



2021 Runner's Manual

TABLE OF CONTENTS

THE RULES OF THE GAME

1. Introduction
2. Run Organization
3. The Course
 - 3.1. Course Marking
 - 3.1.2. Fifty Miler
 - 3.1.3. One Hundred Miler
4. Weather
5. Other Animals
6. Dropping Out
7. Cutoff Times
8. Sleeping at Aid Stations
9. Schedule of Events
 - 9.1. Thursday September 16, 2021
 - 9.2. Friday September 17, 2021
 - 9.3. Saturday September 18, 2021
 - 9.4. Sunday September 19, 2021
10. Accommodations
11. What to Bring?
12. Crews
 - 12.1. Runners in Vehicles
13. Drop Bags
 - 13.1. Basic Drop Bag Rules
14. Pacers
 - 14.1. Special Gondola to Finish Line Pacers
 - 14.2. What to Bring; Crews and Pacers
15. Aid Station Menus
16. Directions to Start and Finish; Crew and Spectator Access; Parking
 - 16.1 Start/Finish
 - 16.1.1. Flashlights- Special Note for 50 Mile Runners.
 - 16.2. Fish Creek Falls Trailhead
 - 16.3. Olympian Hall
 - 16.4. Dry Lake
 - 16.5. Dumont (50 Mile Only)
 - 16.6. Other Spectator Access
 - 16.6.1. Downtown Steamboat Springs
17. Keeping Track of Your Runner
18. Bib Numbers
19. A Note on Rendering Aid and Disqualifications
20. Picking Up Your Drop Bags
21. A Final Word



2021 RUN RABBIT RUN RUNNER'S MANUAL

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 Spring Creek Falls Trailhead and Olympian Hall.** And remove your headphones when approaching an aid station. It's impolite not to.
- 5 **HARES - crews may aid at designated crew aid stations only, at the top of the gondola, and anywhere between Spring Creek Trailhead and Olympian Hall (i.e., through town).** 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.
- 6 **You are responsible for the behavior of your crew! No crewing or vehicle access above Dry Lake on Buffalo Pass Road. No driving to Fish Creek Falls Aid Station.** If your crew tries to drive there, you are outta here!
- 7 **HARES-** no poles or hiking or trekking poles; ok for **TORTOISES**, none for **50 MILERS**.
- 8 **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. **If we receive a complaint that a Hare received aid from another runner and that the complainant felt the Hare received an unfair advantage, we will evaluate the matter on a case-by-case basis, so you take your chances.** We have more on this below.
- 9 **If you receive an IV or oxygen, your race is over.**
- 10 **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.
- 11 **No littering. Ever.**
- 12 **No stashing food, drink or other supplies along the course.** Drop bags at aid stations so designated only.
- 13 **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.
- 14 **Pacers for TORTOISES only, and only at designated exchange points. EXCEPTION:** 100 mile 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. **ALL 100 MILERS MAY HAVE A PACER (TORTOISES AND HARES) FROM SPRING CREEK TRAILHEAD TO OLYMPIAN, BOTH DIRECTIONS. No pacers for 50 MILERS except as here noted.**
- 15 **Generally, no cheating.** If you wonder if what you are doing is cheating, it probably is.
- 16 **The clock runs until you hug the Designated Hugger (DH). Okay. Maybe an elbow bump will work too.**
- 17 **HARES ONLY** – how deep we go in prize money will be based on the number of starters; twenty starters is the minimum for seven deep prize money; four starters for the masters premium. Masters are eligible for both masters and general prize money.
- 18 **TORTOISES run for TORTOISE awards, HARES for HARE prize money.** No matter how fast you run. .
- 19 **Any objections or complaints must be made to the Race Directors within a reasonable time of completing the race.** Like, within minutes of finishing.
- 20 **See Rule # 1.**



2021 RUN RABBIT RUN RUNNER'S MANUAL

1. Introduction

Welcome to the 2021 50 and 100 Mile Run Rabbit Run Endurance Runs! This manual will provide you and your crew with everything you need to know for the 2021 run weekend and runs. If we can improve this manual in any way, please let us know.

2. 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 email, phone, or in person at the Start/Finish 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.

3. The Course

The course is closed. That means that runners are required to follow all of 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. 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 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:

3.1 Course Marking and Not Wandering Off Course – Course Description

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 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.

3.1.1. Fifty Mile

1. The course is an out and back and by and large is very easy to follow, but every year, no matter how diligently we mark the turn, some runners insist on not running along 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.** Additionally, at the top of the Rabbit Ears (and this section is pretty steep), we will have a volunteer who will hand you a card or some other form of identification to confirm that you have gone the entire distance. **MAKE SURE YOU GET A CARD AND RETURN IT TO THE VOLUNTEER AT DUMONT AID STATION. You will not be considered a finisher if you do not provide a card on your return to Dumont. No exceptions.**



2021 RUN RABBIT RUN RUNNER'S MANUAL

3.1.2 One Hundred Mile

1. You will follow the Thunderhead Hiking Trail to the ski run known as Heavenly Daze and from there to the Why Not Road (also known as Storm Peak Challenge) The actual course we will use to will depend on construction, etc. The stretch on Heavenly Daze is very steep. The USFS would prefer that you not “single track” up this section but spread out a bit to minimize erosion. Make sure you don’t go too far. Turn around and look for the course markings you mindlessly went past.
2. Markers will take you to the Chisholm Trail/Four Points Hut/Storm Peak Challenge Trail. You will bear left at the next major fork. Take it 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.
4. After you reach Long Lake the first time (aid #2, at mile 12 or so), reverse back to the junction and now **GO RIGHT** down 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 Trail **MAKE SURE YOU CHECK INTO THE AID STATION IN THE LOWER LOT AND THEN REVERSE AND RETURN TO LONG LAKE AID STATION.**
7. From Long Lake aid station flagging will take you to the Continental Divide Road (this is a different route than in the past few years) to the Summit aid station. Bear left and **BE SURE TO FOLLOW THE 100 MILE FLAGGING AND DON’T WANDER ON TO THE 50 MILE COURSE!**
8. From Summit aid station make your way to Flash of Gold and Billy’s Rabbit Hole Aid Station. There are several stretches on Flash of Gold where the trail is marked by rocks and cairns. **STAY ON COURSE! WATCH OUT FOR FLAGGING AND COURSE MARKING!**
9. Arriving at the junction of Flash of Gold and Spring Creek Trail, **TURN RIGHT TO THE DRY LAKE AID STATION. IT’S ABOUT .2 MILES. YOU MUST CHECK IN AT DRY LAKE!!**
10. After checking in at Dry Lake head down Spring Creek Trail (don’t go back on Flash of Gold). You will take this down, down, down, to the trailhead where you will cross Amethyst Drive and follow the signs on the trail to Third Street and Lincoln Ave (in the center of town) eventually to Olympian Hall. **BE CAREFUL CROSSING LINCOLN!**
11. Most of you will be running through Emerald Mountain at night. A detailed description is on our website, but the course generally is: Mile Run to Blackmere to Little Moab to Lane of Pain to Stairway to Heaven to Prayer Flag to Blair Witch to Quarry Mountain to Morning Gloria to Lupine to Emerald Meadows and back to Olympian. We will have a minimal aid station at Lane of Pain to direct you on your way. **YOU WILL PASS THROUGH THIS AID STATION TWICE. BE SURE TO CHECK IN TWICE AT LANE OF PAIN!**
12. A detailed description of the section from Dry Lake Aid to Summit is on our website but note that much of this section lacks signs and some of it is quite vague (and steep), marked only by cairns. Be sure to follow the course markings. Also, while many of you will be doing this section at night, **BE AWARE THAT PORTIONS OF THIS SECTION THROUGH GROUSE TRAIL, WHILE QUITE REMOTE, ARE CONSIDERED EXPERT MOUNTAIN BIKING TERRAIN AND THERE MAY BE MOUNTAIN BIKERS DESCENDING. THERE ARE BLIND CORNERS (WHICH WE WILL ATTEMPT TO MARK).** Make sure you check in at Billy’s Rabbit Hole.
13. 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.
14. 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 sections where you might wander onto the 50 mile course (which goes left).

Got it?

4. 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



2021 RUN RABBIT RUN RUNNER'S MANUAL

forecast at the pre-race briefing but pay no attention to it: Prepare for anything. Prepare for heat. Prepare for cold (especially at night)! Know how to deal with lightning and hail! This is the Rockies!

In 2012 more runners in our 100 miler DNFed due to the unexpected cold at night than for any other reason. It may be quite warm during the day, and then get quite cold when you climb into the more remote parts of the course at night. Be prepared.

5. Animals Besides Rabbits and Turtles You Might Encounter

Every year runners encounter moose, bear 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 and have recently been seen more frequently. Rattlesnakes are rare but present. If you encounter a very large rabbit, don't be afraid. That's just Harvey. Be nice to him. It's lonely being a Pooka.

6. Ooops - 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.

7. Cutoff Times

The 100 mile cutoffs will be generous but strict enforced. 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 will be provided 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.

We will not take kindly to any runner who misses a cutoff and insists on continuing after we tell you your run is over. You're not being a hero; you're being incredibly selfish, forcing aid station and finish line personnel to wait for you. Our permits and insurance require us to monitor the safety of every runner, even if they continue after missing a cutoff!

8. Sleeping at an Aid Station

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!

9. Schedule of Events

9.1 Thursday, September 16, 2021

check-in) 3:00 pm - 6:00 pm 100 mile race check-in (Grand Hotel, Burgess Creek Room, no race day
3:00 pm - 8:00 pm 100 mile race drop bag drop off (behind the Grand Hotel, next to the tent)



2021 RUN RABBIT RUN RUNNER'S MANUAL

6:00 pm - 7:00 pm 100 mile pre-race briefing (Grand Hotel, Burgess Creek Room)

7:00 pm – 8:00 pm 100 mile race check –in (Grand Hotel, Burgess Creek Room, no race day check-in)

9.2. Friday, September 17, 2021

7:00 am – **Early Bird start for Tortoises!** (men over 60, women over 50, base of ski basin, near Slopeside)

8:00 am - **Race Starts for Tortoises!**

Noon - **Race Starts for Hares!**

4:00 pm – 6:00 pm 50 mile race check-in (Grand Hotel, Burgess Creek Room, no race day check-in)

4:00 pm – 8:00 pm 50 mile drop bag drop off (behind the Grand Hotel, near the tent)

6:00 pm - 7:00 pm 50 mile pre-race briefing (Grand Hotel, Burgess Creek Room)

7:00 pm – 8:00 pm 50 mile race check –in (Grand Hotel, Burgess Creek Room)

9.3. Saturday, September 18 2021

5:00 am - **50 mile start for Early Birds!** (men over 60, women over 50, base of ski basin, near Slopeside)

6:00 am - **Race Starts for 50 Milers!**

1:00 pm - **Beer/food party at finish** (free to runners; \$20 others)

6:00 pm - **Race cutoff, Hares**

7:30 pm - **Award ceremony**

8:00pm - **Race cutoff, all Tortoises**

9:00 pm - **Race cutoff, all 50 milers. Race ends.**

9.4. Sunday, September 19, 2021

7:00 am – Noon Last chance to pick up drop bags, Olympian Hall.

10. 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 sponsors The Ptarmigan Inn and The Residence Inn by Marriot. More information, phone numbers and a link is provided on the website. A list of alternative lodging can also be found at the Steamboat Chamber of Commerce. A link to them is also found on the website.

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, at Summit, and on Buffalo Pass Road. There are other camping options as well. It is hunting season so these camping options tend to fill fast.

11. 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 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,



2021 RUN RABBIT RUN RUNNER'S MANUAL

don't forget your flashlight, headlamps, waist lamp and spare batteries. Then too, it might be hot, particularly during the day. It's a long way from Summit aid station to Dry Lake aid. Make sure you carry enough water! And don't just rely on the weather forecast! Use your head!

12. Crews

Runners are responsible for and accountable for all the actions and behaviors of their crew and pacers. While much 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 through town). 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.

12.1 Runners in Vehicles

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. Plus, they will suffer Bad Bunny Karma and the Wrath of Harvey. Runners may, after checking into an aid station, rest and get warm in a STATIONARY vehicle.

13. Drop Bags

Runners in our 100 miler may have three drop bags. We will transport them to Long Lake, Olympian Hall, and Summit Lake. You will be able to access them seven times. You may also leave bags at the start/finish line. For our 50, drop bags only at Base Camp aid station and at the finish. You will pass Base Camp twice. Your drop bags will be returned to Olympian Hall as soon as we can.

13.1 Basic Drop Bag Rules

While we don't want anyone to be underprepared, the truth is that most runners use far, far too many drop bags and overfill them at that. That makes it difficult on 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. **ABSOLUTELY NO HARD-SIDED DROP BAGS - NO EXCEPTIONS. WE WILL NOT DELIVER THEM! NO COOLERS OR TUBS OR THE LIKE.** If you want aid station volunteers to lug up your suitcase, you're not getting the message. **WE WILL NOT TRANSPORT YOUR DROP BAG IF WE CONSIDER IT TOO LARGE!**

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.

Headlamp or waist lamp, flashlight and small backup flashlight, backup flashlight batteries, warm clothes and long-sleeved shirt for the nighttime drop bags. Carry a pair of gloves with you.

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.



2021 RUN RABBIT RUN RUNNER'S MANUAL

Bags will be picked up on Thursday and Friday (for the 50) after the runners' briefing at 8 pm and we will transport them to the aid stations. They may be dropped off next to the tent behind the Grand Hotel. You may leave a bag at the start for your finish. **Bags will be returned to Olympian Hall as soon as we can.**

100 milers may leave drop bags at Long Lake, Olympian Hall, and Summit. Runners can access them seven times.

50 milers may leave drop bags at Base Camp. Runners can access them twice.

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

14. Pacers

No pacers for our 50 mile runners or Hares in the 100, except on the 1.5 mile or so section between Spring Creek Trailhead and Olympian Hall, both directions. But if you are a Tortoise in our 100, you may have a pacer. Pacers may accompany runners from Spring Creek Trailhead to Olympian Hall the first time through to the finish. Any 100 mile runner over 60 years old may have a pacer for the whole distance. Pacers may meet their runner **ONLY** at crew access aid stations. Pacers are responsible for getting themselves to and from aid stations. Vehicles and non-pacer crewmembers are **NOT** allowed at non-crew access aid stations.

14.1. 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 building at the top of the gondola to the finish (you will need to find your way the short distance to the course), approximately the last 4 miles. We really don't even care if a Hare wants to have folks accompany them these last four miles so long as they consider good sportsmanship (i.e., at the very least don't render any aid). Since the gondola will not be running, you will need to hike up the course. It will give you some sense of what the runners have done.

14.2. What to Bring: Crews and Pacers

Crew and pacers should bring adequate gear for their own safety and comfort. They may be up all night. See section 11 above for general guidelines. A sleeping bag may be helpful as well. You may find yourself sleeping in the car or on the side of the road.

15. 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	Various cookies, candies, other sweets
Tailwind	Seven-Up and/or ginger ale, Coca Cola	Some gluten free products
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



2021 RUN RABBIT RUN RUNNER'S MANUAL

Honey Stinger Products	M & M's, other sweets	Pancakes, syrup, eggs, bacon, sausage (night)
Fruit, such as bananas, oranges, grapes and watermelon	Bean burritos (night); pickle juice; avocados	Various pastries

16. Directions to Start and Finish; Crew/Spectator Access and Aid Stations; Parking

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 meet the at gondola building those last 4 miles), though they pass through Dumont twice.

16.1. The Start/Finish

Both the 50 and 100 mile runs start at the base of the ski basin. To get there, find your way to Mount Werner Road, and follow the signs to Gondola Square, and from there walk towards Slopeside. If you're staying at any of the lodging provided by our sponsor The Ptarmigan Inn, you can walk to the start and from the finish. It is only a three minute drive from the Residence Inn by Marriot to the start. Otherwise there is ample parking in the Gondola Square covered parking garage (opposite the Sheraton). There is also free parking at the Knolls, a short distance away. Note that as the bottom of the ski basin is undergoing massive construction the parking situation may change – please read your emails or follow us on Facebook.

16.1.1. 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, waist lamp 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.

16.2. Fish Creek Falls Trailhead Aid Station

There is no parking at or driving to this aid station, which is run by the great Russ Garrity. Please drive to Olympian Hall (below). Crew access is only via running, walking, or biking there from town (it's four miles from Olympian Hall). The aid station will be set up in the lower lot. **THERE IS NO SHUTTLE TO THIS AID STATION!**

16.3. Olympian Hall Aid Station

It is a 20 minute drive from the start at the ski basin to Olympian Hall aid, headed by the fabulous Bronwyn Rittner. Drive down Mount Werner Road, turn right on Highway 40 (Lincoln, the main street across town) into town, turn left on 5th 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. From here you may run, hike or bike to the Fish Creek Falls Trail aid station (about 4 miles). You can also arrange to car pool to get to Dry Lake aid station.

16.4. Dry Lake Aid Station

It is a ¾ hour drive from the start at the ski basin to Dry Lake aid, run by Anne Lance and Jennifer Van Cleave. 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 3rd Street, heading towards Steamboat High. You will see Amethyst Drive.



2021 RUN RABBIT RUN RUNNER'S MANUAL

Take Amethyst Drive to Buffalo Pass Road. Take Buffalo Pass Road approximately 3 miles. There is a parking lot on the right, just above Spring Creek Trailhead and that is where the aid station is. There is no crew or spectator parking at this aid station. Anticipate the arrival time of your runner and drop off your crew or pacer, turn around and drive off. If you attempt to park there you will be ticketed or towed.

We can no longer provide a shuttle to this aid station. Please try and arrange to car pool to get to Dry Lake. **PLEASE DO NOT CREW OR DRIVE ABOVE DRY CREEK AID STATION ON BUFFALO PASS ROAD. CREWING OR DRIVING ABOVE DRY LAKE WILL CAUSE YOUR RUNNER TO BE DISQUALIFIED!!**

16.5. 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 ample parking in the area.

16.6. Other Spectator Access (100 mile only)

16.6.1. Downtown Steamboat Springs

Runners will be running through town, in both directions, between Spring Creek Trailhead and Olympian Hall, for approximately 1.5 miles. They will run from the trailhead, crossing Amethyst Boulevard, along a trail through town, down 3rd Street, across Lincoln (the main street through town) and then turn left on to the Core Trail to Olympian Hall. To get to the trailhead, 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 3rd Street, heading towards Steamboat High. You will see Amethyst Drive past the high school. **DO NOT CREW ABOVE THE TRAILHEAD! FOR SAFETY REASONS, WE WILL ALLOW ALL 100 MILERS (TORTOISES AND HARES) TO HAVE A PACER IN BOTH DIRECTIONS BETWEEN THE TRAILHEAD AND OLYMPIAN. WE CANNOT STOP TRAFFIC ON LINCOLN ALTHOUGH WE WILL HAVE VOLUNTEERS ASSIST RUNNERS IN THIS CROSSING. PLEASE ASSIST THEM IN WATCHING FOR TRAFFIC!**

17. Keeping Track of Your Runner.

We will try and provide live, on-line coverage of all runners. The platform will allow you to track your runners either via our website or will provide tracking directly to your smart phone by bib number. In addition, we will be tracking the runners at race headquarters. But like everything else about our race, we make no promises, other than to do our best, but much of the run goes through remote terrain and technology has its limits. If you are really set on tracking your Special Loved One every step of the way, buy a GPS tracker.

18. Assignment of Bib Numbers.

Our race will be closed to all entries and changes on Sunday, September 5, 2021 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 400 through 800)
50 mile runners will be assigned 4 digit numbers (numbers 1000 through 1300).

19. Picking Up Your Drop Bags.

Drop bags will be returned to Olympian Hall as soon as possible **Note this a change! Drop bags will now be left at Olympian Hall! WE DO NOT SHIP DROP BAGS. NO EXCEPTIONS! If you are unable to pick up your drop**



2021 RUN RABBIT RUN RUNNER'S MANUAL

bags, please arrange with another runner or crew member to pick them up for you or otherwise make arrangements. The contents of all drop bags left after noon on Sunday will be donated to charity.

20. A Note on Rendering Aid and Disqualifications.

We don't set any hard and fast rules about what constitutes improper aid so as to disqualify a runner. If you fall down (or fall off a cliff) and a fellow runner helps you up, we don't consider that to be grounds for disqualification, nor do we consider a fellow runner (or an innocent spectator) handing you a Tums or a Honey Stinger bar to be grounds for disqualification either. Our sport is based on good will and camaraderie and we don't want to do anything to discourage that. Tortoises, especially, we want to do everything we can to help them finish. But we don't want to encourage folks to bend the rules to get an unfair advantage either. Hares in particular should consider what they are doing. So if you have specific questions about this, best to ask us beforehand.

21. A Final Word.

Running 50 or 100 miles is an extraordinary achievement, one that you will carry with you the rest of your life. We thank you for joining us.

Da Bunnies at Da Hutch!