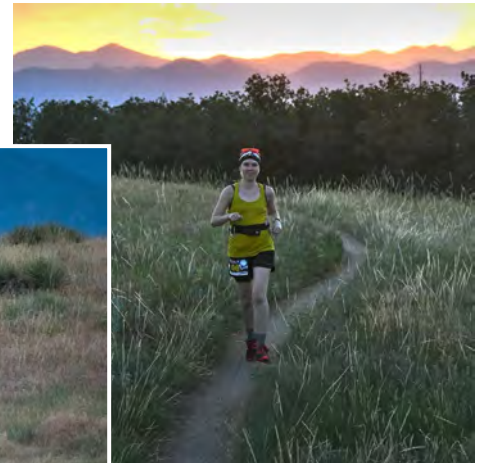




# CHASE 2023

## Race Guide

**MOON** 12 HOUR  
ENDURANCE RUN



**Mountain Vista High School**  
June 30th  
7:00pm  
Highlands Ranch, Colorado

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



## Leave No Trace



**The Bear Chase Race Series will be 100% CUP-FREE in 2023.** Paper cups will not be available at aid stations as has been provided in previous years. All runners will be responsible for carrying their own refillable hand-held bottle or hydration system.

All runners, crew, and spectators are responsible for properly disposing of trash. Aid stations will have limited trash receptacles and are reserved for runner use. We ask crew and spectators to abide by “pack it out” principles, to include dog poop bags.



# Race Overview

Date/Start Times	Friday, June 30th 7:00PM
Location	Mountain Vista High School 10585 Mountain Vista Ridge Highlands Ranch, Colorado 80126
Registration and Race Packet Pick-Up	Online registration is available via <a href="http://www.chasethemoonrace.com">www.chasethemoonrace.com</a> . Race packets will be available at the Start/Finish area. We strongly recommend arriving early. A valid photo identification is required to pick up race packets. Photocopies or smartphone photos of IDs are allowed for runners picking up packets for fellow runners. Captains are responsible for picking up packets for their team members. Race shirt exchanges may be made after the race start, and subject to availability.
Parking	Parking will be at Mountain Vista High School in both East and West lots. <b>Parking areas adjacent to the start/finish area will be closed off to runners and spectators, accessible by race staff and volunteers only.</b>
Camp Sites	Camp sites for both solo and relay teams will be located on the sports fields to the East of the Start/Finish area. <b>Absolutely no open flame fires allowed in the camp area.</b>
Toilet Facilities	Toilets and hand washing stations are located at the Start/Finish area. On course toilet is located at the Outlaw Aid Station.
Race Bracelets	Runners will receive a silicon bracelet matching the color of the course marking for their race field. The bracelet is intended to aid runners with course navigation, and to assist race staff and volunteers with ensuring runners are following the correct course. The bracelet is required to be worn throughout the race.
Race Photos	Our beloved photographer Twain Wilkins of Liberty Pro Imaging will be out on the course capturing photos of runners throughout the course. Downloadable race photos are included with registration.

# Race Overview

## Parking Location Map



# Race Overview

## Start/Finish Area





# Race Overview

## Timing



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 relay transition zone, next to the Start/Finish line.

Runner tracking app, and results are available at:

[www.halsports.net](http://www.halsports.net)

## Course Cutoff

The Start/Finish cutoff will be at 5:45am. Runners of all fields will not be allowed to begin a new loop after this time.

The Outlaw cutoff will be at 6:15am. Runners will not be allowed to proceed past Outlaw after this time and will be directed back to the Start/Finish via the fire road (1 mile from Start/Finish) with their race completed after crossing the finish line. Runners that have made it through Outlaw prior to the Outlaw cutoff will be allowed to complete the remainder of their loop.

Total mileage for all runners and teams will be calculated by the number of laps they complete before the finish line closes at 8:00am.

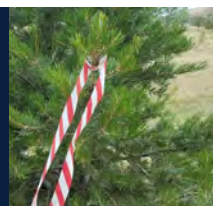
## Solo Runners

Start Time	7:00pm
Course Color	<b>ORANGE</b>
Bracelet Color	
Course Overview	<p>Solo runners will run the 10.3-mile course counter-clockwise.</p> <p>Runners may opt to run continuously throughout the event, or take an extended break in between laps.</p> <p>Runners may declare their race finished at any point, and must notify race or timing staff. Mileage accumulated to that point will be considered the finishing total.</p>
Drop Bag Area	Runners will have a designated area at the Start/Finish for a drop bag, tent, chairs, sleeping bag, cooler with food/fluids, additional gear, etc.
Crew Support	Runners may receive crew support only from the Start/Finish area. Runners receiving crew support from any other area may be subject to disqualification.
Pacers	Pacers are not allowed.

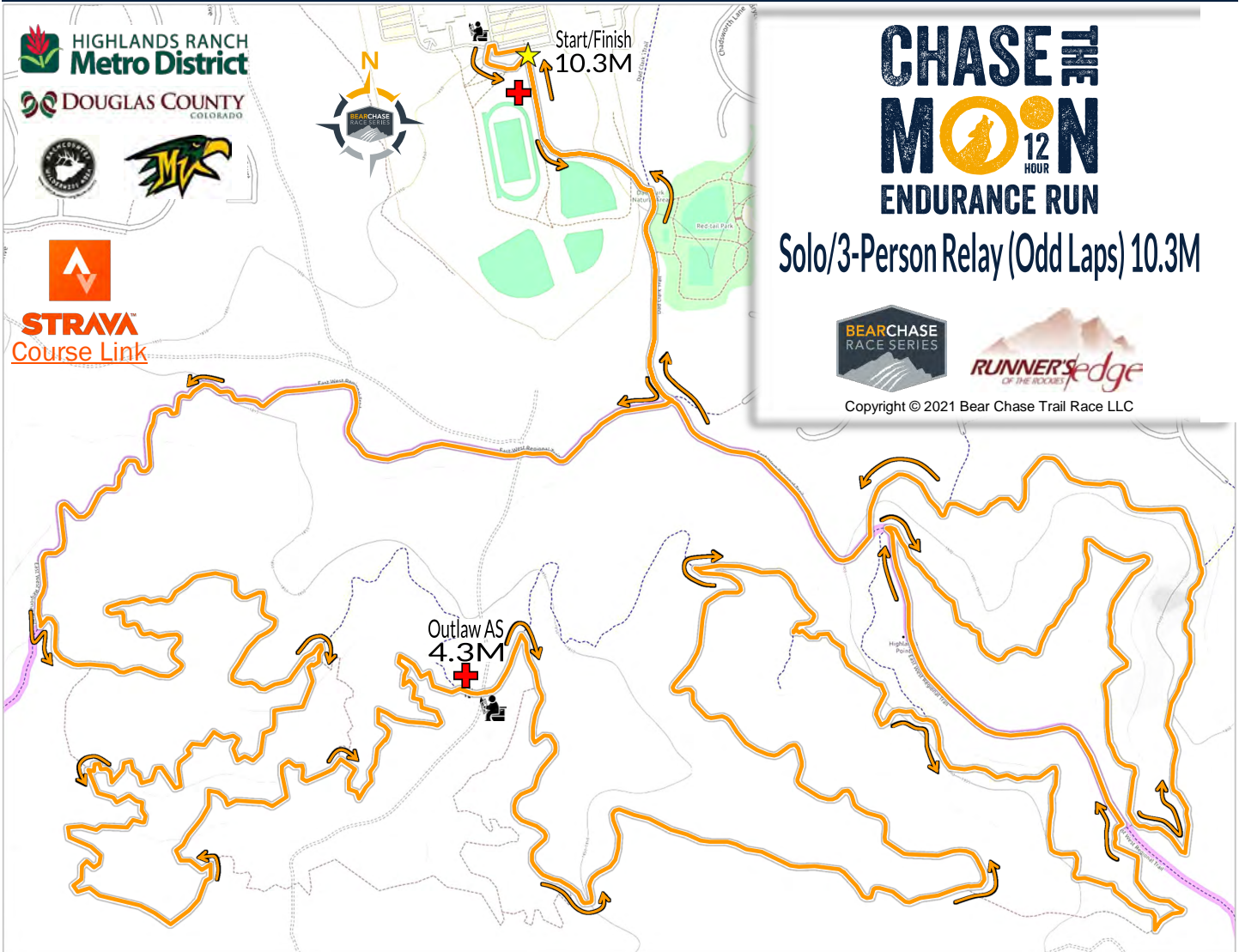


### **WRONG WAY!**

RED and WHITE ribbons indicate wrong way. Race staff is not responsible for any ride-share fares you may incur if you choose to ignore these ribbons. We would, however, be grateful if you could pick us up some tacos on the way back to the Start/Finish.



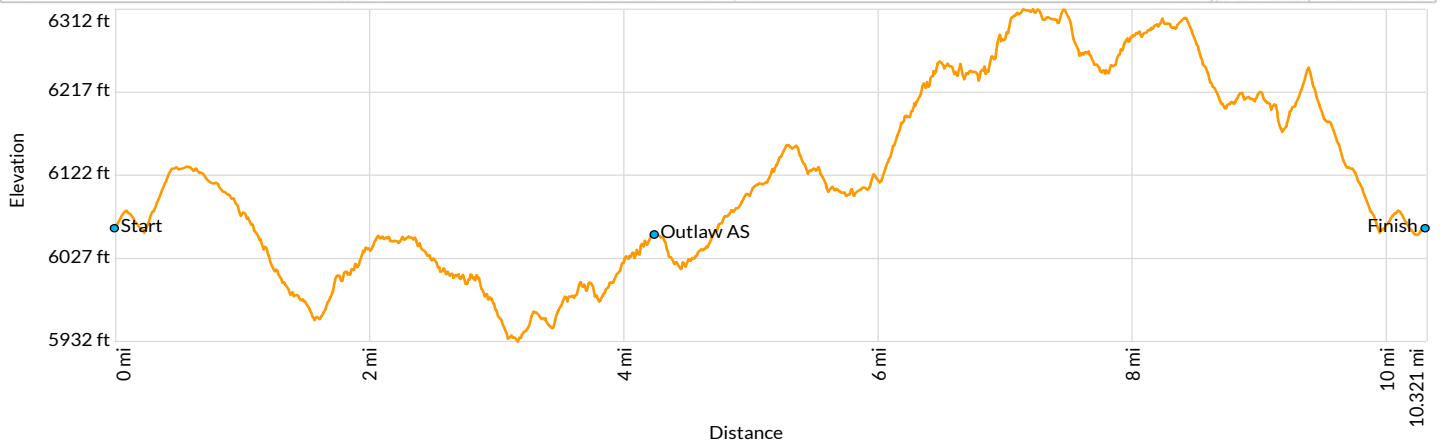
## Solo Runners



**CHASE**  
**MOON** 12 HOUR  
ENDURANCE RUN  
Solo/3-Person Relay (Odd Laps) 10.3M



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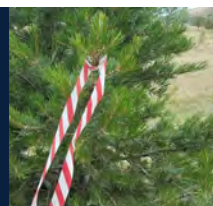
## 3-Person Relay Teams

Start Time	7:00pm
Course Color Bracelet Color	<b>ORANGE</b>
Course Overview	3-Person relay runners will run the 10.3-mile course counter-clockwise. Relay teams do not have to keep a set order for each runner and can change position during the race (i.e. team member becomes sick or too tired to run). Relay team members may run consecutive laps without an exchange.
Relay Exchange	Relay exchanges will be made in the Relay Transition Area at the Start/Finish. On-deck runners will wait in the Relay Standby Area for the in-coming runner, then move to the Relay Transition Area after the runner crosses the timing mat. <b>Relay teams are subject to disqualification if relay exchanges are made outside of this area.</b>
Drop Bag Area	Relay teams will have a designated area at the Start/Finish for a drop bag, tent, chairs, sleeping bag, cooler with food/fluids, additional gear, etc.
Crew Support	Runners may receive crew support only from the Start/Finish area. Runners receiving crew support from any other area may be subject to disqualification.
Pacers	Pacers are not allowed

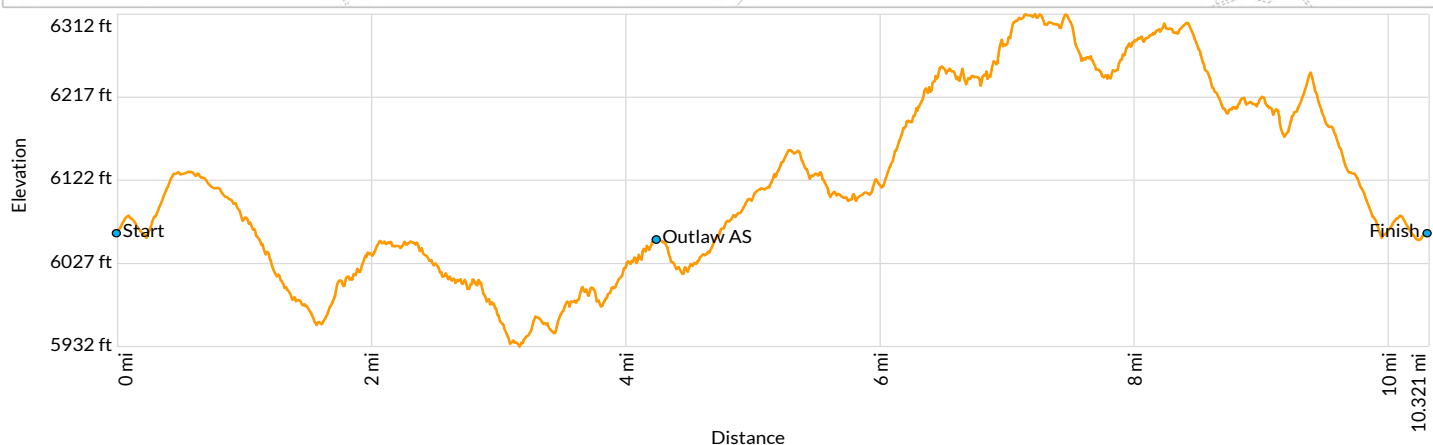
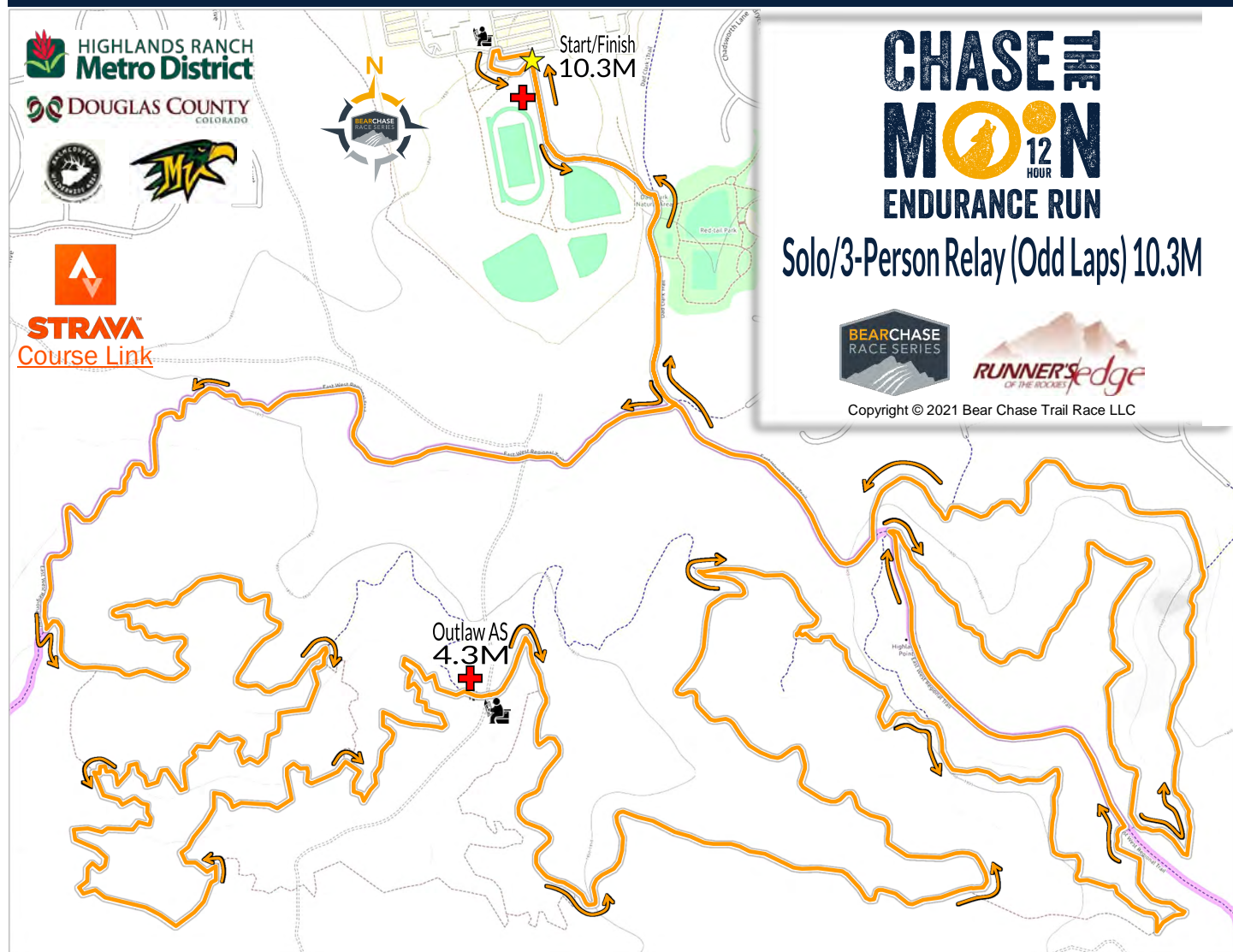


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## 3-Person Relay



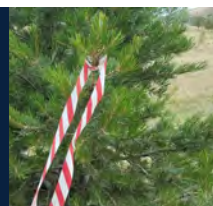
## 5-Person Relay Teams

Start Time	7:00pm
Course Color	<b>YELLOW (Odd Laps)</b>
Bracelet Color	<b>BLUE (Even Laps)</b>
Course Overview	<p>5-Person relay runners will run a split loop of the 10.3-mile course, alternating with each team lap:</p> <p>Team Odd Laps (yellow markings) - 5.3-mile Western loop</p> <p>Team Even Laps (blue markings) - 7.0-mile Eastern loop</p> <p><b>All five-person teams MUST adhere to the odd/even lap order, staying on the respectively colored marked course. Not adhering to these rules may result in team disqualification.</b></p> <p>Relay teams do not have to keep a set order for each runner and can change position during the race (i.e. team member becomes sick or too tired to run).</p> <p>Relay team members may run consecutive laps without an exchange.</p>
Relay Exchange	<p>Relay exchanges will be made in the Relay Transition Area at the Start/Finish.</p> <p>On-deck runners will wait in the Relay Standby Area for the in-coming runner, then move to the Relay Transition Area after the runner crosses the timing mat.</p> <p><b>Relay teams are subject to disqualification if relay exchanges are made outside of this area.</b></p>
Drop Bag Area	Relay teams will have a designated area at the Start/Finish for a drop bag, tent, chairs, sleeping bag, cooler with food/fluids, additional gear, etc.
Crew Support	Runners may receive crew support only from the Start/Finish area. Runners receiving crew support from any other area may be subject to disqualification.
Pacers	Pacers are not allowed.

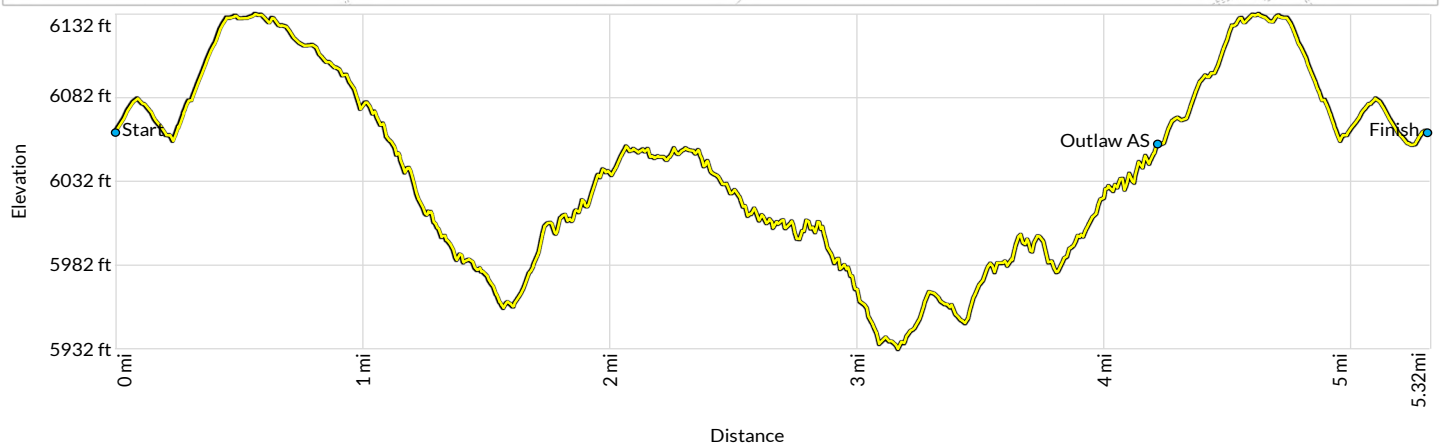
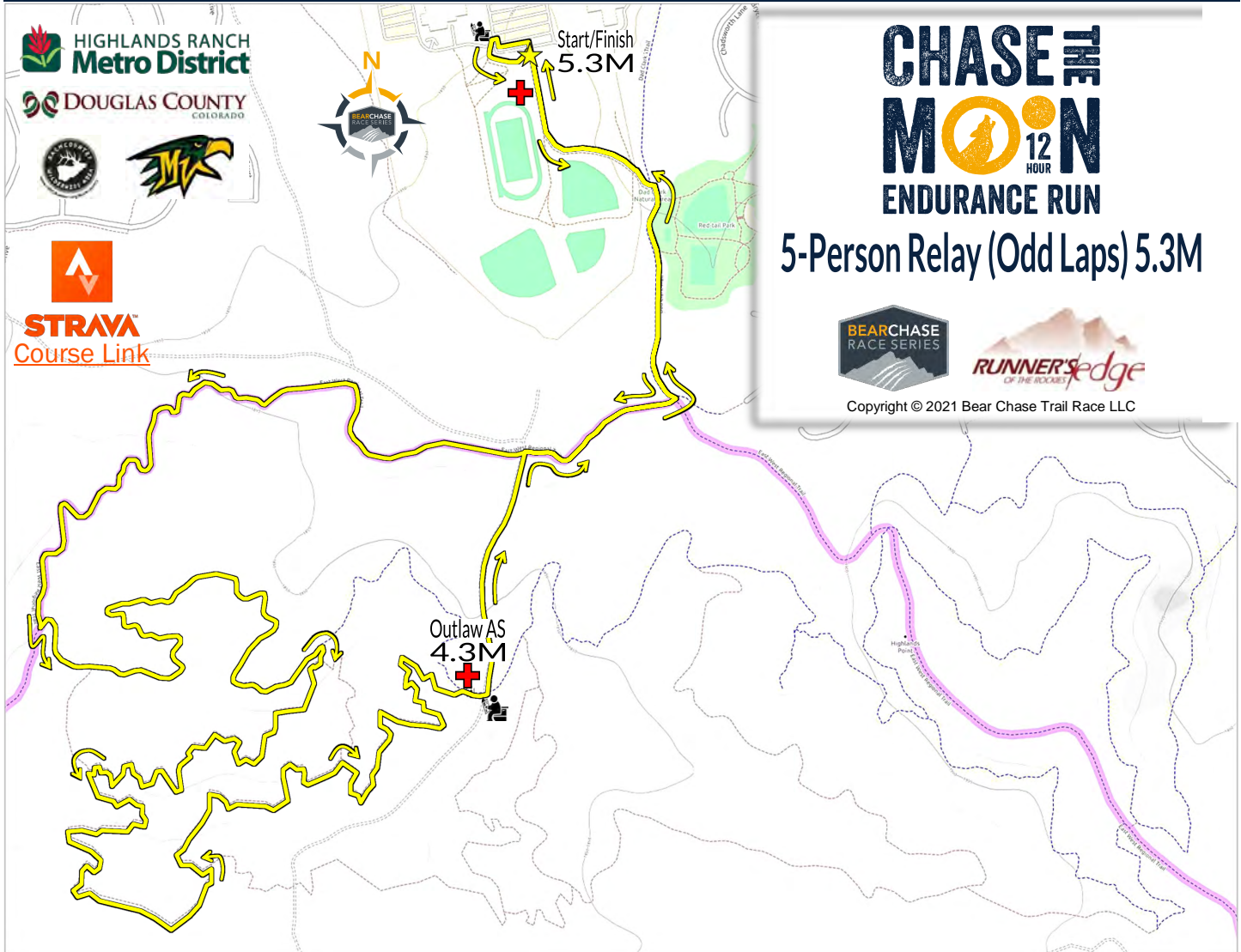


### **WRONG WAY!**

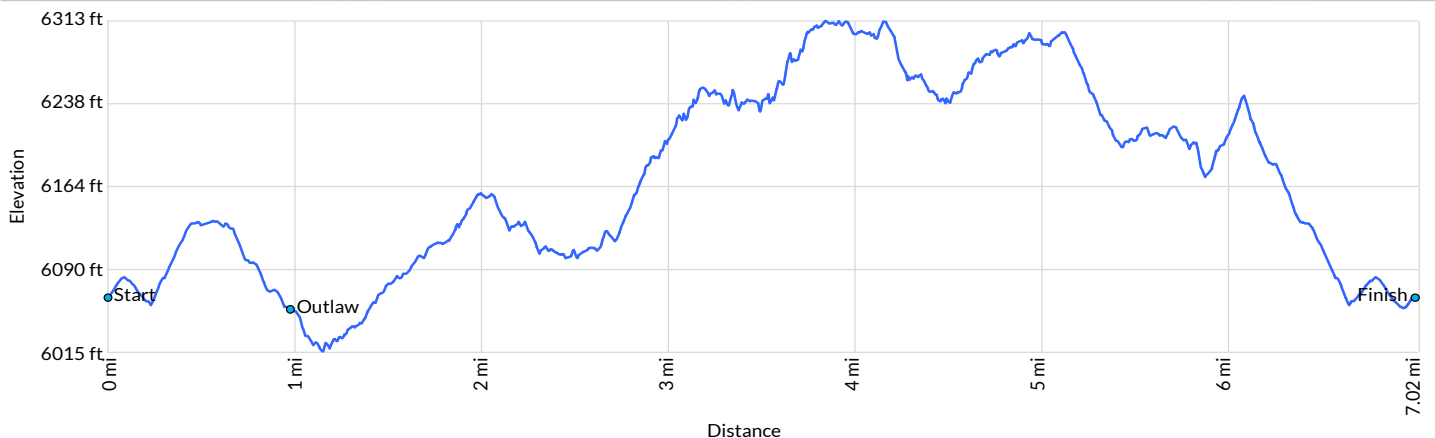
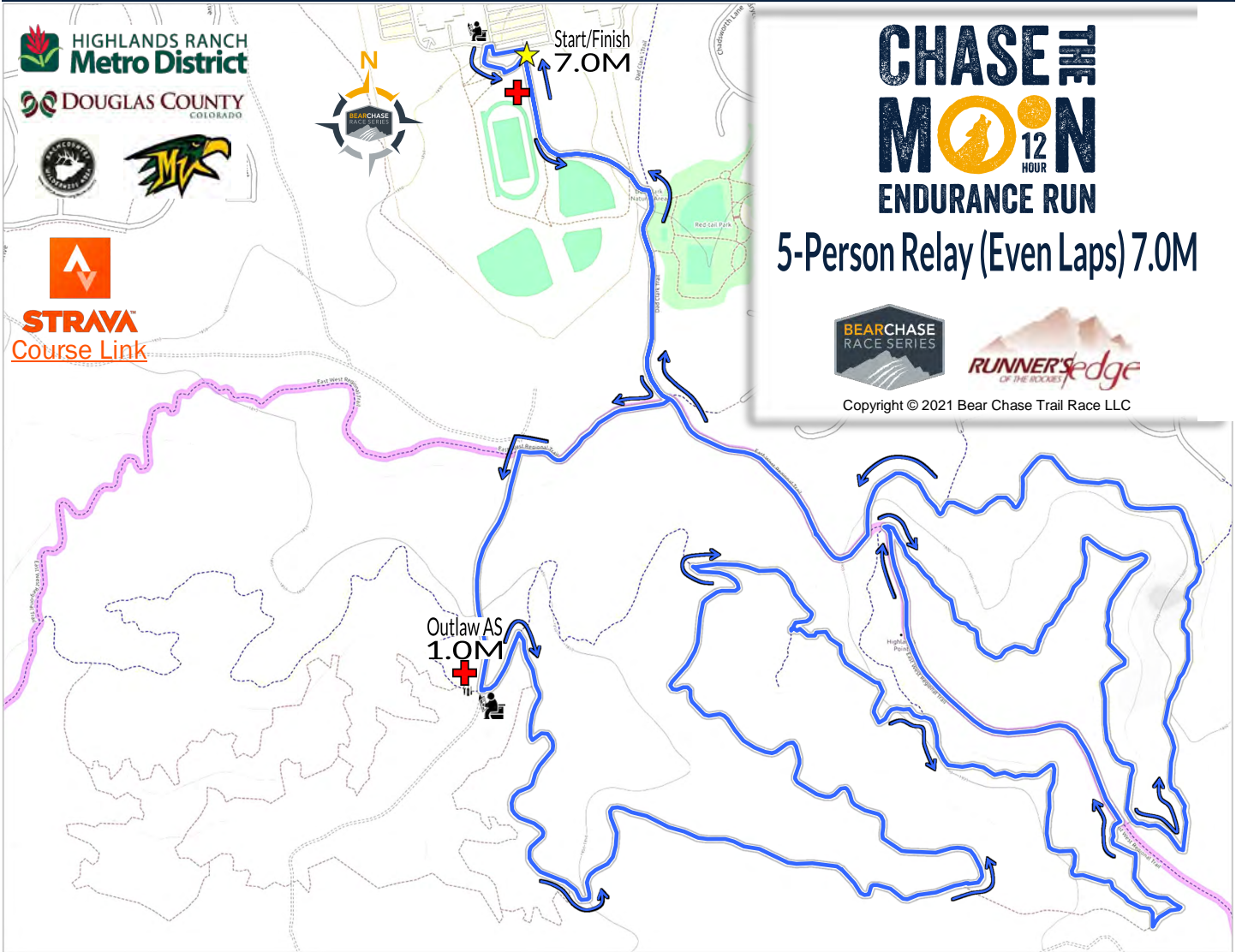
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## 5-Person Relay Western Loop (Odd Laps)



## 5-Person Relay Eastern Loop (Even Laps)





# Aid Stations

The course will be supported with two aid stations, at “Outlaw” (Mile 4.3) and the Start/Finish (Mile 10.3). Solo, 3-Person, and 5-Person odd lap runners will pass through Outlaw Aid Station on course. 5-Person even lap course will pass near Outlaw AS a mile from the start of the lap. Each aid station will be stocked with various hydration and food options, along with Kleenex, bug repellent, and Vaseline.

## Aid Station Offerings

### Hydration

- Water
- Gatorade
- Soda

### Food

- Chips/Fritos
- Pretzels
- Pickles
- Cookies
- M&Ms
- Skittles
- Snickers
- Watermelon
- Oranges
- Bananas
- Honey-Stinger Gels
- Bean and tortilla rolls
- PB&J mini-sandwiches

# Medical and Safety

## Medical Response

The Bear Chase Race Series medical staff is responsible for providing all medical responses during the race. The medical staff and tent is located at the Start/Finish area, and Outlaw Aid Station will have basic first-aid supplies.

Runners experiencing a medical emergency on course will need to go to the nearest aid station, timing checkpoint, or report the emergency to a passing runner. Medical evacuations will only be reserved for serious or critical medical needs such that the injured party can not physically move under their own ability.

## Runner Safety

All runners should follow general safety precautions as one would take while training on trails in remote areas.

### Course Terrain

98% of the course is ran on dirt trail. Expect loose and rocky terrain with uneven surfaces. This terrain can be of a further challenge after sunset with limited to no light. Runners should carry a light source with them while on course, but it is not required to be used.

### Weather

All runners are expected to be prepared for any weather condition and the race will continue on rain or shine, except in the event of hazardous weather conditions such as severe lightning. Runners in the vicinity of either the Start/Finish area, or Outlaw will be not be allowed to progress further until it has been determined safe to resume. Runners on course should take necessary safety precautions:

Signs of an imminent lightning strike include hair standing on end, or a buzzing/cracking sound. Immediately descend to a low dry point on the course or in the area. Do not shelter under a tree or rock overhang. Remove metal objects and packs, and separate from other runners. Crouch down with both feet together, and patiently wait out the storm.

### Wildlife

**Runners are required to respect the wildlife by not approaching, feeding, or harming wildlife. Race participants observed violating this are subject to race disqualification.**

Rattlesnakes have been observed on the trail in previous years. If encountered on the trail, do not approach. Slowly back away, allowing the snake plenty of room. In most cases the snake will move along on it's own. Do not attempt to move the snake with sticks or rocks. This will further antagonize the snake and increase its defensive posture. Slowly proceed forward after the snake has left the trail, listening for any indication the snake is nearby.

## Awards

All runners will receive a glow-in-the-dark finisher's medal. Solo ultra runners who complete 100K will receive a one-of-a-kind, glow-in-the-dark belt buckle.

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



## 100-Mile Challenge

Are you up for the 100-Mile Challenge? A special challenge just for our 3-person relay division; if the 1st Place, 3-person team breaks 100 miles total within 12 hours, they will receive a \$500 cash prize! (NOTE: With this year's extended finish line of 8am, 3-person teams will need to cross the finish line within 12 hours of when their team started the race.)

## Post-Race

Join us in the Start/Finish area for your post-race celebration and recovery with food and various drinks to include Liquid Death and Bing Energy.

# Gratitude

## Volunteers

Be sure to thank the 2-dozen volunteers during the race who are supporting you 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>



## Sponsors/Vendors



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# CHASE MOON ENDURANCE RUN



**Bear Chase Race Series**  
**Runners Edge of the Rockies**

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