

# 2019 Racer Manual



**September 7, 2019**

**Eagle, CO**

**50K, Marathon, Half Marathon,  
and the Eagle5K**

**[www.geminiadventures.com/mountain-rats/](http://www.geminiadventures.com/mountain-rats/)**

# Hello Racers and Crews!

Come celebrate fall in the mountains with a trail running challenge! An exciting day of festival fun and adventure on the trails near Eagle, Colorado. With the start/finish line right in the heart of Eagle friends and family can enjoy themselves while you push yourself in the rugged mountain race. Afterwards, relax with a beer, hot meal, music and a massage at the recovery station. Racers can choose from a Heavy Half, Marathon or 50K. Awards and afterparty at Boneyard!

We also offer the family friendly **Eagle 5K**, a scenic, flat and fast paved course through Eagle. All ages and abilities are welcome; you can walk, jog, run or race. Same start/finish as our Mountain RATS trail runs – invite your family and friends to enjoy some miles around town while you explore the trails. Proceeds will benefit The Cycle Effect, a local non-profit with the mission to empower girls through mountain biking.

This manual will supply the racer and his/her support team with information to help prepare for this year's race. The host hotel for the weekend will be in Eagle and will be announced shortly; be sure to mention the race to receive a special rate. Our packet pickup and start/finish area will be well provided for by our awesome sponsors – Our packet pickup and start/finish area will be well provided for by our incredible sponsors – **Color Roasters** and **Sufferfest Beer Company**

## Organization

If you have any questions, please contact:

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All registered racers will get their choice of a free Sufferfest beer or Color Roasters coffee. There will be a DJ with fun music and a finish line recovery station provided by [Yoga Off Broadway](#). Entry fees include: place winner awards, shirts (or other race memento), aid station goodies, a finisher's memento and post-race refreshments.

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, cup or hydration pack on the course.

## Schedule

### Friday

5:00-7:00p- Registration & Packet Pick Up at **Color Roasters**

### Saturday

6:00-8:45a – Race Day Registration and Packet Pick-Up at Start Line (Color Roasters)

7:00a – Marathon/50K start

8:00a – Half Marathon start

9:00a – Eagle 5K start

10:00a – Eagle 5K awards

10:00a – Half Marathon 1st Finisher

11:20a – Marathon 1st Finisher

11:30a – Half Marathon awards

1:00p – 50K 1st Finisher

5:00p – Marathon/50K Cut-off

5:00p-8:00p - Awards and Appreciation Party at [Boneyard](#) (1099 Capitol St, Eagle, CO 81631)

## Aid Stations

We will have nine aid stations located throughout the 50K course, six for the marathon and four for the half (at approximately five-mile intervals).

Aid Stations will have: gels, potato chips, peanut butter and jelly rolls, chocolate, bananas, ice water and Tailwind.

To reduce waste, **cups will not be provided at the aid stations.**

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

## 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, cup or hydration pack on the course.

## Packet Pickup, Late Registration & Parking

Color Roasters (717 Sylvan Lake Rd) will host the packet pick-up. The start/finish line will be on the grass next to the store in the heart of town. Your race number and packet will be available at this location Friday night and Saturday morning. Parking will be on the streets near the start/finish.

## Medical

There will be emergency vehicles throughout the event and all necessary materials to nurse any bumps, cuts, bruises, or blisters will be at the start/finish area. In addition, a certified Emergency Medical Technician will be in attendance. Aid stations will **NOT** have aspirin, ibuprofen or other NSAIDs.

## Transfers & Cancellations

Entry fee is non-refundable and non-transferable. 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 a 15% fee. Login to your account, go to Registration History, Edit for the event, and Cancel Registration

### Refund Policy

30 Days or more prior to the Event: 85% credit of registration fee (excluding UltraSignup fees).  
Less than 30 days prior to the Event: No refunds or credit given.

Credits may be applied to any future Gemini Adventures race and will be valid for 12 months. Registered runners may also switch between distances. No refunds or credit will be given for dropping down in distance. If stepping up in distance, the added current pricing of the longer distance will be charged (excluding Ultrasignup fees).

To request credits, log in to your UltraSignup account, and go to Registration History. Select Edit for the event, and scroll to the bottom of the page where Cancel Registration is linked. Follow the prompts.

## Awards & Party

Finisher's mementos will be handed to you as you cross the finish line and awards will be given out at our Awards Ceremony (details TBD).

Don't miss out on a chance to win raffle prizes and socialize with other runners. Men's & Women's winners of each distance (50K, Marathon, Heavy Half) 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 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. 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.

## Lost & Found

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

## Accommodations

Our host hotel for the weekend events will be the at the **Hawthorn Suites by Wyndham** in Eagle, CO. Mention the Mountain RATS race to receive our group rate September 6-8, 2019. Our Host Hotel is just 2 miles to the Race Start. Book now, the rooms with our special rate will sell out!

Hawthorn Suites: 0315 Chambers Ave, Eagle, CO 81631 (970) 328-3000

## Weather

Weather in Eagle can vary. The averages for September are a low of 42F and a high of 73F degrees.

## Medical

There will be emergency vehicles throughout the event and all necessary materials to nurse any bumps, cuts, bruises, or blisters will be at the start/finish area. In addition, a certified Emergency Medical Technician will be in attendance. Aid stations will NOT have aspirin, ibuprofen or other NSAIDs.

## 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.

## Unforeseeable Circumstances

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

All or part of this operation is conducted on Public Lands under special permit from the U.S. Bureau of Land Management.

## 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

**50K Male:** Tyler King - 6:01:44 (2018)

**50K Female:** Lauren Kosman - 7:28:58 (2017)

**Marathon Male:** Kyle Clark - 4:38:12 (2018)

**Marathon Female:** Myriah Blair - 4:27:06 (2017)

**Heavy Half Male:** Geoff Grimmer - 2:05:31 (2017)

**Heavy Half Female:** Kim Dobson - 2:02:27 (2018)

### 50K

33.2mi with 6500'+ of climbing

Low Point 6607' – High Point 9142'

### Marathon

24.2 miles with 5000'+ of climbing

Low Point 6607' – High Point 9142'

### Heavy Half

14.4 miles with 2720'+ of climbing

Low Point 6607' – High Point 7942'

	50K	Marathon	Heavy Half
Arroyo	2.4mi	2.4mi	
Firebox	7.3mi	7.3mi	
Dead Cow	12.0mi	12.0mi	
Spring Creek	(Cut-Off 11:40a) 14.5mi	(Cut-Off 2:30p) 14.5mi	

Easy Rider	18.5mi	(Cut-Off 3:30p) 18.5mi	
School House	(Cut-Off 2:00p) 22.5mi	22.5	1.7mi
Spring Creek II	26.5mi		5.2mi
Easy Rider II	30.5mi		9.7mi
School House II	34.0mi		12.7mi
Finish	(Cut-Off 5:00p) 35.7mi	(Cut-Off 5:00p) 24.2mi	14.4mi

***The Mountain RATS courses will be challenging, beautiful, and almost 100% dirt.***

### **50K – Course Description**

The Mountain RATS 50K starts in the heart of Eagle’s Septemberfest, next to Color Coffee Roasters. Racers begin by running 2 miles on the bike path along Eagle Ranch Road and Haystacker Drive, where a right turn onto the Turniphead Trail marks the start of dirt miles until the finish.

Just shy of a mile after turning onto dirt, runners encounter their first aid station, Arroyo, at mile 2.4. From Arroyo, the course continues steadily up, first on double track on Third Gulch Trail, then veering left onto singletrack on Pipeline Trail. Throughout this climb, runners travel from sage-covered high desert into beautiful aspen groves on the Pipeline Trail. 1300 vertical feet above Arroyo, runners reach aid station #2, Firebox, at mile 6.5.

Runners leave the aid station and continue uphill on Hardscrabble Road briefly to a hard right turn onto Firebox Road. After 2 miles trending up through forest and pastureland on Firebox Road, runners veer left onto singletrack and descend to Spring Creek. After veering left, the singletrack crosses the road again soon; watch closely and keep straight at this intersection. Once at Spring Creek, a left turn on Dead Cow Trail leads runners back uphill to aid station #3, Dead Cow, at mile 10.5.

A steep but short climb awaits runners as they leave the aid station on Mike’s Night Out. The course rewards with sweeping views as it continues on Mike’s Night Out, gently descending to aid station #4, Spring Creek, at mile 13.0. From the aid station, runners turn left and begin a 1.5-mile stretch of dirt road that again offers views northward across much of the trail system. This stretch begins with a gentle descent but soon climbs steeply over a saddle. Shortly after the saddle, runners leave the road with a slight right turn onto Easy Rider Trail.

A bit of climbing at the start of Easy Rider Trail leads to a cruisy 800-foot singletrack descent over 2.5 miles ending at aid station #4, Easy Rider at mile 17.5. Runners cross the road and continue on double track that eventually merges with Star Wars Trail, a fun singletrack descent. The descent ends abruptly with a right turn onto Pole Road, where the climbing begins again in earnest. Runners climb straight up the exposed Pole Road to its high point then turn right onto a short section of singletrack that joins the Hockett Gulch Trail. Here, runners enjoy a smooth

descent to a right turn onto School House Rock Trail. Runners follow this short section of rolling trail into aid station #5, School House I, at mile 20.5.

Here, 50K runners part ways with marathoners and turn uphill and right onto Elmer's Trail. Over the next 3.7 miles, runners veer left onto World's Greatest Trail then right onto Scratch Trail, meanwhile netting 1100 feet of vertical gain (with some short, fun descents and wide open views in the mix). The course reaches Spring Creek Aid Station for a second time at mile 24.0.

Runners then venture onto familiar territory, following the same route they covered already between Spring Creek AS and School House Rock AS. The course passes through aid station #8, Easy Rider II, at 28.5 miles and reaches aid station #9, School House Rock II, at 31.5 miles.

From here, the fun isn't quite over, as the course heads up one final 200-foot climb. From the top of this punchy climb, the trail makes a serpentine descent to the Horton Street Trailhead. Runners head down the neighborhood street and turn left onto the bike path. A short 0.4 miles along this path lead to the finish line and after party at Color Coffee Roasters.

### **Marathon – Course Description**

The Mountain RATS Marathon starts in the heart of Eagle's Septemberfest, next to Color Coffee Roasters. Racers begin by running 2 miles on the bike path along Eagle Ranch Road and Haystacker Drive to access the Wall Trail, from which point the course remains on dirt until the finish. Runners climb gently along the Wall and Riddle Trails, enjoying views south toward the high peaks surrounding Sylvan Lake State Park, then gently descend the Mayer Gulch Trail.

The course takes a sharp left on the Turniphead Trail and soon begins the first sustained climb of the race. Half a mile into the climb, runners encounter their first aid station, Arroyo, at mile 6.2. From Arroyo, the course continues steadily up, first on double track on Third Gulch Trail, then veering left onto singletrack on Pipeline Trail. Throughout this climb, runners travel from sage-covered high desert into beautiful aspen groves on the Pipeline Trail. 1300 vertical feet above Arroyo, runners reach aid station #2, Firebox, at mile 10.3.

Runners leave the aid station and continue uphill on Hardscrabble Road briefly to a hard right turn onto Firebox Road. After 2 miles trending up through aspen forest and pastureland on Firebox Road, runners veer left onto singletrack and descend to Spring Creek. After veering left, the singletrack crosses the road again soon; watch closely and keep straight at this intersection. Once at Spring Creek, a left turn on Dead Cow Trail leads runners back uphill to aid station #3, Dead Cow, at mile 14.3.

A steep but short climb awaits runners as they leave the aid station on Mike's Night Out. The course rewards with sweeping views as it continues on Mike's Night Out, gently descending to aid station #4, Spring Creek, at mile 16.8. From the aid station, runners turn left and begin a 1.5-mile stretch of dirt road that again offers views northward across much of the trail system. This stretch begins with a gentle descent but soon climbs steeply over a saddle. Shortly after the saddle, runners leave the road with a slight right turn onto Easy Rider Trail.

A bit of climbing at the start of Easy Rider Trail leads to a cruisy 800-foot singletrack descent over 2.5 miles ending at aid station #5, Easy Rider at mile 21.3. Runners cross the road and continue on double track that eventually merges with Star Wars Trail, a fun singletrack descent. The descent ends abruptly with a right turn onto Pole Road, where the climbing begins again in earnest. Runners climb straight up the exposed Pole Road to its high point then turn right onto a short section of singletrack that joins the Hockett Gulch Trail. Here, runners enjoy a smooth descent to a right turn onto School House Rock Trail. Runners follow this short section of rolling trail into the final aid station, School House, at mile 24.3.

From here, the fun isn't quite over, as the course heads up one final 200-foot climb. From the top of this punchy climb, the trail makes a serpentine descent to the Horton Street Trailhead. Runners head down the neighborhood street and turn left onto the bike path. A short 0.4 miles along this path lead to the finish line and after party at Color Coffee Roasters.

### **Heavy Half – Course Description**

The Mountain RATS Heavy Half Marathon starts in the heart of Eagle's Septemberfest, next to Color Coffee Roasters. A short stretch on bike path and up Horton Street leads to singletrack on the School House Rock Trail. Upon accessing dirt, runners climb a quick 200 vertical feet over 0.7 miles, followed by a similar descent to aid station #1, School House, at mile 1.7.

A hard left turn onto Elmer's Trail marks the start of the race's longest climb of 4 miles and 1100 net vertical feet. This mostly steady climb offers occasional breaks of short, fun descents and wide open views. During this climb, runners veer left onto World's Greatest Trail, right onto Scratch Trail and left onto Reynold's Rap. The climb tops out at aid station #2, Spring Creek, at mile 5.2.

From the aid station, runners turn right and begin a 1.5-mile stretch of dirt road. This stretch begins with a gentle descent but soon climbs steeply over a saddle. Shortly after the saddle, runners leave the road with a slight right turn onto Easy Rider Trail.

A bit of climbing at the start of Easy Rider Trail leads to a cruisy 800-foot singletrack descent over 2.5 miles ending at aid station #3, Easy Rider at mile 9.7. Runners cross the road and continue on double track that eventually merges with Star Wars Trail, a fun singletrack descent. The descent ends abruptly with a right turn onto Pole Road, where the climbing begins again in earnest. Runners climb straight up the exposed Pole Road to its high point then turn right onto a short section of singletrack that joins the Hockett Gulch Trail. Here, runners enjoy a smooth descent to a right turn onto School House Rock Trail. Runners follow this short section of rolling trail into the final aid station, School House II, at mile 12.7.

From here, the fun isn't quite over, as the course heads up one final 200-foot climb. From the top of this punchy climb, the trail makes a serpentine descent to the Horton Street Trailhead. Runners head down the neighborhood street and turn left onto the bike path. A short 0.4 miles along this path lead to the finish line and after party at Color Coffee Roasters.