



# ATHLETE GUIDE

Narrowleaf Lake Run - Boyd Lake State Park, CO  
Sunday, October 25th 2020



## Hello Runners!!

Race day on Sunday October 25th is just around the corner. We can't wait!

We're excited to make this first time event happen in 2020. We have all had a trying year and we're hopeful things continue to balance out and become more positive.

This athlete guide contains all the information you'll need to logistically be prepared to race in this event. While this document isn't as information intensive as our Triathlon Guides, there are still important information bits to go over. Please set aside some time to carefully read and understand both this guide and any updated information about this race we may post on our website ([www.breakawayathleticevents.com](http://www.breakawayathleticevents.com)) or on our social media pages.

On behalf of our race staff and every single volunteer, I want to say thanks for racing with Breakaway Athletic Events and all your fellow athletes. We are excited (*in a virtual high-five kinda way*) that you're part of this race morning.

Please stay safe as your weekly running tapers down a bit for race day and good luck! Get after it and we'll see you at the starting line!

Sincerely,

Your Race Director - JB Tobin

*"LIVE - LOVE - RACE"*

*"Never Limit Your Challenges - Challenge Your Limits"*





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## IMPORTANT PROTOCOLS

2020 has been an extremely challenging year for the events industry. It's also been an extremely challenging year for many of you in many different ways.

This race has some special protocols, precautions & guidelines that allow us to put it on. If you haven't done so already, PLEASE take the time to read through them at the link below.

<https://breakawayathleticevents.com/narrowleaf-safety>

**Packet Pickup:** General packet pickup information is noted a little further down in this document. This event will have an additional option on the one packet pickup day PRIOR to race morning - yes, a drive through option. On Friday before race day you'll be able to drive up within the parking lot, show your ID to a volunteer or staff member and they will bring you your packet, swag bag and shirt. Traditional packet pickup is of course available on those days as well. Bring your ID!

**Start Times:** We are starting the first 10 mile wave(s) at **9:00am**.

The past nine months has created a massive amount of stress, turmoil and fear in the world. Race day comes with its own set of stressors, anxiety points and social pressures. We ask each and every one of you to have a blast on race day with us - but absolutely NEVER at the expense of another athlete.

Take a moment while you're out on the race course (at any point you'd like) and appreciate your ability to race. Take a deep breath. Offer words of encouragement to another athlete that may seem to be having a tough run. Thank a park ranger and thank a volunteer.



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## SCHEDULE OF EVENTS

### PACKET PICK-UP INFORMATION

1) Boyd Lake State Park - BEFORE the main gate - Saturday 10/24 - 2:30pm-5:00pm  
3720 N Co Rd 11C, Loveland, CO 80538

\*\*\*Your packet will be at this location AND at the venue on race morning. \*\*\*

Please consider PRE RACE MORNING for packet pickup if you're able to. This keeps any potential lines small for 2020 safety precautions.

### RACE DAY - Sunday October 25th - Boyd Lake State Park - SWIM BEACH PAVILLION AREA

7:45am: Race Area Opens

8:00am: Race Day Packet Pick Up & Race Day Registration - OPEN

8:30am: Packet Pick Up CLOSES

8:40am: Race Day Registration CLOSES

8:45am: Short Athlete Briefing on Course Routes & Important Notes

9:00am: 10 Mile Runners Start

9:20am: 7 Mile Runners Start

9:40am: 4 Mile Runners Start

10:45am (*approx*): Top 6 runners from each distance awards announced & throughout the morning  
(*shortened & simplified*)

12:00pm: Race Closure / End Of Morning (*No worries - the finish line is the last to come down*)

## DIRECTIONS & PARKING

### Directions to Boyd Lake State Park (Race Venue)

Address: 3720 N Co Rd 11C, Loveland, CO 80538

Google Map: <https://goo.gl/maps/W5oX4B4Yvhf6cjQ69>

Parking Map - [breakawayathleticevents.com/narrowleaf-lake-run](https://breakawayathleticevents.com/narrowleaf-lake-run)

Parking spots are abundant and all within 1-2 minutes walking distance from the start/finish line. PLEASE PLAN to arrive BEFORE 8:00am as that's when the booth starts checking passes. If you arrive AFTER 8:00am have your registration email pulled up on your phone.

**PARKING ON RACE DAY:** PLEASE ensure the parking passes are in your windshield if you do not have an annual pass.

**SPECTATORS:** It is highly recommended that spectators arrive with their athlete on race day. Every vehicle needs at least a day pass for the state park (which can be purchased directly from the kiosk or us).

**PLEASE BE CAREFUL WHEN DRIVING IN THE AREA AS ATHLETES  
WILL BE WARMING UP AND WALKING ALONG THE ROADS!**



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## IMPORTANT DETAILS

- Every participant **MUST** have a photo ID at packet pickup
- If you do not have a photo ID - **YOU WILL NOT BE GIVEN** your race packet
- Every participant **MUST** be present (*in person*) to pick up their race packet. If you are **UNAVAILABLE** to pick up your own packet for any reason, whoever is picking up your packet **MUST** have a photo ID of you
- **\*\* Absolutely NO exceptions will be made. Please don't ask \*\***

1) You must pick up your packet at one of the designated packet pickups or on race morning if you chose that option (*please do not email us race week to confirm if you pre-paid for race morning pickup or not - we will be extremely busy getting ready for the race and may not be able to respond*). We suggest you pick up your packet the one or two days prior to the race so you're not rushed on race morning

2) You must have a photo ID. We cannot release your packet to you without a valid Photo ID, no exceptions

## PACKET PICKUP DETAILS

This is a list of the packet pickup procedures to ensure a quick & easy process for you & all the athletes as well as to ensure that there are no surprises on race day.

- 1) Ensure you have a Photo ID with you prior to your arrival.
- 2) Upon arrival there will be a registration tent/table clearly marked as Breakaway Athletic Events
- 3) Present your Photo ID to the registration staff member or volunteer.
- 4) Once you have your race number packet, which contains a run bib then proceed to the T-shirt/Swag Bag pickup at the next table.
- 5) Present your race packet to the Shirt volunteer as it will show what size Shirt you ordered. Collect your Shirt & Swag Bag and you're all done.

**\*\*\*Note, you will not be able to switch Shirt sizes until AFTER the race. What you ordered is what you will get. Swaps can be made after the race on race day only, as this is to ensure everyone receives the Shirt that was ordered, and that any extras will then be used to swap out sizes.\*\*\***

**Race Number Instructions:** Your race packet/bib will contain your run bib and parking pass, if applicable.

**2) Running Bib #:** This is absolutely **CRITICAL** for your proper race timing. Please wear this on the front of your body (run belts with bib holders are fine) and ensure it is visible at the **START** and **FINISH** of your race. **NO bib, NO timing.** Your running bib **MUST** point down at all times (ie. the bottom of the numbers are aimed at the ground)



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### COURSE DETAILS PLEASE READ

**ALL COURSES:** ALL courses (4, 7 or 10 mile) start by running the “south loop”. Please follow signage AND chalk arrows (should the signs be unavailable due to wind). The south loop has a .5 mile dirt section as part of our course. All distances have a relatively flat run with minimal elevation gain. NO distance leaves the state park – at all!

**4 MILE COURSE:** Once you’ve completed the south loop you’ll turn left to run down the finish line chute (which is the same chute as the starting line chute).

**7 MILE COURSE:** Once you’ve completed the south loop you’ll STAY STRAIGHT past the finish line to continue running north in the park. Please follow the signs and especially the chalk arrows. Your **7 mile ONLY** turn around is at the #3 aid station which is halfway north in the park.

**10 MILE COURSE:** Once you’ve completed the south loop you’ll STAY STRAIGHT past the finish line to continue running north in the park. Please follow the signs and especially the chalk arrows. Your **10 mile ONLY** turn around is at the VERY north end of the park trail. Please DO NOT U-TURN at the 7 mile turn around (it will be noted 7 only).

**AID STATIONS:** There are four aid stations on this course. The SOUTH loop aid station is #1 and every single runner will pass this three times. The HOMEBASE aid station is #2 and only the 7 & 10 mile athletes pass this aid station TWICE. The MIDDLE-EARTH aid station is #3 and is the turn around point for 7 mile runners. The NORTH aid station is #4 and is just for our 10 mile runners before they head onto the north end solo trail.

Stations #1 & #2 will have water and bars or gels. #3 will have water and electrolyte tea. #4 will have water and bars.

**TRASH:** Please do not discard trash, water bottles, or anything else on the course outside of the aid station OR finish areas. We want to keep our parks clean, safe and this course enjoyable for all racers.

### IMPORTANT REMINDERS

#### General:

- Headphones (such as ipods) and music are okay for use but not recommended
- Follow ALL signage and be mindful of your surroundings
- This is a PUBLIC STATE PARK – other non-athletes will be out on the same trails
- Be polite, courteous and speak your intentions in passing another athlete
- DO NOT LITTER THE COURSE, PLEASE PACK OUT WHAT YOU PACK IN!!!