

# 2018 Racer Manual



**May 12, 2018**

**Fruita, CO**

**Half Marathon**

**[www.geminiadventures.com/rabbit-valley/](http://www.geminiadventures.com/rabbit-valley/)**

# Hello Racers and Crews!

We can't wait to see all of you this May - hopefully with fresh legs and a powerful spirit, ready to start the racing season off right! We consider ourselves so lucky to be around people like you, and it is for you that we have worked hard to create a fun and fast event. We wish you all health, happiness, and smart training in the weeks to come!



## Introduction

Welcome to the 3rd Annual Rabbit Valley Half Marathon! This manual will supply you with information to help prepare for this year's race. The Rabbit Valley Half Marathon is a fun, rugged, desert run as an out and back mostly on the Kokopelli Trail. Runners will enjoy 13.1 miles of gorgeous early season desert with short steep climbs, rock gardens and sand traps.

## Organization

If you have any questions, please contact:

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## Schedule

### Friday

6:30-8:00p – Packet Pick-Up & Late Registration – [Summit Canyon Mountaineering](#) (461 Main St, Grand Junction)

### Saturday

5:30a – Race Day Registration & Packet Pick-Up @ Start ([Rabbit Valley Trailhead](#), Exit 2 off I-70)

7:30a – Race Start

10:30a – Awards/Raffle @ Start/Finish

6:30p – Racer Appreciation Party – [Kannah Creek Brewery](#) (1960 N 12<sup>th</sup> St, Grand Junction)

## Location & Parking

From I-70, take Exit 2, for [Rabbit Valley](#) (about 17 miles west of Fruita). Turn South, drive along the overpass and continue about 1/2 mile past the large staging area, turn left to the next parking area where there are restroom facilities.

Your race number and packet will also be available at the Start/Finish Line beginning at 5:30a on Saturday. Packets will **not** be available after race start.

## Accommodations

This year's host hotel will be at the [Super 8](#), 399 Jurassic Ave in Fruita, CO.

Call them at 970-858-0808 and mention the Trail Running Festival for a discount.

## Course & Aid Stations

Runners will hit four Aid Stations throughout the course. They will be stocked with gels, potato chips, bananas, Skittles, ice water, Tailwind and possibly more!

Aid Stations will **NOT** have aspirin, ibuprofen or other NSAIDs.

This is a challenging course with rugged trails, short hill climbs and sand traps. This race is run in conjunction with the Desert RATS Classic Mountain Bike Race and follows the first part of the same course. The start line is at the Rabbit Valley parking area of the Kokopelli Trail and heads west for 6.5mi. After reaching the aid station, runners will turnaround and experience the challenge from the other direction.

Half Marathon	
MacDonald Creek 1	2.4mi
Cattleguard 1	5.5mi
Cattleguard 2	7.6mi
MacDonald Creek 2	10.7mi
Finish	13.1mi

## Cupless

In order to be environmentally friendly and cut down on the amount of trash we produce, we will not have cups at the Aid Stations. Please carry a water bottle, hydration pack or collapsible cup on the course.

## Medical

At each Aid Station, there will be radio contact available and all necessary materials to nurse any bumps, cuts, bruises, or blisters. The Start/Finish will have a medical tent and medics, including a certified Emergency Medical Technician.

## Weather

Weather on the Kokopelli can vary. The averages for May are a low of 47 & a high of 76 degrees. We've had anywhere from 30's to 90's – come prepared!

## Packet Pick-Up & Late Registration

Packet Pick-Up & Late Registration will be at the [Summit Canyon Mountaineering](#) (461 Main St, Grand Junction) on Friday from 6:30-8:00p.

## Awards & Party

The party for all racers and Awards Ceremony will be at 6:30p on Saturday at [Kannah Creek Brewery](#), 1960 N 12<sup>th</sup> St. in Grand Junction. There will be wings and beer! Don't miss the opportunity to socialize with other racers and win raffle prizes.

Customized cowbell awards will be given to the top three male and female finishers in each race in each of the following age groups:

Under 20, 20-29, 30-39, 40-49, 50-59, 60+

Racers will receive customized dog tag finisher's awards as they cross the finish line.

Placer's awards will be distributed at the awards ceremony at approximately 10:30 am. Awards and mementos will not be mailed after the event.



## Transfers & Cancellations

There will be no entry transfers. If you regrettably need to cancel your registration, please use [UltraSignup](#). Cancellations are given credit of their registration payment toward any Gemini Adventures event within one year's time, minus at 15% fee. Login to your account, go to Registration History, Edit for the event, and Cancel Registration.

## Staying On Course

Racers must stay on the designated course. Shortcutting will result in a disqualification. If you go off course, you must return to the same point you exited in order to continue.

## Unforeseen Circumstances

In the case of unforeseeable circumstances due to weather or other extenuating circumstances that prevents the safe continuation of the race, we may end the race at any given time. This rule will be implemented only in most extreme cases for the safety of the runners or officials.

## Local Laws

Federal, State, and County laws and ordinances must be followed at all times. For race-specific decisions, Race Director Reid Delman has the final say.



## Community & the Gemini Family

We want to continue to improve! Look for a post-race survey we send to each participant. Please take a couple minutes to fill out the survey with both positives and aspects we can improve on.

Keeping in touch with our racers is important to us! We love to hear how everyone's training has been, what races are on the horizon, countdowns to Gemini Events, and support and advice each of you give to one another for new courses/distances, adventures, injuries, & more.

Like us on [Facebook](#) for updates, news, advice, and pictures from the events.

## Course Records

**Female:** 2:00:07 – Ashley Connolly (2017)

**Male:** 1:46:58 – Martin Wiesiolek (2017)



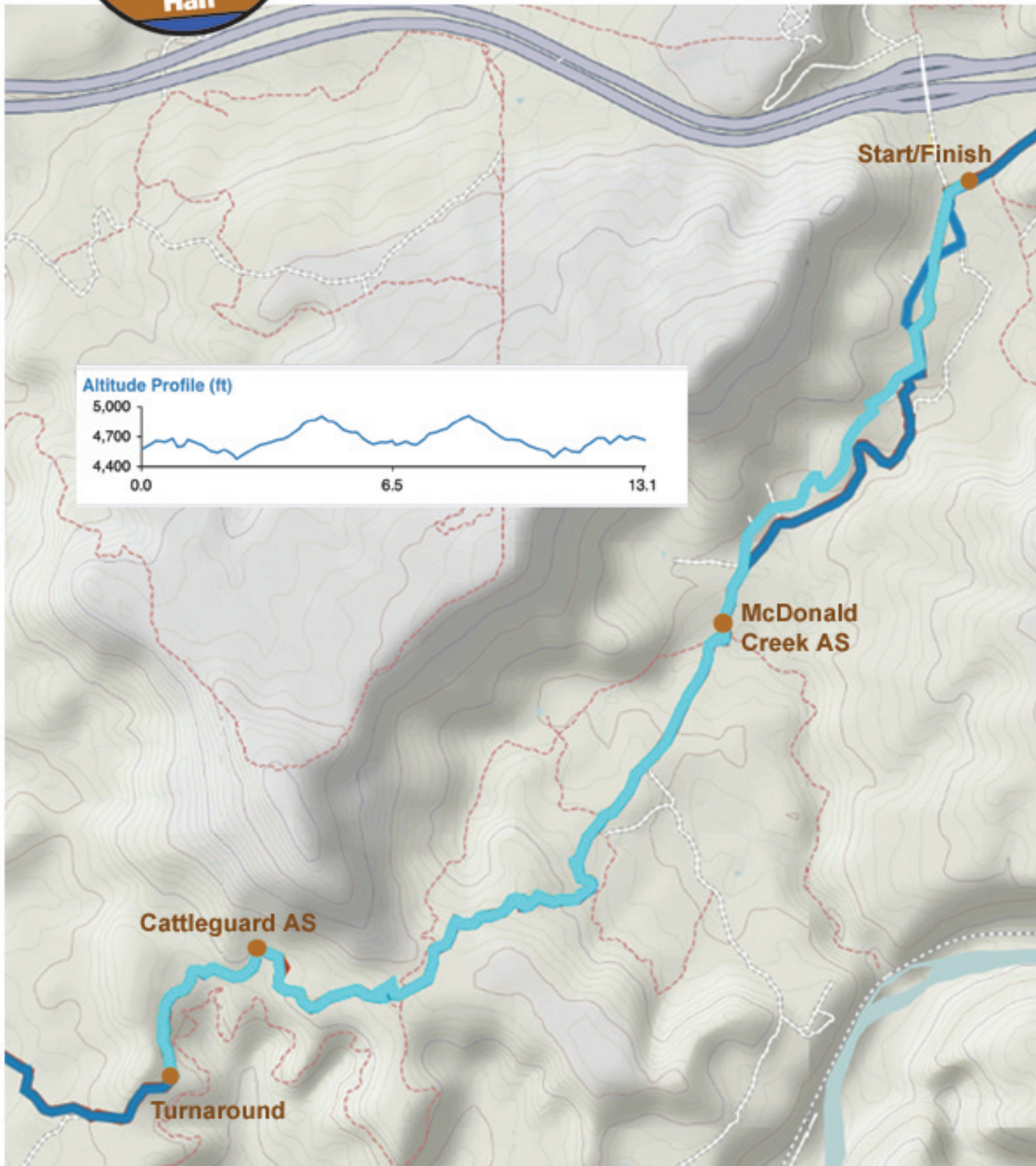
**Aid Stations:**

McDonald Creek #1- 2.4

Cattleguard #1- 5.5

Cattleguard #2- 7.6

McDonald Creek #2- 10.7



**Altitude Profile (ft)**

