

2019 Racer Manual



April 12-14, 2019

Fruita, CO

10K, Half Marathon, Marathon, 50K

www.geminiadventures.com/trail-running-festival/

Hello Racers and Crews!

We can't wait to see all of you this April - 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 17th Annual Desert RATS Trail Running Festival! This manual will supply you with information to help prepare for this year's race. We're excited for a weekend of fun and running on the breathtaking Kokopelli Loops. The festivities will include Friday's Packet Pickup & Food Truck Festival, Saturday's 50K & Marathon races followed by our Awards Party at Edgewater Brewery, and Sunday's 10K & Half Marathon races.

Organization

If you have any questions, please contact:

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Schedule

Friday

5:00-7:00p –Packet Pick-Up, Food Truck Dinner & Late Registration – [Fruita Community Center](#) (324 N Coulson St)

Saturday

5:30a – Race Day Registration & Packet Pick-Up @ Start ([Mack Trailhead](#), Exit 11 off I-70)

7:00a – Marathon/50K Race Start

12:00p – Crossroads Aid Cut-Off

5:00p – Marathon/50K Final Cut-Off

6:30p – Awards/Raffle/Party – Civic Center Park in downtown Fruita

Sunday

7:00a –Race Day Registration & Packet Pick-Up @ Start ([Mack Trailhead](#), Exit 11 off I-70)

8:30a – 10K/Half Marathon Start

9:00a – Kid's Races

11:30a – Awards/Raffle @ Start/Finish

"Best Trail Festival" – Runner's World Magazine

"One of the world's most scenic half marathons" – Active

"This was my first ultra and I was very impressed with the course, organization and event staff."

"I have [already recommended this race], did by myself the first year, had group of 8 this year!"

Aid Stations

Aid Stations will be stocked with gels, potato chips, peanut butter and jelly rolls, chocolate, bananas, Skittles, ice water, Tailwind and possibly more!

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

Cupless

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

Kid's Events:

Bring the whole family! This year's Sunday events will include free Kid's Races for ages 2-10 at the Start/Finish area.

Registration will begin at 9:00a. After we see the ages and how many kids we have we will decide on age groups & distances (may be as long as 0.5mi for the older kids)

Location & Parking

The Start/Finish lines will be at the [Mack Trailhead](#) on the Kokopelli Trail just west of Fruita, Colorado, at exit #11 off I-70. Head South toward the frontage road.

The start time for the 50K and Marathon races is Saturday at 7:00a.

The start time for the Half Marathon and 10K races is Sunday at 8:30a.

Parking will be very limited and **carpooling is strongly recommended**. We may need to divert some traffic to an alternate parking lot. Please plan to arrive at least one hour prior to your start time to allow time for this, if required.

Your race number and packet will also be available at the Start/Finish Line beginning at 5:30a on Saturday and 7:00a on Sunday. Sunday's racers can pick up their packets at Friday night, Saturday morning or Sunday morning packet pick-ups. Packets will **not** be available after race start on Saturday or Saturday nights.

Packet Pick-Up, Food Truck & Late Registration

Packet Pick-Up & Late Registration will be at the [Fruita Community Center](#) (324 N Coulson St) on Friday from 5:00-7:00p. Rolling in place of our usual pasta dinner, we'll have the [Spaghetti Mill](#) food truck parked outside, offering a special meal deal for our racers! Our Race Directors and crew will be staying for dinner and it's a great chance to get all of your questions answered. (If you're unable to make the early pickup, we will have it available Saturday and Sunday morning before the races.)

Medical

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

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.



Awards & Party

The racer party for all racers and Awards Ceremony for the Marathon & 50K races will be at 6:30p on Saturday at Civic Center Park in downtown Fruita CO. There will be food and beer! Don't miss the opportunity to socialize with other racers and win raffle prizes.

Men's & Women's winners of each of the four distances (50K, Marathon, Half Marathon, 10K) will receive comp entries to next year's races. There will also be \$100 cash premiums at the 1.3mi mark of both days for men and women.

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 each day's awards ceremony. Awards and mementos will not be mailed after the event.



Packing

You should know what will bring you the most comfort by way of apparel, shoes, food and liquid intake for your race. We are capable of offering suggestions, and have a really amazing kitchen crew who understand racer's needs, but you understand your body best.

Suggested for Runners: Warm-ups, waterproof clothing, hat/cap, 2 pairs of shoes, water bottle/s, gloves, extra socks, sunscreen, sunglasses, chap stick/petroleum jelly for chapped areas or rubbing, etc.

Suggested for Crew/Family: Waterproof clothing, gloves, extra clothing if you'll be exposed to outside forces for an undetermined amount of time, hat/s, backpack, pen and paper, snacks/meals, water, sun screen, noise makers/cowbells, water bottle, book/magazine, race manual.

Crewing

Crews are allowed and encouraged at the Moore Fun and Troybuilt Aid Stations. Parking is limited; please be considerate of runners and other crews.

Crewing is permissible at the Crossroads and Pizza Overlook Aid Stations. Access is 4WD High-Clearance, and parking extremely limited. It is recommended any crew wishing to visit these sites park at the junction of the Hawkeye Road and Mary's Loop, 1.1mi SE of the Start/Finish, and hike in.

Lost & Found

Items left at Aid Stations and lost & found items will be available at the Awards Ceremonies.

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.

Weather

Weather on the Kokopelli can vary. The averages for April are a low of 35 & a high of 66 degrees. We've had anywhere from 30's with sleet to 80's and sunny – come prepared!

Dogs

We love dogs! Well-behaved dogs on leashes are welcome at the Start/Finish and aid stations. Unfortunately, we cannot allow dogs on course with their runners.

Staying On Course & Leave No Trace

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.

Cryptobiotic soil is the foundation of desert plant life. This dark, knobby crust is made up of many different living organisms and plays a vital role in maintaining the desert eco-system. However, this soil is extremely fragile and can take decades to grow. Even a footstep can damage the crust for decades, having lasting impacts on the desert environment. Stay the trail!

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.

Follow our event on [Facebook](#) for updates, news, advice, and pictures.

Course Records

50K Female: 4:55:17 – Michelle Hiland (2017)

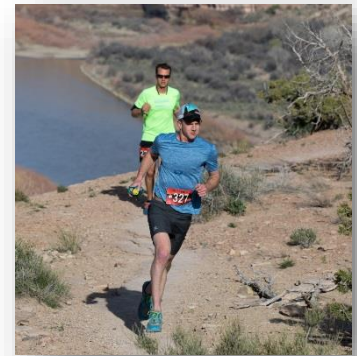
50K Male: 3:55:39 – Jason Schlarb (2018)

Marathon Female: 3:24:10 – Anna Pichrtova (2009)

Marathon Male: 3:04:35 – Pawel Oboz (2010)

½ Marathon Female: 1:39:44 – Tara Richardson (2018)

½ Marathon Male: 1:27:27 – Gordon Gianniny (2016)



	Marathon	50K
Moore Fun 1	5.9mi	5.9mi
Moore Fun 2	-	10.2mi
Pizza Overlook	10.0mi	14.3mi
Crossroads (Cut-Off: 12:00p)	13.4mi	17.7mi
Troybuilt	19.9mi	24.2mi
Finish	26.7mi	31.0mi

10K Female: 44:51 – Lynda Andros (2006)

10K Male: 34:36 – Joseph Manila Fasha (2006)

Marathon/50K Course:

The Marathon will be a single loop connecting the desert trails of the Kokopelli and adjacent trails. 50K runners will do an additional 4.6mi loop beginning at the Moore Fun Aid Station allowing runners to hit this Aid Station twice. The courses roll between elevations of 4,500 and 5,400 feet with over 3,400 feet of climbing.

Start: A nice warm up takes runners out one mile of gently rolling dirt road. A 0.3mi uphill brings racers to an open area where there will be a course official noting a \$100 cash premium for the first male and the first female to reach this point.

A sharp left turn puts runners on the first single track of the day. Once on this section, it will be difficult to pass so find your place before you reach this section. Large rocks and twists bring you to a high point where you will stay close to the edge and enjoy beautiful views before the rugged descent down the other side.

50K Out & Back: After leaving the Aid Station, 50K runners will head down the road to Rustler's Loop. Traveling clockwise around the loop, this soft dirt trail winds its way through gently rolling hills and wide open fields. After completing the loop, you'll be back at Moore Fun.

Moore Fun: A short downhill will bring you to a rugged jeep road. It will take you up a gentle climb and descent until it connects into the wide, flat and fast section of Mary's Loop. Head right on Mary's Loop, going through some fun technical terrain with amazing views of the Colorado River, to reach the Pizza Overlook Aid Station.

Pizza Overlook: Upon leaving the Aid Station, you will immediately begin descending quickly. A narrow trail and big drop offs will eventually open up as you begin following the rim in and out of the canyons. On an incredibly picturesque course, this section is generally considered the most beautiful.

Crossroads: *You must make it to the Crossroads Aid Station by Noon. Racers over this cut-off will be directed to bypass the remaining course, traversing 1.5mi on Mary's Loop and Hawkeye to the Start/Finish.* After a short climb, the course passes some intersecting trails and makes a couple of sharp turns (pay attention to the course markings). This will lead to the undulating, remote section of the Troybuilt Trail. This is the longest section between Aid Stations so be sure to carry water with you. A fun descent through a wash will bring you to the Aid Station.

Troybuilt: Leaving this Aid Station will put you on the steep, hot climb of the day. Eventually bringing you to Mack Ridge, this section will open up, once again following what some would

	10K	Half Marathon
Crossroads 1	1.5mi	1.5mi
Pizza Overlook	3.0mi	3.0mi
Moore Fun	-	7.1mi
Crossroads 2	4.3mi	-
Finish	5.8mi	13.2mi

consider a little too close to the overlook. A new section of single-track will make a sharp left turn and descend 2.8 miles to the backside of the parking lot and the finish line.

10K / Half Marathon Course:

Start: Runners head out the gently rolling dirt road for a mile until they take a sharp right turn for 0.3mi to the top of the hill. From there, the first Aid Station is visible and racers cross the cattle guard, staying on the road, and head down the steep hill to the Crossroads Aid Station.

Crossroads #1: Both distances will head out from the Aid Station down the steep, rocky gully for a short distance until it flattens out but continues twisting and turning. Runners will reach a "T" in the road where they take a left hand turn. You will follow along the beautiful rim for a short time before heading up a steep ledgy section to the Pizza Overlook Aid Station.

Pizza Overlook:

(10K) Take a left at the Aid Station on the rugged jeep road back to Crossroads Aid Station #2, then back over the cattle guard and to the Finish Line.

(Half Marathon) Travel on the open rolling section of Mary's Loop until hitting the Wrangler's Loop cutoff. Make a sharp left. Some sections will be loose or sandy but overall there is good footing. A nice decent will bring racers to the Moore Fun Aid Station.

Moore Fun: The trail becomes rocky and technical as it makes the big climb to the top of this fun section. After it levels off for a short distance, the trail will make a fun technical decent to the cattleguard. From there, you will go back the same way you came, down the short steep section to the dirt road and along the double-track to the finish.