



## 2010 Estes Park Marathon – RACE INFORMATION

*Hallett's Peak Sponsors, \$1,500+ monetary contribution or product:*

Boulder Running Company, Pearl Street, Boulder 303-786-9255,

[www.boulderrunningcompany.com/boulder/](http://www.boulderrunningcompany.com/boulder/)

Coda Coffee Company, [www.codacoffee.com](http://www.codacoffee.com)

Estes Park Medical Center, 555 Prospect Ave, 970-586-0335, [www.epmedcenter.com](http://www.epmedcenter.com)

Family Medical Center, [www.epmedcenter.com](http://www.epmedcenter.com)

Powerbar, 1-800-58-POWER, [www.powerbar.com](http://www.powerbar.com)

*Home Stretch Sponsors: \$500+ monetary contribution or product*

Active at Altitude, 114 Timber Ln, 970-586-4432, [www.activeataltitude.com](http://www.activeataltitude.com)

Bold Running, [http://www.bolderboulder.com/Start\\_Training/BOLDRUNNING.htm](http://www.bolderboulder.com/Start_Training/BOLDRUNNING.htm), 303-444-7223  
Extension 11

Cheley Colorado Camps, 3960 Fish Creek Rd, 970-586-4244, [www.cheley.com](http://www.cheley.com)

Country Super Market, 900 Moraine Ave, 970-586-2702

Crystal Pines Water, 970-586-2089

EnterChange Consulting, [www.eneterchangeconsulting.com](http://www.eneterchangeconsulting.com), 970-214-4128

Estes Park Aerial Tramway, 420 E Riverside Dr, 970-586-3675, [www.esteemtram.com](http://www.esteemtram.com)

Insurance Associates of Estes, 363 E Elkhorn Ave, 970-586-4407, [www.insurance-associates.com](http://www.insurance-associates.com)

Newton Running, 1919 14th Street, Suite 100, Boulder, CO 80302 877-860-7695,

[www.newtonrunning.com/index.php](http://www.newtonrunning.com/index.php)

The Egg and I, 393 E Elkhorn Ave, 970-586-1173

Pinnacol Assurance – [www.pinnacol.com](http://www.pinnacol.com)

Poppy's Restaurant, 342 E Elkhorn Ave, 970-586-8282, <http://poppypizzaandgrill.com/>

RoadID, 800-345-6336, <http://www.roadid.com/Common/default.aspx>

Town of Estes Park, 970-586-5331, [www.estes.org](http://www.estes.org)

Tulum's, 401 West Elkhorn Avenue, Estes Park, 970- 577-0032

Waste Management, 970-586-5740, [www.wm.com](http://www.wm.com)

YMCA of the Rockies, 2515 Tunnel Road, 970-586-5700, [www.ymcarockies.org/](http://www.ymcarockies.org/)

Zeal Optics, 4843 Pearl Street 1A, Boulder, 303-449-9325, <http://www.zealoptics.com/index2.php>

*Supporting Sponsors: \$200+ monetary contribution or product*

Boulder Valley Credit Union, 453 E Wonderview Ave, 970-577-0750

Dunraven Inn, 970-586-6409, <http://www.dunraveninn.com/index.html>

Estes Park Aquatic Center, 660 Community Drive, 970-586-2340,

[www.estesvalleyrecreation.com/aquatic.html](http://www.estesvalleyrecreation.com/aquatic.html)

Estes Park Brewery, 470 Prospect Village Dr, 970-586-5421, [www.epbrewery.net](http://www.epbrewery.net)

Estes Park Convention & Visitors Bureau, Hwy 34 at Hwy 36, 970-577-9900,

[www.estesparkcvb.com](http://www.estesparkcvb.com)

Estes Park News, 970-586-5800, [www.estesparknews.com](http://www.estesparknews.com)

Fleet Feet Boulder, 2624 Broadway, Boulder, 303-939-8000, [www.fleetfeetboulder.com](http://www.fleetfeetboulder.com)

First National Bank of Estes Park, 255 Park Ln, 970-586-577-1234

Fun City, 455 Prospect Village Drive, 970-586-2828, [www.funcityofestes.com/](http://www.funcityofestes.com/)

MedX of Estes, 158 1<sup>st</sup> St., 970-577-0174  
Nature Association, 48 Alpine Circle, 970-586-0108  
Reel Mountain Theater, Stanley Village, 970-586-4227  
Running of the Bulls, <http://www.partnersmentoringyouth.org/Special-Events/Running-of-the-Bulls.html>  
Subway, Elkhorn Avenue, 970-586-5023

*Contributors:*

Ace Hardware, 970-586-8656  
Apex Roofing, 970-586-6695  
Bank of Colorado 533 Big Thompson Ave. 970-586-8185  
Brad Doggett  
Eagle Rock School, 970-586-0600, [www.eaglerockschool.org](http://www.eaglerockschool.org)  
Ecomshare, [www.ecomshare.com](http://www.ecomshare.com)  
Estes Park Lumber, 400 S. St. Vrain Ave, 586-4434  
Estes Park Mountain Shop, 2050 Hwy 34, 970-586-6548, [www.estesparkmountainshop.com](http://www.estesparkmountainshop.com)  
Estes Print Works, 401 E Elkhorn Ave, 970-586-0526  
**Hayley's Homemade Mountain Ice Cream, Elkhorn Ave at Moraine Ave**  
Hunters Chop House, 1690 Big Thompson Avenue, 970-586-6962  
Ice of Estes Park, 970-586-3174  
Nature's Own, 125 E Elkhorn Avenue, 970-577-0277  
On the River Massage and Healing Arts, 356 E Elkhorn Avenue, 970-577-7455,  
[www.ontherivermassage.com](http://www.ontherivermassage.com)  
Rambo's Longhorn Liquor, 1640 Big Thompson Ave., 970-586-8583  
Riverspointe Spa, 121 Wiest Drive, 970-577-6841, [www.riverspointespa.com/index.htm](http://www.riverspointespa.com/index.htm)  
Rocky Mountain Chocolate Factory, Lower Stanley Village  
Rocky Mountain Connection, 141 E Elkhorn Ave, 970-586-3361  
Shakes Alive, Lower Stanley Village, 970-577-7007  
Thomas Beck Architects, <http://www.twbeckarchitects.com/>  
Westover Construction, 970-586-9342  
Estes Park R-3 School District  
Estes Valley Recreation and Park District, 970-586-8191  
Linda Adam-Hall & Gary Hall, [www.garyhall.org](http://www.garyhall.org) / [www.adamhallways.com](http://www.adamhallways.com)  
Salud Family Health Center, 600 S St Vrain Ave, 970-586-9230  
UPS store, Lower Stanley Village, xxxxxx  
Vacationland Magazine, 970-577-7054, [www.estesparkvacationland.com](http://www.estesparkvacationland.com)  
Van Horn Engineering & Surveying, 1043 Fish Creek Rd, 970-586-9388

Please support our sponsors and thank them for their backing.

RACE INFO

Parking

Please park in a designated parking space in any school parking lot or in the lot by the Estes Valley Youth Center and baseball fields. Please do not park on the side of any road or driveway because it will cause problems on the racecourse.

Start Times & Locations

Marathon - 7:00am - Estes Park Aquatic Center parking lot (north side of lot)  
Half Marathon - 7:00am - Estes Park High School parking lot (south side near the fire hydrant)  
10K - 7:45am - Estes Park High School parking lot (east side of the traffic island)  
5K - 9:00am - Estes Park High School parking lot (south side near the fire hydrant)  
THE MARATHON COURSE CLOSSES AT 2:00PM. There is a 3½ hour cut off at MM 14. For your safety, if your time is over 3½ hours at MM 14 you will be directed back to the start/finish area.

High Altitude: Change in performance – add 30-40 seconds per mile to your pace compared to sea level.

High Altitude Warnings: Prepare by drinking lots of fluids. It is wise to avoid caffeine and alcohol in the build up to race day. Signs of altitude sickness are shortness of breath, increased heart rate, headache, nausea and feeling unusually tired. Avoid these signs by drinking lots of fluids and take it easy pre and post race. Include taking small amounts of fluids at aid stations.

Dry Climate – You are in an extremely dry climate. You may not feel yourself sweat but you are losing a lot more fluids than you think. Please remember to drink lots of fluids but don't force yourself to drink too much. Signs of dehydration include thirst, less-frequent urination, fatigue, light-headedness, confusion, irregular heartbeat, increased heart rate and increased respiration.

Sun Block – Due to EP's elevation the sun's intensity is greatly increased compared to lower elevations so we highly recommend sun block, sunglasses and a hat. There will be sunscreen available at the start and finish areas.

Aid Station Locations – Remember to hydrate at every aid station

Crystal Pines Water is available at every aid station.

MM-2 Van Horn Engineering - Gatorade, Water, Fruit = oranges and bananas

MM-5.3 Cheley Colorado Camps - Gatorade, Water, Fruit

MM-7 Otters - Gatorade, Water, Fruit, Public outhouse (rustic toilet)

MM-9 Quota Club - Gatorade, Water, Fruit

MM-11 MedX of Estes - Gatorade, Water, Fruit, Restrooms in Cherokee Draw

MM-13 Circle of Friends Montessori School - (restrooms at marina) Gatorade, Water, Fruit

MM-15 (Half: 2) EPHS Cheerleaders - Gatorade, Water, Fruit, PowerBar Gel (HALF MARATHON JOINS HERE)

MM-17 (4) Salud Family Health Center - Gatorade, Water, Fruit, PowerBar Gel

MM-18 (5) Eagle Rock School - Water only

MM-19 (6) Eagle Rock School - (port-a-johns) Gatorade, Water, Fruit, PowerBar Gel

MM-21 (8) Pam & Stan Becker - Gatorade, Water, Fruit

MM-23 (10) Otters - (port-a-johns) Gatorade, Water, Fruit

MM-25 (12) EPHS X-Country - Gatorade, Water, Fruit

FINISH! - EPHS X-Country - Gatorade, Water, Fruit, PowerBar Performance Bars and Gels

Toilets are in the Estes Park High School Student Center at same location as registration. Food at the Post Race Party!

#### Toilet Locations

Start & Finish areas: EP High School, EP Aquatic Center

MM 3.5 Fish Creek Road

MM 7 Mary's Lake at Peak View – public outhouse (No wheelchair access)

MM 10 public restrooms in the parking lot on Riverside Dr at Elkhorn Ave (wheelchair access)

MM 11 restrooms in Cherokee Draw (east of fire station, wheelchair access)

MM 12.5 Wapiti meadows

MM 13 Lake Estes Marina - restrooms are on the trail (wheelchair access)

MM 14.5 Estes Park Visitor's Center restrooms (wheelchair access)

MM 19 (Half: 6) - 3 port-a-johns

MM 23 (10) - 3 port-a-johns St Bart's Church parking lot

MM 24 (11) Estes Park Visitor's Center restrooms (wheelchair access)

MM 25 (12) restrooms in Cherokee Draw (east of fire station) on the trail (wheelchair access)

FINISH! EP Middle School (wheelchair access) (There are restrooms under the grandstands too.)

#### Medical Team

Medical staff will be located at each of the aid stations along the marathon course and at the finish. All medical team members are first-aid and CPR-certified. They are doctors, paramedics and EMT's.

Please hydrate and take the precautions listed in this packet. Men: We recommend Vaseline or Band-Aids on your nipples and Women: Under your sports bra bottom edge and sides, to prevent chafing and bleeding.

Medical staff can stop you during the race if they identify a serious threat to your health.

#### Weather Warnings

Current weather forecast for Sunday June 13 is for a high of 60 F and sunny with some clouds, with a possibility of an afternoon thunderstorm. Winds should be light to moderate.

Heat – Hydrate! If the heat is causing you to feel overheated please contact a member of the Medical Team.

Cold (rain, sleet & snow. Yes, we can have snow in June.) – If you are feeling chilled and shivering please contact a member of the Medical Team.

Lightning – In case of lightning. Seek shelter inside a grounded structure. If you are caught in a storm without shelter then find a very large area with trees. Get into it. (You don't want to be the tallest thing around or to be standing next to the tallest thing around. Find a space amongst the trees.) If you are with other people, spread out. Remove all metal objects and get them away from you. Squat with your heels together so your feet make a "V", raise your heels off the ground, your toes will be the only things touching the ground.

Hail – Due to our elevation hail rarely gets large. If it is uncomfortable please seek shelter.

Wind – Wind will increase dehydration and the potential for hypothermia.

#### Animals & Wildlife

Please report all animal encounters at the next aid station.

Dogs, Elk and all other wildlife: It is elk calving season so the cows (female elk) are very protective. If a dog, cow, or other wildlife, confronts you: Stop. Face it. Raise your arms high above your head to make you look larger. Yell at it and back away. Do not run.

#### Stay on course

This is the highest paved marathon in the world. Turning onto a dirt road or dirt trail is a wrong turn.

Marathon - Follow the white "EPM arrows" painted on the pavement, Half Marathon - Follow the yellow "EPM arrows" for the first 1+ miles then follow the white EPM arrows to the finish, 10K = yellow, 5K = red.

Please run/walk single file for safety, and consideration of vehicle traffic and the athletes approaching you from behind. Think of it as a run or hike on a mountain trail. You can be disqualified for obstructing traffic if you walk/run 2 or more abreast on the roads.

#### Running in the dirt

You may run in the dirt along the edge of the course. You are not allowed to cut corners. The dirt will not be groomed. Run in the dirt at your own risk.

#### Dogs (pets)

We love our pets too, but pets will not be allowed on the racecourses for safety.

#### Strollers

Due to the vehicle traffic and athlete congestion on the racecourses we do not allow strollers in any of the races.

#### Headphones

We discourage headphones for your safety. If you choose to wear them please keep the volume low so you can hear any warning signs around you.

Danger! Do not swim in Mary's Lake or Lake Estes. These lakes are used to generate electricity. Very large pipes located underwater drain Mary's Lake into Lake Estes. It has already claimed too many lives.

#### Lost & found

Located at the announcer's booth in the stadium.

### POST RACE

Massages – On The River Massage and Riverspointe Spa will provide massages in the infield. This is a great deal at \$1 per minute and part of the proceeds will support the Youth Center.

Photos from the event will be available for purchase after the race at [www.runningmemories.com/](http://www.runningmemories.com/)

#### Awards

The awards table will be located near the finish line at the High School Track and Field. Please check to see if you won something in your age group. Awards will be available at: Marathon 12.00 for early finishers & 1.30 for later finishers, Half Marathon 10.00 am, 10K 9.30 am, 5K 10.30 am

Post Race Party hosted by Coda Coffee, Poppy's Pizza, Tulum's and the Egg and I, is located on the west side of the Estes Park High School Track and Field, behind the stands. The party begins at 9.30 am. Meals can also be purchased at the Wool Market in the fairgrounds near the schools. Admission is free.

Showers are located in the High School, adjacent to the registration and packet pick-up area.

Race results will be posted online within 48 hours of the race. Visit our website at [www.EPmarathon.org](http://www.EPmarathon.org), or from Colorado Race Timing at <http://coloradoracetiming.com/results/2010/>.

Chip Timing This 2010 event will be our first to be chip timed. Please make sure that you step over the timing mats at the start and finish so that Colorado Race Timing can produce an accurate race result for you! Note that chips will be removed just after the finish line – if you keep your chip, you will be charged \$30 – please help us to help you by making sure you have your chip removed!

### FAMILY, FRIENDS & FANS

Recommended viewing locations are the Start/Finish areas around the Estes Park schools and the Estes Park Visitor's Center on Hwy 34 at Hwy 36 (across the street from McDonald's). The athletes will be in this area twice. Please do not drive the course with your athlete. Vehicle traffic on the course increases the possibility of an accident. Law enforcement will be looking for problems. Please don't be one.

Photo Ops – Photo opportunities are located at the Start and Finish lines around the Estes Park schools, Mary's Lake, Dry Gulch Rd & County Rd 61, MacGregor Ranch, The Stanley Hotel and the area around the Lake Estes Marina. (It will cost \$3.00 to park at the Marina, Cherokee Draw & Wapiti Meadows.) Photos from the event will be available for purchase after the race at [www.coloradorunnermag.com](http://www.coloradorunnermag.com).

### ESTES PARK MARATHON COMMITTEE

A special "thank you" goes out to the family of each committee member.

Race Co-Director – BELLE MORRIS

Race Co-Director – TERRY CHIPLIN

Treasurer – STEVE MACFARLAND

Finish Line and Troubleshooter- GARY HALL

Neighborhood Liaison – LINDA ADAM-HALL

International Liaison – ROY POWELL

Race Course Director – ROGER TRUESDALE

Medical Team Coordinator – DEBBIE HOLMES

Director of Awards – JANE TRUESDALE

Post Race Party – BELLE MORRIS

Director of Volunteers – BELLE MORRIS

Mapping – AMY PLUMMER

KIDS FUN RUN! Course Directors – BILL & SHERI

RUTH

Director of Logistics –

EPM Information Center – BARRY LAWSON

A big **thank you** to the Estes Valley Youth Center, and in particular Barry Lawson, for the use of the Center for all our meetings!