

## Run Rabbit Run Race Instructions, Updated September 11, 2009

*"Every day is a beautiful day"* – Elwood P. Dodd

### **Welcome to Our Little Event:**

Well, little bunnies, yes, race day is just a few days away and so here are your latest instructions. We'll update them if we need to at the briefing. There's information concerning drop bags, and also concerning our brand new Early Start. Please read below.

Big news is that we've changed the second half of the course, making it way, way better and prettier with more single track (but, alas, not any easier). We're going right to da Wabbit Ears! Look at our maps elsewhere on the website for where you're going and the elevation profile.

The other news is that our race now finishes in conjunction with the Steamboat Oktober West! So, while you're out there enjoying your little jaunt through the mountains, friends and family, if you still have any after all the training you've done, can enjoy music and a cold brew, or two, while they wait for you to hop across the finish. And then they can join us all at the Bear.

### **First, a Few Words of Thanks...**

Harvey convinced Coopersmith's Brew Pub of Fort Collins to so generously contribute beer (!!) to our post-race festivities. Those of you familiar with Coops know they make some of the finest beer in America. So next time in the Fort, stop by, and give thanks, and drink beer. Which leads me to ...yeah, I know, you've heard this before but now you're going to hear it again. It is impossible to do this without help from sponsors. So listen up, little bunny rabbits, and support (and thank) the sponsors: The Steamboat Chamber Resort Association, Smartwool, ResortQuest (and here is their well-deserved plug: *book your Steamboat lodging with ResortQuest, and hop just a few yards to the start and finish and just minutes drive from downtown Steamboat Springs. Stay at the fantastic Torian Plum or Snow Flower Condominiums. Mention "Rabbit" and receive a 20% discount for your two night or 30% for a 3+ night stay at Steamboat. Call the "Rabbit" Run Hotline at:(866) 787-5073*), Succeed, Black Diamond, Ultra Running Magazine,, Steamboat Ski and Resort Corporation, Fort Collins Runner's Roost, ACE at the Curve Hardware, Coopersmith's Pub and those great folks at the Steamboat Running Series. And of course thank all the volunteers.

### **Directions to The Bear; Pre Race Dinner; Briefing and Packet Pick-Up:**

The packet pick up will be Friday, September 18, from 3 to 5 pm, followed by a mandatory pre-race briefing at 5 pm all at the Bear River at the base of the ski basin. Betsy and I will try not to be too verbose but we will issue you the usual warnings about the weather, checking in and out of the aid stations, following the course markings, and absolutely not littering, and of course, there will be a drawing for some awfully decent gifts. But all rabbits have to be there to hear it in person to win them and get your race

packet. Based on popular demand, or lack thereof, there will be no pre-race dinner. There are many restaurants to suit all budgets located within walking distance of the Bear, as well as in downtown Steamboat Springs, a few minutes drive away.

To get to the Bear, drive up Werner Road to the ski basin, towards Gondola Square. If you've parked at the (free) Gondola Square Parking Garage (opposite the Sheraton), follow the signs to Gondola Square. Look for the gondola and then look left. The Bear is right opposite the gondola. If you're staying at the Torian, well, the Bear is a short walk down the path to the gondola.

**Note: DROP BAGS MUST BE LEFT AT THE RACE BRIEFING AT THE BEAR ON FRIDAY!** Little rabbits, we put this in bright bold for a reason. With our new start at the Bear, we need your drop bags by Friday. You can still leave bags for your finish, though, on Saturday at the start.

**Start:**

The race will start right in front of the Bear at 6 am. If you've run our race before, you know this is a change; the Bear is where we finished last year and where we're starting and finishing this year – a hundred yards or so from where we started before. That way you can leave your bags at the finish. All rabbits must check in by 5:45 am. We will try to have coffee, as well as water and Succeed, and maybe a bagel, but please fill your water bottles before you get to the start. We can't carry enough to let everyone fill. There will be bathrooms available. The ski area at the start is still be undergoing construction and we apologize for that, but you'll forget all about it once you start climbing the course and enjoying the view.

**Early Start:**

Ok, ok.. Harvey says it's just downright un-bunny to have strict enforcement of cutoffs (which we gotta do) if we don't allow a few tortoises the chance to start early and still get to finish. So we will allow those who think they need an extra hour to start at 5:00 am. Quite a few of you have already emailed us (thank you) to let us know you're going to do it. If you're going for the early start, just let us know at the Friday check-in. And remember:

1. You understand that Mt. Werner and maybe Long Lake aid stations may not be there when you get there. There might not be coffee and bagels at the start either, but heck, there probably will. But Harvey will be there to send you off.
2. You give us any drop bags the day before, at the race briefing. And you promise to remember a flashlight. It will be dark. For over an hour. And we don't use glow sticks.
3. Unless you are over 60, you don't get the chance for any awards or age records. If you're over 60, like Harvey, you get 16 hours for an official finish IF, and only if, you start early.
4. You really don't think you can do this in 15 hours.
5. You appear at the start, race day, at the Bear, no later than 4:45 am for your final check in.

**Parking:**

There is very limited free two hour parking right near the start for those with family or friends dropping them off for the race. There is also free all day public parking at the Knoll parking lot maybe ¼ mile away and there is free parking across from the Grand, right near the finish. The Sheraton and the Grand, very close to the start, have all day parking for \$10 per day and there should be some free (but not overnight) parking across from the Sheraton as well. Those staying at our sponsor the Torian will have free parking in the Torian garage.

**Flashlights:**

The race will start in the dark so you will need a flashlight or headlamp, at least for a little while. If you're doing the early start it will be dark for over an hour. Please put your race number on your light so you can leave it at Mt. Werner aid station (approximately mile 6.2) or at Long Lake. You can pick it up for the hop down the mountain in the dark, or we will return it to the finish. If you have been really enjoying the views or spending a lot of time munching on the wildflowers so your pace has been more leisurely, you also might want to leave a flashlight in your drop bag at the Long Lake aid station, about 13 miles from the finish.

**Aid Stations and Drop Bags; Directions to Old Rabbit Ears Pass:**

This is an out and back course. Our new improved course goes up Mount Werner like before, and then goes right to Rabbit Ears before turning around. It doesn't get any prettier than that. There will be aid stations at Mt. Werner (mile 6.2 and 43.8), Long Lake (approx. mile 13 and 37), Base Camp (approx. mile 18 and 32), and Old Rabbit Ears Pass (miles 22 and 28). Depending on the weather, we will either have a volunteer who has obviously lost his marbles to check you in or a punch card at the turnaround at Rabbit Ears (mile 25). Drop bags will be permitted at Old Rabbit Ears Pass and Long Lake. We will try to get the drop bags returned to the Bear as quickly as we can, but they'll have to be picked up by Sunday at 10:00 am. If not, it goes to charity. Or the circular file.

Please note again: **DROP BAGS MUST BE LEFT AT THE RACE BRIEFING AT THE BEAR ON FRIDAY!**

Only the aid station at Old Rabbit Ears Pass (miles 22 and 28, which we also call "Dumont") will have crew or spectator access. To get there, take Highway 40 east from Steamboat up Rabbit Ears Pass. Before reaching the East Summit you will see a sign on your left for the Dumont Campground. Turn left. Follow this paved road past the turnoff for the campground. You will see a large rock monument on your left (about a mile from HWY 40). Turn left. That's where the aid station will be. We hope.

Bunnies, don't get wildly exuberant or depressed when you get into an aid station by the miles we've listed; they are only approximations, done to make ourselves feel there's a level of precision when we really know there isn't. Heck, Betsy is saying the course is still probably a bit *longer* than 50 miles!

All aid stations will be stocked with at least Succeed and water, some form of energy bar, a cola and a non-cola beverage, peanut butter and jelly sandwiches, ham and cheese

wraps or sandwiches, potato chips, cookies, some fruit and carrots. If there are other items runners really want, let us know and if there's enough demand, we'll put it there. We won't put anything there though that might cause a litter problem – like Gu packets. Aid stations will be manned by friendly, smiling volunteers, who will grin and hopefully do whatever they can to help you finish, but beware – those grins may be those that people reserve when they think they are dealing with the seriously deranged. Smile back, say thank you and be kind. They are volunteers.

You all probably know this, but we'll say it again: Our insurance makes us promise that before we can shut down an aid station, every single last bunny rabbit be accounted for. Please, please, please check in at every aid station, and in the very unlikely event you can't finish and are forced to quit, make absolutely sure someone at an aid station knows about it.

### **The Course:**

We will try to have all runners issued Colorado rescue hiking permits. Betsy promises that the course will be well marked with nice colored ribbons so no one should get lost. If you fall and hurt yourself please stay where you are and don't try to short cut your way back. We will have sweeps to make sure that all runners are accounted for. **WARNING:** The course is not closed so others may be using it, such as hikers and mountain bikers. Please be courteous. It is also hunting season in Colorado so while we welcome and encourage (really encourage) bright colors and clever costumes, dressing up as an elk may not be the brightest of ideas. And please, no walking or hiking poles. We don't like them on an out and back course, especially on single track.

### **Pacers:**

Nope. It's only 50 miles – ok, a little more. And besides, access would be too difficult.

### **Cut Off Times:**

The time limit for the race is 15 hours (which is 9 pm), unless you're 60 or over and take the early start, in which case it's 16 hours (still 9 pm) and we will also have absolute cutoffs at several of the aid stations, as listed below. Those who've run our race before know that we've done all we can to allow runners to finish, but making our volunteers stay out too late and miss the post-race fun and festivities is unfair to them and we ask that you consider that. So please don't argue if we tell you your race is over. Come back next year and show us how wrong we were.

#### **Cut Off Times:**

Old Rabbit Ears, Return, Mile 28.2	2:30 pm
Base Camp, Return, Mile 32.3	4:00 pm
Long Lake, Return, Mile 37.2	5:30 pm
Mount Werner, Return, Mile 43.8	7:30 pm

### **Finish:**

The finish is at the Bear River, right where you started, with none of you hopefully worse for the wear. As we've done the past two years, we'll have a DH (Designated Hugger) at

the finish to give you a hug and point you on your way to the party. We will have a little party at the Bear, with plenty of free beer and pizza for all runners and volunteers. Family and friends and your personal mental health professionals should also certainly come to watch you finish and to join in the post-race festivities, but since this is a charity event (see below), they should bring money. You can get tickets Friday at the briefing for this, or buy them at the race. There will be a nominal fee for the pizza and beer for them, \$13, which for pizza and terrific beer is a darn good deal. We'll have our awards ceremony there too, at 7 o'clock pm, starting with a moment of silence for those who will still be on the course in the dark, out there with the lions and tigers and bears. Oh my.

### **Awards:**

Besides the finishers' commemoratives, all finishers will receive a beautiful Smartwool shirt, which probably retails for more than the entry price of the race. Over all women and men winners will also receive a nice award, and the first three female and male rabbits to cross the finish line will also receive a nice award too, as will the first female and male master bunnies. Betsy and I are old, and since it's our race, we think that masters means over the age of 45. A few others, whose race performance for one reason or another we deem worthy of an award, might also get whatever nice award we come up with. You all know that sometimes it's better to be a tortoise than a hare. Only one award per runner, though.

### **Charitable Contributions:**

Little bunnies, we don't make any money for ourselves on this race; we're just all volunteers and every penny in excess of expenses goes to charity, so think about that before you complain about something. This year like last year our targeted charities are the Partners of Routt County and the Steve Maloney Memorial Fund.

Partners of Routt County is a mentoring organization whose mission is to make a positive difference in the lives of the young people in need by creating partnerships with adults (Senior Partners") so that kids ("Junior Partners") will be empowered to live healthy, productive lives. Partners of Routt County sponsors a One-to-One Youth Mentoring Program, serving kids in need, ages 7-17 years old, who are referred by agencies such as the school system, social services, mental health, or juvenile diversion. Partners also sponsors school based mentoring to at-risk students who counseled regarding academics, social issues, and personal choices in regard to health, alcohol, drugs and delinquency..

Steve Maloney was a passionate runner, a marathoner and ultra marathoner, a dedicated volunteer to our sport who brightened the lives of all who knew him. He served as the Steamboat Springs Marathon course director from 1983-2007, usually firing off the starting gun and then beginning the race himself. He died April 4, 2008 of non-Hodgkin's lymphoma at the age of 61, likely the result of exposure to chemicals during his service in Vietnam. The Steve Maloney Memorial Fund raises scholarship money for deserving and talented young student/athletes. We dedicated our race to him last year, and we'll dedicate it to him again.

### **Miscellaneous:**

The weather may be unpredictable, with rain or snow not out of the question: please plan ahead. Please be nice to all the volunteers, and if you see Harvey out there, please say hi and give him a big hug: it's lonely being a pooka. Please be nice to the environment. Please be nice to each other. And please have fun.