WELCOME RACERS

The stage is set and it’s time for final preparations leading up to August 10. The equipment you choose is important, but nothing is more important than the mindset you bring to Leadville.

At 10,200’, the challenges are waiting around every corner. Your lungs will be burning with clean, fresh mountain air like never before. Every mile brings an incredible combination of pain, excitement and reward.

Riding up the red carpet is a true reflection of your commitment and dedication to your goals. Crossing the finish line and proudly bowing your head to receive the LT100 medal around your neck is a feeling like no other. Best of all, the next time you look in the mirror, you will be looking at a Leadville Trail 100 finisher.

Your boundaries are limitless when you Race Across the Sky. Welcome to the Leadville Trail 100 family.

This race information packet contains many suggestions and recommendations to help riders prepare for and complete the Stages Cycling Leadville Trail 100 MTB. Race Management and volunteers pledge to do everything possible to make this challenge a successful event you will always remember. Our medical committee, along with riders, crews and volunteers, participated in developing many of the recommendations contained in this packet. Proper preparation is critical to a successful and enjoyable experience. All riders and crews should read this Athlete Guide.

Sincerely,

Ken Chlouver
Merilee Maupin
Michael Melley
Tim Brosious
Michelle Duffy
Quinn Cooper
Rich Naprstek
Kelsey Conine
Sara Mahan
Bryan Mooney

Leadville Race Series
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EVENT SCHEDULE

THURSDAY, AUGUST 8

2:00 pm - 8:00 pm  
Packet Pickup / Expo / T-Shirt Pickup/ Bag Drop  
135 E. 6th St  
Photo ID is required. Packets MUST be picked up in person. They will not be mailed or given to others.

6:00 pm  
LT100 MTB Charity Dinner + Welcome Reception  
Freight 320 E. 9th St.  
Kick off your race weekend at our LT100 MTB Welcome Reception. Tickets are $45 online and $55 at the door. All proceeds from the night will benefit the Life Time Foundation and the Leadville Trail 100 Legacy Foundation. Learn more here.

FRIDAY, AUGUST 9

10:00 am  
Mandatory Athlete Meeting  
Lake County High School Gymnasium 1000 West 4th St.

11:00 am - 5:00 pm  
Packet Pickup / Expo / T-Shirt Pickup / Bag Drop  
135 E. 6th St  
Photo ID is required. Packets MUST be picked up in person. They will not be mailed or given to others.

11:30 am  
Live Recording of Adventure Stache Podcast  
Lake County High School Gymnasium 1000 West 4th St.  
2X MTB Marathon National Champion, Payson McElveen will be hosting a live recording of his podcast with special guests, Kimo Seymour and Rebecca Rusch.

2:00 pm  
Women Ride the World Panel  
Expo 135 E. 6th St  
Join this panel of women who are making an impact in cycling and seeking to get more women involved in the sport.

LeadvilleRaceSeries.com
EVENT SCHEDULE CONT.

SATURDAY, AUGUST 10

5:00 am - 6:15 am  
Corrals open

6:30 am  
RACE START

7:00 am - 3:00 pm  
Shuttle service from Lake County High School to Twin Lakes Dam

Noon - 7:30 pm  
Post-Race Finish Festival

3:30 pm  
9-Hour Cut-off Time for the Big Buckle

6:30 pm  
12-Hour Final Cut-off Time for completion of the race and the Little Buckle

Start / Finish Line
Corner of 6th St. & Harrison

Start / Finish Line
Corner of 6th St. & Harrison

Lake County High School
1000 W. 4th St

Downtown Leadville
135 E. 6th St.

Start / Finish Line
Corner of 6th St. & Harrison

Start / Finish Line
Corner of 6th St. & Harrison

SUNDAY, AUGUST 11

7:30 am  
Awards Ceremony
All awards and finisher jackets will be presented at this time and must be picked up in person. They will not be given to others and will not be distributed before or after the awards ceremony. Please visit the Leadville Race Series website to learn how to receive your buckle if you cannot attend the awards ceremony.

Lake County High School Gymnasium
1000 West 4th St.

8:30 am  
Buckle Engraving

Lake County High School Gymnasium
1000 West 4th St

10:30 am - 11:30 am  
Leadville Trail 10K Packet Pick-Up and Pre-Race Expo

Courthouse Lawn
Corner of 6th St. & Harrison

12:00 pm  
Leadville 10K Run and FREE Kids Dash

Start / Finish Line
Corner of 6th St. & Harrison

SATURDAY, AUGUST 17 & SUNDAY, AUGUST 18

Leadville Trail 100 Run presented by La Sportiva
Consider staying in town or coming back for this event. We can always use volunteer help and runners could use your encouragement for our other epic race.
NEW TO 2019

TWIN LAKES SHUTTLES
Take the stress of driving and parking throughout the day and let the shuttles do the work for you! Shuttle busses will run continuously from 7 AM – 3 PM. Shuttles will transport crews from Lake County High School parking lot to Twin Lakes Dam and return. Shuttle Service begins at 7am and will run until 3pm. All Access Pass crews receive complementary shuttle services and spectators/crews can purchase a $5 ticket. ALL PROCEEDS from the shuttle service to be donated to the Leadville Trail 100 Legacy Foundation. Purchase your ticket here.

ALL-ACCESS PASS
The brand new Leadville Trail 100 MTB All-Access Pass provides a premium package to athletes racing the Leadville Trail 100 MTB and will enhance the overall experience of the LT100 MTB weekend. Pass members will receive an abundance of benefits that will not only be available to them, but their supporters as well. Learn more here.

RACE ACROSS THE SKY EXPO
The new and improved Race Across the Sky Expo will take place at 135 E. 6th street for 2019. Join us for the first year of the expanded Race Across the Sky Expo! Athletes will check-in, pick up their packets, and receive their t-shirts and posters here at the expo. This outdoor location is the perfect pre-race venue to bring your friends and family and show them what the Leadville Race Series is all about! The Race Across the Sky Expo is free and open to the public, so come one, come all! Learn more here.

The new and improved Race Across the Sky Expo will provide an abundance of activities for those in Leadville for the LT100 MTB weekend. See below for the list of activities available at the expo:

- Rider Check-in, Shirt + Poster Pick-up
- Bike Pump Track (perfect for the kiddos!)
- Beer Garden, courtesy of PB Brewing
- Sponsors & Vendors, all displaying the latest and greatest in all things endurance sports Race Info Booth – Buy Twin Lakes shuttle pass here
- Insta-Worthy Photo Opportunities

FINISH FESTIVAL
Finishing the LT100 MTB calls for a well-deserved celebration. That's why we're making the post-race festival a party! Our new post-race finish fest will now be at 135 E. 6th St and will be the home to partner activations, live music, racer and spectator seating, food and beer!

BUCKLE ENGRAVING
To help remember your amazing race, we will be offering buckle engraving following distribution at the awards ceremony. Athletes will be able to have their name and finisher time engraved into their buckle and shipped for $30.
WELCOME TO LEADVILLE

Safety tips while training from the Leadville Police Department and Lake County Sheriff's Office:

BICYCLISTS
- Ride single file with the flow of traffic
- Observe all traffic signs and traffic laws
- Wear proper reflective clothing and safety equipment
- Use hand signals when stopping and making turns
- Make sure your bike is in good working order before you begin your ride
- Bicycles should be ridden on streets and roads instead of sidewalks
- All athletes and spectators should follow public decency rules: No public nudity and no public urination

MOTORISTS
- Drive at or below the posted speed limit
- Yield to all emergency vehicles by pulling over to your right as far as you safely can
- Adjust your speed during adverse weather conditions
- Designate a sober driver or call a cab
- When school bus lights are flashing yellow and red, slow down and stop
- Stop for pedestrians in crosswalks

PEDESTRIANS
- Always use the crosswalk
- While walking or running on a roadway, move against traffic
- While running on a roadway, wear bright and or reflective clothing
- All athletes and spectators should follow public decency rules: No public nudity and no public urination

PUBLIC PARKING
There are four public parking lots:
- West 3rd and Harrison Ave
- East 4th behind the Tabor Opera House
- 1000 W 4th, High School North Lot
- Community Park across the street from the North Lot at the intersection of W 6th Street and McWethy

STREET PARKING
- Diagonal parking is permitted on the south side of the street up to the alley on the following streets:
  - East 8th
  - East 7th
  - East 6th
  - East 5th
  - East 4th
- Resident parking spaces are clearly marked with a red and white sign. If you park in one of these spaces you will be ticketed and your vehicle may be towed.
- Park in the direction of traffic and 12 inches or less from curb
- There is a two-hour time limit for parking in some areas
THE COURSE

• This is an out-and-back course that primarily covers dirt and gravel roads with some pavement.
• Courses are **not** closed to vehicle traffic - always be prepared for automobiles on course
• Pre-riding
  • **Private property** - Located just past the Twin Lakes Dam to the Lost Canyon Road. Riding here is only allowed on race day. Trespassers can be prosecuted to the fullest extent of the law. Check our course map for alternate training route.
• From Twin Lakes to the top of Columbine
  • Course is uphill
  • Stay to the right
  • Never cut corners
  • Yield to the downhill riders.
• Make safety your top priority when you begin the descent from Columbine Mine, as there will be riders traveling both directions. As you travel downhill, you must stay in control and on the right side of the road. Extra caution here will cost a little time, but inattention could end your race. Be aware and alert.

CUTOFF TIMES

Riders must pass through each aid station prior to the following cut-off times:

• **Outbound**
  • 10:30 am (4 Hours) - Twin Lakes outbound (Mile 40)

• **Inbound**
  • 2:15 pm (7 Hours 45 Minutes) - Twin Lakes inbound (Mile 60)
  • 3:15 pm (8 Hours 45 Minutes) - Pipeline inbound (Mile 73)
  • 3:30 pm - **9-hour cutoff** time for the big buckle
  • 6:00 pm (11 Hours, 30 minutes) - Carter Summit inbound (Mile 91)
  • 6:30 pm **12-hour final cutoff** time for completion of the race and the small buckle

• **Note:**
  • Chip times will be used for all buckle awards

"When it comes to that point, when it hurts beyond hurt, when your lungs are burning, your legs are dead, and you’ve still got miles and miles to go, that’s when you dig deep”

- Ken Chlouber
THE COURSE

COURSE MARKING & DIRECTIONS

Major road intersections and the highway crossings will have local law enforcement officers present. At various course turns, volunteers will provide direction.

Course markings will be chalk arrows on the ground and pink/black pin flags and flagging tape.

- Start is at 6th and Harrison

- Riders will have a police escort via 6th St. to Turquoise Lake Road to County Road 9 to Leadville Junction, then across the railroad tracks, and across the river to Forest Service Road 103. Here the police escort ends and the race begins. (Note: the return route from this point back to the finish is entirely different, as explained later).

- Ride Forest Service Road 103 about 5.1 miles up and over the St. Kevins Mining District. The first climb, St. Kevins, is extremely difficult and narrow. St. Kevins road has been recently graded and is in far better condition than in previous years. Passing will be easier than it has been in the past. Racers who must push their bikes are required to stay to one side to allow passing riders the best line. Please allow the faster riders to clear St. Kevins first. Patience here will benefit all riders.

- This road ends at Bear Lake Road (Forest Service Road 107). Be extremely careful here. The road is a steep downhill with a hard, quick right and left turn on loose dirt and gravel. Across this road and to the right is a Forest Service green gate. Go through the gate (open on race day), then approximately two miles to the Turquoise Lake Road. This is the location of the Carter Summit Aid Station.

- Turn right, following the paved road about 4.5 miles around the west end of the lake to the Hagerman Pass Road (County Road 4).

- Turn right, then about two miles up this dirt road to Forest Service Road 105A.

- A hard left turn begins the route up and over Sugarloaf Pass. Use extreme caution on Powerline descent. This has been recently graded, speed can be picked up quickly with little time to brake before two hard turns at the bottom. Take it at your pace!

- After Powerline you turn hard right on to CR5A, which turns into State Highway 300 on your way towards the fish hatchery and THEN you turn right ontto CR11, which you ride for a couple miles, before it naturally transitions to CR11A by staying straight.

- Make a 90-degree turn through the ditch on a two-track road next to a barbed wire fence. Continue west to the Pipeline road, and then turn left on the Pipeline to the aid station. The Pipeline Road is the location of the first full-aid station. This is a two-track dirt road.

- Approximately four miles beyond the Pipeline aid station, you will bear left on an old four-wheel drive road. This old four-wheel drive road has a sharp descent and steep ascent, and will soon take riders to the single track. This will take riders to CR 10.

- Turn right onto the pavement and follow to CR 10 (turns to gravel) until it intersects with SH 82. Proceed directly and carefully across the highway to the dirt road and turn left. Follow this road, then trail, across the dam to the Twin Lakes Aid Station located at the south end of the dam. Refuel; head out.

- Follow the road south through the Forest Service gate. This part of the course crosses private land. The ranch owner is extremely generous. Please show every courtesy and respect in return. It's about 1.5 miles across the ranch. The route is marked and will take riders to Chaffee County Road 398. (This is also the location of the Lost Canyon Alternate Crew Zone.)
THE COURSE CONT.

- Turn right and begin the long climb to the top of the mountain. The road surface is good, although very steep in places and with many switch-backs. In the final 2 miles to the Columbine Mine Aid Station and the 50-mile mark, the road abruptly changes to a very rough, rocky, rutted double-track climb to the 12,600-foot turnaround.

- Enjoy the magnificent view, then carefully and safely come down the mountain, retracing the course exactly back to Leadville Junction. As you descend the mountain after the turnaround, you must stay on the right half of the very narrow road, and you must stay in control. Riders climbing must also treat their half of the road as single track. Downhill riders will have the right of way. Uphill riders must stay as far right as possible. Safety is the number one concern. **STAY IN CONTROL.** Again, automobiles or emergency medical staff may be on any part of the course. **STAY ALERT.**

- As you make the descent down St. Kevins, please use extreme caution! There are frequent ruts and loose surfaces which can lead to wash outs.

- Once at Leadville Junction, continue south on the road beside the railroad tracks. This will turn up a short, steep grade and riders will be 3.5 miles from the finish. This dirt road, known locally as the Boulevard, takes the riders up to McWethy Drive, then it’s a left and a quick right on 6th St, and on to the finish.
AID STATIONS

Full aid stations will be at these locations:
• Mile 26 - Pipeline outbound
• Mile 40 - Twin Lakes Dam outbound
• Mile 50 - Columbine Mine
• Mile 60 - Twin Lakes Dam inbound
• Mile 74 - Pipeline inbound

Fluid-only aid stations will be located at:
• Mile 11 - Carter Summit outbound
• Mile 89 - Carter Summit inbound

Aid station supplies include, but are not limited to: Water, Coke, Ginger Ale, GU Energy gels and Roctane, watermelon, bananas, cookies, potato chips, pretzels, crackers, figs and peanut butter and jelly sandwiches.

Be sure to thank a volunteer as you make your way through the aid stations!
CREWS

We love and appreciate rider crews and consider them part of the Leadville Trail 100 family! Here are a few things you and your crew should know:

- Riders are responsible for the actions of their crew; consequences may include disqualification from the race.
- No crew bikes, please.
- Crew vehicles are not allowed on any dirt road sections of the course. This includes the dirt road to Columbine Mine, St. Kevins Road, Hagerman Pass Road and the Boulevard.
- No crewing at Carter Summit or Columbine
- No crewing or spectating will be allowed for any inbound athlete at Hagerman road. Once all outbound athletes have passed, no crewing or spectating will be allowed in this area.
- Tow trucks will be roaming crew areas to remove any vehicles parked in No Parking or Private Land areas.
- Please be courteous and yield to Race Management and emergency vehicles.
- Crews should be at the 6:30 AM start to assist the rider with any last second needs, and then to cheer them on at the sound of the starting gun. Once the race starts and crews prepare to leave town, please obey the posted speed limit on Highway 24 S.
- There may be some riders without a crew who would appreciate your help. Remember, you may help a rider with any need, but the riders must carry their own tools and personally perform all repairs or adjustments to their mountain bike. Crews may furnish the replacement parts.
- Crews are allowed to park in areas designated by Race Management. Do not park in areas where No Parking signs are posted. Crews should allow adequate time to park and walk to aid stations. In addition, please respect no parking areas near aid stations. These areas are reserved for aid station re-supply and emergency vehicle access.
- TWIN LAKES SHUTTLE – Remove the stress of driving and parking throughout the day and let the shuttles do the work for you! Shuttle busses will run continuously from Lake County High School parking lot to Twin Lakes Dam. Shuttle Service begins at 7AM and will run until 3PM. All-Access Pass crews will receive complementary shuttle services and spectators/crews can purchase a $5 ticket at the information tent at the expo. Proceeds from the shuttle service to be donated to the Leadville Trail 100 Legacy Foundation.
- At the Twin Lakes Dam, volunteers will direct the parking. This area gets very congested, so we ask for your help and patience, and that you don’t question the instructions of the traffic control volunteers.
- A second crew access and parking area is the Mountain View Overlook parking area. Take the first left turn past the road up to the dam. There is a parking area at the end of this road.
- A third crew access point may be more convenient for some riders and crews. This crew area is located on Chaffee County Road 398A at the start of the climb to Columbine Mine Aid Station. Drive south on Hwy 24 to Granite. Turn right (east) just past the Granite store. Follow this dirt road to the marked crew area. This will give riders last-second help before their big climb and again at the end of their descent. Use this crew point to avoid crowds at the Twin Lakes Dam. Parking on Chaffee County Road 398A is only allowed on the south side of the road.
- Riders will be crossing the Twin Lakes Dam as they make their way to the Twin Lakes Aid Station. Crews may not cross the dam, per the Bureau of Reclamation. Crews must carry anything needed for their riders to the crewing area. This same area will also be the next crew stop, as riders will return to this aid station after an incredible climb to and descent from the 12,600-foot Columbine Mine Aid Station.
- If your rider must drop out of the race, double check to make sure that they have surrendered the timing chip to a race official at the nearest aid station or finish line.
CREWS

DRIVING DIRECTIONS TO AID STATIONS

From the intersection of Harrison and 6th (stop light in the middle of town):

**Pipeline (39°11′22.69″N, 106°22′26.82″W)**
- Drive south on Harrison/Hwy 24, go 3.9 miles
- Turn right (west) on CO-300, go 0.8 miles
- Turn left (south) on County Rd-11, go 1.2 miles (Riders will be on the same road for about a mile, so please drive slowly and use every caution on this stretch of road.)
- Continue straight (south) on paved road CR 11A, go 1.6 miles
- The road will turn to gravel and pass through a gravel quarry and into the trees.
- Turn left (south) on pipeline road and arrive at aid station

From the intersection of Harrison and 6th (stop light in the middle of town):

**Twin Lakes (39° 4′34.05″N, 106°18′13.57″W)**
- Drive south on Harrison/Hwy 24, go 15.0 miles
- Turn right (west) on E CO-82, go 0.8 miles
- Turn left (southwest) on County Rd 25, go 0.5 miles
- Arrive at aid station

There is an alternate crew area available on Lost Canyon Road if you want to avoid the chaos of Twin Lakes. This area is accessible from Granite. Turn left onto County Road 398.
RACE INFORMATION

RACE NUMBERS
We will supply you with a race plate for the handle bars of your bike. Timing chips are attached to the back of your number plate. Numbers must be visible at all times.

PLEASE DO NOT CUT OR FOLD YOUR RACE NUMBER.

TIMING
The shotgun will start the race clock, this is also known as Gun Time. Your actual, individual race time will begin when you cross the starting line, this is commonly referred to as Chip Time. Your 12-hour time limit begins when you cross the starting line. Buckles and age-group awards will be based on Chip Time. Pro awards will be based on Gun Time.

You may follow your athlete’s results and split times on the Athlinks app. Results will be updated on our website throughout the race.

RACE START / CORRALS
Riders must line up in pre-assigned corrals by 6:15 am. Check-in will be at the entry to your starting area. At the time of check-in, we require that all race numbers and timing chips have been affixed to the handlebars of your bike. Race numbers may not be altered. Unregistered bikes are not allowed in starting area.

Riders will be seeded in pre-assigned color-coded corrals. You will receive your corral color at packet pickup when you will receive a colored race number placard. Seeding will be based on your best finish time from either a 2018 Leadville qualifier event, 2018 Leadville Trail 100 MTB finish, or a 2019 Leadville qualifier event finish.

You must start the race in your assigned corral and you will be disqualified if you start the race in a corral not assigned to you. This rule will be strictly enforced.

Corrals will be assigned as follows:
- Gold
- Silver
- Red
- Green
- Purple
- Orange
- Blue
- White
WEATHER AND CLOTHING

Leadville temperatures in August vary from daytime highs in the upper 70s to nighttime lows in the upper 20s. Expect sunny mornings and afternoon showers, and be prepared for the Colorado high country’s volatile weather: During the race, it could rain, hail and even snow. Lightning is hazardous, especially above the timberline. Hypothermia easily occurs with a combination of decreasing temperatures, wind and precipitation. It can result in confusion, and this can be deadly. We strongly suggest you bring the following items:

- Rain gear
- Windbreaker (with hood)
- Polypro or wool socks, hat, and gloves

No matter what the weather, DO NOT attempt the round trip to Columbine Mine without adequate warm and protective clothing. Remember, the Columbine Mine is at 12,600 feet.

DROP BAGS

**CLEAR PLASTIC BAGS ONLY - NO EXCEPTIONS!**

If you would like to use a drop bag containing personal supplies, Race Management will transport it to the aid station of your choice the day before the race. Your drop bag should be, at a minimum, equal to the strength of double-thick plastic bags (no paper bags).

You must clearly mark your name, race number and the name of the aid station on the outside of the bag in large letters. We prefer that you use wide white tape on the bag, and then write on the tape with a black felt-tip marker. If you place any liquids in your bags, make sure they are in leak-proof, non-breakable containers. You must deliver your bag to 113 E. 6th St. on Friday afternoon between 11 am and 5pm.

After the race, you must pick up your bag from 316 Harrison Avenue. Bags will be returned by 7pm on Saturday. Bags not picked up by 5pm on Sunday will be donated to local charities.

RACE CUT-OFF TIME

This is a 12-hour mountain bike race. Official finishers must complete the course in less than 12 hours. Riders who make the last aid station cut-off time, but fail to achieve the 12-hour finish will be allowed to continue for one additional hour only. Finishing in less than 13 hours is an indication of a rider’s tenacity, but does not earn official finish placing. All riders must be off the course in 13-hours. Please allow our sweep to pick up late riders.
RACE INFORMATION

AWARDS
All awards will be presented at the awards ceremony on Sunday, August 13, at 7:30 am at Lake County High School. There will be awards in the following categories:

• Top three overall Men
• Top three overall Women

Gender and age group awards will go three-deep in the following men’s and women’s categories:

• Under 20
• 20-29
• 30-39
• 40-49
• 50-59
• 60-69
• 70+

Single Speed participant awards will be in following categories:

• Top 3 Men
• Top 3 Women

Tandem participant awards will be in following categories:

• Top 3 overall

All finishers will receive a belt buckle based on their finish time, a finishers medal, and a custom finisher’s jacket:

• Under 9-hours – Big Buckle
• Under 12-hours – Small Buckle

DROPPING FROM THE RACE
While we don’t like to consider it, some racers will not finish the race. If you drop out at an aid station, you must surrender your timing chip to a race official and tell them you are dropping out. If you decide to drop out between aid stations, you must report to the nearest aid station or the finish line and inform a race official that you have dropped out. Under no circumstances should you leave the race without first surrendering your timing chip. If you are unable to continue for any reason, stay on the marked course and inform other riders that you are in need of aid.

TRASH AND RECYCLING
There will be trash bins and recycling/compost containers at all full aid stations and at the start/finish line. Please discard of all waste in an appropriate container at an aid station. We will be recycling all plastic and aluminum during each of our events.

Intentional littering on the course will be grounds for disqualification. The course—on trails both public and private—travels past many historic sites and through areas of exceptional beauty. Help us keep them pristine.
RACE ACROSS THE SKY EXPO

LOCATION
135 E. 6th St.
Leadville, CO 80461

HOURS
Thursday, August 8: 2:00pm - 8:00pm
Friday, August 9: 11:00am - 5:00pm

ABOUT
Join us for the first year of the expanded Race Across the Sky Expo! Located at 135 E. 6th St., athletes will check-in, pick up their packets, and receive their t-shirts and posters. This outdoor location is the perfect pre-race venue to bring your friends and family and show them what the Leadville Race Series is all about! The Race Across the Sky Expo is free and open to the public, so come one, come all!

The new and improved Race Across the Sky Expo will provide an abundance of activities for those in Leadville for the LT100 MTB weekend. See below for the list of activities available at the expo:
• Rider Check-in, Shirt + Poster Pick-up
• Bike Pump Track (perfect for the kiddos!)
• Beer Garden, courtesy of PB Brewing
• Sponsors & Vendors, all displaying the latest and greatest in all things endurance sports - See the list of exhibitors below
• Race Info Booth - Buy Twin Lakes shuttle pass here
• Insta-Worthy Photo Opportunities

MAP
Please visit our website to see the map of the Race Across the Sky Expo, as well as a list of exhibitors.
TO THE FIRST-TIMERS

You are here. In Leadville.

If this is your first time bringing your lofty goals to this lofty city, then we have some words of wisdom for you (if you’re like most newbies, you can’t get enough). We’ve rounded up a panel of some of the most skilled and ardent mountain bikers, some of whom have made names for themselves on these very trails: Ricky McDonald (20-time buckle winner), Rebecca Rusch (four-time women’s champ and pro), Gretchen Reeves (former women’s champ and pro), Dallas Eakins (two-time finisher) and Bryson Perry (former champ and current pro) and Jay Henry (pro). The kind of advice you need depends on the kind of first timer you are. Find your type below and see what our experts have to say.

The Leadville Virgin: Maybe this whole racing Leadville thing was your idea, or maybe it was somebody else’s. Either way, you feel pretty clueless about the challenges ahead.

Ricky: This race is very mental: If you think you can, you can. If you think you can’t, you probably can’t. Your mind can trick your body into doing some pretty amazing things. Let it. There may be a time when you feel too wasted to continue. Back off, eat and drink. Don’t quit because you get tired. There is no shame in making them pull you off the course because you didn’t make the time cut, but don’t quit because you get tired. The aid stations are very well stocked and staffed. The volunteers will do anything in their power to help you, so don’t be afraid to ask if you need something, and don’t ride off without thanking them. Carry rain gear. Leadville rain is not refreshing. The longer you are on the course, the better chance you have of getting wet.

The Leadville Colt: You are rarin’ to go, but a little skittish. You sometimes let your nerves get the best of you on race day.

Jay: Take the time to look around and enjoy the view at the top of the Columbine climb. It is an amazing view, and at that point of the race you are going to need a mental break. Taking your mind off the race, even for a few seconds, is very refreshing.

Rebecca: My advice for first timers is to soak in the atmosphere, look around town, talk with people, take in the views and have a great time. Many first timers are nervous about the course and the race. I know I was. However, there’s no reason to waste energy being stressed out. The training is done and all that’s left is to enjoy the results of your hard work. Your first Leadville is an exciting endeavor. You’ll never be a rookie again after this. Take deep breaths of the thin air and have a great time. You’ve earned it.

Ricky: Be safe. There will be upwards of 2,000 riders on the course this year. Although this is a race, there are only a few who will be racing to win. The rest of us will be racing against the clock and against ourselves. No matter how fit and race worthy you are, you will be starting at the back. That means everyone in front of you has more experience racing this course than you do. Try to pass safely and courteously.
INFORMATION

SOCIAL MEDIA
Find us on Facebook (Facebook.com/leadvillerraceseries), Instagram (@LTRaceSeries) and Twitter (@LTRaceSeries). Don’t forget to use and follow our hashtag #LT100MTB to share your photos with us and see what other riders, crews and spectators are posting.

RETAIL STORE
Stop in to our store at 316 Harrison Avenue and shop for amazing race gear for the whole family. You can only find it here at 10,152 feet above sea level, so stock up now. We look forward to seeing you soon!

There will be a pop-up retail store at the expo to get all of your race day attire!

FINISH FEST
We’re making the post-race festival a party! Post-race finish fest will now be at 113 6th St and will be the home to partner activations, live music, racer and spectator seating, food and beer! Athletes receive two free beers with the coupons on your race bib. You will be required to show ID to receive beer.

MASSAGE
There will be post-race stretching and massage for a fee available at the post-race finish festival.

EXPO
Please visit our many sponsor and vendor booths at the new expo location located at 113 E. 6th St.:

Thursday, August 8: 2pm - 8pm

Friday, August 9: 11am - 5pm

TENTS AT TWIN LAKES
Tents will be allowed to be set up at Twin Lakes Dam after Noon on Friday August 11th. The U.S. Forest Service is requesting that no tarps or ground cloths are allowed to be used to mark a crew location, rather they prefer overhead style canopies.

SAN ISABEL NATIONAL FOREST SPECTATOR GUIDELINES
This event is held on the San Isabel National Forest under a special use permit. Check out their important Spectator Guidelines here to ensure your crew is complying, as well as assisting in minimizing the impacts to the ecosystem, wildlife trails, etc.

THANK YOU TO OUR VOLUNTEERS
Please take time along the way to thank the numerous volunteers—we couldn’t put this race on without them. We have well over 300 volunteers working the race. To volunteer for any of our events, please visit Leadvillerraceseries.com or contact our Volunteer Coordinator, Rich Naprstek at rnaprstek@lt.life
The Town of Leadville is special because...?

“The community is really crazy involved in all kinds of outdoor activities. I am lucky enough to know someone who lives there and she is on a community soccer team, softball team, and plays ice hockey with community members randomly all winter, as well as riding with the women’s mountain bike group. Everyone is just into playing sports together and having a great time! I love that there are so many opportunities to recreate. Oh and the small town vibe means I was at a house party last summer that the mayor came to. I made him laugh, it was the best day ever.”

-Larissa Connors, 2017 and 2018 winner

“There is no better feeling than driving into Leadville. It is full of honest, hardworking, never-quit people who have persevered through adversity and have found a way to survive some hard times. The people and the town are inspirational to me and I think of them often while I wait to return every year. It is only fitting that a race filled with such adversity and challenges is held in Leadville. As a rider the pressure is on you during the race to uphold the same mental toughness that the town residents have displayed for many years.”

-Dallas Eakins, four-time finisher, head coach of the San Diego Gulls (AHL)

“If you’re a mountain biker or endurance runner the Leadville 100 is a must do event and the town has become a mythical place for the endurance crowd. Leadville sits at 10,000 ft and the people that live there are tough. The winters are long, the summers are short and the scenery is beautiful. Leadville is a “real” Colorado mountain town. There aren’t million dollar condos, gated communities and fancy shops. It’s a salt of the earth type of place that happens to have become epicenter or endurance sports in the US.”

-Todd Wells, 3-time winner

“There is a magic about Leadville and the LT100 that is hard to find anywhere else. Just like where I live in Idaho, Leadville feels welcoming and homey the moment you arrive. It’s peaceful, beautiful and authentic. No one is a stranger in Leadville.”

-Rebecca Rusch, 4-time winner, pro “Leadville is a great place. Almost the entire town is part of the action. Take for example the crew at Cycles of Life. They are killing themselves for weeks trying to make sure everyone is dialed in for race day. The same goes for the entire Leadville race staff who live in Leadville. Almost everyone is there to make your race a great experience.”

-Bryson Perry, 2001 and 2002 winner

“The LT100 MTB isn’t just a race, it’s a unique experience which wouldn’t be the same in a different place. There are many 100 miles races but it’s the location and history of this race that makes it so captivating.”

-Sally Bigham, 3-time winner
LEADVILLE TRIVIA

- Leadville has multiple nicknames including Cloud City, Magic City and Two-Mile-High City.

- Leadville is North America’s highest incorporated city.

- Even though Leadville was founded during the Silver Boom, there were too many other cities around that same time with silver in their names, so founders decided to name it after the ore.

- Leadville was founded in 1877 by mine owners Horace Tabor and August Meyer.

- Leadville’s population at the height of the mining boom is said to have been close to 30,000. Today the population is closer to 2,700.

- Leadville’s past was filled with legends, eccentrics, entrepreneurs, dreamers and other characters famously euphemized as colorful, including Horace and Baby Doe Tabor, Molly Brown, Texas Jack, Frank and Jesse James, Wyatt Earp and Doc Holliday.

- Leadville is one square mile and its 70 square blocks of Victorian architecture have been designated a National Historic Landmark District.

- Leadville had the highest unemployment in the nation when Ken Chlouber, determined to bring Leadville back from the brink, organized the inaugural Leadville Trail 100 Run in 1983. The mountain bike race was added 11 years later.

- The Climax Molybdenum mine, shuttered in the 1980s, is open and thriving, employing 300 people.

- Leadville’s own Tabor Opera House has hosted entertainers including: Harry Houdini, Oscar Wilde, Buffalo Bill, and Jack Dempsey.
LEAVE NO TRACE

PLAN AHEAD AND PREPARE
• Know the regulations and special concerns for the area you’ll visit.
• Prepare for extreme weather, hazards and emergencies.

TRAVEL AND CAMP ON DURABLE SURFACES
• Durable surfaces include established trails and campsites, rock, gravel or dry grasses.
• Good campsites are found, not made. Altering a site is not necessary.

DISPOSE OF WASTE PROPERLY
• Pack it in, pack it out.
• Deposit solid human waste in catholes dug six-to-eight inches deep at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.

LEAVE WHAT YOU FIND
• Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
• Leave rocks, plants and other natural objects as you find them.

MINIMIZE CAMPFIRE IMPACTS
• Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
• Where fires are permitted, use established fire rings, fire pans or mound fires.

RESPECT WILDLIFE
• Observe wildlife from a distance. Do not follow or approach them.
• Never feed animals. Feeding wildlife damages their health, alters natural behaviors and exposes them to predators and other dangers.

BE CONSIDERATE OF OTHER VISITORS
• Respect other visitors and protect the quality of their experience.
• Be courteous. Yield to other users on the trail.
## RACE LOG

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<th>Target Time Out</th>
<th>Actual Time In</th>
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**Target Finish Time:**

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**Actual Finish Time:**

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**Notes for Next Year:**

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Established in 2002, the Leadville Trail 100 Legacy Foundation was created as a non-profit foundation, with the goal to provide a formal pathway for our supporters to contribute to the needs of Leadville and Lake county. With a focus on tomorrow’s challenges, the Foundation provides funding to a variety of efforts in the local community, in particular education. The mission is to support the needs of Leadville and Lake county, and build a better, brighter tomorrow, while respecting the mining heritage that got us here.

The Legacy Foundation thrives through the generous donations of individuals and corporations and every dollar contributed has gone directly to support groups and initiatives within the local community. The breath of funding over the years is too extensive to detail but some examples of the Legacy Foundation work includes;

• The Leadville Trail 100 Legacy Scholarship Program, created in 2009, has given out over $340,000 to graduating Lake County High School seniors go onto any form of higher education - be that trade school or a research university.

• The Early College fund at Leadville Colorado Mountain College campus, sponsored by the Legacy Foundation, provides dollars to cover the cost of books, tutoring and course fees for High School students taking college credits, with the goal of graduating High School with a college diploma.

• The Foundation is proud to support such projects as the Mineral Belt Trail, the Community Field and Huck Finn Park. Along with the Community Garden and Greenhouse project, the development of new Bike trails and programs for local youth to learn leadership and life skills as well as recreation programs providing access to equipment and resources to get kids outside to learn about and appreciate this beautiful place where they live.

• All of the local Emergency Services groups have received funding over the years, and social services groups have also received support from the Legacy Foundation for families in need.

• We are proud to host the annual Children’s Christmas party, where Leadville children receive gifts from Santa, which has been held since the very early days of the Leadville Trail 100.

On behalf of the Leadville Trail 100 Legacy Foundation, we thank you. Your thoughtful contributions make it possible for us to build a better, brighter tomorrow for Leadville. If you are interested in making a donation to the Legacy Foundation or the Legacy Scholarship Program, please visit our website at www.leadvilletrail100legacy.org or send your tax-deductible donation to

Leadville Trail 100 Legacy
PO Box 1
Leadville CO 80461

You can also reach us at (719) 486-1133 or leadvilletrail100legacy@gmail.com
DIRECTIONS TO LEADVILLE

METRO DENVER & DENVER INTERNATIONAL AIRPORT (121 MILES)

- Take I-70 West
- Go through the Eisenhower Tunnel
- Continue past Dillon
- Continue past Frisco
- Take Hwy 91, Copper Mtn Resort (Exit 195)
- Go South on Hwy 91, past Climax to Leadville (24 miles)

GRAND JUNCTION (163 MILES)

- Take I-70 East
- Turn onto Hwy 24 South at Minturn
- Follow Hwy 24 over Tennessee Pass to Leadville

PUEBLO (153 MILES)

- Take Hwy 50 West through Canon City and Salida
- Take Hwy 291 North until Hwy 285
- Take Hwy 285 North until Hwy 24
- Take Hwy 24 North until Leadville

COLORADO SPRINGS (130 MILES)

- Take Hwy 24 West through Woodland Park
- Continue past Buena Vista
- Continue onto Hwy 24 to Leadville

The town of Leadville is located 10,152’ above sea level in Colorado's Rocky Mountains. From every direction, it's a breathtaking and easy drive.
AT YOUR SERVICE... THE LEADVILLE RACE SERIES STAFF

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You’ll also be seeing the familiar faces of Leadville Trail 100 Founder Ken Chlouber and former LT100 Race Director Merilee Maupin at the events this year!
2019 LEADVILLE RACE SERIES EVENT SCHEDULE

Austin Rattler // April 14 - 15

Wilmington Whiteface // June 1

Leadville Trail Marathon & Heavy Half // June 15

Leadville Trail 100 Run Training Camp // June 21 - 24

Stages Cycling Leadville Trail 100 MTB Training Camp // June 27 - 30

Silver Rush 50 Run, Silver Rush 15.5-Mile Run, and Silver Rush Kid’s Duathlon // July 6

Stages Cycling Silver Rush 50 MTB and Silver Rush 15.5-Mile MTB // July 7

Tahoe Trail // July 13

Stages Cycling Leadville Stage Race // July 26 - 28

Stages Cycling Leadville Trail 100 MTB // August 10

Leadville 10K Run // August 11

Leadville Trail 100 Run presented by La Sportiva // August 17- 18

Barn Burner // September 7

Visit www.leadvilleraceseries.com for more information on event registration.
RACE SPONSORS

We thank the following sponsors for making the Stages Cycling Leadville Trail 100 MTB possible. Whether local or national, we ask our participants and fans to look to these sponsors first for the services or products they provide. We truly could not host these amazing events without all of you. Thank you for your continued support!