



ATHLETE GUIDE

Timberview Trail Run - Lory State Park, CO
Saturday, August 13th 2022



Hello Trail Runners!!

Race day on Saturday August 13th is just around the corner. We are SUPER DUPER excited!

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 items to go over. Please set aside some time to carefully read and understand this guide and any updated information about this race we may post on our website (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 fist bump kinda way*) that you're part of this race morning.

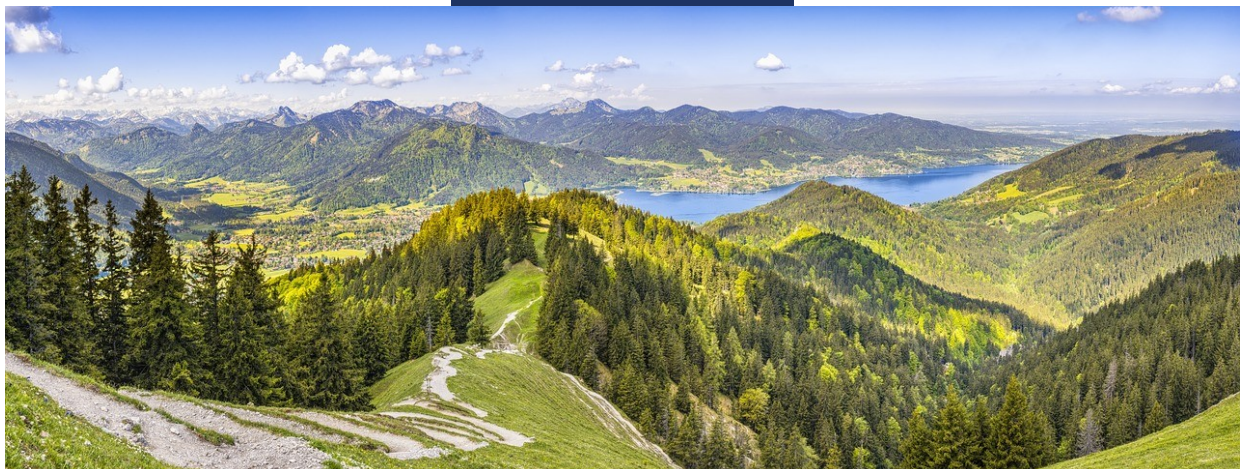
Please stay safe as your weekly running tapers down a bit for race day and good luck! Get after it and we'll see you at the starting line!

Sincerely,

Your Race Director - JB

"For the LOVE of Racing"

"Never Limit Your Challenges - Challenge Your Limits"





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IMPORTANT NOTES

Start Times: We are starting the first 10 mile wave at **6:35am**. The 5 mile wave will start 30 minutes later (7:05), and the 5K wave will start 20 minutes after that (7:25).

10 Milers: 6:35am START

5 Milers: 7:05am START

5K: 7:25am START

If any of the above times need to be adjusted on race morning...we will announce this!

We will also be doing a COURSE BRIEFING a few minutes before each wave starts.

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 run on the trails. Take a deep breath. Offer words of encouragement or reinforcement to another athlete on the run. Thank a park ranger and thank a volunteer.



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SCHEDULE OF EVENTS

BIB PICK-UP INFORMATION

1) Runners Roost Fort Collins - **PARKING LOT** - Friday 8/12 - 4:30pm-5:30pm
Square Shopping Center, 3500 S College Ave Suite 178, Fort Collins, CO 80525

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

Please consider PRE RACE MORNING for bib pickup if you're able to. This keeps any potential lines short.

RACE DAY - Saturday August 13th - Lory State Park - SOLDIER CANYON AREA

6:00am: Race Area Opens

6:00am to 7:15am: Race Day Bib Pick Up

6:25am: Race and course briefing (10 milers)

6:35am: 10 Mile Race Start

6:55am: Race and course briefing (5 milers)

7:05am: 5 Mile Race Start

7:15am: Race and course briefing (5K) **NOTE SPECIAL 1st START LOOP TURN**

7:25am: 5K Race Start

8:00am: Pancakes & Smiles

Awards announced throughout the morning

9:00am: Course Cut-Off / End of Morning (*No worries - the finish line is the last to come down*)

DIRECTIONS & PARKING

Directions to Lory State Park (Race Venue)

Address: 708 N Co Rd 25G, Bellvue, CO 80512

Google Map: <https://goo.gl/maps/iKYguH7kLPV8aoTe8>

Parking Map - breakawayathleticevents.com/timberview-parking

Parking spots can be limited, please consider carpooling. We will have volunteers helping to park vehicles efficiently.

***** ABSOLUTELY NO parking on the WEST side of Lodgepole Rd. AT ALL ANYWHERE *****

PARKING ON RACE DAY: Parking is available in MULTIPLE locations. PLEASE plan to park at the Soldier Canyon lot. As this lot fills we will direct vehicles to park on the EAST turnaround loop of Lodgepole Rd. You will drive down past the split, make the FIRST LEFT turn and head back north on the 1-way road. Park along this road with vehicles lining up JUST before the Soldier Canyon Lot

SPECTATORS: It is highly recommended that spectators arrive with their athlete on race day.

**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 bib pickup
- If you do not have a photo ID - **YOU WILL NOT BE GIVEN** your race bib
- Every participant **MUST** be present (*in person*) to pick up their race bib. 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 bib at one of the designated bib pickups or on race day. We suggest you pick up your bib the day prior to the race so you're not rushed on race morning

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

BIB PICKUP DETAILS

This is a list of the bib/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 bib, proceed to the T-shirt/Swag Station pickup at the next table.
- 5) Present your race bib to the T-shirt volunteer as it will show what size T-shirt you ordered. Collect your T-shirt & Swag and you're all done.

Note, you will not be able to switch T-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 T-shirt that was ordered, and that any extras will then be used to swap out sizes.

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

2) Running Bib #: This is absolutely **CRITICAL** for 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.**

PLEASE ENSURE your run bib is facing **DOWN** towards the ground so the timing chip can read accurately.



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COURSE DETAILS PLEASE READ

10 & 5 MILE COURSES: This has some great views of the reservoir, Fort Collins, tree tops and incredible surrounding rock formations. That comes with a decent bit of climbing too, of course. PLEASE mind the signage on your run. Athletes should turn LEFT at the top of Timber to descend on KIMMONS. 10 Milers run the 5 mile loop TWICE. Your 10 mile crossover to start lap two is at the 2nd aid station and marked with arrows.

5K COURSE: This is a flatter and more forgiving course than the 5 mile loop. Please be mindful of all signage.

ALL DISTANCES: Please be mindful of signage, rocks, loose boulders, wildlife and the road section leading to the 1st aid station while running NORTH on Lodgepole Rd. 5K and 5 mile runners turn RIGHT at the 2nd aid station to head towards the finish line. 10 mile runners STAY STRAIGHT for their 2nd lap and then turn right here to finish their 2nd lap & race.

AID STATIONS: There are two! Water, electrolyte drink, and fuel are all available. PLEASE pre-fill water bottles for your run as needed. Each aid station is directly next to or nearby a restroom.

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 OR park user
- DO NOT LITTER THE COURSE, PLEASE PACK OUT WHAT YOU PACK IN!!!