Lake, Olympian Hall, Summit, Cow Creek, and Spring Creek Ponds.

50 milers may leave drop bags at Base Camp.

**Please be sure to affix your bib number, name and designated aid station to each of your drop bags!**



## 2016 RUN RABBIT RUN RUNNER'S MANUAL

### Cut-off Times

The 100-mile cutoffs will be generous but strictly enforced. They are on our website. Tortoises should be aware that the early cutoffs are designed with Hares in mind (who start 4 hours later than you) and so if you're close to those cutoffs early, unless you quicken, you are unlikely to finish. As for our 50 miler, the cutoffs will also be strictly enforced and, yes, they are quite generous. **Cutoffs are on the website** and will be posted at each aid station. The aid station captain is given the authority to enforce the cutoff times. **YOU MUST LEAVE THE AID STATION BEFORE THE CUT-OFF TIME.** If you check out of an aid station and then come back after the cutoff time, you are considered to have abandoned your attempt at the run. Please don't debate with the aid station personnel if we tell you your race is over. Come back next year and prove us wrong. If you insist on continuing after you have missed a cut off, you will not receive an official time and will be barred from entering our races again. Please be aware that our insurance requires us to account for all runners and continuing when we have asked you not to constitutes a risk on the continued existence of the event.

### Dropping Out

While no one likes to think about it, sometimes it's smarter to drop out than to continue. Also, you may miss the cutoff times or be pulled for a medical reason. In either event, ***you must inform the run organization that you are not continuing.*** Please locate a volunteer. Also, it may be very hard for us to arrange transportation for you from your dropout point to the finish. You may have to wait many hours for this, as we may have to coordinate a vehicle via radio. We will do the best we can. But please, no matter what, stay on the course and don't wander off it. There will be sweeps following the last runners.

### Accommodations

You will need to arrange accommodations for yourself and crew for the weekend. There are plenty of hotels, motels, bed and breakfast, and camping accommodations in and around Steamboat Springs, but we strongly urge all runners and crews to support our great lodging sponsors Wyndham Resorts and The Sheraton. More information and links are provided on the website. A list of alternative lodging can also be found at the Steamboat Chamber of Commerce.

For camping options, there is camping at Dumont, right at the Dumont Aid Station (50 miler). There is also camping near the Dry Lake Aid Station, on Buffalo Pass Road, on the 100-mile course, and at Summit. There are other camping options as well.

### Animals (Besides Rabbits and Turtles) You Might Encounter

Every year runners encounter moose, bear, mountain lion, and elk, especially moose. Stay clear of them: moose, in particular, can be very ornery. Black bears are present and are often seen; avoid them as well, particularly if you encounter a mother with cubs. Mountain lions are also common but seldom seen. Rattlesnakes are rare but present. If you encounter a very large rabbit, don't be afraid. That's just Harvey.



## 2016 RUN RABBIT RUN RUNNER'S MANUAL

### Run Organization and to Whom to Complain

At all times during the run, the Race Directors (Fred Abramowitz and Paul Sachs) or their designee can be reached via the Amateur Radio Network, through an Aid Station Captain, or in person at the Start/Finish at The Sheraton, located at the bottom of Steamboat Springs ski basin. The RDs have final authority on any question that may arise during this event. Similarly, at all aid stations, the Aid Station Captain has authority to make decisions pending the final decision of the RDs. But it will be better for all of us if you don't fret and just try and figure things out for yourselves if you can. We are a volunteer-only organization. Please consider that before you complain.

### A Final Word

Running 50 or 100 miles is an extraordinary achievement, one that you will carry with you with pride the rest of your life. We thank you for joining us and allowing us to be part of it.

Da Bunnies at Da Hutch!