

TABLE OF CONTENTS

THE RULES OF THE GAME

1. Introduction
2. Run Organization
3. The Course
 - 3.1. Course Marking and Course Descriptions
 - 3.1.1. Course Description - Fifty Miler
 - 3.1.2. Course Description - One Hundred Miler
4. Weather
5. Other Animals
6. Dropping Out - Medical
7. Cutoff Times
8. Sleeping at Aid Stations
9. Schedule of Events
 - 9.1. Thursday September 15, 2022
 - 9.2. Friday September 16, 2022
 - 9.3. Saturday September 17, 2022
 - 9.4. Sunday September 18, 2022
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 -Taking the Gondola
 - 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. Sponsors
22. A Final Word



2022 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 This is a change from the past – **we will allow all runners to use poles provided you are careful and courteous.**
- 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 – lots of folks think what you're doing is pretty stupid, so being able to laugh at yourself is helpful. 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, trying to do our best for good causes. 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:** 100 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. For the team championship we need a minimum of 5 teams. 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.**



2022 RUN RABBIT RUN RUNNER'S MANUAL

1. Introduction

Welcome to the 2022 50 and 100 Mile Run Rabbit Run Endurance Runs! This manual will provide you and your crew with most everything you need to know for the 2022 run weekend and runs. If we can improve this manual in any way, please let us know. Meanwhile, we will be updating this manual periodically so check back for changes. We will try and let you know when we make changes.

The first year of the Run, Rabbit, Run 50 was in 2007. It was started by Fred Abramowitz as a charity run to benefit the kids (and other worthy causes) of northern Colorado, and to support the community of Steamboat Springs. Betsy Kalmeyer designed the original 50 mile course (it has since been changed). In 2008 Paul Sachs became co-race director. The 100 mile run, featuring the highest purse money of any trail ultra in the world, began in 2012, and has since become among the world's premier runs, attracting some of the world's best ultra runners, as well as first timers new to the sport to the beautiful mountains of northern Colorado.

Ultra running has a long and storied history in the U.S., and we believe in combining the best "old school" values with what is new and good in the sport. We recognize opinions may vary as to how best to do that. While these courses are among the most challenging out there, we believe anyone with the will and fortitude should be allowed the opportunity to test their mettle against them, so as of now, we don't require any sort of qualifying run – just a willingness to suffer and give it your absolute best. And we hope you will enjoy our little event.

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 courses are 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 below. You might want to read them. You might want to take them with you.

A Note on Distances: accurately assessing distances on mountain trails without using a wheel and using USATF protocols associated therewith for measuring courses (and even then) is notoriously difficult and subject to estimation. GPS's are often inaccurate on trails and mountains and almost always overstate distances. (For you data geeks - do a Google search on *Why do GPSs Overestimate Distances?*) This all may come as a surprise to those of you coming from the road racing world, where tolerances over listed distances are small and accuracy is important, but please don't complain to us that our distances are "wrong" – is it really that important to know exactly how long the run is? Running a 50 or 100 miler is not a time trial – it's an adventure and a test of your will to endure and succeed and this one will truly test your spirit. Embrace it as such. Leave your GPS at home. The courses are well marked and if you pay attention and follow the signs and markings you won't get lost. Really.

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 parts but it will be marked well. We promise. By and large, the courses are 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.



2022 RUN RABBIT RUN RUNNER'S MANUAL

3.1.1. Fifty Mile

The course goes up Mount Werner, and then goes right to Rabbit Ears before turning around. It doesn't get any prettier than that. We think right now it's just about exactly 50 miles – we ain't making it longer so you think it's harder. It's hard enough the way it is. Here's a description:

SECTION 1 — START TO MOUNT WERNER - APPROXIMATELY 6.0 MILES

Depending on construction, this may change, but starting at the base of the ski area ascend Burgess Creek to Why Not access road to Rainbow Saddle, past the Four Points Lodge. Join the Storm Peak Challenge summer trail (rough two track) to the top of Storm Peak and the Mount Werner Aid Station. It's pretty much all up, with close to 4,000 feet of climb. There are some great views.

SECTION 2 — MT. WERNER TO LONG LAKE - APPROXIMATELY 6.8 MILES

From the Mt. Werner aid station join Mountain View Trail (FS Trail 1032). Descend the ridge off Mt. Werner with beautiful views of the meadows of Hogan Park to the south and the rocky peaks of the Zirkel Wilderness to the north. This is single track and some of the prettiest in Colorado. A short steep descent at the end of the Mountain View Trail will bring you to a trail junction with the Fish Creek Falls Trail (FS Trail 1102). Take a right onto 1102 (heading east). You will quickly arrive at Long Lake. Round the north shore of Long Lake to the Long Lake Aid Station.

SECTION 3 — LONG LAKE TO BASE CAMP - APPROXIMATELY 5.2 MILES

From the Long Lake Aid Station continue east along the Fish Creek Falls Trail for approximately 1.3 miles to the four way intersection with the Wyoming Trail (FS Trail 1101). Take a right (heading south) on the Wyoming Trail. Another beautiful section of trail awaits. As you run south through open meadows and old growth spruce, fir, and pine forests, keep an eye out for Lake Elmo. Stay straight through the junction with Lost Lake and you will quickly come upon Fishhook Lake. Much like Mountain View, this is rolling single track. A quick descent down the Fishhook drainage will lead to a modest climb up to the Base Camp Trailhead Aid Station.

SECTION 4 — BASE TO DUMONT - APPROXIMATELY 3.9 MILES

From the Base Camp aid station head southeast along the Base Camp Road (FS Road 311) for about 1/2 mile to the junction with the Wyoming Trail (FS Trail 1101). This right hand turn on 1101 will be well marked but please don't miss it – no matter how diligently we mark it, a few miss it every year and insist on not running along the Continental Divide Trail but instead run directly past our big clump of ribbons and bunny rabbits and continue on the road. So, about 1/2 mile (outward) **AFTER** Base Camp, **LOOK FOR THE RIGHT-HAND TURNOFF OFF THE ROAD ONTO THE SINGLE TRACK.** Then follow the 1101 trail to a short, steep descent to a stream crossing. Cross the stream, continue along the 1101, and look out for Dumont Lake below you. The trail follows an old ditch above the lake for almost a mile until you come upon the Dumont Campground. There is a short section of dirt road on the outskirts of the campground. Look out for a hiker sign on your left, again this will be well marked. Take this left and follow it to the Dumont Lake Aid Station.

SECTION 5 — DUMONT TO TURNAROUND AND BACK - APPROXIMATELY 5.4 MILES

From the Dumont Aid Station head to Grizzly Creek Road (FS Road 291). Follow this rough jeep road as it climbs steadily uphill to the base of the Rabbit Ears. At the end of this road you can literally reach out and touch them. 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.** Otherwise there is no aid here, other than the terrific views of the Gore Range, Rawahs, Flattops, and Rabbit Ears Pass area. Catch your breath, turn around, and pound back down to the Dumont Aid Station and return your card.

SECTION 6 — DUMONT TO BASE - APPROXIMATELY 3.9 MILES

This is the reverse of Section 4. Follow the 1101 from Dumont along the lake back up to the Base Camp Road (311). Take a left onto Base Camp Road and follow it for about a half mile back to the Base Camp Aid Station.

SECTION 7 — BASE TO LONG - APPROXIMATELY 5.2 MILES

This is the reverse of Section 3. Follow the 1101 out of Base Camp down to the Fishhook drainage, then climb back up to Fishhook Lake. Go straight through the junction for Lost Lake, then take a left at the four-way intersection with the Fish Creek Falls Trail (FS Trail 1102). Follow this trail for 1.3 miles back to the Long Lake Aid Station.



2022 RUN RABBIT RUN RUNNER'S MANUAL

SECTION 8 — LONG TO MT. WERNER - APPROXIMATELY 6.8 MILES

This is the reverse of Section 2. Follow Fish Creek Falls Trail (FS Trail 1102) out of the aid station back along the shores of Long Lake. From the aid station it is about 0.7 miles to the trail junction with the Mountain View Trail (FS Trail 1032). Take a left onto the Mountain View Trail and follow it as it climbs back up the ridge to the Mount Werner Aid Station at the top of the Steamboat Ski area.

SECTION 9 — MT. WERNER TO FINISH - APPROXIMATELY 6.0 MILES

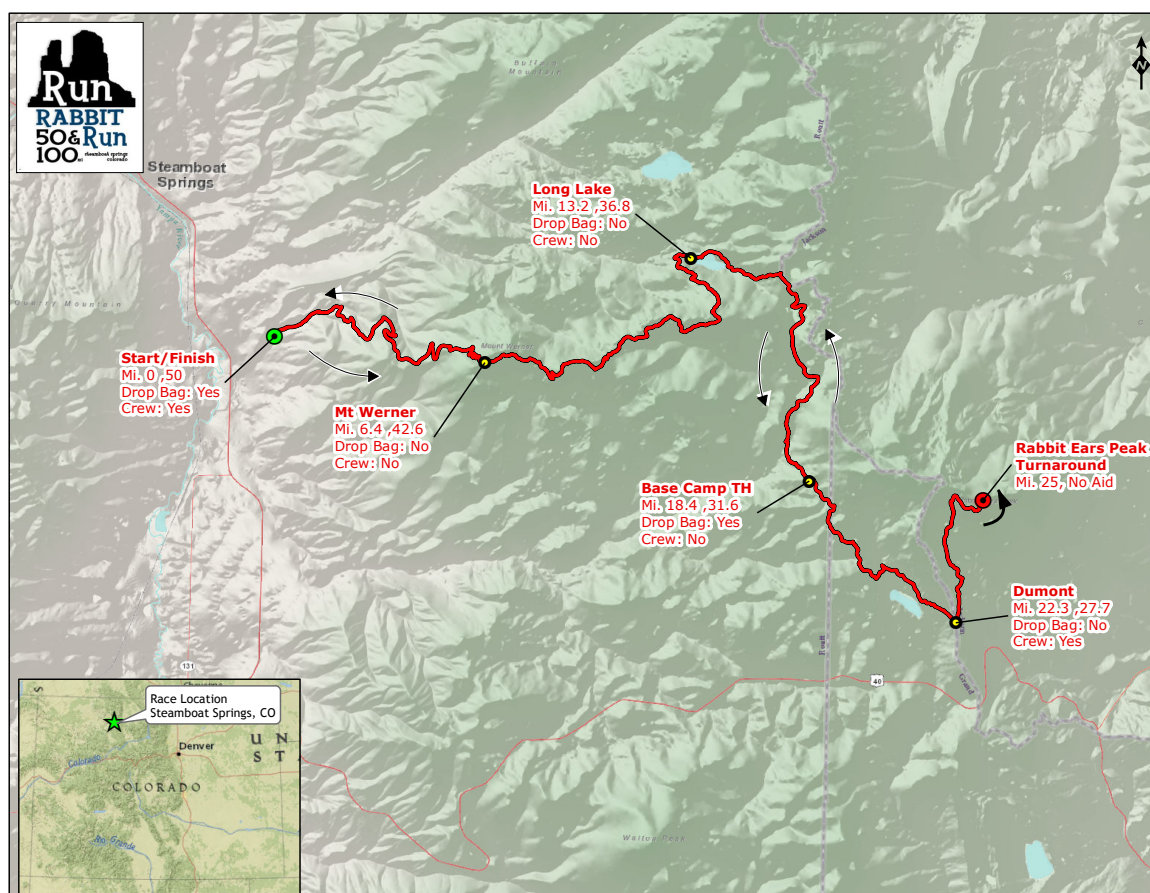
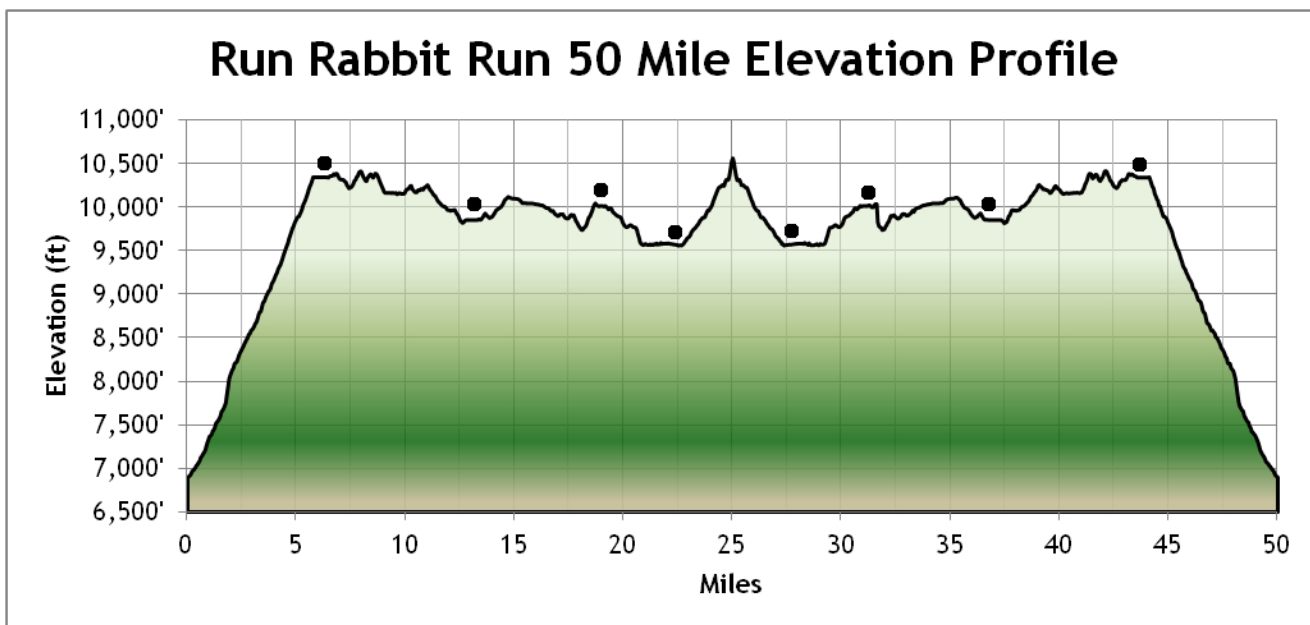
From the top of the ski area, follow the Storm Peak Challenge trail (rough two track) back down to the Four Points Lodge, Rainbow Saddle, and eventually the Why Not access road. Why Not will take you back down to the base of the ski area, the finish line, food and beer.



Run Rabbit Run 50 Mile

Aid Stations, Mileage, Crews and Cutoffs

#	Aid Station	Miles	Total Miles	Elevation	Drop Bag	Crew	Lead Runner 7 1/2 hour pace	Last Runner 15 hour pace	Absolute Cutoff (All)
	Start	0	0	6886	Yes	Yes	6:00 am	6:00 am	
1	Mount Werner	6.4	6.4	10372	No	No	7:00 am	8:00 am	-
2	Long Lake	6.8	13.2	9946	No	No	8:00 am	10:00 am	-
3	Base Camp	5.2	18.4	9950	Yes	No	8:45 am	11:30 am	-
4	Dumont	3.9	22.3	9508	No	Yes	9:15 am	12:30 pm	-
5	Rabbit Ears Turnaround (No Aid)	2.7	25.0	10534	-	-	9:45 am	1:15 pm	-
6	Dumont	2.7	27.7	9508	No	Yes	10:00 am	2:00 pm	2:30 pm
7	Base Camp	3.9	31.6	9950	Yes	No	10:45am	3:30 pm	4:00 pm
8	Long Lake	5.2	36.8	9946	No	No	11:45am	5:00 pm	5:30 pm
9	Mount Werner	6.8	43.6	10372	No	No	12:45 pm	7:15 pm	7:30 pm
10	Finish	6.4	50.0	6886	Yes	Yes	1:30 pm	9:00 pm	9:00 pm





2022 RUN RABBIT RUN RUNNER'S MANUAL

3.1.2 One Hundred Mile

Here's a description of the 100 mile course:

SECTION 1 — START TO MT. WERNER - APPROXIMATELY 5.3 MILES.

You will likely 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, 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 every now and then and look for the course markings you mindlessly went past. This is not the same route as the Run Rabbit Run 50 but will be steeper and more challenging – why the hare not? – you are ONE HUNDRED MILERS!

We are working on having the gondola running – if it is, you may purchase gondola tickets from us for your crew who can meet you there and hand you a water bottle or a HoneyStinger bar. Then join the Chisholm Trail to Four Points Lodge. Take Storm Peak Challenge Trail to the top of the Mount Werner Aid Station. No drop bags or crew access here. You may not have access to water for over 12 miles until Fish Creek Aid Station so fill up, though there will be opportunities to filter water shortly after you descend down Fish Creek Falls Trail. We suggest you have some means of purifying that water.

SECTION 2 — MT. WERNER TO FISH CREEK JUNCTION - APPROXIMATELY 6.3 MILES.

From the Mt. Werner Aid Station join Mountain View Trail (FS Trail 1032). Descend the ridge off Mt. Werner with nice views of the meadows of Hogan Park to the south and the peaks of the Zirkel Wilderness to the north. This is beautiful single track, some of the nicest in Colorado. About 6.3 miles from Mt Werner a short steep descent at the end of the Mountain View Trail will bring you to the trail junction with the Fish Creek Falls Trail (FS Trail 1102) coming in from the left. Take it. **LISTEN UP – THIS IS A CHANGE FROM PAST YEARS! Turn down Fish Creek Falls Trail!** Then proceed down the canyon to the Fish Creek Aid Station. NOTE! We have eliminated

the first Long Lake Aid Station, nor will there any longer be drop bag access at Long Lake. **REPEAT – NO DROP BAGS AT LONG LAKE! Take a LEFT onto the Fish Creek Falls Trail.**

SECTION 3 — FISH CREEK JUNCTION TO FISH CREEK FALLS AID - APPROXIMATELY 6.0 MILES.

No way can you folks can come all the way to Steamboat and not see beautiful Fish Creek Falls Trail, so go down, down, down through the canyon. There will be opportunities to purify water after the first few miles from the junction. The trail can be very rough and rocky and steep (over 25% gradient) in places but so what? – YOU'RE HUNDRED MILERS! (Seriously: Use caution. Your chances of winning, or of finishing, will be significantly compromised should you suffer broken or mangled limbs, or worse). And who cares if you get a little wet! Anyway, its early, and you're feeling pretty fresh, aren't you? Note: 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. Eventually you'll get to the trailhead and the Fish Creek Falls Aid Station. Crew access is permitted only via bike, rollerblade, or foot. **REPEAT: NO CREW PARKING AT THE TRAILHEAD! NADA! AND NO DRIVING THERE EITHER! OUR FOREST SERVICE PERMIT DEPENDS ON IT!** There is a 5pm cut off here.

SECTION 4 — FISH CREEK FALLS TO LONG LAKE - APPROXIMATELY 6.6 MILES.

Yeah, it was really beautiful, but whose idea was it to see that darn Fish Creek Falls Trail anyway, because, having seen it going down, now you gotta go back up it, and darn, it's long and pretty nasty! Turn around, cursing us beneath your breaths, and go back the way you came – up, up, up. But heck, you're still pretty fresh - aren't you? **AREN'T YOU??** Please be aware that this is one of the only sections on the course where you are likely to meet other runners ascending or descending the course, and while the trail is not especially narrow, watch out for each other. Go past the junction where you turned down and follow the signs to Long Lake Aid Station. And then be nice to those folks at the aid station, including the smiling face of Karl Meltzer. Why is he smiling? Cause he's not running this darn thing! No crew access here. Volunteers will feed you and give you drink. Fresh horses! More whiskey! It's going to start getting real!

SECTION 5 — LONG LAKE TO SUMMIT - APPROXIMATELY 5.8 MILES.

From the Long Lake Aid Station signs and flagging will direct you to the Continental Divide Road, which you will take to the Summit Aid Station and Tara Streeb and her crew. This is a rolling dirt road with some pretty views. There's lots more up than down. Make your way to the Summit Aid Station. Drop bags are here but there is no crew access. Absolutely no crew vehicles on Buffalo Pass Road! This section is about 5.8 miles.

SECTION 6 – SUMMIT TO BILLY'S RABBIT HOLE TO DRY LAKE - APPROXIMATELY 14.4 MILES.

Of course you've been clever bunnies and turtles and going easy so far, because if you can't run the next section, you may be in trouble. Take Buffalo Pass Road about 2.8 miles 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!** Four and 2/10 miles or so from Summit will take you to Billy's Rabbit Hole Aid Station, and Billy and Amanda Grimes.



2022 RUN RABBIT RUN RUNNER'S MANUAL

This is a minimal aid station. Then you will turn left onto a single track; proceed down Flash of Gold, along some power lines. Eventually you will reach a short bushwacking section which will connect you to Buff Pass Road and then a short ways to the Dry Lake Aid Station and the smiling faces of Anne Lance and Jennifer Van Cleave. Just follow the course markings. **YOU MAY PICK UP A PACER HERE BUT NO**

PARKING AT DRY LAKE! THE SHERIFF HAS SAID THEY WILL TICKET OR TOW CARS PARKED ILLEGALLY. HAVE A CREW MEMBER DROP OFF YOUR PACER AND LEAVE THE AID STATION!

SECTION 7 — DRY LAKE TO OLYMPIAN HALL - APPROXIMATELY 6.7 MILES.

After you've rejuvenated yourself, an aid station volunteer will point you down Spring Creek Trail, which is very nice single track, through some very pretty and interesting flora, with wildflowers and jungle-like plants with big leaves – lots of which looks like nice munchies for turtles and rabbits. But don't stop – you're going down, mostly, anyway. Fifteen bridges take you across bubbling Spring Creek – there's a peacefulness here – it's quite lovely! Near the bottom of the trail you might get a little wet, but after about 5-½ pleasant miles you emerge at Spring Creek Trail Head and Amethyst Road. **ALL RUNNERS MAY PICK UP A PACER HERE!** Cross the road and join the trail to your left and follow this trail through town and emerge at the intersection of Fish Creek Falls Road and Third Street. Pay attention as you will be crossing Lincoln (the main street through town) and we cannot stop traffic. Signs will direct you the short ways to the Olympian Hall Aid Station, where you will profusely thank our aid station Captain, Bronwyn Rittner, and her crew. Drop bags here. If you're a Tortoise, you can pick up another pacer here. If you're a Hare, your pacer needs to stop. Lots of parking for your crew here. It may be a party here, but, alas, not for you! You've got things to do! But you're just about half way! The cutoff to get to Olympian Hall is 2 am.

SECTION 8 – OLYMPIAN HALL TO OLYMPIAN HALL - APPROXIMATELY 12.7 MILES.

Hey, welcome to beautiful Emerald Mountain! Well, okay, another climb. Signs and volunteers will direct you to Blackmere. Take Blackmere Drive up, up, up. Why not? Heck, **YOU ARE ONE HUNDRED MILE RUNNERS!** Continue up Blackmere turning left uphill on Little Moab to the Lane of Pain (ouch!) to the steeply rolling Ridge Road where we will try and have a minimal aid station. **YOU WILL PASS THROUGH THIS AID STATION TWICE! BE SURE TO CHECK IN!** Markings will direct you to turn right on Stairway to Heaven, descend and turn right on Blair Witch then turn right on to Quarry Mountain Trail, which will take you back to the minimal Lane of Pain Aid Station. From there take Morning Gloria and descend to Lupine then turn left on to Emerald Meadows to the Stables; turn left, pass the Yurt and then back to Olympian Hall Aid Station. What a nice tour of some of Steamboat's prettiest trails! Umm, just one thing – most of you will be doing much of this in the dark. Please be aware that this section teems with game. **BE CAREFUL OF BEARS, PARTICULARLY MOMMA BEARS WITH CUBS! WATCH OUT FOR MOUNTAIN LIONS! THIS IS NOT A PETTING ZOO!** You have a 7 am cutoff here. This is a good place to evaluate your prospects. You have a very long and tough climb ahead of you.

SECTION 9 — OLYMPIAN TO DRY LAKE - APPROXIMATELY 6.9 MILES.

This section is the reverse of Section 7 to the Dry Lake Aid Station. Again, everyone, Hares too, can have a pacer from Olympian Hall to Spring Creek Trailhead. Please pay attention. You will be crossing through the center of town and there will be a traffic light when you cross Lincoln (Steamboat's main street)! If you have a pacer, they can guide you through. And no headphones please until you get on Spring Creek Falls Trail. Go up, up, up to the Dry Lake Aid Station, climbing the 5.5 miles of lovely Spring Creek Trail to the Dry Lake Aid Station, but as tired as you are, we don't blame you for not noticing how pretty it is. Say hello, grunt a bit, thank the volunteers, and maybe change pacers. But be sure to ask them: Are you ready for this? Because you're going with me the rest of the way, and it ain't easy! You are now at about mile 70. There is a 10 am cutoff here. This is another good place to evaluate your prospects as the course after this is quite remote and access is difficult.

SECTION 10 — DRY LAKE TO BILLY'S RABBIT HOLE TO SUMMIT - APPROXIMATELY 10 MILES.

Gather yourself, load up on food and liquids, get out of the Dry Lake Aid Station, and join the Ditch Trail that contours above the Soda Creek Drainage, turning right at the junction with Grouse Trail (at about 1.3 miles). You're going up, up, up. Pay attention to white painted dash marks and cairns that mark the sections of trail that cross over large sections of granite. Also note that sections of this trail through Grouse Trail are very steep and while many of you may be doing it at night, it is considered an expert mountain biking and there are blind spots (which we will try and mark) for descending bikers who may find it difficult to stop should they encounter you. Use caution here and continue up the trail; when the trail returns to rock, continue to follow the cairns and dash marks. At about 4.5 miles you will reach Buff Pass Road; turn LEFT on Buff Pass Road for a very short ways (less than .2 miles). Markings will direct you to Flash of Gold where you will turn LEFT. Billy's Rabbit Hole will be about 5.8 miles from Dry Lake. Make sure you check in at Billy's Rabbit Hole. Enjoy the thin air. After approximately 4.2 miles you will reach the Summit Lake Aid Station. You can have a drop bag here. No crew access. Absolutely no crew vehicles or crew aid on Buffalo Pass Road! There is a 2 pm cutoff.



2022 RUN RABBIT RUN RUNNER'S MANUAL

SECTION 11 — SUMMIT TO LONG LAKE - APPROXIMATELY 8.2 MILES.

From the Summit Lake Aid Station head east until the junction with the Wyoming Trail (FS Trail 1101), also known as the Continental Divide National Scenic Trail. **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. Go south on the Wyoming Trail. Stay on the rolling trail, passing through high elevation forests and meadows, much of at two miles elevation. You will, after about 5 or so miles, hit elevation 10,557, the nominal high point of the course. Keep breathing. Keep moving. No one has ever finished a one-hundred miler standing still, or, worse yet, lying on the side of the trail. 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). Turn right (west) on to Fish Creek Falls Trail, (FS Trail 1102). Go another 1.7 miles or so to the Long Lake Aid Station. The cutoff here is 5:30 pm.

SECTION 12 — LONG LAKE TO MT. WERNER - APPROXIMATELY 6.8 MILES.

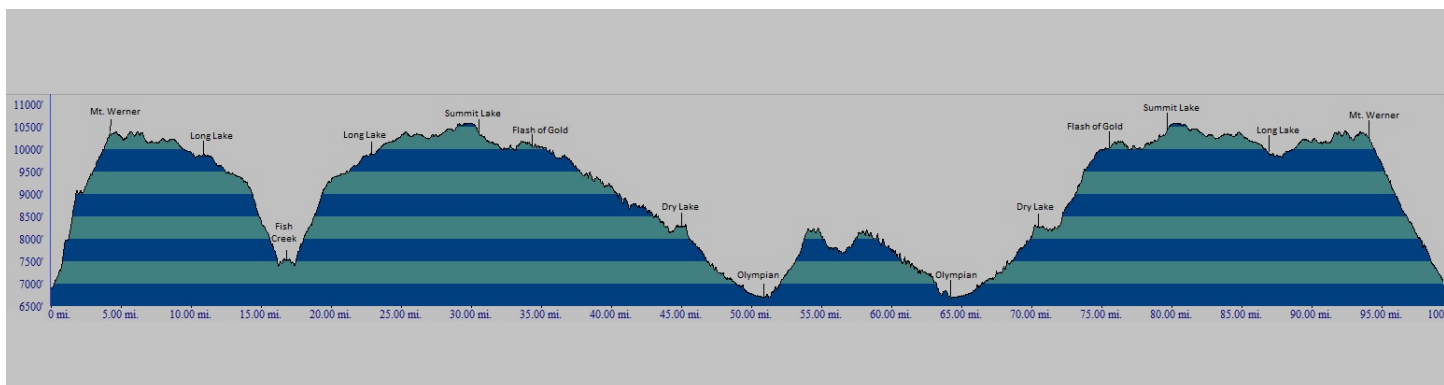
Drag yourself out of the aid station, continue on, veering left when you reach the junction with the Mountain View Trail (FS Trail 1032) and that beautiful Mountain View single track. You may see some of our Run Rabbit Run 50 mile bunnies out there and we're sure they'll cheer you on. Kind of forgot about that little climb up to the Mt. Werner Aid Station? Fuhgetaboutit! You're tough! You're a ONE HUNDRED MILER, and once you get to Mount Werner Aid Station, it's all downhill from there! There is a 7pm cutoff.

SECTION 13 — MT. WERNER TO FINISH - APPROXIMATELY 6 MILES.

This is it! You're almost done! It's about 6 downhill miles to the finish, the same route as the Run Rabbit Run 50, to right down in front of Slopeside. Down Storm Peak Challenge, past Four Points Lodge, to the Why Not Road, to some single track and then (what? - you're going to make us cross that little stream?) to the finish. And to beer and food. And remember: The clock doesn't stop until the Designated Hugger gives you the hug! Okay. COVID. We'll take an elbow bump.

Got it? Congratulations. You've done an amazing thing. About 4 miles paved, about 80 miles of trails and the rest rough jeep roads. Figure about 101.8 miles, 20,391 ft. ascent and 20,391 ft. descent.

We're not exactly pulling a rabbit out of a hat, but we won't pretend we can estimate any better than that.





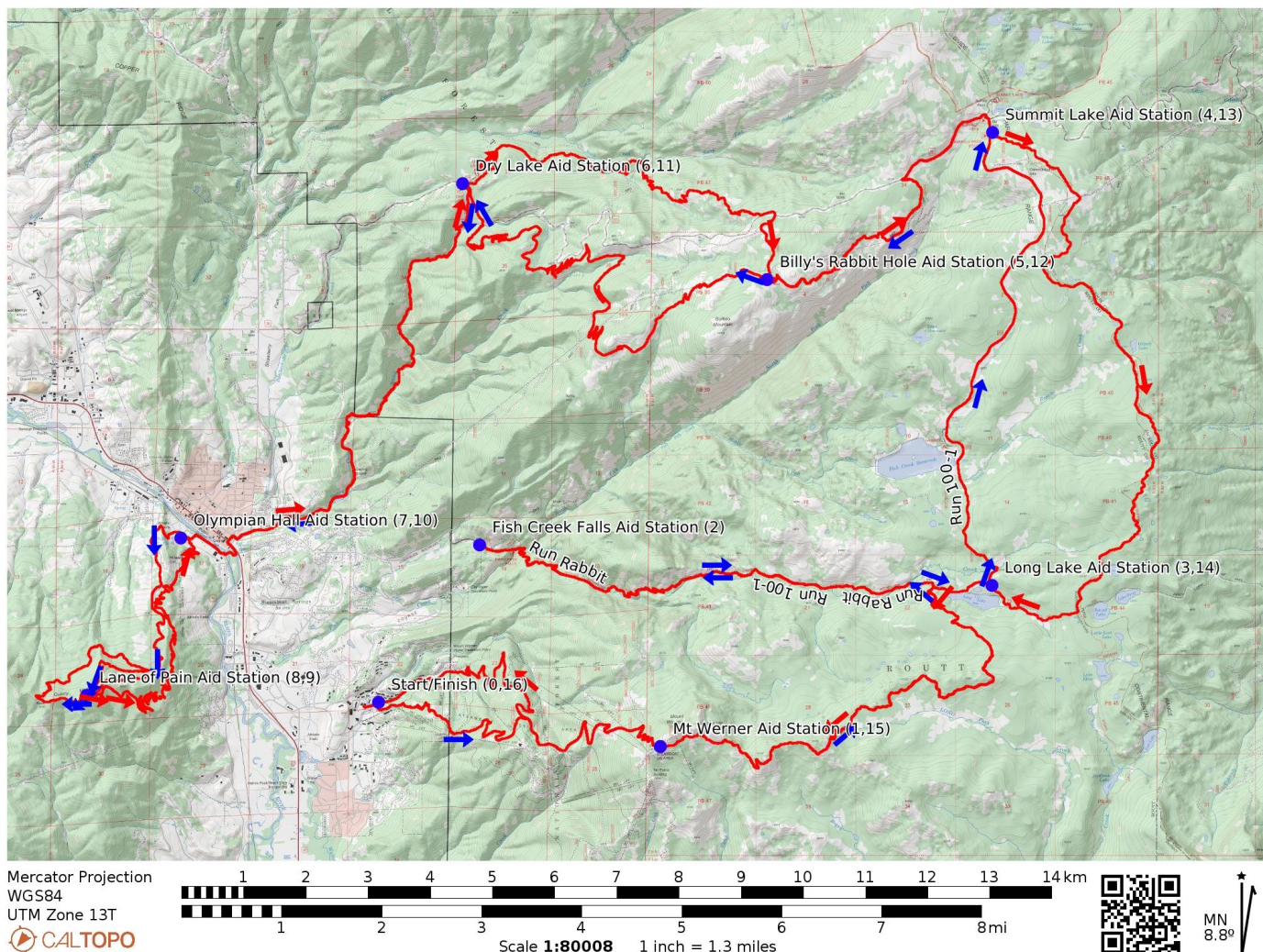
2022 RUN RABBIT RUN RUNNER'S MANUAL

Aid Station	Miles	Total Miles	Elevation	Drop Bag	Crew/Pacer	Lead Male Hare 18:00 hour pace	Lead Female Hare 21:00 hour Pace	Tortoise 24 hour pace	Tortoise 30 hour pace	Tortoise 36 hour pace	Absolute Cut off
1.Start	0	0	6886	Yes	Yes/No	Noon	Noon	8:00am	8:00am	8:00am	-
2. Mount Werner	5.4	5.4	10372	No	No/No	1:00pm	1:10pm	9:15am	9:30 am	9:45am	2:30pm
3. Fish Creek Falls TH**	12.3	17.7	6952	No	Yes/No	2:30pm	3:15pm	11:30am	12:15pm	11:45pm	5:00pm
4. Long Lake	6.6	24.3	9850	No	No/No	4:15pm	5:00pm	1:30pm	2:45pm	4:45pm	
5. Summit Lake (via Continental Divide)	5.8	30.1	10316	Yes	No/No	5:30pm	6:30pm	3:15pm	5:00pm	7:30pm	
6. Billy's Rabbit Hole*	4.2	34.3	10040	No	No/No						
7. Dry Lake (via Flash of Gold)***	10.2	44.5	8272	No	Yes/Yes	7:30pm	8:45pm	5:45pm	8:15pm	11:30pm	
8. Olympian Hall	6.7	51.2	6669	Yes	Yes/Yes	8:30pm	9:45pm	7:00pm	9:45pm	1:30am	2:00am
9. Lane of Pain*	3.2	54.4	8180	No	No/No						
10. Lane of Pain*	3.7	58.1	8180	No	No/No						
11. Olympian Hall	5.8	63.9	6669	Yes	Yes/Yes	10:45pm	12:15am	10:15pm	1:45am	5:15am	7:00am
12. Dry Lake (via Spring Creek)***	6.9	70.8	8272	No	Yes/Yes	12:15am	2:15am	12:15am	4:00am	8:15am	10:00am
13. Billy's Rabbit Hole*	5.8	76.6	10040	No	No/No						
14. Summit Lake (via Grouse Trail)	4.2	80.8	10316	Yes	No/No	2:30am	4:45am	3:00am	7:45am	12:45pm	2:00pm
15. Long Lake (via Wyoming Trail)	8.2	89.0	9850	No	No/No	4:00am	6:30am	5:00am	10:15am	3:45pm	5:30pm
16. Mount Werner	6.8	95.8	10372	No	No/No	5:15am	8:15am	7:00am	12:45pm	6:30pm	7:00pm
Finish	6.0	101.8	6886	Yes	Yes	6:00am	9:00am	8:00am	2:00pm	8:00pm	6:00pm (Hares) 8:00pm (Tortoises)

* May only be minimal aid. NO CREW ACCESS; NO VEHICLES ON BUFFALO PASS ROAD!

** NO CREW PARKING OR ACCESS BY VEHICLE, NO CREW VEHICLES ON FISH CREEK FALLS ROAD; CREW ACCESS ONLY VIA FOOT OR BICYCLE (4 MILES FROM OLYMPIAN HALL).

*** NO CREW PARKING; CREW SHOULD DROP OFF/PICK UP PACERS OR CREW AND CARPOOL; CREW MAY NOT DRIVE ON BUFFALO PASS ROAD ABOVE DRY LAKE.



4. The Weather

The average high on September 16 is 72 with a low of 42. That is in town – temperatures will be quite a bit cooler higher up. The moon will be 65% last quarter full. Civil morning twilight is at 6:22 am with sunrise at 6:48 am. Sunset is at 7:16 pm with civil twilight ending at 7:42 pm.

But listen up – 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. 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. Have warm clothes! Carry them with you!



2022 RUN RABBIT RUN RUNNER'S MANUAL

5. 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 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 -Medical

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.

We expect you to be prepared to address any personal medical issues you may have – whether allergies, or asthma, or any other medical issues. Let us know about them at check in and carry what you need with you. While we will have trained medical personnel at most, if not all, aid stations (nurses, EMTs, doctors or basic first aid) the truth is if you encounter a serious difficulty in a remote part of the course, medi-vac may be the only option. This is a difficult run at high elevation and we expect you to be prepared, well-trained, careful, and self-sufficient. Thus, keep track of hydration and electrolytes and pay attention to your body. Again, if you suffer some injury, please stay on the course.

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 in this manual 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! So please, if you miss a cutoff, your race is over. Don't insist on continuing.

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, Directions to Olympian Hall:

Olympian Hall serves as our race headquarters and is where the race check-in, pre-race briefings, awards ceremony and drop bag drops off are, all to be held outdoors (so please bring a chair or a blanket). It is also an aid station. Directions are as follows:

It is about a 15 minute drive from the ski basin to Olympian Hall. Drive west down Lincoln, the main street through 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.



2022 RUN RABBIT RUN RUNNER'S MANUAL

9.1 Thursday, September 15, 2022

3:00 pm - 6:00 pm. 100 mile race check-in (Olympian Hall, no race day check-in)
3:00 pm - 6:00 pm. 100 mile race drop bag drop off (Olympian Hall)
6:00 pm - 7:00 pm. 100 mile pre-race briefing (Olympian Hall). Held outside. Please bring a chair or blanket

9.2. Friday, September 16, 2022

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 (Olympian Hall)
4:00 pm - 6:00 pm. 50 mile drop bag drop off (Olympian Hall)
6:00 pm - 7:00 pm. 50 mile pre-race briefing (Olympian Hall)

9.3. Saturday, September 17, 2022

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 - Our great beer/food party at finish (free to runners; \$20 others). Please bring a chair or blankets.
6:00 pm - Race cutoff, Hares.
8:00pm - Race cutoff, all Tortoises.
9:00 pm - Race cutoff, all 50 milers. Race ends.

9.4. Sunday, September 18, 2022

7:00 am - Noon. Last chance to pick up drop bags, Olympian Hall.
10:30 AM - Awards Ceremony - 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. 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, 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 Mount Werner Aid Station to Fish Creek Falls Aid Station. 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



2022 RUN RABBIT RUN RUNNER'S MANUAL

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. That said, while pacers and crews have become commonplace at most 100 milers you do NOT need a crew or a pacer to finish this event. Our aid stations are well stocked and are more than sufficient to allow you to complete the course without a crew. Note 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 take aid may be disqualified. Again, 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 crews 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 two drop bags. We will transport them to Olympian Hall, and Summit Lake. You will be able to access them four 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 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 one extra pair of shoes in your drop bags, if that. Most runners do not change shoes.

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.

Bags will be picked up on Thursday and Friday (for the 50) after the runners' briefing and we will transport them to the aid stations. The drop bag drop off is at Olympian Hall. 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 Olympian Hall, and Summit. Runners can access them four 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



2022 RUN RABBIT RUN RUNNER'S MANUAL

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 everyone 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 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 may not be running, you may 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
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 the gondola), though they pass through Dumont twice.

16.1. The Start/Finish. Taking the Gondola.

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. Otherwise there is ample parking in the Gondola Square covered parking



2022 RUN RABBIT RUN RUNNER'S MANUAL

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.

For 100 mile crews and spectators - depending on construction we will try to have the gondola running so that you can greet your runner at the top of Heavenly Daze, take a picture, and hand them a water bottle or a Honey Stinger bar. Tickets will be available for purchase and are generally valid all weekend. We'll let you know about this via email, and at the pre-race briefing.

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 try and 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. **IF YOUR CREW ATTEMPTS TO DRIVE TO THIS AID STATION YOU RISK DISQUALIFICATION!** Please have them 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!** Please obey all instructions from Russ and his crew.

16.3. Olympian Hall Aid Station

It is a 15 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. 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.



2022 RUN RABBIT RUN RUNNER'S MANUAL

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 near-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. But please do not call us or contact us asking about the location of your runner. We know no more than you. Runners, please tell your family and friends NOT to call us asking about you.

18. Assignment of Bib Numbers.

Our race will be closed to all entries and changes on Sunday, September 4, 2022 and bib numbers will be assigned thereafter. Bibs will vary as to color and number depending on the distance. They will contain chips, and there will be timing mats at the start and finish.

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. SORRY. NO EXCEPTIONS! If you are unable to pick up your drop bags, please arrange with another runner or crew member to pick them up for you or otherwise make arrangements. If you forget to pick up your drop bag or to have someone to do it for you we will too.** 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, especially Hares. 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 you 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.



2022 RUN RABBIT RUN **RUNNER'S MANUAL**

21. Sponsors.

Without the support of our sponsors we couldn't do this. Please give them your business.

La Sportiva
UltrAspire
HoneyStinger
Smartwool
Tailwind Nutrition
The Ptarmigan Inn
Ice Spike
Storm Peak Brewing

22. 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!