

CHASE MOON 12 HOUR

RACE GUIDE 2017



Packet Pick Up

Runners Roost Lone Tree

9994 Commons Street, Suite 230
Lone Tree, Colorado 80124
www.RunnersRoost.com
Thursday, July 6 from 3 p.m. to 7 p.m.



Mountain Vista High School

10585 Mountain Vista Ridge
Highlands Ranch, Colorado 80126
<http://mountainvistaonline.org>
Friday, July 7 from 5:30 p.m. to 7 p.m.



Race packets, including a bib number with timing chip, and a technical race shirt, will be available at Runners Roost-Lone Tree, located off Lincoln Avenue and South Yosemite Street. While packets will be available at the start line at Mountain Vista High School, we strongly recommend picking up your race packets at Runners Roost. You will be required to show a valid photo identification to pick up your packet, and we will allow photocopies or smartphone photos for runners picking up packets for fellow runners.

Technical race shirts have been ordered based on the sizes provided at the time of registration. Unfortunately, we may not be able to accommodate exchanges for different sizes at Runners Roost. Exchanges may be made after the race start.

Start/Finish Time

Start: Friday, July 7 at 7:00 p.m.
Finish: Saturday, July 8 at 7:00 a.m.



Relay Teams

All relay exchanges will be made at the Start/Finish and no exchanges are allowed anywhere else on the course. Teams will be able to set up a "crew area" at the Start/Finish (e.g. tent, chairs, sleeping bags, additional race gear, etc.) Runners may not receive crew support from teammates anywhere else on course other than the Start/Finish. Relay teams do not have to keep to a set "batting order" for their runners and can change position during the race as needed (i.e., if a team member becomes sick, or is too tired to run). Also, relay team members may run subsequent laps without an exchange (i.e., one runner does back-to-back laps). However, all teams will be required to run odd-number laps in a counter-clockwise direction, and even-number laps in a clockwise direction. 3-Person relay teams will run the entire 10.3 mile course. 5-Person relay teams will run an 8.5 mile section of the course on odd-number laps, and a 3.5 mile section of the course on even-number laps. All relay teams must adhere to this format.

Solo Runners

Runners will be able to set up a "crew area" at the Start/Finish (i.e., tent, chairs, sleeping bags, additional race gear, etc.). Runners may not receive crew support from anywhere else on course other than the Start/Finish, and pacers are not allowed. Solo runners may opt to run continuously or take an extended break in between laps.

Runner, Volunteer and Spectator Parking

All runner and spectator parking will be at Mountain Vista High School. There is abundant space so everyone will be able to park within walking distance of the start/finish line.

Race Course

Runners will follow a beautiful, rolling course in the Highlands Ranch Backcountry Wilderness area. The 10.3-mile loop is 98% dirt trails with approximately 1290 feet of elevation gain per lap, minimal technical difficulty, and wide-open and exposed views; perfect for a race at night! The race will begin under a Rocky Mountain sunset, continue throughout the night beneath the illumination of the full moon, and finish as the sun rises again in the east to paint the foothills with alpenglow. Runners will switch directions each lap, ("washing-machine style"), with even-number laps run clockwise and odd-number laps run counterclockwise. The course will be well marked with orange and blue flagging, reflective tape, signs, glow sticks and flour. All runners will also be required to run with a headlamp or other light source during the race.

- Solo runners will run the entire 10.3-mile course, following BOTH orange & blue markings each lap.
- Three-person relay team runners will also run the entire 10.3-mile course, following BOTH orange and blue markings each lap.
- Five-person relay team runners will follow the orange OR blue course markings each lap, depending on the number of lap they are running:
 - Odd-number laps (counter-clockwise), following the ORANGE course markings, 8.5 miles
 - Even-number laps (clockwise), following the BLUE course markings, 3.5 miles
- All runners MUST adhere to these lap directions, and stay on the marked race course. Not adhering to these rules will result in disqualification.

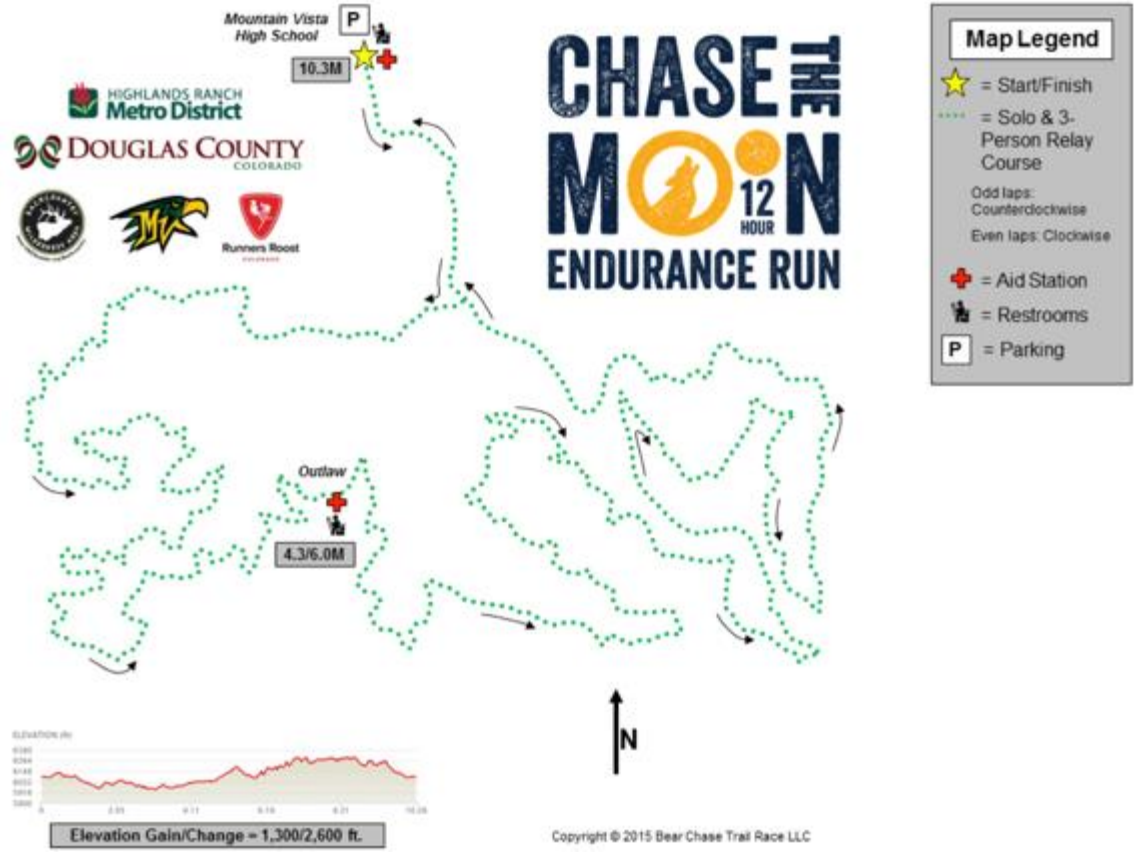
Course Cutoffs

Total mileage for all runners and teams will be calculated by the number of laps they complete during the 12-hour period, and as the race nears 7:00 a.m., several cutoff points will be used. Starting at 5:00 a.m., runners will not be allowed to start another full lap from the Start/Finish, and will be directed to run the 3.5-mile "small" loop of the race course in a clockwise direction, marked by blue flagging. At 5:50 a.m., runners still out on the course will not be allowed to proceed past the Outlaw aid station. Their race will be over and their final race results will reflect their total distance/time to that point, and runners will be directed back to the Start/Finish via the maintenance road (1 mile). At 6:15 a.m., runners will not be allowed to start another "small" loop, and their race will be done. Runners who are still out on the course (either on the "small loop" or past Outlaw), will be allowed to complete their lap, but MUST finish before 7:00 a.m. to receive credit for that completed lap. Runners crossing the Start/Finishing line after 7:00 a.m. will not be credited for the final lap!

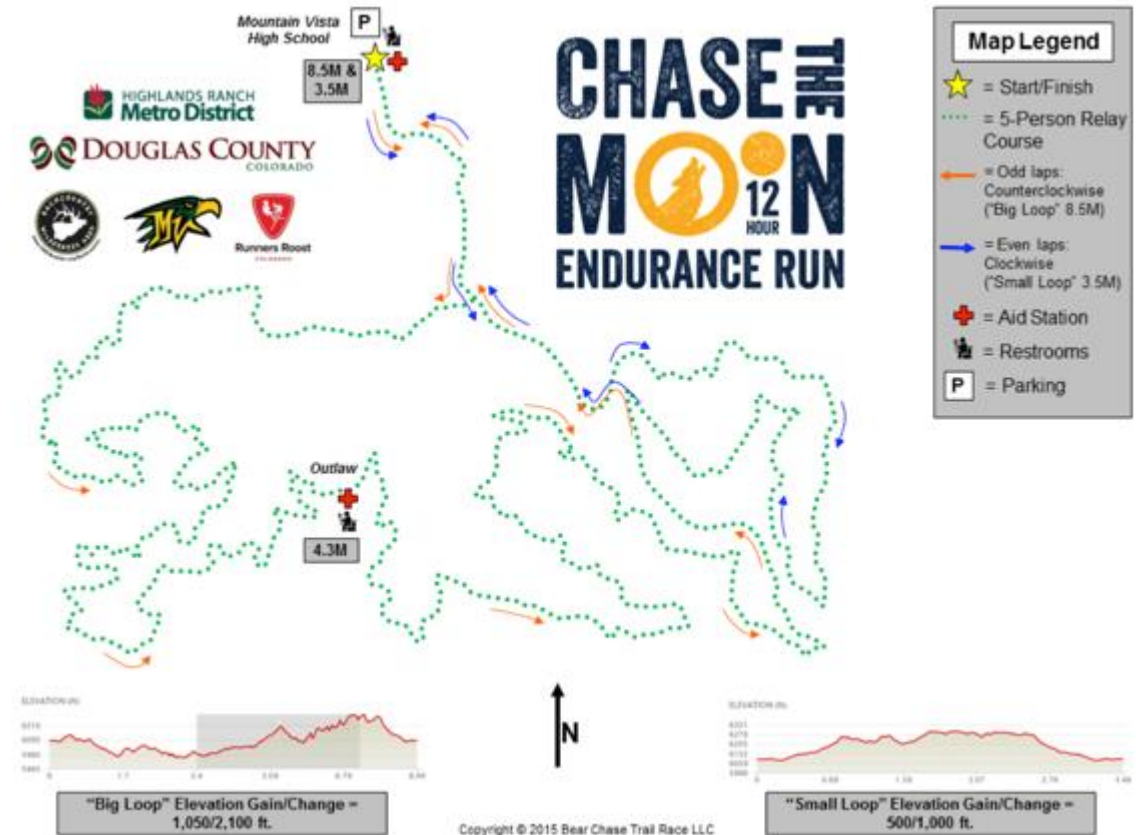
Course Maps

See the next page for course maps or visit the following link: <http://www.chasethemoonrace.com/#race-info>

Solo and 3-Person Relay Teams



5-Person Relay Teams



Volunteers

During the race, be sure to thank the 50+ volunteers who are supporting the run to make your Chase the Moon experience fantastic. If you have friends and family who would be interested in volunteering, please have them sign up at:

<http://www.chasethemoonrace.com/>



Aid Stations

The course will be well-supported with two aid stations set up approximately halfway through the course, and at the Start/Finish. Both aid stations will be stocked with food but the aid station at the Start/Finish will be stocked with a full assortment of pancakes, ramen, etc. Drink options will include water, First Endurance EFS sports/electrolyte drink, soda, and coffee. Food options will include cookies, pretzels, chips/crackers, M&Ms, Skittles, PB&J sandwiches, ramen noodles, bean and tortilla rolls, bananas, watermelon, and oranges, as well as energy gels and chews. Kleenex and bug repellent will also be available. CU Sports Medicine will provide medical aid at the Start/Finish.

Aid Station	Mile	Available
Outlaw	4.3 counter-clockwise; 6.0 clockwise	Fluids and food
Start/Finish at Mountain Vista HS	10.3	Fluids, food, and hot food

Leave No Trace

To minimize trash on the trails, Chase the Moon is a **CUP-FREE RACE**. This means paper cups will not be provided for water and electrolyte drink, and all runners will be responsible for carrying their own refillable hand-held bottle or hydration system. With an average distance of only 3.6 miles between each aid station, runners appreciate not needing to “overload” bottles or hydration packs with fluids. Paper cups will be provided for soda, however runners will be required to throw cups away before leaving the aid station. Any runner found intentionally littering on the trail will be disqualified.



Sports Medicine



Trail Running

In the spirit of safety, we want to bring your attention to a couple of important nuances of trail running. One, you will be sharing the trail with your fellow runners. If you must add a soundtrack to this amazing run, please keep the volume down or use only one headphone so you can hear runners around you. Additionally, if you are concerned about encountering wildlife on the trails, please use our friend Google to refresh your knowledge on what to do when you see wildlife in Colorado. Overall be smart and safe runners.



Timing System



Timing services for Chase the Moon are provided by Hal Sports. For solo runners, your bib is your timing chip! It is important that you do not fold, crumple or alter your bib as that may damage your chip. Trail runners may be used to folding the edges or sides of their bib to make it smaller, however doing so at Chase the Moon may render the timing chip unreadable by the timing pad and leave you without an official race time. To offset this, we have made the race bibs smaller. Relay team members will wear a removable ankle chip while running, and then pass that chip to your teammate at the Start/Finish line transition zone.

Runner tracking and results are available at: <http://halsports.net/event/chase-moon-12-hr-endurance-run/>.

Finish Line Festival

Finishers will be able to refuel and relax after the race. We will have soda, fruit, coffee, and a pipin' hot pancake breakfast from Flippin' Flapjacks!



Leg Recovery



Rx Sports Recovery is a Highlands Ranch-based recovery studio which provides state-of-the-art recovery equipment and services. They will be on-site with Normatec compression systems and Compex electro stim units to help runners stay fresh in between shifts, enhance their performance on the course, and reduce aches and pains. They will be offering packages for unlimited 30-minute sessions with special rates if you purchase pre-race, and will also be offering one-time sessions mid-race.

Solo runners: \$40 pre-purchase / \$50 day-of

3-Person Relay Teams: \$100 pre-purchase / \$120 day-of

5-Person Relay Teams: \$150 pre-purchase / \$200 day-of

Sign up for your package at: <https://www.rxsportsrecovery.com/joinnow/#join-now> (Please indicate your relay team name in the school field.)

Awards

Solo runners will receive a finisher's medal and relay runners will receive a relay/team medal. Trophies will be awarded for the following:

- SOLO (Men's and women's top three places)
- TEAM RELAY (First-place teams only)
 - Men's 5-person
 - Men's 3-person
 - Women's 5-person
 - Women's 3-person
 - Mixed 5-person
 - Mixed 3-person

Are you up for the Runners Roost 100-Mile Challenge? A special challenge just for our 3-person relay division; if the 1st Place, 3-person team breaks 100 miles total for the 12-hour race, they will receive a \$500 cash prize!



Additional Sponsors



Chase the Moon | Bear Chase Race Series Runners Edge of the Rockies

Director: David Manthey
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 303.320.EDGE (3343)

www.rockhawkrace.com

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