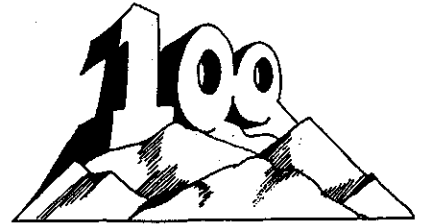


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Leadville Trail 100

2009
“The Race Across the Sky”

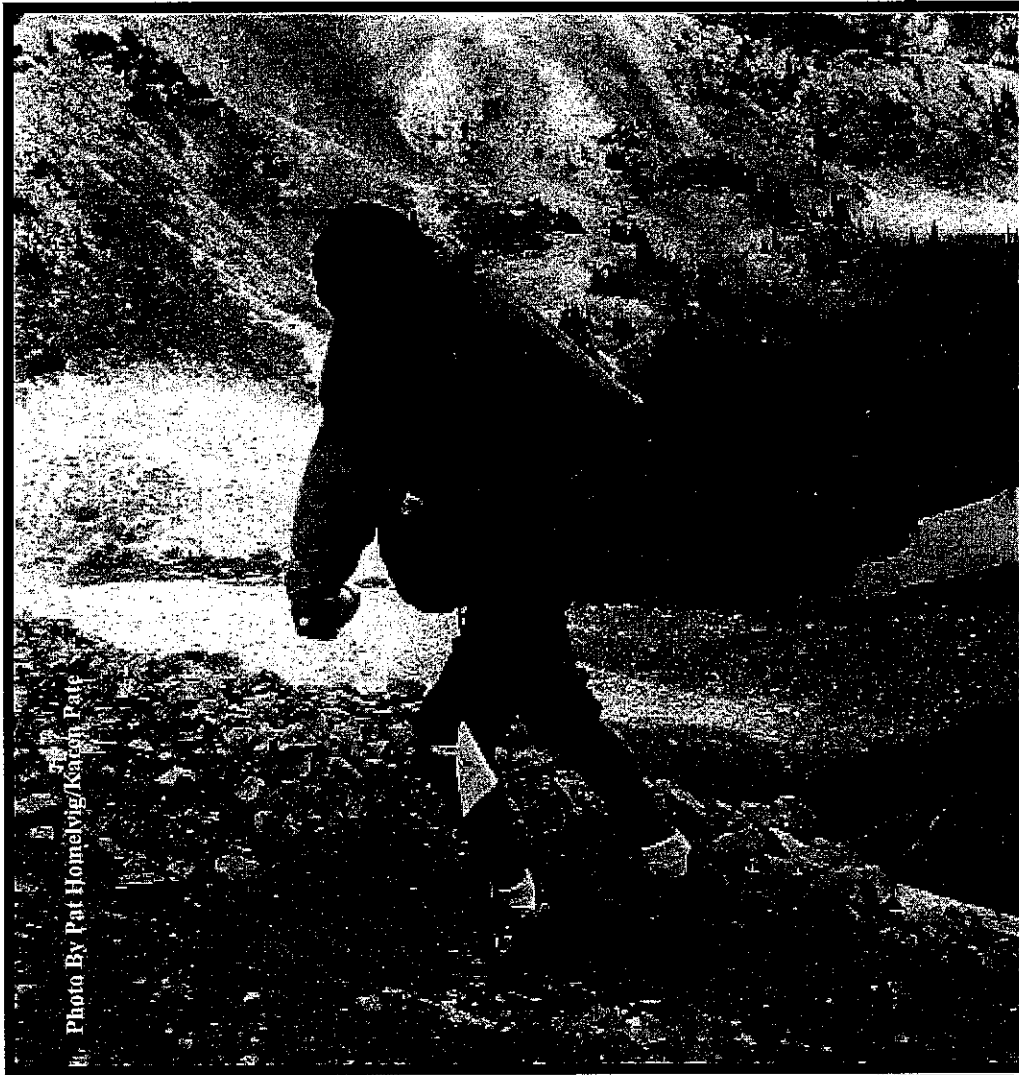


Photo By Pat Homelvig/Karen Page

www.leadvilletrail100.com

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 Official Mountain Bike of the Leadville Trail 100

STARTING LINE --- LACE 'EM UP

This race information contains many suggestions and recommendations to help runners prepare for and complete the LT 100. Race Management and volunteers pledge to do everything possible to make your LT 100 challenge a successful event you will always remember. Our medical committee, along with runners, crews, pacers and volunteers participated in developing many of the recommendations contained in this packet. Proper preparation is critical to a successful and enjoyable experience. All runners and crews should read this information carefully. You can always check our website at www.leadvilletrail100.com for updated information or give us a call at 719-486-3502.

"I believe that if you set out on an adventure and you're absolutely convinced you are going to be successful, why bother starting?"

-Sir Edmund Hillary

1983 - LEADVILLE TRAIL 100 - 2009

In autumn of 1859 several prospectors ventured into the Arkansas Valley, found the gold they were looking for, but were quickly ushered out of the mountains by the intensity of winter. They returned with more help the next spring and staked several mining claims. The Gold Rush to the area was on and would change the Arkansas Valley forever. During the next forty years, Leadville grew to rival Denver as the main city of Colorado.

During the last quarter of the 19th century Oro City, Oro City #2, Adelaide, Evansville, Stumpf Town and others boomed. Winfield flourished as a lawless town of 1,500 prospectors, three saloons, a smelter, and a church that never held a service. Floyd P. Willis, a rancher and part time prospector living near Winfield made enough of a mark in history to have a gulch or two named after him. The Sugar Loaf and May Queen mines spewed forth their riches, and Twin Lakes was prized by mountain loving tourists from around the world.

Leadville grew to over 20,000 residents and became legendary as a town of ice castles, millionaires, heroes and villains including Horace and Baby Doe Tabor, Molly Brown, Texas Jack, Frank and Jesse James, Wyatt Earp and Doc Holliday.

Even musical history was made in Leadville by C. O. Swartz during the winter of 1884-1885 while staying at the Junk Lane Hotel on the outskirts of town. By taking a popular folk song of that era and changing the words to more suit his experience, he penned the song called "Colorado Home". We now more commonly know this popular folk tune as "Home on the Range." His version went like this:



*Oh, give me a home where the buffalo roam,
And the deer and the antelope play;
Where seldom is heard a discouraging word,
And the sky is not cloudy all day.
Oh, give me the hill and the ring of the drill,
In the rich silver ore in the ground;
And give me the gulch where the miners can sluice
And the bright yellow gold can be found.
A home, a home, Where the deer and the ante-lope play;
Where seldom is heard a discouraging word,
And the sky is not cloudy all day.*

But in the rough and boom and bust that is Leadville, there was and still is an unyielding character. Leadville had a school teacher before a mayor, a school before a city hall, and an educational program with funds before a city code, budget or government. Throughout history the residents of Leadville have endured the boom and busts of mining with pride and independence. The Leadville Trail 100 began in 1983, a time of severe depression in the local mining industry when Leadville had the highest unemployment in the nation. The exciting and dynamic Leadville Trail 100 Mountain Bike Race was added in 1994. These races have been supported with the help of volunteers in and around Leadville and from coast to coast. This year as in all years, we dedicate these event to the residents of Leadville, **past, present and future.**

For an enjoyable history of Leadville read *Leadville: Colorado's Magic City* by Edward Blair, Pruett Publishing Company. Boulder, Colorado.

OUR GOALS

"You're better than you think you are and you can do more than you think you can!"

We started the "Race Across The Sky" to make a difference - a contribution to our beloved community, Leadville. Because of your enthusiastic and passionate support, we achieved that goal early on. You came to be a part of a race and quickly became part of a family.

Our second goal was to make a difference - a contribution to the athletic community. Here we continue to add to that contribution with each event. We've eliminated many limits on human capacity and endurance. In many ways, we've redefined the aging process. We've found that life is ongoing training and that our events are simply an extreme, spectacular and flamboyant annual measurement.

Our present and future goal is to make a difference - a

contribution to the most important part of the "Race Across The Sky" - YOU. We know for certain that once you leave the starting line you will be tested, forged, ground, splattered, ripped, tempered, and then refined and regenerated as you, 100 miles later, cross the finish line. We know you'll never be the same person that started the race. Now YOU are better.

That's our goal - our contribution - a better YOU: a you without limits; a you that has been stripped to raw nerve and never quit; a you that now is aware of the inexhaustible well of resolve, determination and courage that is within you. And we hope if we can provide the trail that makes a better you, you'll share that with others along your separate and individual lives. Then we'll have made it a better Leadville, a better athletic community, a better you, and a better world.

mountainflyer
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Giving Back to the Community

In 2002, the Leadville Trail 100 created the Legacy as its nonprofit foundation to formalize a pathway to meet ever increasing community needs. The Legacy fund continues to grow through generous contributions from individuals and corporations, as well as a portion of race entry fees. Since the foundation's inception, over \$100,000 has been contributed with every dollar spent going directly to meet the needs of the Leadville/Lake County community.

On behalf of the Leadville Trail 100 Legacy, Thank You! Your contributions make it possible for us to support such efforts as the Community Park, the SnoCat Groomer for Leadville's Mineral Belt Trail and Youth Basketball in Lake County. Of course, no recipients are more gratefully excited than the Leadville children who receive gifts from Santa during the Legacy's Annual Children's Christmas Party. We wish all of the Legacy donors could be there to experience the joy these children express when opening that special present from Santa.

Your thoughtful contributions allow the Legacy's giving to continue to grow. New this year is the Leadville Trail 100 Legacy Scholarship Program. In May 2009, the Legacy will distribute \$1,000 scholarships to graduating Lake County High School seniors who are going forward with some form of higher education. As you

LT100 Legacy Scholarship Program

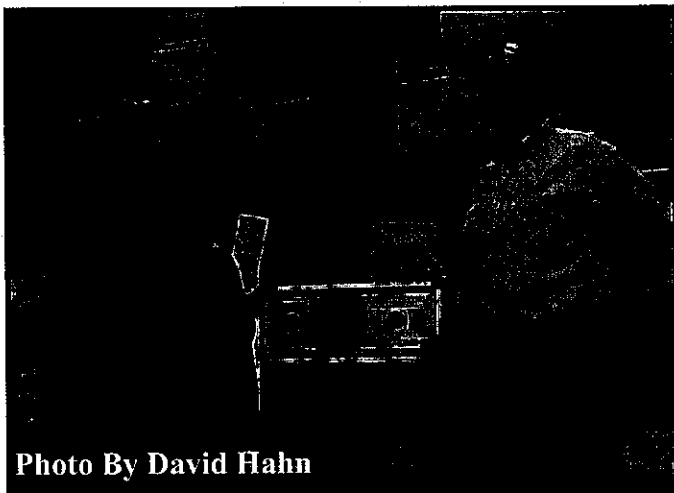
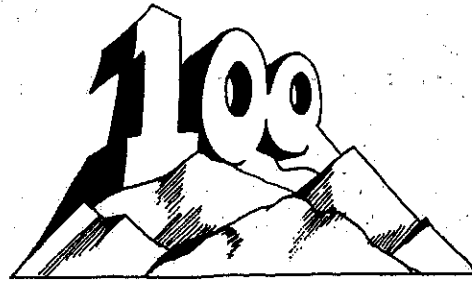


Photo By David Hahn

LT100 Race Organizers and Legacy Board Members at the High School Career Fair distributing information about the new Legacy Scholarship Program.



Leadville Trail 100 LEGACY

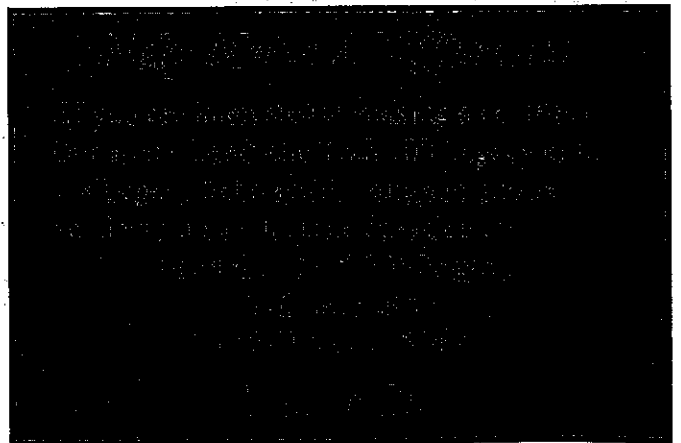
Legacy Children's Christmas Party



Photo By Stephanie Lovern

know, the cost of education, can make this dream prohibitive for many motivated students.

The Legacy Scholarship Program is making that dream a reality for many Lake County students. It says, you're better than you think you are and can do more than you think you can! This is only possible because of thoughtful contributions from people like you. We hope for your continued support in the future.



TRAIL MARKINGS

The trail will be marked with fluorescent pink and black striped ribbon. The dirt roads and trail sections to the end of Turquoise Lake on the outbound run and from Twin Lakes all the way to the finish will also be marked with glow sticks for night running. We are presently experimenting with several other illuminating and night reflective devices. There will be white chalk used on some sections. Final decisions will be given at the mandatory pre-race briefing.

DROP BAGS

All aid stations, with the exception of Hope Pass, are Supply Bag Drops. Drop Bags must be no less in strength than double thick plastic bags. No paper bags, please. Your name, race number, and the name of the aid station must be on the outside in large letters. We prefer that you use wide white tape on the bag and then write on the tape with a black felt tip marker. Remember, that except for Winfield, you will be passing through each aid station twice. You may prefer having a bag for the outbound trip, and a separate bag for the return trip. If you choose to do this please mark each bag with either "OUTBOUND" or "RETURN." If you place any liquids in your bags, make sure they are in leakproof, non-breakable containers. Drop bags will be available for pick up on the courthouse lawn until 12:00 noon on Sunday. Any drop bags not picked up by that time will be donated to local charities. There will be NO late pick-up and drop bags will not be mailed.

"Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstance."
-Bruce Barton

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Two on the Trail

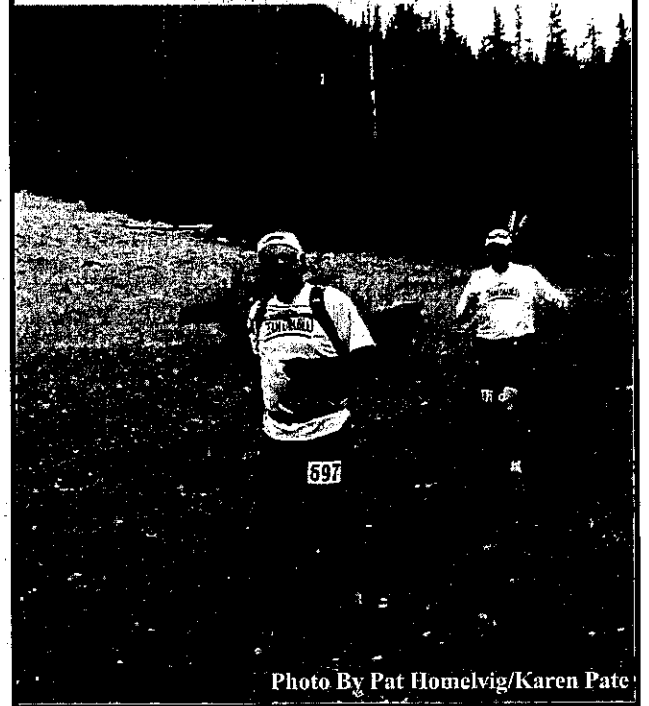


Photo By Pat Homelvig/Karen Pate

AID STATION SUPPLIES

The following items will be available at the aid stations.

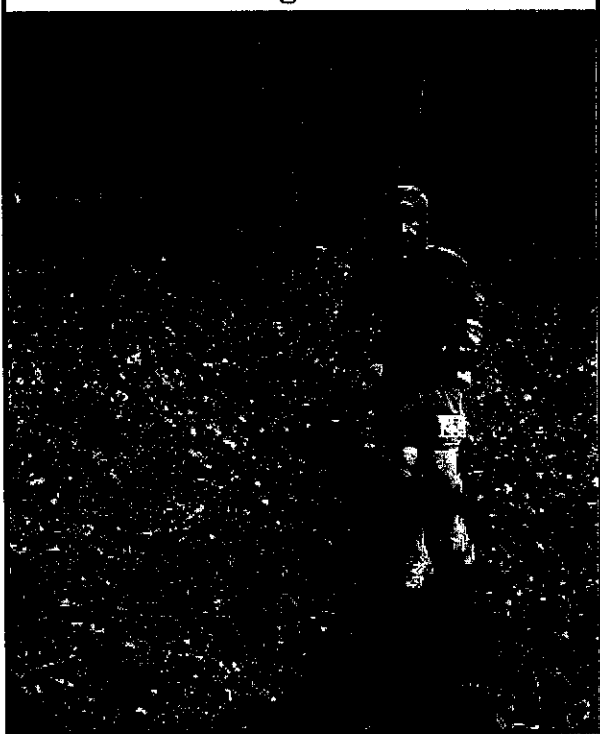
- Powerade fluid replacement
- Coca-Cola products
(with caffeine and without caffeine)
- Water
- Coffee
- Tea
- Watermelon
- Bananas
- PowerBar products
- Rokit Fuel Cereal
- Turkey & Ham
- Oranges
- Cantaloupe
- Bagels
- Boiled potatoes
(not available at all aid stations)
- Cocoa
- Top Ramen type soup
- Cookies
- M&Ms
- Pretzels
- Soda crackers
- Graham Crackers
- Hot bouillon
- Peanut Butter & Jelly

The Hope Pass Aid Station will have a limited selection of these items.

SUNSET & BEYOND

The terrain and altitude, while creating a beautiful backdrop for the race, make for extremely difficult trail running. The rocky uneven trails, particularly when combined with darkness and fatigue, make falls and sprains more likely to occur. The advances made in technology make night running a much simpler proposition than in previous notifications. The gold standard in night time illumination is the LED or Light Emitting Diode flashlight. When first on the market they were somewhat pricey, but like most technology, the prices have come down so that cost is not an issue. The light emitting diode flashlight is not subject to the difficulties found in regular bulb and battery flashlights. They use very little power so that one set of batteries will easily get you through the night. The bulbs last thousands of hours so that bulb life is not a factor. Most LED flashlights are water resistant/proof and shock resistant. LED flashlights come in a variety of beam widths and colors. These should be considered a personal preference as all will work adequately. A recommendation as in previous notifications is to always carry a spare light as unexpected things can happen to any equipment and a flashlight at night in the Rocky Mountains should be considered a necessity. If one insists on using a battery and bulb light, take plenty of batteries and spare bulbs, both to carry and to place in drop bags and be familiar with how to change them. The evening weather will be cool to cold so expect less life from your batteries.

Rounding the Bend



MEDICAL CHECK-IN

Friday, August 21 8:00 am-10:45 am
6th Street Gym, 124 E. 6th Street
MANDATORY Medical Check-in.

Identification required for check-in. You will have your weight taken. At this time, you will be required to inform medical staff of any medications or special medical conditions. This information will be noted on a medical wristband and placed on your wrist. You must wear the wristband for the entire race. Try to wear the type of clothing and shoes you plan to wear during the race.



MEDICAL CARE

It is extremely important that you inform medical personnel of any current limiting medical problems and current medications before beginning the race. This should be done at the pre-race medical check-in. Limited medical care and evaluation will be provided for you at the designated medical stations, along with the addition of a small team on Hope Pass. Search and rescue will be available if a runner becomes lost and/or unaccounted for. We are not equipped to provide medical care between stations, although we will do our best to help you. Stay on the trail if you become injured or ill. Any medical or search and rescue charges incurred are the sole responsibility of the runner. Fish Hatchery/Outward Bound, Twin Lakes and Winfield will be medical aid stations. At these points, you may have your pulse and weight taken. If you drop more than 7% of your body weight, you may be pulled from the race. If your weight is down between 3%-5%, you may be retained and asked to drink and eat to bring your weight back up. The medical staff at all aid stations have the authority to give the runner the right to continue on to the next aid station. **THEIR DECISION IS FINAL.** Please co-operate with them, as they will be asking you questions to evaluate your mental status and physical well-being. After you complete the race, you will be required to have the finish line medical staff check for lung congestion and any breathing difficulties. *Runners requiring supplemental oxygen or IV fluids will not be allowed to continue.*

ALTITUDE, DEHYDRATION AND OTHER BODILY CONCERNS

by Mike Monahan, 1,000 mile run buckle holder

A long time good friend of the LT100, Dr. John Perna said it best. There are four "H's" to consider in running the Leadville Trail 100. They are Hypoxia, Hydration, Hyponatremia and Hypothermia.

HYPOXIA

There is less oxygen to breathe at 10,000 feet than at sea level. This is true for everyone whether they come from sea level or live in Leadville. Any amount of time you can spend at altitude will aid you in becoming acclimated. It is estimated that approximately three weeks at altitude will allow for maximum acclimation.

HYDRATION

The relative humidity in Leadville can be as low as 5%. This means that your body sustains fluid loss rapidly just through breathing, not to mention sweating. To counteract this loss of fluids, you must drink regularly at the aid stations and make certain to carry adequate fluids on the trail and use them. You should drink enough fluids to maintain a regular and normal rate of urination.

HYPONATREMIA

Drinking fluids in excess of your needs can result in flushing too many of the necessary minerals and electrolytes out of your body. This can result in a life threatening condition known as hyponatremia. Minerals such as sodium, potassium, calcium, among others, are needed for cellular functioning as well as to maintain appropriate electrical activity in the heart and neurological system.

HYPOTHERMIA

In the mountains at altitude, the weather can change completely in a matter of minutes. A bright sunny day can change into a driving hail storm with lightning and does with considerable frequency. Night can bring snow storms in August. Never go up the mountain without being prepared for this kind of weather; it will happen. The clothing that felt warm enough when you were running and generating body heat will not sustain you when you are stopped to wait out a lightning or hail storm. Be prepared for changing weather conditions.

Pay serious attention to Dr. Perna's four "H's".

WEATHER AND CLOTHING

The temperature can vary from the high 70's in the daytime to the high 20's at night. Typically, an August day starts with sunshine and ends with afternoon showers. Colorado high country weather is notorious for its rapid and violent changes. During the race it could rain, hail, and even snow! Lightning is hazardous especially above timberline. Hypothermia can occur easily with a combination of decreasing temperature, wind, and pre-cipitation. The confusion that occurs with hy-pothermia can be deadly. The following items are strongly suggested:

- Rain gear
- Windbreaker (with hood)
- Polypro or wool socks, hat and gloves
- Changes of socks, shoes, and dry clothing
- LED lights or spare Flashlights at Winfield, Twin Lakes, Halfmoon, Outward Bound Wilderness and May Queen.

No matter what the weather, **DO NOT** attempt the round trip over Hope Pass without adequate warm and protective clothing. Remember, Hope Pass is 12,600 feet.

Leadville: The Cloud City

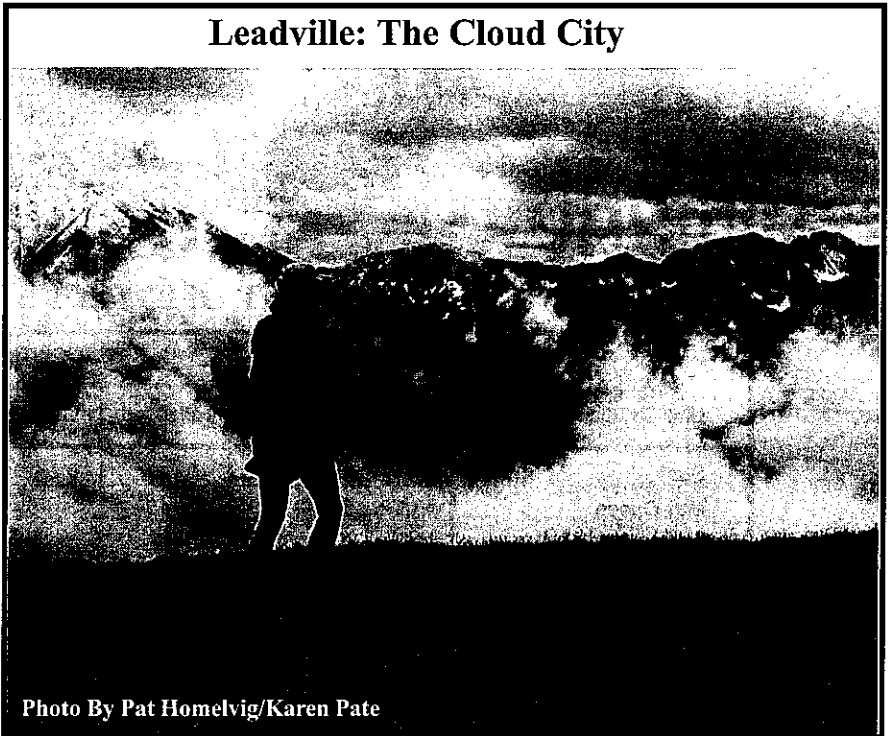


Photo By Pat Homelvig/Karen Pate

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SUPPORT CREWS

We strongly suggest you bring someone to crew for you during the race. Your race packet (available at carbo-loading dinner or medical check in) includes a crew sticker with your race number on it. This must be displayed and readily visible on the crew vehicle at all times. Your crew is your personal responsibility. If your crew disregards parking instructions, race rules or directions, or requests from race officials, you (the racer) will be disqualified from the race. Please make certain that your crew is not the one others complain about. We ask that your crew drive slowly and obey all posted warnings. There will be a Lake County Sheriff's Officer patrolling road sections. Please check in and out of all aid stations before you have your crew take care of your needs. Crew access into aid stations may be limited. If crews are meeting you at aid stations, they should allow adequate time to park and walk to aid station. It is your responsibility as a runner to make sure that race officials time you in and out of all aid stations. This Race Packet includes a map and directions showing access roads and crew access points and crew and pacer rules. Crews should become familiar with location of aid stations, available access roads and race rules prior to the start.

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DROPPING FROM THE RACE

While we don't even like to consider it, some of you will be dropping out of the race. If you do drop out of the race at an aid station, you must surrender your medical wristband to a race official and tell them you are dropping out. If you are pulled from the race, the procedure is the same. If you drop out between aid stations, and get in a car or other form of transportation, you must report to the next aid station or the finish line and give them your name and wristband and inform them you have dropped out. If you are unable to continue on any portion of the course, stay on the marked course and inform other runners that you are in need of aid and we will send help to you. Stay on the trail! We track your progress on the course for your safety. **Under no circumstances should you leave the race without first surrendering your wristband.** Failure to follow this procedure causes extreme problems and will result in exclusion from subsequent LT 100s.

PACING

Pacers are allowed after the 50 mile point (Winfield Aid Station). You may have as many pacers as you wish, although only one pacer at a time (until mile 99). Pacing entails patience, tolerance and humor. The primary duties of a pacer include route finding, keeping the runner on pace, ensuring that the runner continues to eat and drink, and making sure the runner leaves the aid stations with adequate clothing and supplies to reach the next aid station. Pacers are not allowed to push, pull, carry or tow the runner. Any special pacing situations or requests must be pre-approved by race management.

CUT-OFF TIMES

Checkpoint	Miles		Cut-Off Time			Pace <small>min:sec/mile</small>	
	Elapsed	Cum	Elapsed	Cum	Clock	Leg	Average
Start	0	0	0	0	4:00AM		
May Queen	13 1:2	13 1:2	3H 15M	3H 15M	7:15AM	14:27	14:27
Outward Bound	10	23 1:2	2H 45M	6H 0M	10:00AM	16:30	15:19
Halfmoon	7	30 1:2	2H 00M	8H 0M	12:00PM	17:09	15:44
Twin Lakes	9	39 1:2	2H 30M	10H 30M	2:30PM	16:40	15:57
Winfield	10 1:2	50	3H 30M	14H 00M	6:00PM	20:00	16:48
Twin Lakes	10 1:2	60 1:2	3H 45M	17H 45M	9:45PM	21:26	17:36
Halfmoon	9	69 1:2	3H 00M	20H 45M	12:45AM	20:00	17:55
Outward Bound	7	76 1:2	2H 15M	23H 00M	3:00AM	19:17	18:02
May Queen	10	86 1:2	3H 30M	26H 30M	6:30AM	21:00	18:23
Finish	13 1:2	100	3H 30M	30H 0M	10:00AM	15:33	18:00

The table shows the mandatory cut-off times at each check point. Also shown are the pace for each leg and the average pace to each check point based on the cut-off times. The volunteers will make every effort to get you through each aid station prior to cutoff. Cut-off time at the May Queen Aid Station Outbound is suggested. All other cut-off times are absolute.

Runners are required to leave the Winfield Aid Station on their return effort by 14 hours (6:00 pm). Trail Sweep provided by Lake County Search & Rescue will depart Winfield at this time.

Sweet Victory



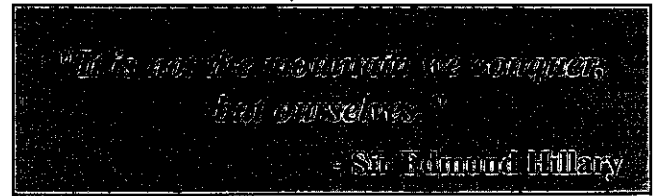
AWARDS

All runners completing the course in under 25 hours will be awarded gold and silver trophy buckles. All runners completing the course under the 30 hour time limit will be awarded silver belt buckles. All women finishers will receive a gold and silver pendant. 1,000 mile finishers will be awarded a special gold and silver buckle. All finishers under 12 hours will receive a Commemorative Leadville Trail 100 medallion and a hooded sweatshirt with name and finishing time. Age group awards will be three deep in all age categories. In the case of a tie, runners will be placed by Race Management. All awards will be presented at the Sunday awards ceremony. If you are unable to attend, your awards can be mailed for a \$20.00 fee. Awards will not be given to others.

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RACE RULES FOR RUNNERS

Race Management apologizes for the number of rules in this race. However, with the large number of runners it has become imperative to establish and enforce these rules to ensure all runners race on the same "level playing field."

1. Numbers must be worn on the front and outside of what you are wearing. **DO NOT FOLD OR CUT RACE NUMBER.** It is the responsibility of each runner to make sure their number has been checked and noted in and out of each aid station. Entries and race numbers are non-transferrable.
2. Absolutely no littering!
3. Absolutely nothing can be left at the river crossing!!!
4. Do not cut switchbacks. You must follow the trail as it has been marked.
5. No vehicle pacing. No bicycle pacing. You may have as many pacers as you wish after 50 miles, but only one pacer at a time.
6. No aid allowed from moving vehicles. Crews must be outside the vehicle when assisting a runner. Crewing only at aid stations and designated crew access points (see page 12).
7. You may not stash supplies along the course.
8. No vehicle shall follow a runner assisting with headlights.
9. Any runner dropping out shall immediately surrender their wristband and notify aid station personnel.
10. Any runner accepting a ride for any reason is deemed out of the race and may not reenter.
11. No domestic animals or pets on the race course at any time. Pets of crew must be leashed.
12. Cutoff times are nonnegotiable.
13. All runners will abide by the directions of the medical personnel. This includes checking in with the medical staff after you finish the race, prior to leaving the finish line area.
14. Where necessary to run on roads, please run facing oncoming traffic, this is especially important between Winfield and trailhead.
15. Violations of any rule will be grounds for disqualification. Race Management reserves the right to bar any runner from competing in this and any future Leadville Trail 100 races.
16. Runners requiring supplemental oxygen or IV fluids will not be allowed to continue.
17. Decisions of the Race Director and Race Management are final.

RACE RULES FOR CREWS AND PACERS

ALL CREWING MUST BE DONE AT WINFIELD. ABSOLUTELY NO CREWS ALLOWED AT THE HOPE PASS TRAILHEAD.

1. Runners are responsible for the actions of their crew and pacer.
2. Pacers will be given a bib number corresponding to the bib number of the racer. You must wear that number at all times and notify aid station personnel that you are the pacer. Pacers will be required to sign a waiver and will be required to follow the same set of rules as the racer. Pacer waivers may be signed at the pre-race meeting or any aid station. Pacers under 18 must have signed permission from a parent or legal guardian.
3. Crews will be given a crew sticker with the racer's number. This must be posted in or on the crew vehicle at all times.
4. Crews are not allowed to park anywhere other than is posted and allowed by Race Management.
5. Crew only at aid stations and at designated crew access points.
6. NO LITTERING!
7. All animals must be leashed at all times.
8. If your runner drops from the race, double check that they have followed proper procedures. This means surrendering the racer's medical wristband to race personnel.
9. Runners are allowed as many pacers as is necessary after 50 miles, but only one pacer at a time.
10. Vehicle rules:
 - a) No pacing with vehicles
 - b) No pacing with bicycles
 - c) No vehicles on Hagerman Road
 - d) Vehicles may not stop on the Halfmoon Road from State Highway 300 to treeline
 - e) Vehicles may not stop on the Winfield Road. Absolutely NO parking or crewing on the Winfield Road. All crewing MUST be done in Winfield.
 - f) Park in designated areas only
 - g) Obey traffic and parking officials without comment
 - h) No stopping or crewing from the Sugar Loafin' intersection to the finish
 - i) Absolutely no vehicles on the "Boulevard" - this is miles 2,3,4, and 97, 98, 99.
 - j) No vehicles past treeline on Halfmoon Road

THANK YOU!

THANK YOU!

THANK YOU!

Take time along the way to thank the 600+ volunteers, without whose help this race could not be run.

TV AND FILM CREWS

We may be filmed again this year. Television crews may be on foot, in vehicles, and helicopters for the entire race. The front runners can expect to be "shot" extensively from a moving vehicle for the first few and final miles. Please be tolerant and as accommodating as possible. Their coverage will help our race and community greatly. The tapes & DVDs make great thank you gifts for crews, pacers, and family and friends who tolerate your abnormal behavior.



TRAINING

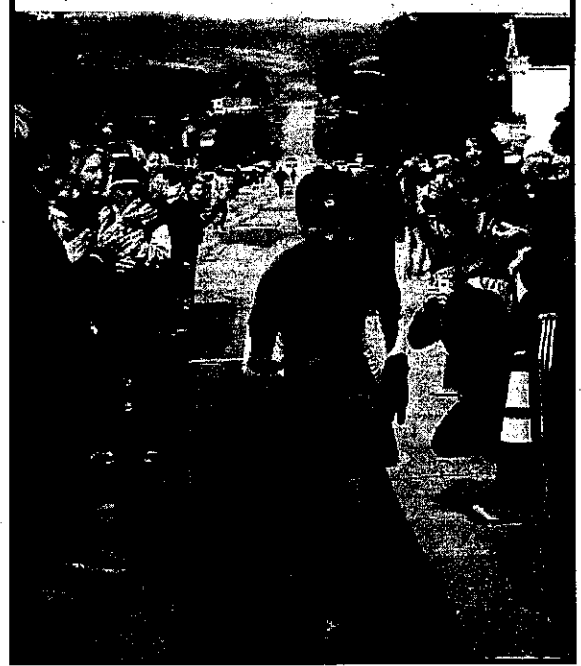
The following is a letter written by Skip Hamilton that provides excellent advice for training and completing the LT 100. Skip is a four time winner of the race.

Dear Leadville 100 Runner:

All through the winter I get calls from excited but nervous voices: "Guess what Skip? I got into Leadville! Can you help me out with some ideas for training between now and then?" Sure I can, and so I do. But what I thought might help more, is to send something along to all of you. Sort of a guide to the Leadville Trail 100 adventure. First of all, congratulations on your acceptance to the race. For those of you who haven't run it before, you should know you are headed to one of the most exciting yet demanding events in the world -- challenging terrain, spectacular vistas at every turn, and the world's most wonderful people as your hosts. So be nervous (that's a sign of respect) but feel great about the challenge you are about to undertake. So, on to some training tips that will hopefully make your race a successful and fulfilling adventure.

1. As with all races, your training is an attempt to address the specifics of your event. In this case: a very "long" distance, at high altitudes; lots of vertical (up and down); changes in pace; trail type footing from very smooth to very rough; dry air; extremes in temperatures and conditions; feeds and fluids on the run; and the will to keep going even when you're very, very tired. The basic goal of Leadville is to finish, and to meet the challenge you have set before yourself.
2. Take each of these specifics and see if you've included them in your plans over the next months. Each must be addressed to ensure that you are ready. It is impossible to fake it at Leadville.
3. Perhaps adjusting to running at altitude is crux. All the other race-specific adaptations hinge upon this. Unless you live at altitude or have access to it every weekend, consider coming to Leadville for the month prior to the race. Many people have made it a reasonably-priced family vacation—doing some running, traveling around the state, biking, river running, relaxing, and most importantly feeling comfortable with life and exercise at altitude. This adjustment in itself will help you "run" a long ways towards your race goals.
4. Log those miles. At least every other weekend, try for a 30-50 miler. Run on trails with lots of up and down. Keep the pace slow, so recovery time from these training runs is minimal. Time running is what counts, not a fast pace. Most runners are right in not going beyond 50 miles in training. It just takes too long to recover, and that is time that should be

The Thrill -- and Agony -- of Success



spent training. So, usually the turn around at Winfield is the same for everybody in terms of distance -- "no man's land." But, you can be successful at the second 50 if you've properly trained (all the above specifics) and are well-rested and recovered going into the race (more on this one!).

5. Experiment with what works for you in terms of eating and drinking. Each of us has a different menu of what works and how it sits in our stomachs, so know your feeds and fluids and have confidence in them. Don't try something new for the first time in the race -- too risky! In training as in the race, drink and eat often, small amounts frequently is best. Keep those blood sugar levels steady and high. A tired mind tends to be forgetful, so make your fueling "habit." Practice that on those long training runs and have YOUR menu sorted out by midsummer.

6. Here's another biggie. All the training in the world will be of little use if you are not very rested come race day. This is the biggest pitfall for all runners. For Leadville, at least two weeks of extreme tapering is essential for best performance. Stay at altitude, but cut way back on training. Jog, go for walks, ride a bike in low gears, eat, sleep, and stay well-hydrated. Minimize the stresses in your life -- tapering, waiting, and anticipating are stressful enough. Try to relax mentally and physically. It's essential to your "long day at Leadville"

Have a great race, run well within yourself, especially in those first 30 miles (you have plenty of time to make your move!), and be sure to look around and smile. You're part of one of the greatest events on earth!

LIFETIME[®]
FITNESS

VASQUE

COURSE DIRECTIONS

Start to May Queen: Start on the corner of 6th Street and Harrison Avenue. Runners will head west on 6th just less than one mile to the junction of McWethy Drive and 6th Street. Turn left for about 1/10 mile, then turn right on a dirt road called "The Boulevard." Follow the dirt road approximately 2 1/2 miles, turn right at the junction and run about 8/10 mile to the Turquoise Lake Road (paved). Turn left for approximately 1/4 mile on the paved road to the 3-way junction opposite Sugar Loafin' Campground. Follow the dirt road (middle fork) to the power line (approximately 1 mile). Turn right and follow the power line up to the Turquoise Lake Road. Cross the road and pick up the trail on the edge of Turquoise Lake, turning right. Follow the trail along the shoreline, first heading north, then west to the May Queen Campground. Be careful along this trail section as it will be dark and some of the course is right along the water. After entering May Queen Campground from the trail, proceed on the road, still heading west. The first aid station will be on the right after you have run all the way through the campground. You should carry adequate water from the race start to make it to the first aid station, approximately 13 1/2 miles into the race. Check in with Colorado Mountain College and Lake County School District volunteers.

May Queen to Fish Hatchery/Outward Bound: Continue in the same direction until you reach Turquoise Lake Road. Turn right, which is northwest. Run on pavement to a hairpin curve in the road, where you will turn left off the paved road and across a small stream, bearing left on a trail that in turn crosses a wooden bridge over a larger stream. Turn right immediately after the bridge and continue until you reach metal rails standing in the jeep road, then turn left onto the Colorado Trail. At Hagerman Pass Road, turn right and continue for approximately 1 mile. Take a hard left onto a jeep trail, FS Road #105, and proceed to the top of Sugar Loaf Pass at 11,000 feet. At the top of the pass, make sure you do not turn right or left at the Colorado Trail sign. Continue along the dirt road for several hundred yards, then turn right on the road that leads you down the power line right-of-way to the County Road. The portion of our trail from the top of Sugar Loaf Pass down to the paved road passes through private property. We ask that you not trespass to either side of the dirt road. At the paved road, turn right and run along a paved section to the Leadville National Fish Hatchery. This is the first medical check point and is 23 1/2 miles into the race. The aid station is operated by the Colorado Outward Bound & Leadville National Fish Hatchery, and SVGH medical volunteers.

Fish Hatchery/Outward Bound to Halfmoon: Run east (again on paved road) about 1 1/2 miles to Halfmoon Campground road that heads south. After running on this road for about 1 1/2 miles, turn right on a dirt road, heading to Halfmoon Campground. Halfmoon Aid station is at the 30

1/2 mile point on the north side of the road. The Halfmoon Aid Station is provided by Ski Cooper Volunteer Ski Patrol.

Halfmoon to Twin Lakes: After leaving Halfmoon, run about 1 1/4 miles and turn left onto the Colorado Trail Trailhead, heading south. Continue approximately 8 miles on the trail and approximately 1 mile on an unimproved dirt road to the Twin Lakes Aid Station. The section between Halfmoon and Twin Lakes is one of the most difficult to follow, because of the number of intersecting trails and roads. Pay close attention to the trail markings! The first building on your left as you arrive in Twin Lakes is an early day school house. The second building on your left is the Twin Lakes Fire House and is the location of the fourth aid station and the second medical check. The mileage at this aid station is 39 1/2. The Twin Lakes Aid Station is operated by Lake County School District and SVGH medical volunteers.

Twin Lakes to Winfield: As you leave Twin Lakes Aid Station, go approximately 1 block east, turn right and run straight ahead to Highway #82. Cross the pavement and the parking lot and head in a westerly direction, following the trail that roughly parallels the pavement, until you reach a dirt road. Turn left and follow the dirt road until you reach the river. After crossing the river continue on the jeep road until you reach the trail intersection, with a "NO VEHICLE" sign. This will soon turn into a trail. There is a fork in the trail after about 1 mile - take the left fork. This will take you to the summit of Hope Pass at 12,600 feet in elevation, and the 45 mile point in the race. There will be a limited aid station at timberline on the north side of Hope Pass. This is manned by a few very hardy volunteers (because you couldn't pay somebody enough to do this). Aid here is extremely limited and this aid station should be considered for emergency use only. Upon leaving Twin Lakes, carry enough food and fluids to get you to Winfield. The course then drops down to the Clear Creek dirt road. Turn right (west) and run up to the ghost town of Winfield. Turn left through the town, across a bridge, and then make another left turn into the campground and the Turnaround Aid Station, operated by the Leadville Lions Club and SVGH volunteers. This is also a medical checkpoint. After clearing the aid station, turn around and repeat the same route -- in reverse. You must leave this aid station on your return by 14 hours. Good Luck!

AitoLab
ALTITUDE SIMULATORS

PowerBar



CREW ACCESS POINTS & DIRECTIONS

Crews planning to meet their runner at any aid station should allow time to park and walk. We heartily recommend driving to access points prior to race day for familiarization purposes. Race day, absolutely no crewing other than the following approved locations.

1. The Tabor Boat Ramp—at approximately 7 miles into the race. Crews may not park along the main lake road, but must pull down into the boat ramp parking lot. Use Mt. View Drive access road to the lake. Turn west at Safeway, and continue approximately 4 1/2 miles.

2. May Queen Campground—at approximately 13 1/2 miles into the race. West out of Tabor Boat Ramp on North Lakeside Drive continue to May Queen. The area will be posted showing where you will be allowed to park. The aid station personnel will also be directing traffic. Runners will be using the same road as the crews so, the section of road from May Queen turn-off to the creek crossing will be closed to traffic. If you enter from the north side of the lake, you will be turned around and will exit the same side. The same goes for the south side. The aid station location is at the west end of the campground. Crews will not be allowed to drive into May Queen Campground itself. This area becomes quite congested on the outbound.

3. Fish Hatchery/Outward Bound Aid Station—at approximately 23 1/2 miles into the race. On the **outbound**, crew traffic will not be allowed between powerline and the aid station. If you meet your runner at the powerline, you must turn around and exit the way you came in. Parking will be only on the south side of road. If you meet your runner at the Fish Hatchery, you will be turned around so you can exit the same way you entered. Parking will be posted and aid station personnel will be directing traffic. On the return, crew traffic will be routed in a clockwise direction around the fish hatchery loop. There will be no parking, no stopping and no crewing between the aid station and the powerline.

4. Halfmoon Road (Treeline)—Crew vehicles will not be allowed on the dirt Halfmoon road on the **outbound**. Crew traffic must stay left on the paved road at the fork in the road. Runners will be turning right and going up the unpaved Halfmoon Rd. Crews will continue on paved FS160 (which becomes dirt) through the gravel pits turning right on the Pipeline Rd. This road connects to the Halfmoon Road at treeline. There is adequate parking and crews will be able to walk to treeline. This is at approximately 27 miles into the race. The aid station is located about 2 miles from treeline. No crew traffic and no parking on the Halfmoon Rd. - (**outbound** only). On the **return** only, crews may drive on the Halfmoon Rd. only as far as treeline. No parking, stopping or aiding from the Fish Hatchery to treeline crewing area either on the **outbound** or **return**.

5. Twin Lakes Aid Station—approximately 39 miles into the race. There is adequate access, but parking is a problem.

The easiest parking will be in the Forest Service Moache angler parking on the south side of Hwy. 82. Please park with care, as most of Twin Lakes is privately owned. Park so you have not blocked anyone in and so there is ample room for emergency vehicles. To access, take Highway 24 South approximately 17 miles to Highway 82, then turn west and go 6 miles.

6. Winfield—50 miles into the race and the turnaround point. The road leading into Winfield is 14 miles of dusty, narrow, wash-board road. The runners hit the road at about 47 miles, and run the additional 3 miles to the aid station along the same road the crews will use. Please drive very slowly. To access, take Highway 24 South approximately 21 miles to Clear Creek Reservoir, turn west and go approximately 14 miles. **ABSOLUTELY NO PARKING ON EITHER SIDE OF THE ROAD AND NO STOPPING OR AIDING ON THIS ROAD.** This is the dustiest most congested part of the course. Drive slowly and extend runners every courtesy. A law enforcement officer will be patrolling this road. The safety factor is critical.

ALL CREWING MUST BE DONE AT WINFIELD. ABSOLUTELY NO CREWS ALLOWED AT THE HOPE PASS TRAILHEAD.

Although these rules have been stated elsewhere, we reiterate them because of their extreme importance.

1. No vehicle pacing.
2. No bicycle pacing.
3. Crew only at designated crew access points.
4. No aid allowed from a moving vehicle.
5. All dirt roads in the first 20 miles and last 20 miles of the race are completely closed to vehicle traffic.

Failure to obey the rules will result in disqualification and exclusion of your runner from future LT 100s.



MISCELLANEOUS INFORMATION

1. Race Headquarters prior to the race will be at 213 Harrison Avenue, (719) 486-3502. Please check in upon arriving in town to let us know where you will be staying, so we can get emergency messages to you, should the need arise. We do need your local phone prior to race start. There will also be a Runners Message Board. Assorted LT 100 T-shirts, logo wear and gear will be available (they make great thank-you gifts to crews and pacers).

2. Several of the local restaurants will be open for breakfast very early race morning. These will be listed at the final briefing

3. Drop bags will be returned to the courthouse. This will also be the location of the Lost & Found. Drop bags must be picked up by 12:00 noon Sunday. Drop bags not picked up by that time will be donated to local charities.



SHIMANO



mountainflyer magazine

Anthem



Don't Forget Your Shoes



Once again, in memory of our friend Roy Langston, we will have a collection box for all your old and unwanted running shoes. The shoes will be used by the patients at Colorado Mental Health Institute at Fort Logan. Make sure and pack all your clean, outdated models before coming to Leadville.



Running the Red Carpet to the Finish Line

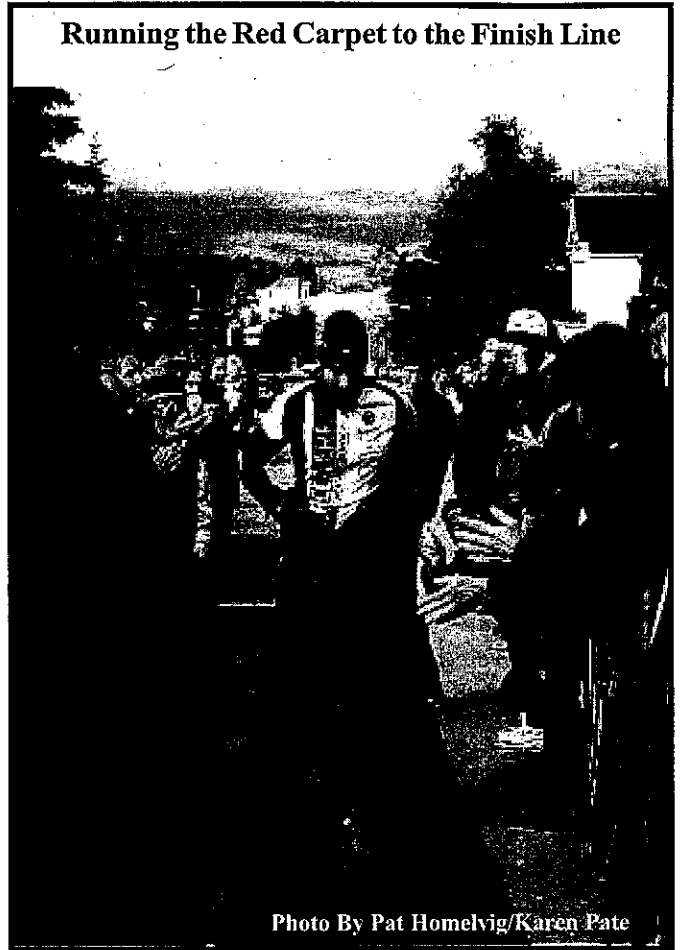


Photo By Pat Homelvig/Karen Pate

A Little Help from our Llama Friends

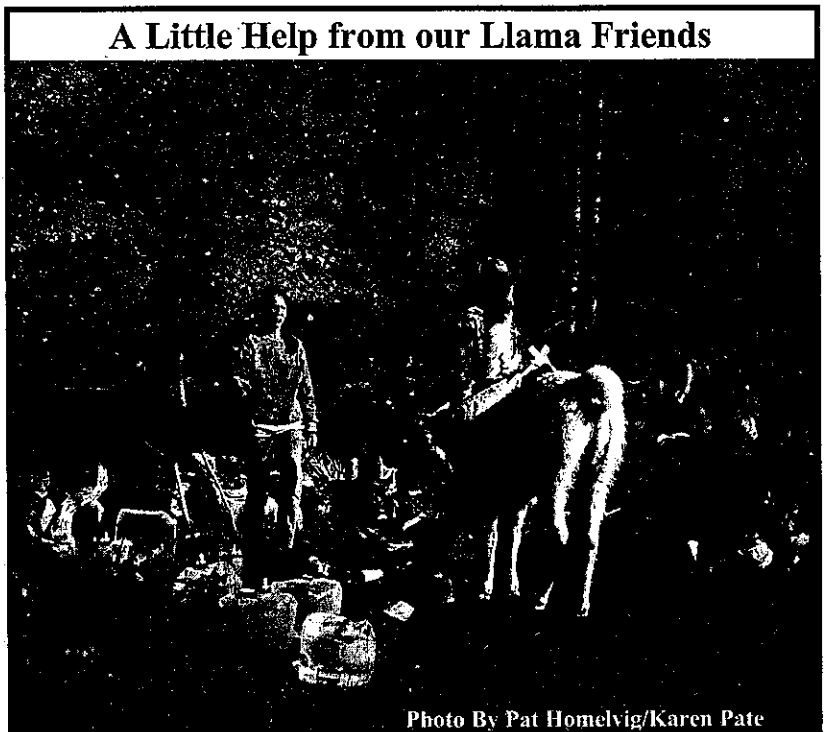
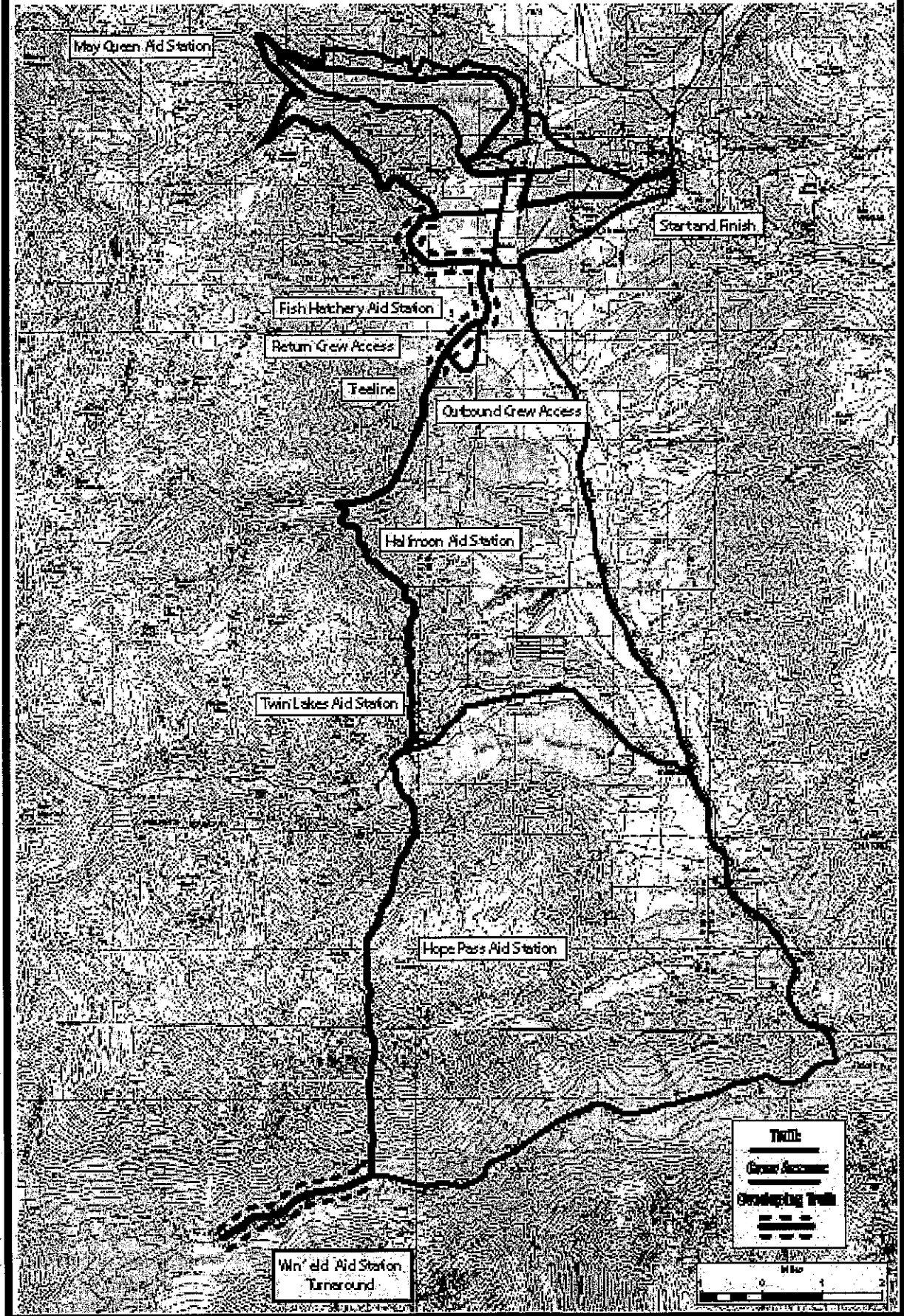


Photo By Pat Homelvig/Karen Pate

Leadville Trail 100 "Race Across the Sky" Map



Please visit the web site for a more detailed map: www.leadvilletrail100.com

A Note from LT100 President Ken Chlouber

You've come to the right place -- this Leadville. You're here to ride your bike a hundred miles or simply lace up your shoes and do the same thing on foot. Either way, it ain't gonna be easy. But I say you're in the right place, 'cause, look around you. Nothin' every came easy here. Just the simple act of breathin' has caused more than a few to turn tail. Then, there's the winters. They say the only time it's not snowin' is 'cause it's too cold. Makes the Leadville kids tough, though. Believe it -- Leadville schools have never had a snow day. Talk to the locals. You won't find a town anyplace, where day to day decency, duty, honor, courage is more of an accepted way of life. If anyone needs a helpin' hand, they don't have to ask, it's there. It's a good way of life -- hard at times, but good. This brand of integrity; this take-care-of-the-person-next-to-you; this tell the truth with courage is born in our history, our heritage, it's comin' deep from the Leadville mines.

Those miners, yesterday and today, know that deep in that rock, truth is everything. Courage is mandatory. Duty and responsibility to others, and they to you, will get the job done and everybody in the daylight once more.

So, saddle up mountain bikers. Runners, double knot those shoes. What you're about to confront requires those same qualities, that same strength, that same never-give-up, never whine, dig deep, that makes Leadville, Leadville. It's all around you. Accept it.

Believe it. Then, Leadville becomes a part of you.

The old shotgun barks the start. And you're in for a great adventure. Sure, it's gonna hurt at times. Recall those old miners. Dark, cold, wet with hammer and steel, it had to hurt at times. But they dug deep and so will you. They didn't quit until the job was done. And, neither will you. Their reward, gold and silver. Your award, gold and silver. Leadville's more than a town. It's a way of life. Live it, the Leadville way. You're better than you think you are,—you can do more than you think you can. Be more, do more. They say in mining, truth is at the face. That's where you're standin' today. Make Leadville proud of you!

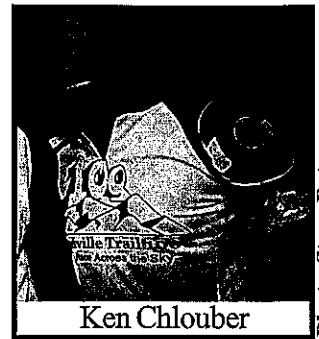


Photo: Steve Peterson

Ken Chlouber

At your service..the LT100 staff

This year's LT100 events will be bigger and more exciting than ever. As a result we've expanded the Leadville Trail 100 staff and would like to take this opportunity to introduce some new folks who will be helping to coordinate this year's events.

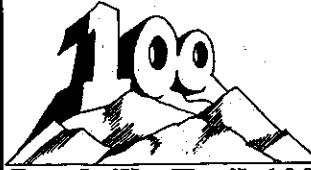
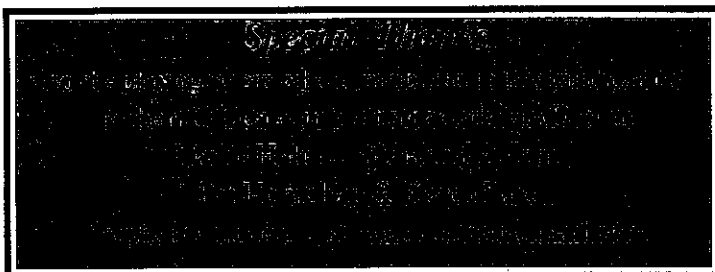
You'll see all the familiar faces Ken Chlouber and Merilee. Although Merilee has taken back her maiden name of Maupin. Same great person, only the name has changed: Merilee Maupin.

Of course there's Sarah Savage, Chief Organizational Officer. Sarah's incredible organizational talents help things run smoothly on the trail, from aid stations to medical supplies. You can reach Sarah by email: sbsavage@amigo.net.

Scott and Shanon Giffin will be organizing the aid station logistics (supplies and equipment) for all the races. Their phone numbers and email are: Scott (719)293-4778, scottgif@yahoo.com; Shanon (719) 293-4774, shanongif@yahoo.com.

Shannon Gipson will be the Volunteer Coordinator for the races. She will assign the volunteers to the appropriate aid station captains and other functional leaders. Shannon's contact information is (970) 471-1263, shannongipson@yahoo.com.

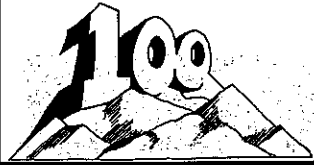
Kathy Bedell is the LT100's new Public Relations and Communication Manager, handling press and public relations information for the races/events. Kathy can be reached at the LT100 office: (719) 486-3502, LT100@leadvilletrail100.com.



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Edited and designed by Kathy Bedell

2009 Leadville Trail 100 Races & Events



Training Camp * June 27, 28, 29

Our goal is to provide each participant the tools necessary to complete the LT100 within the 30 hours. Included will be: high altitude training, race strategy, tactical info and motivation. Discussion period prior to and following each day's run. After Saturday's dinner, an experienced panel of runners, crew members and race management will discuss "What it takes to finish the LT100".



Marathon & Heavy Half Marathon * July 11

26.2 miles of breathtaking, Leadville Rocky Mountain trails, summiting notorious 13,188 ft. Mosquito Pass. Seven well-supplied aid stations. (8 1/2 hour total time limit). Heavy Half Marathon 15+ miles on is a slightly different trail, an out and back race that still takes runners to the top of Mosquito Pass.



Leadville Silver Rush 50 Mile Mountain Bike Race * July 25

The course is 50 miles out and back within the high altitude environment of Leadville's historic east-side mining district. The route is extreme in true Leadville fashion. Three well supplied aid stations with a 4 hour cut-off time at half-way point.



Leadville Silver Rush 50 Mile Run * July 26

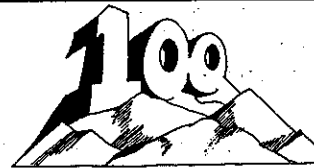
The race is the same course as the infamous Silver Rush 50 mile mountain Bike race, entirely on dirt, rocks and mud. 14 hour time plus aid station cut-offs. 7 well supplied aid stations. The course is 50 miles out and back within the high altitude environment of Leadville's historic east-side mining district.



Leadville Trail 100 Mountain Bike Race * August 15

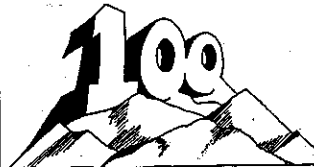
50 miles out and back. Start/Finish in the heart of Leadville @ 10,200'. 90% double track dirt roads. Steep climbs: serious descents. 7 mile climb to the 50 mile turnaround at 12,600 ft. Approx. 14,000' elevation gain. Greater than 65% average finish rate under the 12 hour limit. Excellent support stations.

Entries
CLOSED
for this race



LT100 10K * August 16

3.1 miles of the Leadville Trail 100 course. Paved and dirt roads. Aid station at turnaround. Race begins at the corner of 6th and Harrison Ave. Out and back course using the first and last 3.1 miles of the Leadville Trail 100 course.



LT100 Run "The Race Across the Sky" * August 22-23

50 miles out and back in the midst of the Colorado Rockies. Lowest point is 9,200 ft. and the highest point is Hope Pass, 12,600 ft. The majority is on forest trails with some mountain roads. Pacers allowed after the 50 mile point. 11 well-supplied aid stations with cut-offs; 5 are medical checks.

NEW
THIS YEAR!

24 Hours of Leadville

September 5, 2009

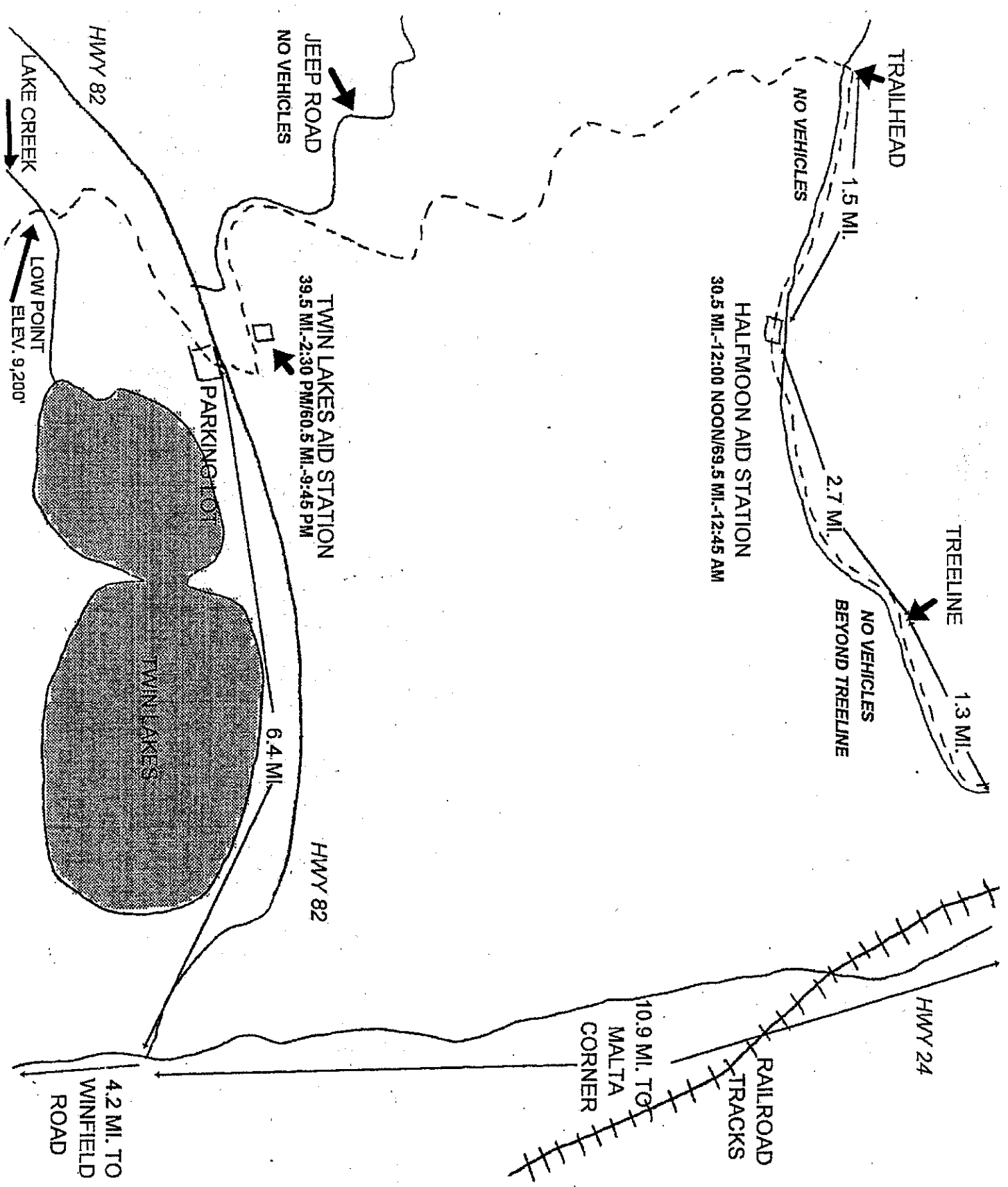
When 100 miles isn't enough ...

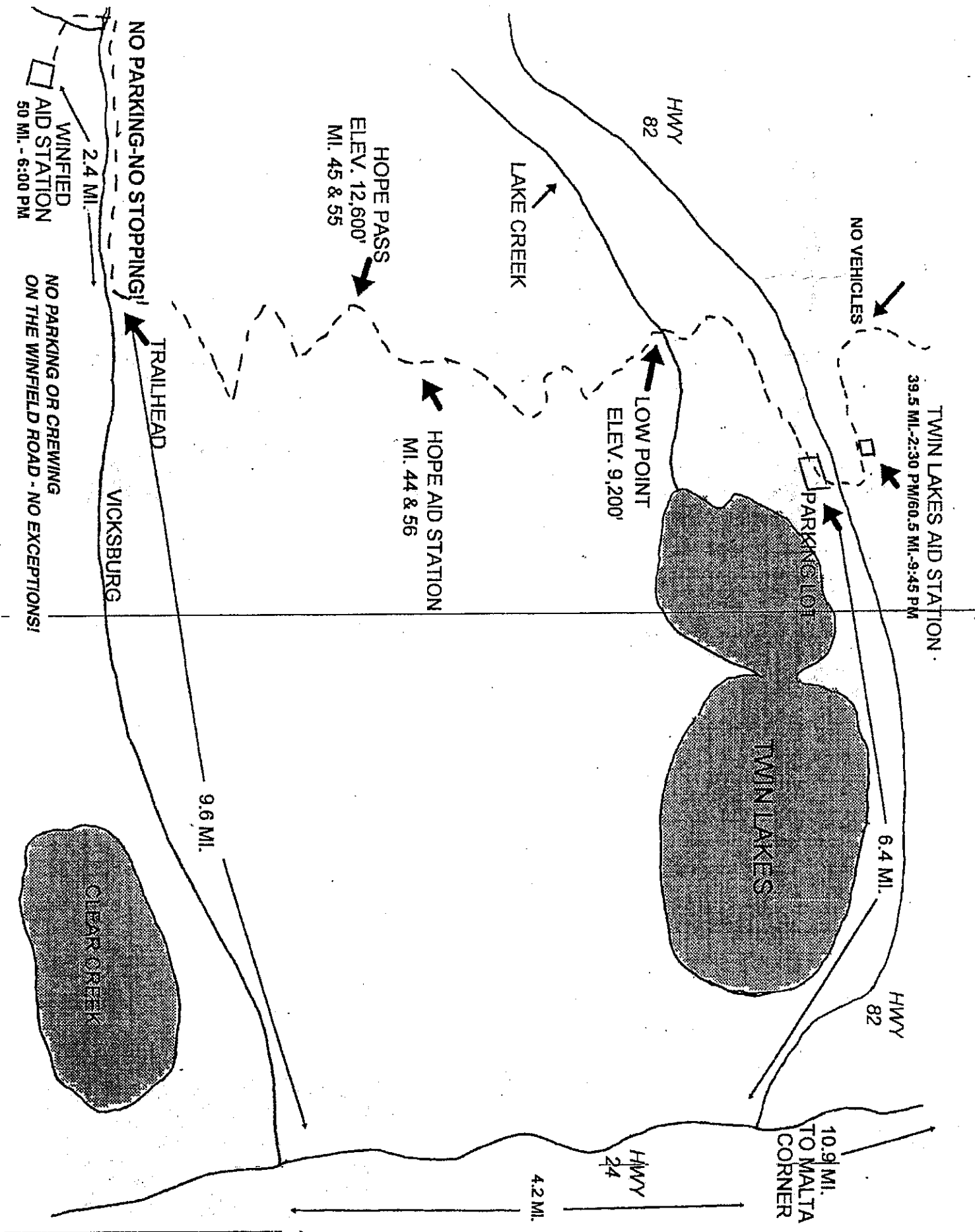
Check the web site for regularly updated details: www.leadvilletrail100.com

BE a Leadville Trail 100 VOLUNTEER!

We hope you will consider volunteering at one of the Leadville Trail 100 events. It is a great way to work with the athletes up close and personal. Volunteer information is available on the LT100 web site. In addition entry preference is given for future races to those contributing 8 hours or more. Aid station captains will have volunteer verification forms.

We need you! Thanking you in advance!





NO PARKING OR CREWING ON THE WINFIELD ROAD - NO EXCEPTIONS!

NO PARKING-NO STOPPING!

NO VEHICLES

TWIN LAKES AID STATION
39.5 MI.-2:30 PM/60.5 MI.-9:45 PM

10.9 MI. TO MALTA CORNER

HWY 24

4.2 MI.

HWY 82

6.4 MI.

TWIN LAKES

PARKING LOT

LOW POINT
ELEV. 9,200'

HOPE AID STATION
MI. 44 & 56

HOPE PASS
ELEV. 12,600'
MI. 45 & 55

HWY 82

LAKE CREEK

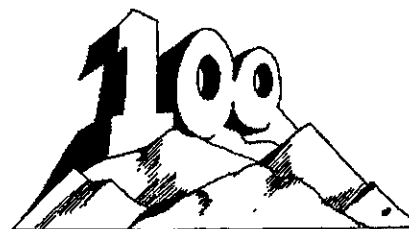
TRAILHEAD

VICKSBURG

9.6 MI.

CLEAR CREEK

WINFIELD AID STATION
50 MI. - 6:00 PM



Race Log

Use this log to record your times throughout the race.

Leadville Trail 100

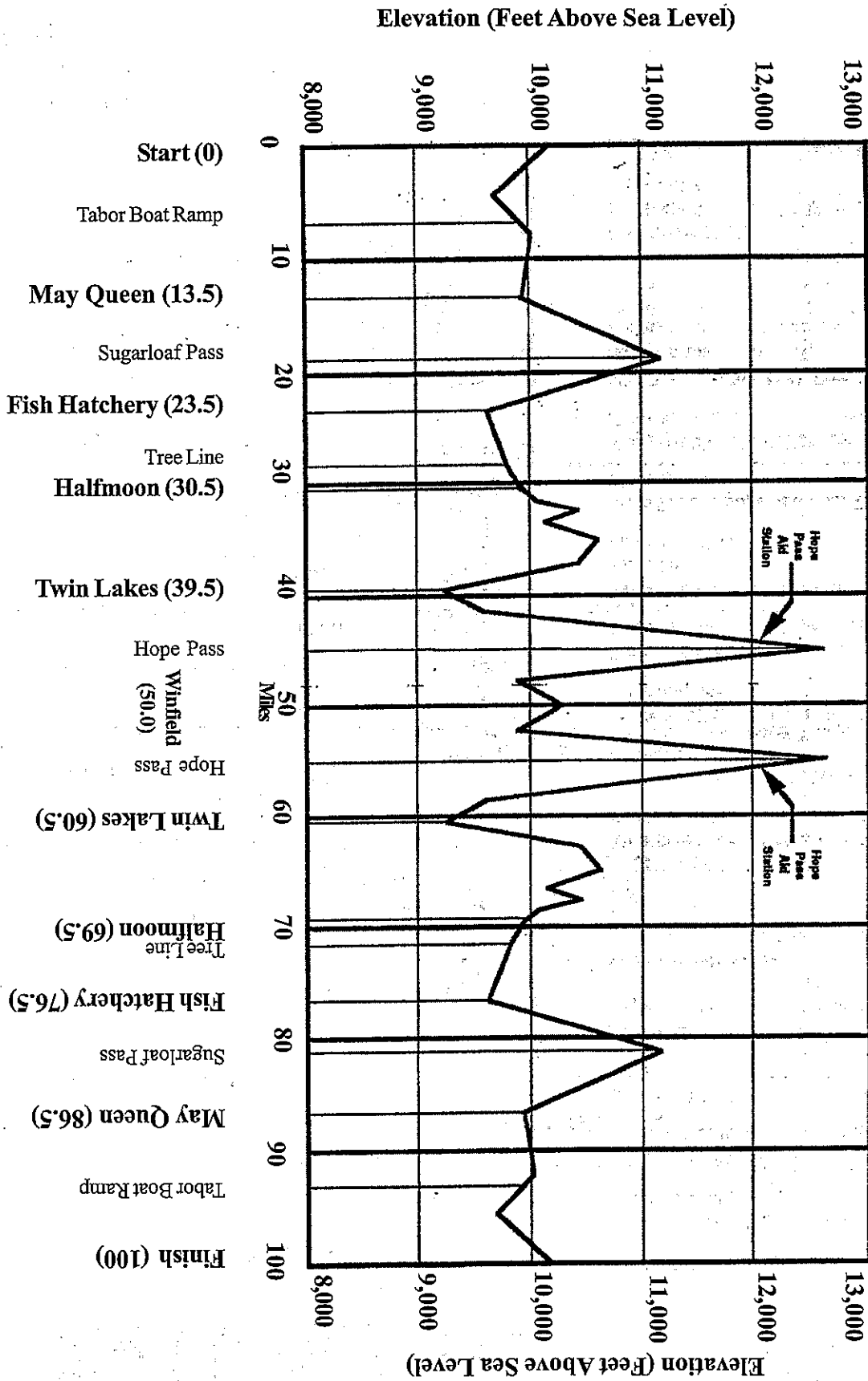
Runner's Name _____

Course Leg	Target Time In	Target Time Out	Actual Time In	Actual Time Out
Start to May Queen				
May Queen to Fish Hatchery/Outward Bound Wilderness				
Fish Hatchery/Outward Bound Wilderness to Halfmoon				
Halfmoon to Twin Lakes				
Twin Lakes to Winfield				
Winfield to Twin Lakes				
Twin Lakes to Halfmoon				
Halfmoon to Fish Hatchery/Outward Bound Wilderness				
Fish Hatchery/Outward Bound Wilderness to May Queen				
May Queen to Finish				

Leadville Trail 100 Course Profile

"The Race Across the Sky"

Course Elevation Profile
 This course elevation profile is intended to provide a general guide to the ups and downs of the course. The scale used prevents showing all of the climbs and descents on the course - only the larger ones are shown. There are many changes in elevation not shown on this profile. A more detailed topographical map is available on the LT100 web site: www.leadvilletrail100.com. The best way to know what to expect is to get out on the race course prior to the start.



WHERE TO STAY

Check with the Leadville Chamber of Commerce web site: www.leadvilleusa.com

Alpine Realty

Fully furnished rental homes
(800) 600-5663 or (719) 486-1866
www.ocalpinerealty.com

Alps Motel, Hwy 24 & Elm

(800) 818-2577 or (719) 486-1223
www.aplsmotel.com

Any Trail Lodge, 1515 Poplar St.

(719) 486-3155

Aspen Leaf Properties, 711 Harrison Ave.

Fully furnished rental homes
(877) 277-3653 or (719) 486-1930
www.leadvillepropertyrentals.com

Columbine Inn & Suites, 2019 N Poplar

(800) 954-1110 or (719) 486-5650
www.columbineinn.com

Delaware Hotel, 700 Harrison Ave.

(800) 748-2004 or (719) 486-1418
www.delawarehotel.com

Governor's Mansion, 129 W. 8th St.

Short term suite rentals
(719) 486-1865
www.governorsmansion.net

Grand West Resort, 99 Grand West Dr.

1, 2, or 3 bedroom fully furnished units.
(800) 691-3999 or (719) 486-0702
www.grandwest.com

Hitchin' Post Motel, Hwy 91, 4 mi. N of town

(719) 486-2783
www.hitchinpostmotel.com

Ice Palace Inn B&B, 813 Spruce St.

(800) 754-2840 or (719) 486-8272
www.icepalaceinn.com

Leadville Inn B&B, 127 E. 8th St.

(719) 966-4770
www.leadvilleinn.com

Leadville Hostel & Inn, 500 E. 7th St.

Dormitory style lodging
(719) 486-9334
www.leadvillehostel.com

McGinnis Cottage B&B, 809 Spruce

(719) 486-3110
www.mcginniscottage.com

Mountain Hideaway B&B, 201 W. 8th St.

(800) 933-3715 or (719) 486-0716
www.mountainhideaway.com

Mountain Peaks Motel, 1 Harrison Ave.

(888) 771-4470 or (719) 486-3178
www.mountainpeaksmotel.com

Silver King Inn, 2020 N. Poplar

(800) 871-2610 or (719) 486-2610
www.silverkinginn.com

Super 8, US Hwy 24, 1/2 mi. S. of town

(800) 261-3637 or (719) 486-3637
www.super8.com

Timberline Motel, 216 Harrison Ave.

(800) 352-1876 or (719) 486-1876
www.timberlinemotel.com

TWINLAKESAREA

(17 mi. S. of Leadville)

The Black Cat B & B

250 Reva Ridge Road
(719) 839-0678
www.blackcatbb.com

Mt. Elbert Lodge, 10764 Hwy 82

(800) 381-4433 or (719) 486-0594
www.mount-elbert.com

M & M Cabins, 67 Mt. Hope Dr.

(719) 486-1560
www.mmcabins.com

Ores & Mine B&B, 6285 CR 10

(719) 486-3552
www.oresandmine.com

Inn of the Black Wolf, 6435 Hwy 82

(800) 626-7812 or (719) 486-1830
www.innoftheblackwolf.com

Twin Lakes Roadhouse, 6411 Hwy 82

(888) 486-4744 or (719) 486-3157
www.twinlakescolorado.com

Twin Peaks Cabin, Hwy 82

(719) 486-2667

Twin Lakes Comfort B & B

(719) 486-7262
www.twinlakescomfort.com

Windspirit Cabins, 6559 Hwy 82

(719) 486-8138

Win-Mar Cabins, 1535 Hwy 24

(at Twin Lakes turn-off)
Cabins w/showers & kitchens.
(719) 486-0785

CAMPGROUNDS

Leadville RV Corral, 135 W. 2nd St.

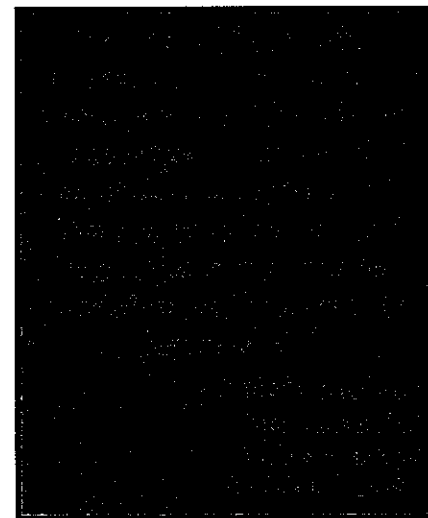
(719) 486-3111
www.mountainrvpark.com

Sugar Loafin' Campground, 2665 CR 4

Camping along LT 100 course.
(719) 486-1031
www.sugarloafin.com

US Forest Service Campgrounds

Throughout area
(877) 444-6777
www.recreation.gov



Treking Past Twin Peaks



Ten Principles to Live By

1. Live Each Day With Courage
2. Take Pride in Your Work
3. Always Finish What You Start
4. Do What Has To Be Done
5. Be Tough, But Fair

6. When You Make a Promise, Keep It
7. Ride For The Lead
8. Tell The Law and Say More
9. Remember That Some Things Aren't For Sale
10. Know What To Draw The Line

Cowboy Ethics: What Wall Street Can Learn from the Code of The West- James P. Owens



A Hardy Crew: The Hope Pass Aid Station

Thanks to all of our sponsors!

