

2019 Racer Manual



May 11, 2018

Fruita, CO

50K & 100K MTB

www.geminiadventures.com/desert-rats-mtb/

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 10th Annual Desert RATS MTB Classic! This manual will supply you with information to help prepare for this year's race.

On the western slope of Colorado, the famous Kokopelli Trail winds its way through sagebrush, ledgy slickrock, winding double track, sandy washes, fast jeep trails and crosses the state line toward Moab, Utah.

This trail is the site of the Desert RATS MTB Classic. The 50K & 100K endurance mountain bike races are challenging tests of stamina. Held in May, it's a great early season test of fitness and a great reason to keep training through the winter and early spring. The courses cover a wide variety of terrain including challenging technical terrain, grueling climbs, fast flats and tricky descents.

This event is challenging and should not be taken lightly. While it is not designed for the casual rider, you can finish with focused and adequate training.

The 100K race will have five well stocked Aid Stations along the course.

Every racer that finishes the 100K in less than 6hrs receives a "Gonzo" finisher's award. Those finishing over 6hrs but sub-10hr will earn an "Enduro" award. Placer awards will go three deep awards in men's and women's categories.

The 50K racers will have three Aid Stations and will receive a finisher's memento and age group awards. 50K racers will also have 10hrs to complete the course.

"Happy positive staff. I mean how often in a race do you pull up to an aid station and have at least 2 staff members offer to hand you food and fill your water bottles."

"The course and scenery are great."

"The Zion curtain was undoubtedly the highlight of the course."

Organization

If you have any questions, please contact:

Reid Delman reid_delman@geminiadventures.com (303) 249-1112

Kyla Claudell kyla@geminiadventures.com (303) 875-3347

Schedule

Friday

6:30-8:00p – Packet Pick-Up & Late Registration – [Fruita Community Center](#), 324 N Coulson St, Fruita CO 81521

Saturday

5:30a – Race Day Registration & Packet Pick-Up @ Start ([Rabbit Valley Trailhead](#), Exit 2 off I-70) 6:50a – Pre-Race Check-In and Mandatory Racer Meeting

7:00a – Race Start

1:00p – Gonzo Award Cut-Off

5:00p – Enduro Award, 50K & Relay Cut-Offs

6:30p – Racer Appreciation Party – [Colorado Backcountry Biker](#) (150 S Park Square in Fruita)

Location & Parking

From I-70, take Exit 2 for [Rabbit Valley](#) (about 17 miles west of Fruita). Turn South and drive along the overpass approximately ¼ mile until you see the start/finish area.

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.

Course & Aid Stations

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

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

This race is run in conjunction with the Rabbit Valley Half Marathon Running Race and follows the first part of the same course.

	50K	100K	Cut-Off
Zion Curtain #1	10.6mi	10.6mi	9:30a
Zion Curtain #2	-	24.3mi	11:00a
Westwater	16.6mi	30.3mi	12:00p
Zion Curtain #3	22.6mi	36.3mi	1:30p
Zion Curtain #4	-	50.0mi	3:30p
Finish	33.2mi	60.6mi	5:00p

Drop Bags

Drop bags can be brought to racer check-in at the Fruita Community Center the evening before the race. Make sure that your drop bag has your name on it. Drop bags will be transported to the Westwater Aid Station. Note that drop bags will not be returned to the start/finish line until all the racers have been through the turnaround and the Aid Station has been closed.

Packing

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

Suggestions for Racers: Waterproof materials, hat/cap, a second pair of shoes to change into after your race, water bottle/s, sunblock, sunglasses, chapstick and chamois butter.

Suggestions for Crew/Supporting Family: Waterproof materials, gloves, cold weather/sun hat, snacks/meals, water, sunblock, umbrella for sun protection, noise makers/cowbells, water bottle, book/magazine, this manual.

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 Desert RATS MTB Classic for a discount.

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.



Packet Pick-Up & Late Registration

Packet Pick-Up & Late Registration will be at the the Fruita Community Center (324 N Coulson St in Fruita) on Friday from 6:30-8:00p.

Pre-Race Check-In

All racers picking up their packet on Friday night must still check in at the start line no later than 10 minutes prior to the start of the race. There is a mandatory pre-race meeting at the start line, beginning at 6:50a.

Crewing

Crews will be allowed at the Westwater Aid Station (parking is only allowed on the west side of the road). Crews will not be allowed at the Zion Curtain Aid Station.

Aid Station food and drink may be supplied to any racer, by anyone at the Westwater Aid Station only. A strict Leave No Trace policy will be implemented. There will be toilet facilities and racers will be given water, Race management will supply Aid Stations with water, sports drink, energy gels, and trash receptacles along the course.

Access to Westwater Aid Station: Follow I-70 westbound into Utah. Take Westwater exit #227. Drive south for about 4 miles to intersection with the Kokopelli Trail. Aid Station will be on the left. Park along the west side of the road or as otherwise directed.

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.

Bibs

Racers must display their race numbers at all times.

Dropping Out

While we would love for there to be no drop outs, we understand that it happens. Please be self-aware and acknowledge your body's needs, as you will most likely be the first to know. There are a number of ways to cut out sections of the course to get yourself back to the finish area and it is always an option to take a break for however long you need within the cut-offs. We will assist with transportation to the finish line if necessary, when vehicles become available. This is not an event where we leave you hanging. Be sure to tell a race official when you drop out; we will be out there until every racer is accounted for.

Awards & Party

The party for all racers and Awards Ceremony will be at 6:30p on Saturday at Colorado Backcountry Biker, 1150 S Park Square in Fruita. Followed by a party with dinner and microbrews at Civic Center Park! Don't miss the opportunity to socialize with other racers and win raffle prizes.

Race Categories:

100K only: Pro/Open

50K & 100K Sport: Under 29, 30-39, 40-49, 50+, Single Speed, Relay (2 person- 100K only)

Men's & Women's winners of each distance (100K, 50K) will receive comp entries to next year's races.

Customized cowbell awards will be given to the top three male and female finishers in each category (all Relay teams are in the one category).

Customized dog tag awards will be awarded to all finishers as they cross the finish line. "Gonzo" finisher's awards will be given to anyone finishing the 100K in less than 6 hours. "Enduro" finisher's awards will be given to 100K racers completing the course between 6 and 10 hours and all 50K and Relay racers will receive a finisher's award.

Placer's awards will be distributed at the awards ceremony Saturday night. Awards and mementos will not be mailed after the event.



Weather

Weather on the Kokopelli can vary. The averages for May are a low of 47 & a high of 76 degrees. While the weather is never a sure thing, typically in the Fruita/Moab area this time of year, you can expect temperatures between 65-75 degrees with very little chance of rain.

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 & 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 footprint 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 racers 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

100K:

Female: 6:48:23 - Micki Harris (2017)
Male: 4:25:55 – Oliver Zurbrugg (2018)

50K:

Female: 2:51:06 - Renee Lockey (2017)
Male: 2:27:03 – Michael Hand (2018)

100K Relay:

Male (2 person team): 8:57:01 - Folie A Deux (2016)

Course

This event is run on the world famous Kokopelli and classic Zion Curtain trails. This section has a wonderful mix of technical singletrack trail, big climbs and heinous descents, and even some jeep roads. This is an out and back course with a total of five Aid Stations for the 100K and three Aid Stations for the 50K.

100K

Start to Zion Curtain Aid Station #1 (10.6 miles) – Rolling terrain with some deep sand, rolling hills and the occasional rock garden.

Zion Curtain Aid #2 (24.3 miles) Right out of the Aid Station you will begin a steep loose climb. The challenge will be topping out without dismounting. I DON'T BELIEVE IT CAN BE DONE!

Zion Curtain to Westwater Aid Station (30.3 miles) This section starts with a short (maybe rideable) climb where you will gain over 400' in just over a half mile. After a short easy section to catch your breath you will begin the technical ledgey descent off the mesa.

Westwater to Zion Curtain Aid Station #3 (36.3 miles) – The ledgey technical ascent will give way to a nice flowy trail right before you drop down the steep half mile descent to the Zion Curtain Aid Station. You will need to keep your bike under control as there may be riders coming up that same section of trail.

Zion Curtain Aid Station #4 (50 miles) – You will ride this loop in reverse with the flat section at the start. This is a strenuous section with a steep treacherous section (most will have to dismount) at the start of the descent to end the loop.

Zion Curtain to Finish – The challenge isn't over until you ride the last 10.6 miles of rolling hills and rocky terrain back to the finish line.

50K

Start to Zion Curtain Aid Station #1 (10.6 miles) – Rolling terrain with some deep sand, rolling hills and the occasional rock garden.

Zion Curtain to Westwater Aid Station (16.6 miles) This section starts with a short (maybe rideable) climb where you will gain over 400' in just over a half mile. After a short easy section to catch your breath you will begin the technical ledgey descent off the mesa.

Westwater to Zion Curtain Aid Station #3 (22.6 miles) – The ledgey technical ascent will give way to a nice flowy trail right before you drop down the steep half mile descent to the Zion Curtain Aid Station. You will need to keep your bike under control as there may be riders coming up that same section of trail.

Zion Curtain to Finish – The challenge isn't over until you ride the last 10.6 miles of rolling hills and rocky terrain back to the finish line.