



2009 Estes Park Marathon – RACE INFORMATION

Mama Rose's Homemade Italian - *Mama Rose's Italian Dining - homemade pasta and sauces. It's Not Just Family Style... It's Family Welcome! We at Mama Rose's invite you to experience the warm feelings and dining pleasures that Mama Rose provided for her family, in a time when making things from scratch was the only way.* Mama Rose's is located on the beautiful River Walk in Downtown Estes Park, across from the public library. Mention that you are an Estes Park Marathon Race entrant and receive 10% off your total bill Friday June 12, Saturday June 13, or Sunday June 14.

Mount Meeker Sponsors, \$2,000+ monetary contribution or product:

Crocs, 866-306-3179, www.crocs.com/

Powerbar, 1-800-58-POWER, www.powerbar.com

Hallett's Peak Sponsors, \$1,500+ monetary contribution or product:

Boulder Running Company, Pearl Street, Boulder 303-786-9255,

www.boulderrunningcompany.com/boulder/

Coda Coffee Company, www.codacoffee.com

Saturn of Fort Collins, 3325 South College Avenue, Fort Collins 866-734-2021,

www.saturnftcollins.com/

Home Stretch Sponsors: \$500+ monetary contribution or product

Active at Altitude, 114 Timber Ln, 970-586-4432, www.activeataltitude.com

Bold Running, http://www.bolderboulder.com/Start_Training/BOLDRUNNING.htm, 303-444-7223
Extension 11

Cheley Colorado Camps, 3960 Fish Creek Rd, 970-586-4244, www.cheley.com

Country Super Market, 900 Moraine Ave, 970-586-2702

Crystal Pines Water, 970-586-2089

EnterChange Consulting, www.eneterchangeconsulting.com, 970-214-4128

Estes Park Aerial Tramway, 420 E Riverside Dr, 970-586-3675, www.estestram.com

Estes Park Medical Center, 555 Prospect Ave, 970-586-0335, www.epmedcenter.com

Insurance Associates of Estes, 363 E Elkhorn Ave, 970-586-4407, www.insurance-associates.com

Newton Running, 1919 14th Street, Suite 100, Boulder, CO 80302 877-860-7695,

www.newtonrunning.com/index.php

The Egg and I, 393 E Elkhorn Ave, 970-586-1173

Pinnacol Assurance – www.pinnacol.com

Town of Estes Park, 970-586-5331, www.estes.org

Waste Management, 970-586-5740, www.wm.com

YMCA of the Rockies, 2515 Tunnel Road, 970-586-5700, www.ymcarockies.org/

Zeal Optics, 4843 Pearl Street 1A, Boulder, 303-449-9325, <http://www.zealoptics.com/index2.php>

Supporting Sponsors: \$200+ monetary contribution or product

Boulder Valley Credit Union, 453 E Wonderview Ave, 970-577-0750
Estes Park Aquatic Center, 660 Community Drive, 970-586-2340,
www.estesvalleyrecreation.com/aquatic.html
Estes Park Brewery, 470 Prospect Village Dr, 970-586-5421, www.epbrewery.net
Estes Park Convention & Visitors Bureau, Hwy 34 at Hwy 36, 970-577-9900,
www.estesparkcvb.com
Estes Park News, 970-586-5800, www.estesparknews.com
Fleet Feet Boulder, 2624 Broadway, Boulder, 303-939-8000, www.fleetfeetboulder.com
First National Bank of Estes Park, 255 Park Ln, 970-586-577-1234
Fun City, 455 Prospect Village Drive, 970-586-2828, www.funcityofestes.com/
MedX of Estes, 158 1st St., 970-577-0174
Nature Association, 48 Alpine Circle, 970-586-0108
Poppy's Restaurant, 342 E Elkhorn Ave, 970-586 -8282
Reel Mountain Theater, Stanley Village, 970-586-4227
Running of the Bulls, <http://www.partnersmentoringyouth.org/Special-Events/Running-of-the-Bulls.html>
Subway, Elkhorn Avenue, 970-586-5023

Contributors:

Ace Hardware, 970-586-8656
Apex Roofing, 970-586-6695
Bank of Colorado 533 Big Thompson Ave. 970-586-8185
Brad Doggett
Eagle Rock School, 970-586-0600, www.eaglerockschool.org
Ecomshare, www.ecomshare.com
Estes Park Lumber, 400 S. St. Vrain Ave, 586-4434
Estes Park Mountain Shop, 2050 Hwy 34, 970-586-6548, www.estesparkmountainshop.com
Estes Print Works, 401 E Elkhorn Ave, 970-586-0526
5 Star Timing, Ft Collins, CO www.footoftherockies.com
Hayley's Homemade Mountain Ice Cream, Elkhorn Ave at Moraine Ave
Hunters Chop House, 1690 Big Thompson Avenue, 970-586-6962
Ice of Estes Park, 970-586-3174
Nature's Own, 125 E Elkhorn Avenue, 970-577-0277
On the River Massage and Healing Arts, 356 E Elkhorn Avenue, 970-577-7455,
www.ontherivermassage.com
Rambo's Longhorn Liquor, 1640 Big Thompson Ave., 970-586-8583
Riverspointe Spa, 121 Wiest Drive, 970-577-6841, www.riverspointespa.com/index.htm
Rocky Mountain Chocolate Factory, Lower Stanley Village
Rocky Mountain Connection, 141 E Elkhorn Ave, 970-586-3361
Shakes Alive, Lower Stanley Village, 970-577-7007
Thomas Beck Architects, <http://www.twbeckarchitects.com/>
Westover Construction, 970-586-9342
Estes Park R-3 School District
Estes Valley Recreation and Park District, 970-586-8191
Linda Adam-Hall & Gary Hall, www.garyhall.org / www.adamhallways.com
Salud Family Health Center, 600 S St Vrain Ave, 970-586-9230
Un!!nk, 970-214-6388
Vacationland Magazine, 970-577-7054, www.estesparkvacationland.com
Van Horn Engineering & Surveying, 1043 Fish Creek Rd, 970-586-9388

Please support our sponsors and thank them for their support.

RACE INFO

Parking

Please park in a designated parking space in any school parking lot or in the lot by the Estes Valley Youth Center and baseball fields. Please do not park on the side of any road or driveway because it will cause problems on the racecourse.

Start Times & Locations

Marathon - 7:00am - Estes Park Elementary School parking lot (north side of lot)

Half Marathon - 7:00am - Estes Park High School parking lot (south side near the fire hydrant)

10K - 7:45am - Estes Park High School parking lot (east side of the traffic island)

5K - 9:00am - Estes Park High School parking lot (south side near the fire hydrant)

THE MARATHON COURSE CLOSSES AT 2:00PM. There is a 3½ hour cut off at MM 14. For your safety, if your time is over 3½ hours at MM 14 you will be directed back to the start/finish area.

High Altitude: Change in performance – add 30-40 seconds per mile to your pace compared to sea level.

High Altitude Warnings: Prepare by drinking lots of fluids. Avoiding caffeine and alcohol in the build up to race day. Signs of altitude sickness are shortness of breath, increased heart rate, headache, nausea and feeling unusually tired. Avoid these signs by drinking lots of fluids and take it easy pre and post race. Include taking small amounts of fluids at aid stations.

Dry Climate – You are in an extremely dry climate. You may not feel yourself sweat but you are losing a lot more fluids than you think. Please remember to drink lots of fluids but don't force yourself to drink too much. Signs of dehydration include thirst, less-frequent urination, fatigue, light-headedness, confusion, irregular heartbeat, increased heart rate and increased respiration.

Sun Block – Due to EP's elevation the sun's intensity is greatly increased compared to lower elevations so we highly recommend sun block, sunglasses and a hat. There will be sunscreen available at the start and finish areas.

Aid Station Locations – Remember to hydrate at every aid station

Crystal Pines Water is available at every aid station.

MM-2 Van Horn Engineering - Gatorade, Water, Fruit = oranges and bananas

MM-5.3 Cheley Colorado Camps - Gatorade, Water, Fruit

MM-7 Otters - Gatorade, Water, Fruit, Public outhouse (rustic toilet)

MM-9 Quota Club - Gatorade, Water, Fruit

MM-11 MedX of Estes - Gatorade, Water, Fruit, Restrooms in Cherokee Draw

MM-13 Circle of Friends Montessori School - (restrooms at marina) Gatorade, Water, Fruit

MM-15 (Half: 2) EPHS Cheerleaders - Gatorade, Water, Fruit, PowerBar Gel (HALF MARATHON JOINS HERE)

MM-17 (4) Salud Family Health Center - Gatorade, Water, Fruit, PowerBar Gel

MM-18 (5) Eagle Rock School - Water only

MM-19 (6) Eagle Rock School - (port-a-johns) Gatorade, Water, Fruit, PowerBar Gel

MM-21 (8) Pam & Stan Becker - Gatorade, Water, Fruit

MM-23 (10) Otters - (port-a-johns) Gatorade, Water, Fruit

MM-25 (12) EPHS X-Country - Gatorade, Water, Fruit

FINISH! - EPHS X-Country - Gatorade, Water, Fruit, PowerBar Performance Bars and Gels

Toilets are in the Estes Park High School Student Center at same location as registration. Food at the Post Race Party!

Toilet Locations

Start & Finish areas: EP High School, EP Aquatic Center

MM 7 Mary's Lake at Peak View – public outhouse (No wheelchair access)

MM 10 public restrooms in the parking lot on Riverside Dr at Elkhorn Ave (wheelchair access)

MM 11 restrooms in Cherokee Draw (east of fire station, wheelchair access)

MM 12.5 Wapiti meadows

MM 13 Lake Estes Marina - restrooms are on the trail (wheelchair access)

MM 14.5 Estes Park Visitor's Center restrooms (wheelchair access)

MM 19 (Half: 6) - 3 port-a-johns

MM 23 (10) - 3 port-a-johns St Bart's Church parking lot

MM 24 (11) Estes Park Visitor's Center restrooms (wheelchair access)
MM 25 (12) restrooms in Cherokee Draw (east of fire station) on the trail (wheelchair access)
FINISH! EP Middle School (wheelchair access) (There are restrooms under the grandstands too.)

Medical Team

Medical staff will be located at each of the aid stations along the marathon course and at the finish. All medical team members are first-aid and CPR-certified. They are doctors, paramedics and EMT's.

Please hydrate and take the precautions listed in this packet. Men: We recommend Vaseline or Band-Aids on your nipples and Women: Under your sports bra bottom edge and sides, to prevent chafing and bleeding. Medical staff can stop you during the race if they identify a serious threat to your health.

Weather Warnings

Current weather forecast for Sunday June 14 is for 50 F and sunny at 7.00 am, rising to mid 70's by 12.00 with possibility of clouds arriving in the afternoon. Winds should be light until later in the afternoon, along with a chance of a thunderstorm.

Heat – Hydrate! If the heat is causing you to feel overheated please contact a member of the Medical Team.

Cold (rain, sleet & snow. Yes, we can have snow in June.) – If you are feeling chilled and shivering please contact a member of the Medical Team.

Lightning – In case of lightning. Seek shelter inside a grounded structure. If you are caught in a storm without shelter then find a very large area with trees. Get into it. (You don't want to be the tallest thing around or to be standing next to the tallest thing around. Find a space amongst the trees.) If you are with other people, spread out. Remove all metal objects and get them away from you. Squat with your heels together so your feet make a "V", raise your heels off the ground, your toes will be the only things touching the ground.

Hail – Due to our elevation hail rarely gets large. If it is uncomfortable please seek shelter.

Wind – Wind will increase dehydration and the potential for hypothermia.

Animals & Wildlife

Please report all animal encounters at the next aid station.

Dogs, Elk and all other wildlife: It is elk calving season so the cows (female elk) are very protective. If a dog, cow, or other wildlife, confronts you: Stop. Face it. Raise your arms high above your head to make you look larger. Yell at it and back away. Do not run.

Stay on course

This is the highest paved marathon in the world. Turning onto a dirt road or dirt trail is a wrong turn.

Marathon - Follow the white "EPM arrows" painted on the pavement, Half Marathon - Follow the yellow "EPM arrows" for the first 1+ miles then follow the white EPM arrows to the finish, 10K = yellow, 5K = red.

Please run/walk single file for safety, and consideration of vehicle traffic and the athletes approaching you from behind. Think of it as a run or hike on a mountain trail. You can be disqualified for obstructing traffic if you walk/run 2 or more abreast on the roads.

Running in the dirt

You may run in the dirt along the edge of the course. You are not allowed to cut corners. The dirt will not be groomed. Run in the dirt at your own risk.

Dogs (pets)

We love our pets too, but pets will not be allowed on the racecourses for safety.

Strollers

Due to the vehicle traffic and athlete congestion on the racecourses we do not allow strollers in any of the races.

Headphones

We discourage headphones for your safety. If you choose to wear them please keep the volume low so you can hear any warning signs around you.

Danger! Do not swim in Mary's Lake or Lake Estes. These lakes are used to generate electricity. Very large pipes located underwater drain Mary's Lake into Lake Estes. It has claimed too many lives.

Lost & found

Located at the announcer's booth in the stadium and at the Post Race Party.

POST RACE

Massages – On The River Massage and Riverspointe Spa will provide massages in the infield. This is a great deal at \$1 per minute and part of the proceeds will support the Youth Center.

Photos from the event will be available for purchase after the race at www.runningmemories.com/

Awards

The awards table will be located next to the 5 Star Timing tent at the finish line. Please check to see if you won something in your age group. Awards will be available at: Marathon 12.00 for early finishers & 1.30 for later finishers, Half Marathon 10.00 am, 10K 9.30 am, 5K 10.30 am

Post Race Party hosted by Estes Park Brewery and Coda Coffee is located in the large pavilion just northwest of EP High School. The party begins at 9.30 am. Remember to hydrate before having a beer. The high elevation will increase the effects of alcohol so pace yourself; eat food, and drink non-alcoholic fluids. If you need us we will be your designated driver. Meals can be purchased at the Wool Market in the fairgrounds near the schools. Admission is free.

Showers are located in the Elementary School adjacent to the Gym, registration and packet pick-up area.

Race results will be posted online within 48 hours of the race. Visit our website at www.EPmarathon.org.

FAMILY, FRIENDS & FANS

PLEASE VISIT OUR SPONSORS

Recommended viewing locations are the Start/Finish areas around the Estes Park schools and the Estes Park Visitor's Center on Hwy 34 at Hwy 36 (across the street from McDonald's). The athletes will be in this area twice. Please do not drive the course with your athlete. Vehicle traffic on the course increases the possibility of an accident. Law enforcement will be looking for problems. Please don't be one.

Photo Ops – Photo opportunities are located at the Start and Finish lines around the Estes Park schools, Mary's Lake, Dry Gulch Rd & County Rd 61, MacGregor Ranch, The Stanley Hotel and the area around the Lake Estes Marina. (It will cost \$3.00 to park at the Marina, Cherokee Draw & Wapiti Meadows.) Photos from the event will be available for purchase after the race at www.coloradorunnermag.com.

MAMA ROSE'S ESTES PARK MARATHON COMMITTEE

A special "thank you" goes out to the family of each committee member.

Race Co-Director – BELLE MORRIS

Race Co-Director – TERRY CHIPLIN

Treasurer – STEVE MACFARLAND

Finish Line and Troubleshooter- GARY HALL

Neighborhood Liaison – LINDA ADAM-HALL

International Liaison – ROY POWELL

Race Course Director – ROGER TRUESDALE

Medical Team Coordinator – DEBBIE HOLMES

Director of Awards – JANE TRUESDALE

Post Race Party –

Director of Volunteers – JANET BIELMAIER

Mapping – AMY PLUMMER

KIDS FUN RUN! Course Directors – BILL & SHERI RUTH

Director of Logistics – STEVE MARES

EPM Information Center – BARRY LAWSON

A big **thank you** to the Estes Valley Youth Center, and in particular Barry Lawson, for the use of the Center for all our meetings!