



2024 RACE GUIDE



MANDATORY GEAR

You will not be allowed into the start corral without these items in your pack for stages 2-6. Failure to follow this protocol may result in DQ or time penalty.

- warm hat/beanie *must cover ears*
- light gloves
- shell jacket
- emergency blanket *1 per person*

FOR EACH DAY'S RUN:

- Small reusable cup for aid stations – *no cups on course!*
- Drop Bag – *it's nice to have flip flops or water shoes and warm layers waiting for you at the end of each stage.*
- Shell Jacket – *Wind/Water resistant for the run*
- Light Gloves
- Emergency Blanket – *one per person*
- Trail Running Shoes (*we suggest bringing a backup pair also*)
- Outfit for each day (*we suggest putting each one in a 2 gallon ziplock bag, then you can use it to put your dirty clothes back in*) Bras, Tees, Tanks, Long Sleeves, Shorts, Capris, Leggings, Socks, Gaiters, Buffs, bib belt... *whatever you usually wear on race day!*
- Hat or Visor
- Hydration Pack
- Sunscreen
- Chapstick
- Deodorant
- Body Glide
- Small First Aid Kit with basics – *bandaids, tweezers etc.*
- Nutrition/Gels/Electrolytes for each day (*we will also have loads of GU products out at each aid station as well as other sweet/salty treats*)
- GPS Watch
- Sunglasses
- Trekking poles (*optional - most use them on stages 2 & 4*)

FOR EVENINGS IN CAMP:

- Sweatshirt/Hoodie
- Pants/Jeans
- Beanie
- Clean/warm socks
- Puffer Jacket
- PJs
- Headlamp

FOR POST RUN/SHOWER:

- Water shoes for days we end near a creek (*you also use these before/after showering, but you aren't allowed to wear them into the shower truck*)
- Bathing suit for *Chillville Beach @The Meadows* or days we end near creeks/rivers
- Toiletry bag for the shower truck – *one with a hook keeps it dry and off the shower floor... with:*
 - soap
 - razor
 - shampoo/conditioner
 - lotion
 - deodorant
 - toothbrush/toothpaste
 - hairbrush/hair ties

- Fast Drying Towel (*Just hang it over your tent after showering. Things dry fast at altitude.*)
- Comfy outfit to throw on after showering
- Reusable water bottle
- Pain Reliever
- Prescription Meds
- Cash/Cards for *Nova Guides BBQ*. Anything you need to grab in in *Leadville, Mango's tacos/margs*

FOR CAMPING

- Cell phone & charge cords (*Label your cords/electronics. There is an impressive charging station in Chillville.*)
- Power Bank to charge things overnight
- Sleeping Bag
- Sleeping Mat & Pillow
- Warm insulating layers/wool socks
- Tent Light
- Tarp to keep floor of tent dry and warm
- Earplugs
- Ziplock bags & Garbage bags *optional*
- Bungee cord + Clips to use as clothesline to dry things or mark your tent
- Something to mark your tent so you can find it in the sea of tents

OPTIONAL

Bring something to decorate your duffel bag so it's easy for the crew to spot, like colorful duct tape and feel free to attach tips or fireball to the straps of your duffel each morning!

FOR BANQUET

Pack a clean outfit and leave in your luggage (not your duffel). You will be reunited with your luggage at the finish line in *Beaver Creek* (or at *Nova Guides* if you are running the 3 day event). Some like to dress up for the banquet. Most wear something casual and comfortable.



WELCOME TO TRANSROCKIES RUN

Summer Camp for Big Kids

Welcome to the 17th Annual TransRockies RUN6 and the GU RUN3 Cross the Divide!

120 miles and 20,000 feet of climbing means it's no ordinary run. With elevations up to 12,500 feet, high mountain passes, creek crossings and rough terrain, TransRockies RUN is a true challenge. It's a difficult but doable bucket-list undertaking for those seeking true outdoor adventure. At the same time, however, TransRockies Run is a unique gathering of the trail strider tribe. Coming together to revel in the fresh air, shared sense of accomplishment, and lots of laughs, our runners experience a mass migration through the Colorado Rockies that nourishes the soul as it tests the body.

Our goal is to provide a fully supported event that allows you to completely focus on the running and community experience. This guide is your source for all the details you need to make things go smoothly. Of course, you also have the entire TransRockies Team at your disposal to answer questions and support you during the event.

Enjoy your run!

TransRockies US LP #transrockiesrun FB: TransRockies Running Events IG: @transrockiesrunning

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Emergency Medical Contacts

Adam Tormey

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Essential Information

Extra Luggage

All your gear for the week needs to fit into one large duffel bag (32"x18"x14" - approx. 132L) which will be given to you at registration, with your number on it. Extra clothing for travelling etc. can be left in the luggage you arrived with, which will be transported to the finish.

Checkpoints

The following nutrition will typically be available at each checkpoint: water, GU Energy Products (Energy Gels, Roctane Energy Gels, Roctane Electrolyte Capsules, Roctane Drink Mix), fruit, snack food, candy and cola.



ESSENTIAL INFORMATION

There are 2 checkpoints with limited supplies where you will be asked to carry additional water:

Stage 2, Checkpoint 2 requires supplies to be brought in by pack animals, and only limited supplies will be available.

Please use a hydration pack and start the stage with a full bladder. Be prepared to run the entire stage after checkpoint 1 with no outside supplies (12 miles). We will have some water at this checkpoint if you are concerned at that point that you will run out.

Stage 4, Checkpoint 1 requires supplies to be brought in by ATV, and only limited supplies will be available. Please use a hydration pack and start the stage with a full bladder. Be prepared to run the entire stage up to checkpoint 2 with no outside supplies (12 miles). We will have some water at this checkpoint if you are concerned at that point that you will run out.

Medical/Rescue

Our dedicated and professional medical team is available throughout the week to keep you healthy and happy as you run the Rockies. Here is how to get medical assistance:

- 1. ON THE TRAIL AT A CHECKPOINT.** Ask the checkpoint staff for medical help. The checkpoint staff will know how to contact a medic if there isn't one already at the checkpoint.
- 2. ON THE TRAIL, NOT AT A CHECKPOINT.** If you are sick or injured and not able to make it to a checkpoint, relay a message with runners passing that you require medical assistance to the nearest checkpoint. If it is urgent, you may need to send someone backwards to the nearest checkpoint. You can also try the emergency cell phone number if you are in cell range.
- 3. AT THE FINISH.** The medical team will be stationed at the finish. Ask at the finish line food tent if you need help finding medical support.
- 4. IN CAMP.** The medical team will be stationed in camp in an RV marked with "medical" signs. If you can't locate a medic, check with a TransRockies crew member.

TransRockies observes a good Samaritan rule, which means that if you stop to help another runner in distress, you may be eligible for a time credit to adjust for time lost.

Athletic Therapy and Massage

In addition to medical support, we will have athletic therapists available throughout the event to treat injuries. Treatments available include taping, foot and blister care and more. Look for the athletic therapists in camp.

Massage therapy is also available throughout the event in camp on a pay as you go basis. Be sure to book your massage at the race registration on Monday. **Rates are \$25/15 minutes.**

Final Banquet

The final banquet will be held for all 6-day participants at **Talons Restaurant**. **15 passenger shuttle buses will depart from Centennial Bus Loop. Dinner is at 6:30 PM with ceremonies at 7:30 PM.** Some participants choose to dress up a bit for the final banquet. The dinner and ceremonies usually conclude around 8:30 PM. If you need additional tickets for friends and family, be sure to purchase additional tickets in advance as the event typically sells out. You can purchase more tickets from the Race Office (green 10x10 tents), pending availability. **Following the banquet, there is an after party at the Dusty Boot.**





ESSENTIAL INFORMATION

Results and Awards

Stage awards will be presented daily at Chillville at 4:00 PM. Draw Prizes will also be randomly drawn and given out at Chillville. The daily briefings will include special presentations, course briefings, medical briefing, housekeeping, and pictures of the day. All finishers of the final stage of the GU Cross the Divide RUN3 and RUN6 will receive a finisher's medal at the finish line. If you have completed every stage you will also receive a finisher's t-shirt.

Overall awards presentations will take place after dinner following Stage 3 (for GU RUN3) and at the final banquet (for RUN6).

Results will be posted online at www.zone4.ca.

Friends and Family

Your friends and family are welcome at TransRockies Run! The following are available from the Race Office:

Supporter Camping Passes **\$199**

Supporter Meal Passes

RUN 3 \$399 / \$299 kids

RUN 6 \$449 / \$349 kids

Additional Banquet Tickets **\$69 / \$49 for kids**

Couldn't find a hotel in Buena Vista?

CAMP WITH THE CREW // \$79 Sat & Sun
We'll provide breakfast Sunday & Monday!
email Sene.Viola@transrockies.com to book



REGISTRATION AND PRE-RACE

Denver Airport Shuttle Schedule

Friday, August 9	1:00 PM
Saturday, August 10	1:00 PM & 4:00 PM
Sunday, August 11	1:00 PM

Transfer Meeting Point:

Please meet in the baggage claim area by the pillar that reads "West Terminal Baggage Claim 10-15".
If you miss your flight, please call/text our transportation coordinator, [Guillame Reynet @ 323.646.9450](mailto:Guillame.Reynet@transrockies.com).

Race Registration / Packet Pickup

SUN, AUG 11 12:00 PM - 5:00 PM
The Meadows - Stage 1 Base Camp
15284 County Rd 350, Buena Vista, CO

MON, AUG 12 7:00 AM - 7:30 AM
S. Main across from Surf chateau
(before race start)

SHUTTLES

SAT 8/10 3 - 10 PM SUN 8/11 11:30 AM - 10 PM
The Meadows Stage 1 Base Camp
to/from Buena Vista, Surf Chateau Hotel

At registration you will complete the following:

- Purchase any required add-ons (pending availability)
- Pick up race numbers
- Pick up duffel bag and t-shirt
- Pick up Accreditation for meals
- Book massages (\$25/15 minutes)
- Purchase TransRockies Run merchandise

Opening Ceremony

Sunday, August 11, 5:30 PM - 6:30 PM
The Meadows - Stage 1 Base Camp, 15284 County Rd 350, Buena Vista, CO

Notes and Registration FAQs:

Sign-in starts at noon Sunday at The Meadows. We typically have a long line in the first hour that sign-in is open. If you prefer not to wait in line, plan to come later in the afternoon.

No camp, meals or accommodations are provided on Sunday, August 13, so please book your hotel in Buena Vista to ensure availability. For a complete list of accommodations please see the Buena Vista Chamber of Commerce website www.buenavistacolorado.org.

At the end of the opening ceremonies, we will be reading a list of hotels where we are picking up luggage. If your hotel is not on the list, you will have an opportunity to add it.

Taking the 1:00 PM shuttle from DIA to BV on Sunday and nervous about getting to registration on time? No worries, we'll have the shuttle drop you off at the Meadows for registration/packet pickup. The shuttle will wait and deliver you to the hotel after you have picked up your race kit.

Where do I park my car in Buena Vista for the week? Parking lot west of the intersection of East Main Street and South Main Street. This is a gravel lot next to the train tracks.

If my t-shirt doesn't fit, can I exchange it for another size? Sure, but please wait until the finish of Stage 1. If we have the size you would like we will exchange it at the Race Office (green 10x10 tents).





goodr STAGE 1 Buena Vista to Buena Vista

MONDAY, August 12, 2024



REGISTRATION

7:30-8:00 AM S. MAIN STREET
breakfast on your own

START // BUENA VISTA

8:30 AM S. MAIN STREET
in front of Surf Chateau Hotel

FINISH // BUENA VISTA

SOUTH MAIN STREET
~ 10:30 AM first finishers
~ 4 PM last finishers

SHUTTLES

10 AM - 5 PM
From South Main Street to The Meadows Stage 1 Base Camp

AWARDS

4 PM Chillville Beach

DINNER

5 PM The Meadows

EVENING

6:30 Medical/Course Briefing

Q&A, Housekeeping,
Mountain Hero of the Day

7:00 Photos of the Day

Stage Notes

We will be picking up luggage, via continuous shuttles, at hotels around town between 6:30 AM and 8:00 AM. Please have everything you will need for the duration of the event packed in the provided duffel bag. Any additional luggage will also be picked up, but will not be accessible until the end of the event. (RUN 3 extra luggage will be off-loaded at Camp Hale.)

The Start and Finish of Stage 1: South Main Street in front of the Surf Chateau Hotel. Please report to the start no later than 8:00 AM. We START AT 8:30 AM SHARP!

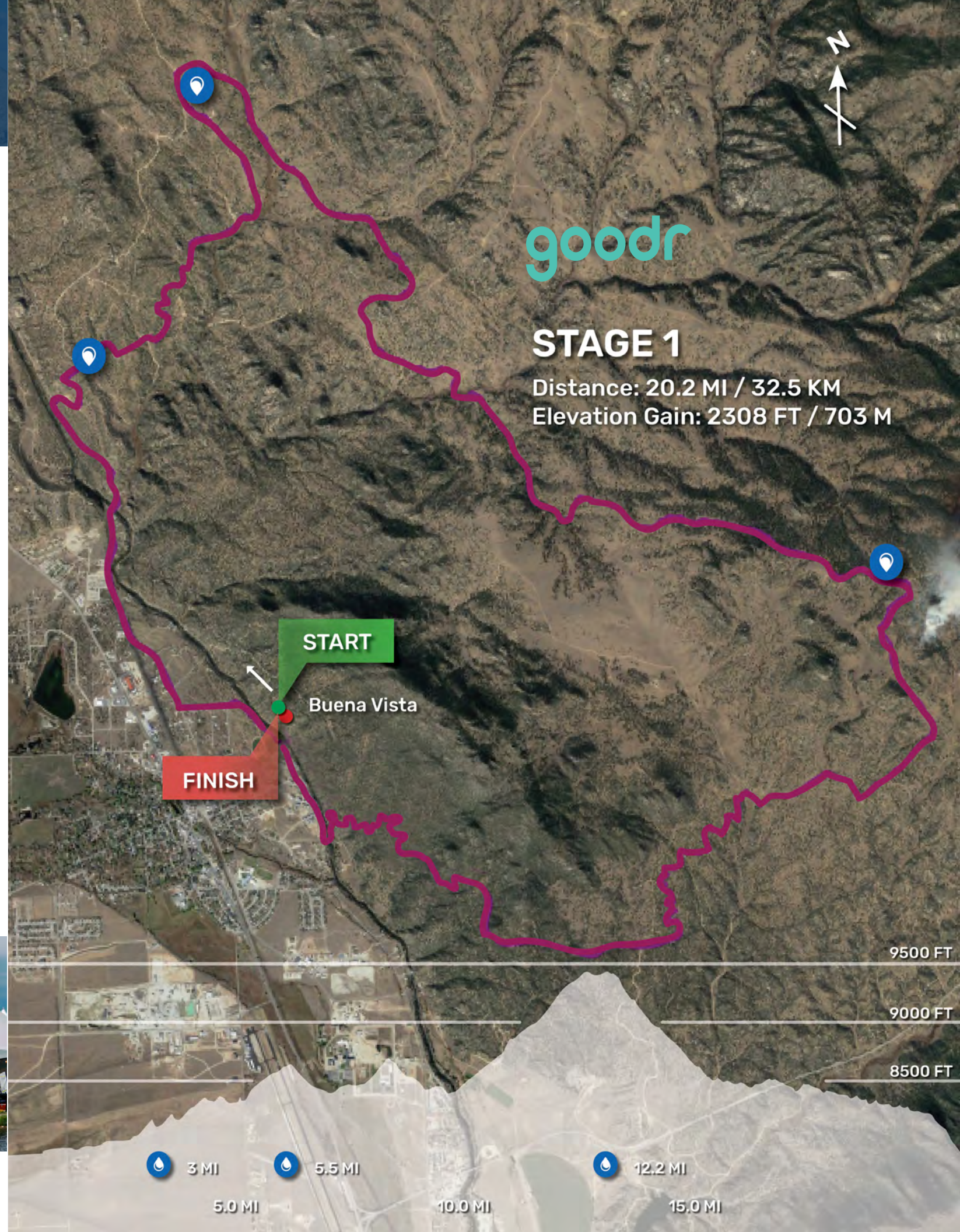
The first stage is notoriously hot and sunny. Be sure to come equipped with hat, sunglasses, and sunscreen. Be sure to practice proper hydration, nutrition and electrolyte replacement in moderation.

Route Details

Although starting at a relatively lower elevation and lacking the monster climbs of other stages, Stage 1 has proven to be one of the toughest stages over the years since it is often quite hot and dry. The running surface varies from gravel and rock to sand on a mix of trails, four-wheel drive roads and Forest Service Roads. You may want to invest in a pair of gaiters for your shoes. From the start, you run on a flat dirt road to Checkpoint 1, from there it's mostly uphill to Checkpoints 2 & 3. Checkpoint 3 to the finish is consistently downhill.

Fan Zones

Start and Finish area is on South Main in front of the Surf Chateau Hotel. On street parking.





ELEVATION CULTURE STAGE 2

Vicksburg to Twin Lakes

TUESDAY, August 13, 2024



BREAKFAST

5 AM RISE & STOKE

Stoked Oats Bar in Chillville

6-7:30 AM BREAKFAST

the Meadows Stage 1 Basecamp

SHUTTLES

6:45-7:15 AM 1 hour from The Meadows Stage 1 Base Camp to Vicksburg

>> 6:00 AM for DAWN PATROL early starters

START // VICKSBURG

8:30 AM

>> 6:30 AM DAWN PATROL early starters w/Lisa Pozzoni

FINISH // TWIN LAKES

~ 10:30 AM first finishers
~ 3:30 PM last finishers

SHUTTLES

10 AM - 5 PM

From Twin Lakes to Leadville Camp at Leiter Field

AWARDS

4 PM Chillville

DINNER

5 PM Leadville 6th Street Gym
walk or grab a shuttle

EVENING

6:30 Medical/Course Briefing

Q&A, Housekeeping,
Mountain Hero of the Day

7:00 Photos of the Day

Stage Notes

- After breakfast, buses will depart for Stage 2 start in Vicksburg. The bus ride is approx. 1 hour. Toilets and water will be available at the start line.
- **We do not recommend spectators join us at the start of this stage. The road to the start is very rough and narrow and parking is extremely limited.**
- Drop bags will be accepted at the start. It is typically chilly at the start in Vicksburg, feel free to leave a drop bag with the van prior to entering the start corral and we'll bring it to the finish for you. You must supply your own drop bag.
- **LIMITED SUPPLIES AT CHECKPOINT 2** (~5 miles in). Bring adequate water to last the entire stage, since we must pack in supplies using horse and mule (this stage only).
- The stage finishes at Twin Lakes Reservoir and buses and vans will be waiting to take you to our camp in Leadville (about 20 minutes driving time).
- The Leadville camp is located approx. 3 blocks from Hwy 24 on 6th Street at Leiter Field.
- Ceremonies and meals will all be located at Leadville camp at Leiter Field.

Route Details

Starting from Vicksburg, you will start climbing gently on gravel Forest Service Road. The first Checkpoint is at only 1.7 miles at the Sheep Gulch Trailhead, where you will enter the singletrack and start climbing steeply for about 2.5 miles to the summit of Hope Pass at over 12,500 feet. After this outstanding photo opportunity, you will descend toward Twin Lakes. The trail is steep and technical until the aid station at 5.3 miles, and then descends gradually down to the lakeshore at about 9,200 feet. From there it is a beautiful rolling singletrack trail on the south shore of the lake and through the historic village of Interlaken. Remember to bring enough water for the entire stage, since supplies are limited at Checkpoint 2.

Fan Zone

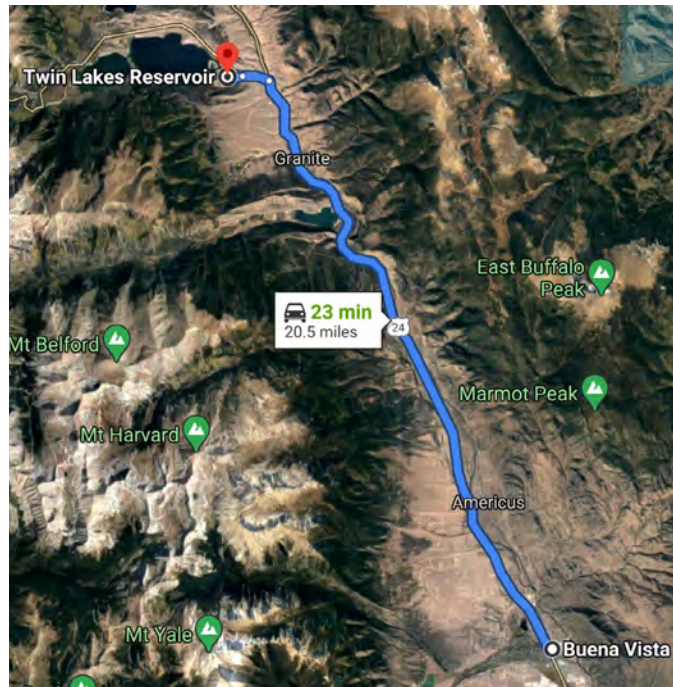
Finish at Twin Lakes Reservoir 10:00 AM - 4:00 PM. Plenty of parking available next to the finish.



ELEVATION CULTURE STAGE 2

Vicksburg to Twin Lakes

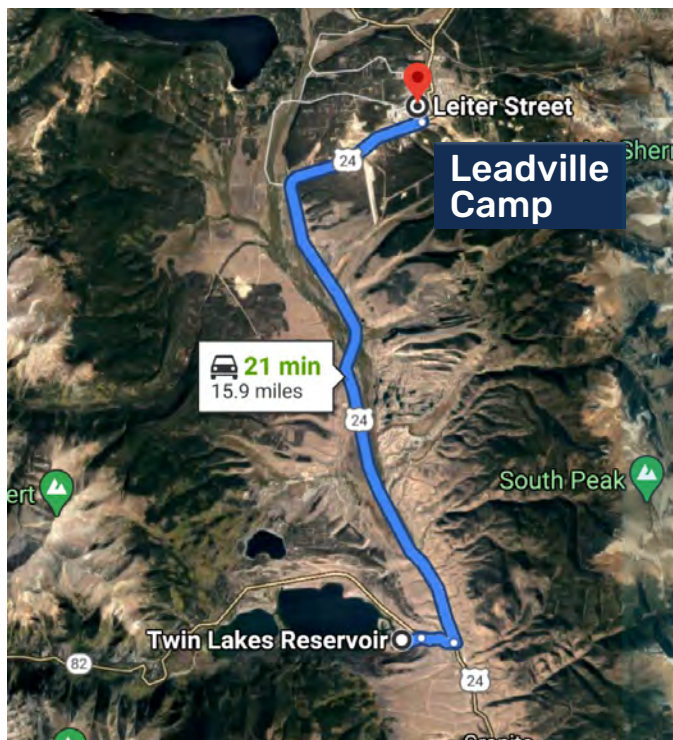
TUESDAY // Stage 2 Driving Directions



Buena Vista to Twin Lakes Finish

The finish of the stage is at the Twin Lakes Reservoir. There is ample parking at this location and supporters are welcome.

From Buena Vista head north on Hwy. 24 for 19.2 miles
Turn left onto Highway 82 towards Aspen
Turn left onto County Road 25 and follow it to the finish line.



Twin Lakes Finish to Leadville Camp

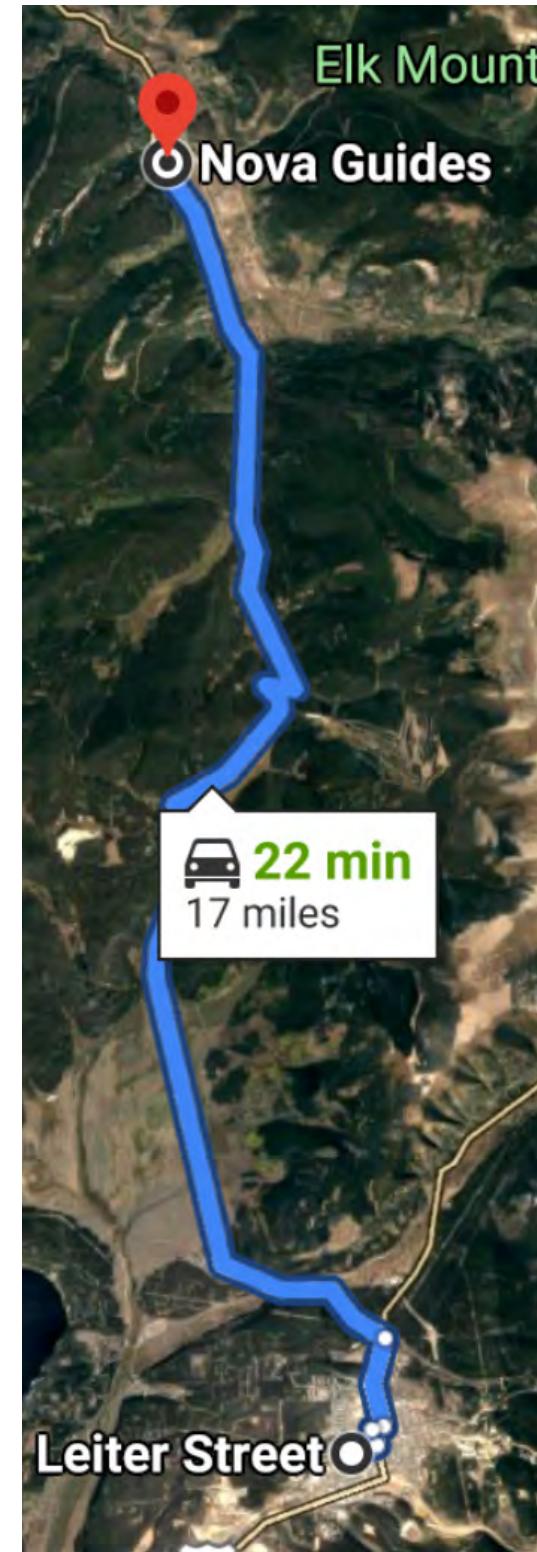
Distance: 16.4 miles
Head east on County Road 25
Turn right on Highway 82
Turn left on Highway 24 towards Leadville
Once you get to Leadville, turn left on Leiter Street
Drive 5 blocks, camping area will be on the right at Pitts Elementary School. (Note the camp is in the same place as usual, but the parking has moved across the street.)



GU STAGE 3

Leadville to Nova Guides

WEDNESDAY // Stage 3 Driving Directions



Leadville to Nova Guides

The finish of this stage is Nova Guides. Parking here can be limited. RUN6 runners will camp here after stages 3 and 4. GU RUN3 runners will camp here for their final night.

Distance 17 miles
Head north on Harrison Ave. toward East 9th Street
Turn right onto East 9th Street
Take the first left onto Highway 24 West / Poplar Street
In 0.9 miles, turn left onto Highway 24.
Follow 14 miles to Nova Guides at Camp Hale on your right.

Notes:

- Event supporters and spectators are not allowed to access the race route.
- TransRockies US LP does not allow public/spectator access to other parts of the route.
- Drive only on open roads and park only in the designated public parking areas.
- When on foot, stay on designated trails only and follow all USDA Forest Service Regulations.





GU STAGE 3

Leadville to Nova Guides

WEDNESDAY, August 14, 2024



BREAKFAST

5 AM RISE & STOKE
Stoked Oats Bar in Chillville
6-7:30 AM BREAKFAST
at Leadville Camp

SHUTTLES

>> 6:00 AM for DAWN PATROL
early starters from Leadville
camp to race start on Main/Har-
rison Ave.

START // LEADVILLE

8 AM at (Main)Harrison Ave.
3 min. walk to Start from camp
>> 6:30 AM DAWN PATROL
early starters w/Lisa Pozzoni

FINISH // NOVA GUIDES

~ 11 AM first finishers
~ 4 PM last finishers

SHUTTLES

10 AM - 5 PM
From Twin Lakes to Leadville
Camp at Leiter Field

AWARDS

4 PM Chillville

BEER MILE

4:30 PM

DINNER

5 PM NOVA GUIDES

EVENING

6:30 Medical/Course Briefing
Q&A, Housekeeping,
Mountain Hero of the Day
7:00 Photos of the Day

Stage Notes

- The start is on (Main) Harrison Avenue, the main highway route through town, across from the courthouse.
- This stage crosses US Highway 24 several times. Follow the directions of marshals and law enforcement. State Troopers will be on hand to manage the crossings.
- The camp today is located at the finish line of the stage, which is at Nova Guides. **Nova Guides will be offering a limited BBQ at camp - cash only.**
- The nearest town is Red Cliff, approx. 10 minutes drive north.
- GU RUN3 participants will receive finisher's shirts (for those that finished all three stages) and belt buckles (all participants).
- Dinner starts at 5:00 PM
- **RUN3 finisher shuttles** depart from Nova Guides at 3:00 PM and 7:00 PM to Vail and Buena Vista, respectively. Please see Race Office for bookings.

Route Details

Our longest stage, Stage 3, has moderate elevation gain, with the largest climb out of the way early in the stage. After 2.5 miles on pavement out of Leadville you will climb steeply on four-wheel drive road to the summit of the first climb. Descend again on double track into the first checkpoint. A more gradual climb on doubletrack takes you onto Ski Cooper, where you descend to Checkpoint 2 in the ski area parking lot. You will cross the highway at Tennessee Pass onto the Continental Divide. From there you can look forward to a long rolling descent. You will be running on the Continental Divide National Scenic Trial into Camp Hale. Once you hit the gravel flats in Camp Hale you have about three miles of gravel ahead of you, which will test your mental toughness. You finish at Nova Guides, where camp is waiting.

Fan Zone

Aside from the start and finish, **you can watch the racers at Tennessee Pass**, where they cross the highway at the Continental Divide. There is a parking lot off the highway.

Spectators/Crew see previous page for driving directions.





KAHTOOLA STAGE 4

Nova Guides to Red Cliff



THURSDAY, August 15, 2024

BREAKFAST

5 AM RISE & STOKE
Stoked Oats Bar in Chillville

6-7:30 AM BREAKFAST
at Nova Guides

START // NOVA GUIDES

8 AM

>> 6:30 AM DAWN PATROL
early start with Lisa Pozzoni

FINISH // RED CLIFF

FINISH PARTY @ MANGO'S
*bring cash/cards for
tacos & margs*

AWARDS

4 PM CHILLVILLE

DINNER

5 PM NOVA GUIDES

EVENING

6:30 Medical/Course Briefing

Q&A, Housekeeping,
Mountain Hero of the Day

7:00 Photos of the Day

Stage Notes

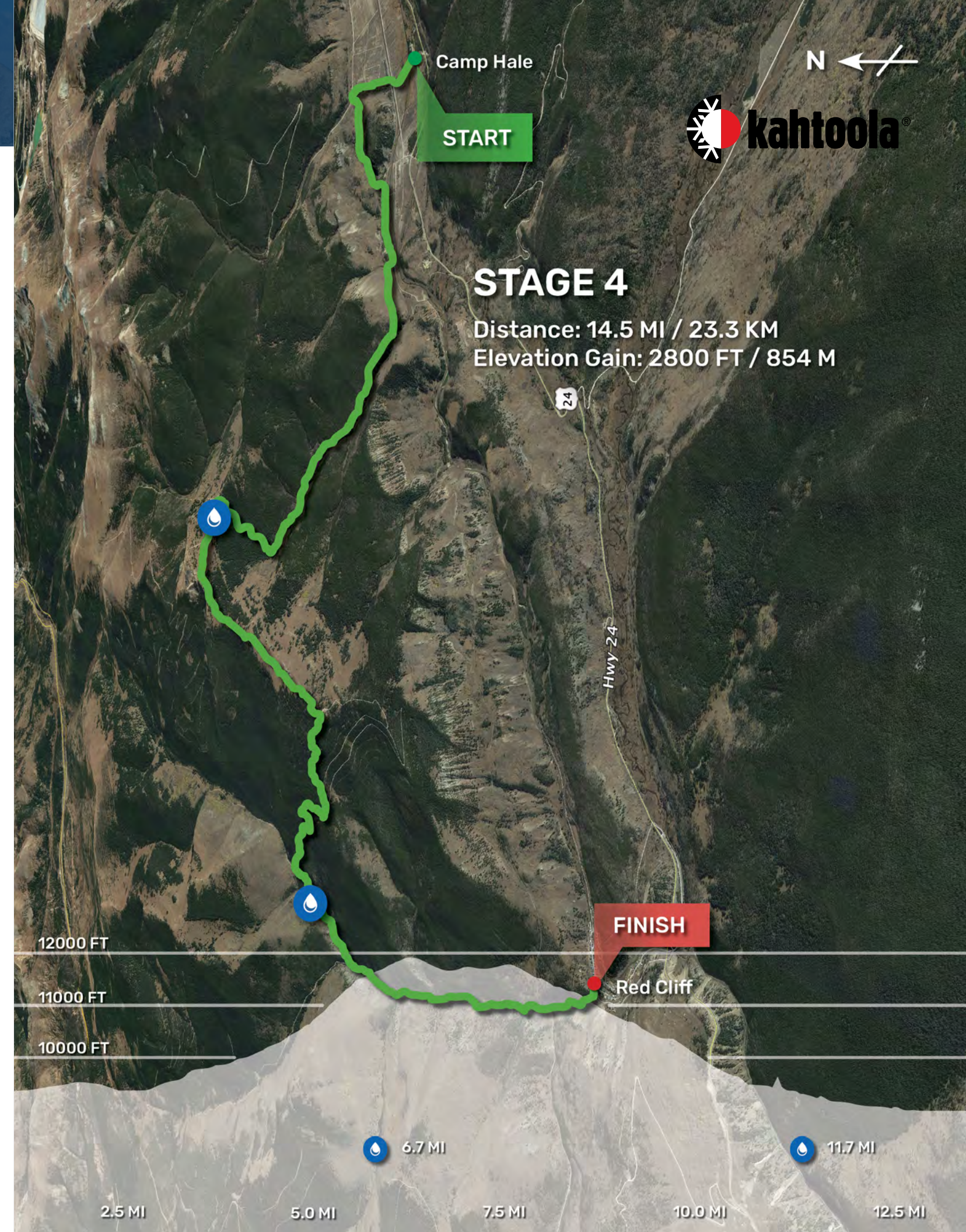
- Today's start line is the same location as yesterday's finish.
- The finish of the stage is in Red Cliff with camp at Nova Guides. Dinner is at Nova Guides at 5:00 PM. Shuttle Vans will be running from 11:00 AM until late afternoon from the finish in Red Cliff to Nova Guides.
- Drop bags will be accepted at the start. Leave your bag with the drop bag van prior to entering the start corral and we'll bring it to the finish for you. You must supply your own drop bag.
- Traditionally, many participants eat lunch at Mango's following completion of Stage 4. Fish tacos and margaritas are the most common order. There is also a convenience store, liquor store and post office at the finish line. Bring cash/cards. You may also choose to go back to camp to get cleaned up and then come back to Red Cliff for the afternoon.
- **No cell coverage at Nova Guides or Red Cliff.**

Route Details

Like Stage 2, Stage 4 is short and steep, although it tops out a little lower, at 11,700 feet. Starting with a rolling run on gravel roads for 2 miles, you will then start climbing on a jeep road, which gradually gets steeper as you work your way up Hornsilver Mountain. Bring enough water for 12 miles, as supplies are limited at Checkpoint 1. Once on top, you are treated to an extended run on the rolling meadows along the ridge with views of Mount of the Holy Cross before starting the descent into the Wearyman Creek drainage. Watch for loose footing on the way down, as this stage has claimed a few ankles and bloodied a few knees. Once you turn left at Wearyman Creek, the creek is running down the middle of the trail. There is no way to avoid getting wet, as this water section goes on for about half a mile. The water is never more than knee deep and is cold, which is refreshing for hot feet.

Fan Zones

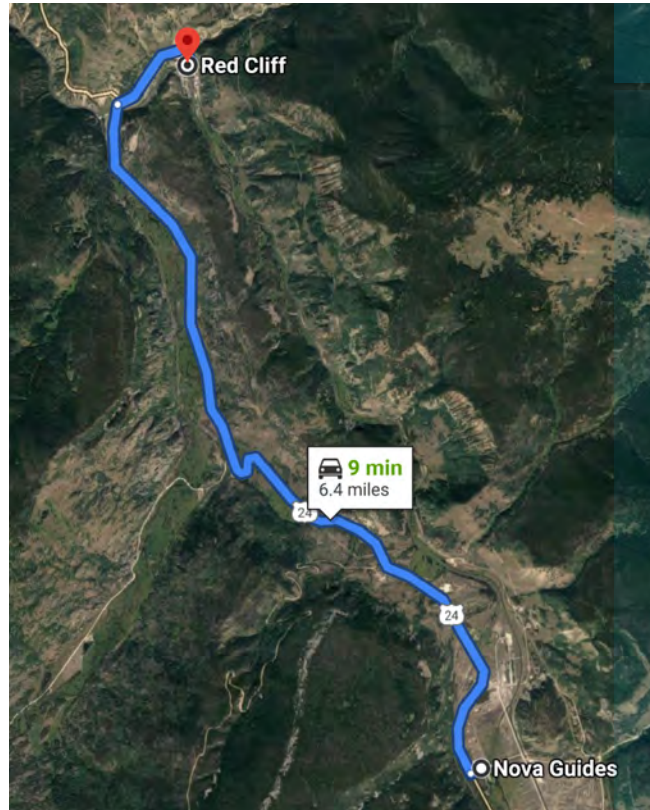
It is best to watch this stage from the start at Nova Guides or the finish at Mango's Grill in Red Cliff. **Please park in designated legal parking areas in Red Cliff. Do not park in front of the post office.**



KAHTOOLA STAGE 4

Nova Guides to Red Cliff

THURSDAY // Stage 4 Driving Directions



Nova Guides start to Red Cliff finish

The finish of the stage is in the tiny town of Red Cliff.

Distance 6.4 miles

Head northwest on HWY 24 toward Resolution Mountain Rd for 5.3 miles

Turn left on Water Street and follow into town.

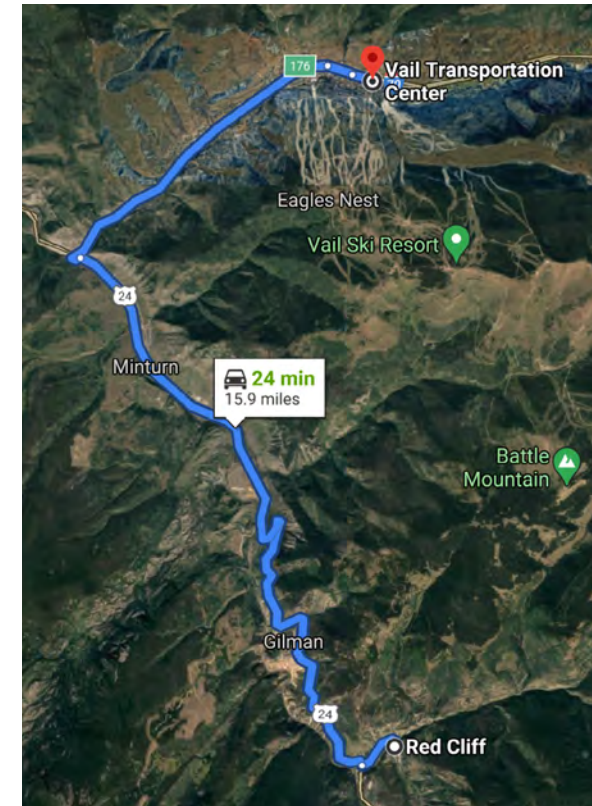
Notes: Event supporters and spectators are not allowed to access the race route. TransRockies US LP does not allow public/spectator access to other parts of the route. Drive only on open roads and park only in the designated public parking areas. When of foot, stay on designated trails only and follow all USDA Forest Service Regulations.



STAGE 5

Red Cliff to Vail

FRIDAY // Stage 5 Driving Directions



Red Cliff to Vail Transportation Center

The finish of the stage is at the Vail Athletic Fields. Parking is available at the Vail Village Transportation Centre. From here it is a short walk to the finish and camp.

Distance 15.9 miles

- Head back out to Highway 24
- Go right/North on Highway 24
- Take Exit 176 from I-70 East
- Drive to South Frontage Road East
- At the Traffic Circle, take the 3rd exit onto South Frontage Road East
- The Vail Transportation and Parking Centre will be on your right.





BEST DAY BREWING STAGE 5

Red Cliff to Vail



FRIDAY, August 16, 2024

BREAKFAST

5 AM RISE & STOKE
Stoked Oats Bar in Chillville

6-7 AM BREAKFAST
at Nova Guides

SHUTTLES

7 AM Nova Guides to Red Cliff

>> 6:00 AM for DAWN PATROL early starters

START // RED CLIFF

8 AM in front of Mango's Grill

>> 6:30AM DAWN PATROL early starters w/Lisa Pozzoni

FINISH // VAIL

~ 11 AM first finishers
~ 5 PM last finishers

SHUTTLES

10 AM - 5 PM
From Twin Lakes to Leadville
Camp at Leiter Field

AWARDS

4 PM Chillville

DINNER

5 PM Leadville Camp

EVENING

6:30 Medical/Course Briefing
Q&A, Housekeeping,
Mountain Hero of the Day

7:00 Photos of the Day

Stage Notes

- Breakfast will start at 6:00 AM at Nova Guides.
- The start today is back in Red Cliff, so we will be running buses and vans from Nova Guides to Red Cliff starting at 7:00 AM following breakfast.
- Mango's will be open for use of bathrooms and hot drinks will also be available. Red Cliff is typically cold for the start, so you will be able to stay warm in Mango's until the start coral opens. We will be accepting drop bags at the start if you want to bring extra clothes. You must supply your own drop bag. Hot drinks will be available for purchase.
- The stage finish is in Vail at the Vail Athletic Fields. Camp is located in the same location as the finish.
- Meals will be located at camp. Dinner starts at 5:00 PM.
- Vail has extensive dining and shopping options located nearby in Vail Village.

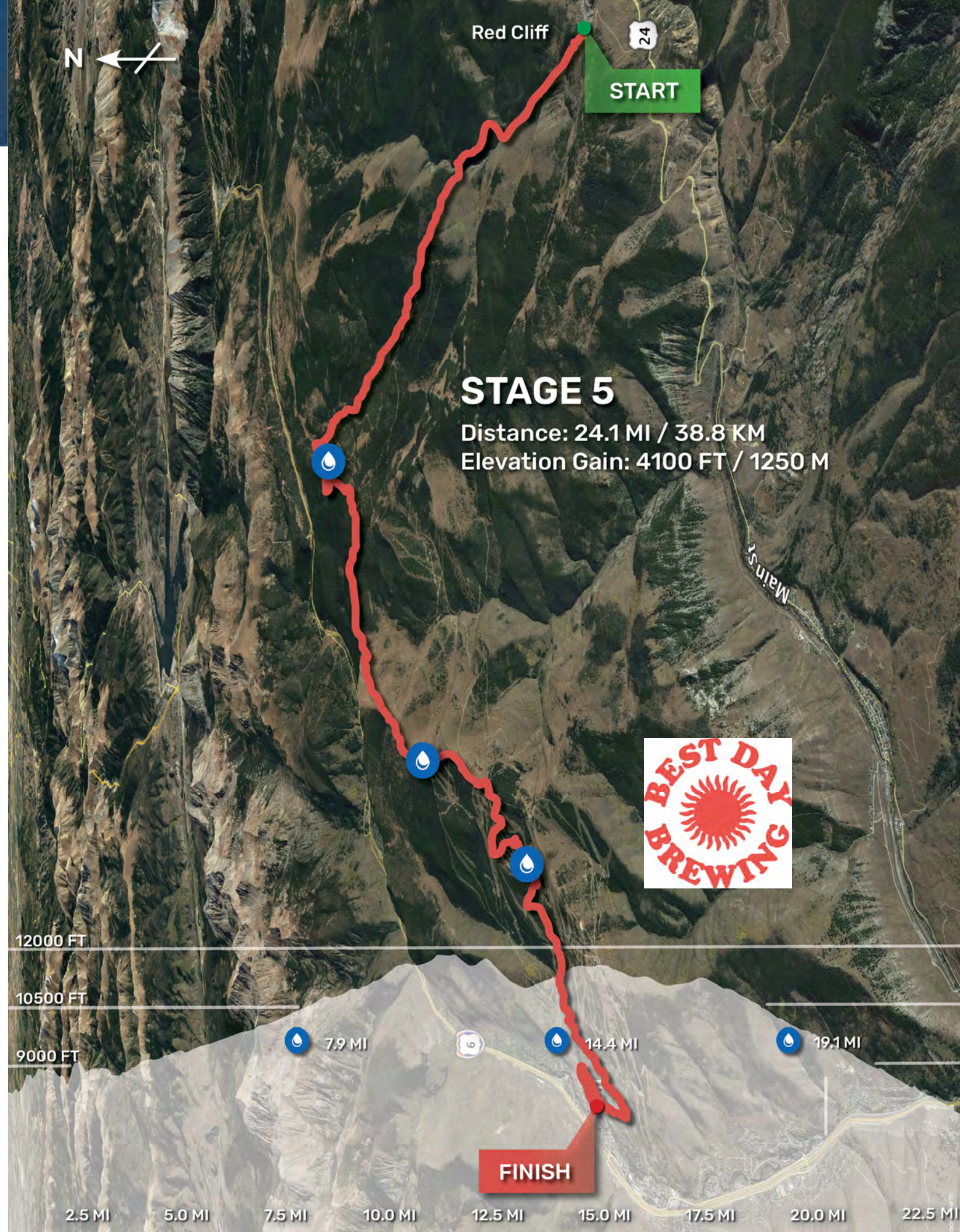
Route Details

From Red Cliff you start with almost 8 miles on dirt road climbing moderately to Checkpoint 1. From there you will enter singletrack through the forest with several steep climbs and descents until you come to the open meadows on the back of Vail Ski Resort. Once on the ski resort, you will traverse the long ridge mostly on road and double track, but with one technical descent where the trail drops through a cliff band. After leaving checkpoint 2 you will continue on the ridge line for a few miles before dropping on to the front of the ski hill, descending towards Vail on a mix of access roads and singletrack. Pay close attention to marking as there are many intersections and trails on the resort. Descend to the finish at the Vail Athletic Fields.

Fan Zones

It is best to watch this stage from the start or the finish.
Please park in designated legal parking areas in Red Cliff. Do not park in front of the post office!

Spectators/Crew see previous page for driving directions.





BEAVER CREEK STAGE 6

Vail to Beaver Creek

SATURDAY, August 17, 2024

BREAKFAST

5 AM RISE & STOKE
Stoked Oats Bar in Chillville

5:30-6:30 AM BREAKFAST
at Vail Athletic Fields

START // VAIL

7:00 AM

>> **6:00 AM DAWN PATROL**
early start with Lisa Pozzoni

FINISH // BEAVER CREEK

~ 10 AM first finishers
~ 4 PM final finishers

AWARDS BANQUET

Talons Restaurant

6:00 SHUTTLES PICK UP AT CENTENNIAL BUS LOOP

6:30 DINNER
7:30 AWARDS
8:00 PHOTOS OF THE DAY

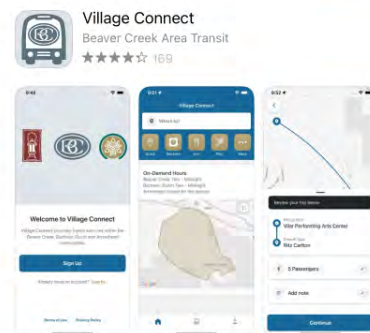
AFTER PARTY

9:00 COYOTE CAFE
210 The Plaza - down the stairs from Centennial Lift



Stage Details

- Breakfast will start at 6:00 AM at Vail Athletic Fields
- Today's start will be located in the same place as yesterday's finish, at the Vail Athletic Fields.
- The finish line of the event is at Beaver Creek Resort in front of the Beaver Creek Chophouse. At the finish line you will receive a finisher's belt buckle (anyone crossing the finish line) and a finisher's t-shirt (only if you completed the entire distance of all stages).
- All athlete luggage will be located across from Beaver Creek Chophouse.
- Beaver Creek offers free transfers to all the hotels located within the resort - look for the green vans in the Centennial Station bus loop and [download the Village Connect app for transit locations/times.](#)
- The Race Office (green 10x10 tent) will be at the Centennial Station bus loop for race questions.
- Typically after people finish the final stage they check into their hotel room, get cleaned up and relax for a while before the banquet.
- The final banquet is located at Talons Restaurant. **15-passenger shuttles will pick up from Centennial Bus Loop. Doors open at 6:30 PM, dinner starts at 6:30 PM.**
- Limited additional banquet tickets are available. Please pre-purchase at the Race Office (green 10x10 tents) to guarantee availability.

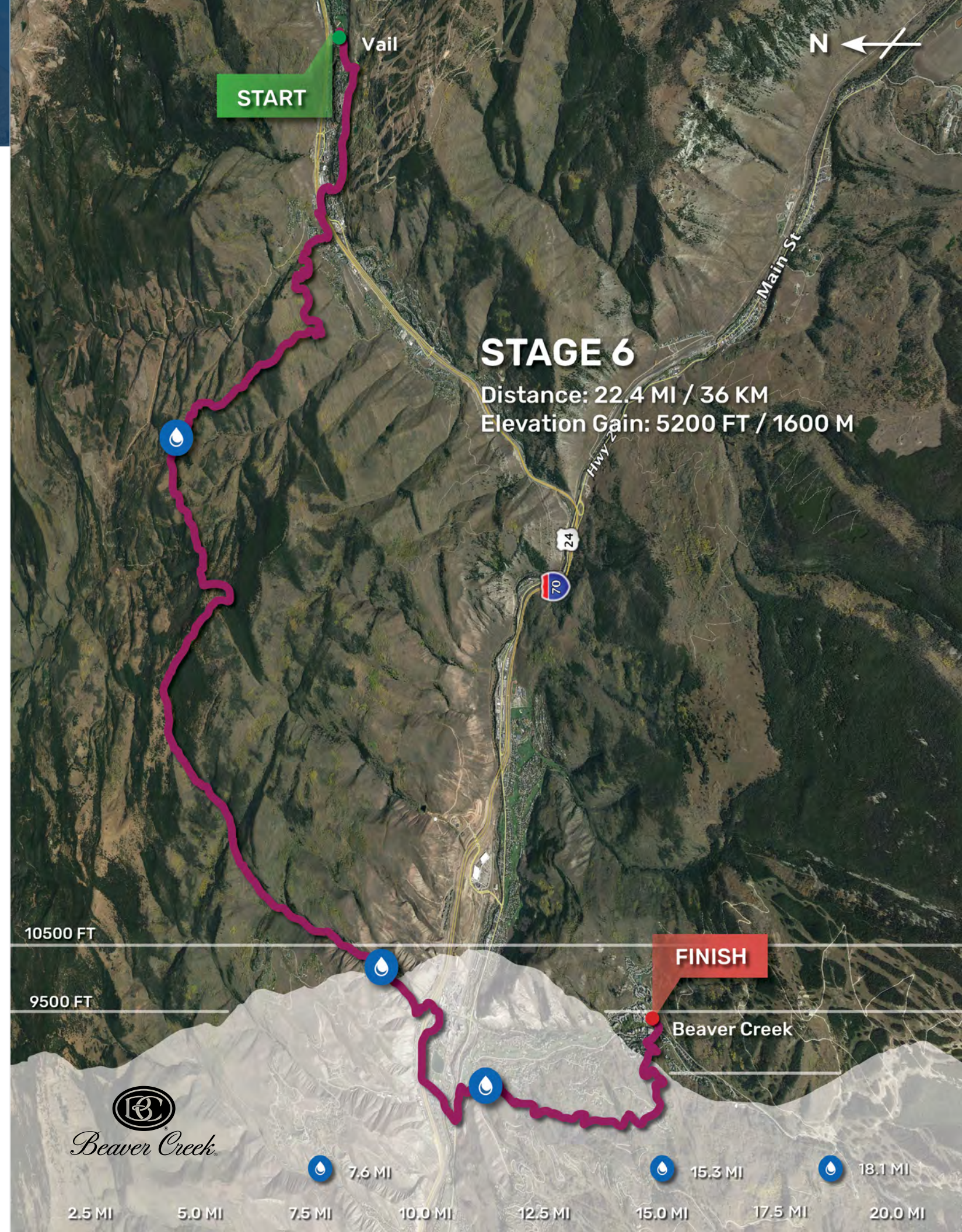


Route Details

Stage 6 features a route from Vail to Beaver Creek with 5,250 feet of elevation gain. This route runs from the start in Vail Village on pavement, uses an overpass to cross the Interstate, and shortly enters the singletrack of Vail's North Trail. From there, it's a steady climb up the Buffehr Creek Trail and Red and White Mountain. Then a long descent down the shaded Buck Creek will bring runners into the town of Avon before the final climb into Beaver Creek, and a short downhill to the ultimate finish line.

Fan Zones

It is best to watch this stage from the start or the finish. Park underground at Beaver Creek.



SATURDAY // Stage 6 Driving Directions



Vail Transportation Centre to Beaver Creek - Centennial Parkade

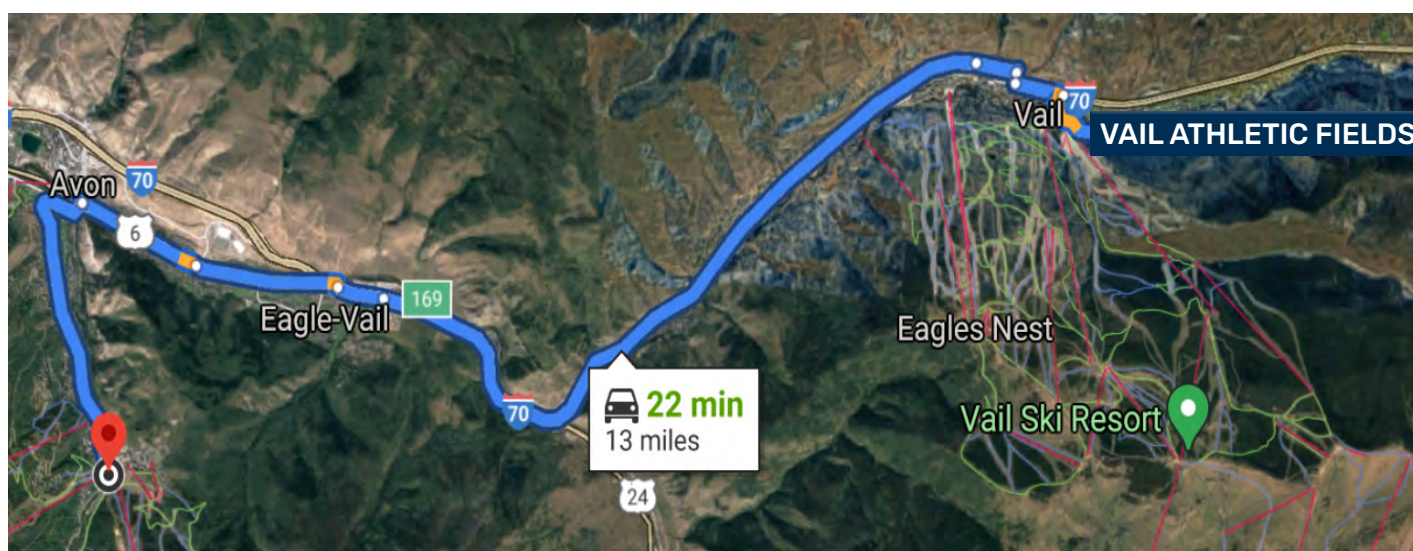
The finish of the event is at Beaver Creek Resort next to the Beaver Creek Chophouse. Parking is available below the Beaver Creek Village by turning left onto West Thomas Place off of Village Road. From here it is a short walk to the finish line.

Distance 13.2 miles

Get on I-70 West from South Frontage Road East

Follow I-70 West to Nottingham Road in Avon. Take Exit 167.

Take Village Road to underground parking at West Thomas Place in Beaver Creek.



GU RUN3 Cross the Divide Post Event Shuttle

GU RUN3 Post Event Shuttles run from Nova Guides to both Buena Vista and Vail (where you can connect to Colorado Mountain Express to Denver) at the following times:

- Wednesday, August 14, 3 PM, 7 PM and 9 PM to Buena Vista
- Wednesday, August 14, 3 PM and 7 PM to Vail
- Thursday, August 15, 9 AM to Buena Vista and Vail

Cost is \$59. Inquire with the race office for availability. Travel time is approximately 45 minutes.

RUN6 Post Event Shuttles

Nearly all participants stay in Beaver Creek for the final evening of the event. If you are flying out from Denver, we recommend booking a flight for the afternoon of Sunday, August 20th, since you need to allow 3 hours if traveling to the airport, plus time to check in. If you need to leave earlier please consider that Stage 6 is long and challenging and that you may be finishing anytime between 11 AM and 5 PM depending on your pace. Showers are not available at the finish of Stage 6 since most people are staying in hotels, so we recommend making arrangements with another runner if you need a shower before departure.

Beaver Creek to Denver Airport

- Sunday, August 18 – 11:00 AM Departure
- Departs from the Beaver Creek Centennial Station Bus Loop (not at your hotel) – On Elk Track Road next to the Osprey Hotel. Same place where you picked up your luggage after Stage 6.
- **\$119 per person – book online prior to the event start.**

Beaver Creek to Buena Vista

- Sunday, August 18 – 11:00 AM Departure
- Departs from the Beaver Creek Centennial Station Bus Loop (not at your hotel) – On Elk Track Road next to the Osprey Hotel. Same place where you picked up your luggage after Stage 6.
- **\$139 per person – book online prior to the event start.**

Alternative Event Shuttles

Epic Mountain Express offers shuttles from Vail and Beaver Creek to Denver International Airport. More information at <https://www.epicmountainexpress.com>





2024 CONDITIONS AND REGULATIONS

PART 1 – CONDITIONS OF PARTICIPATION

1. Conditions of Participation

Participants must be experienced runners and be in excellent physical condition to participate in the TransRockies™ Run. Special licenses are not required. Minimum age to enter the race is 18 years. Participants as young as 15 years of age are permitted only in the case that the Team Leader is the parent or legal guardian of the minor, and that the Team Leader is a past participant of the TransRockies™ Run.

2. Rules

All participants must read, understand and obey the “OFFICIAL RULES AND REGULATIONS”, which can be found below.

3. Liability

The organizers, sponsors, volunteers and event personnel are not responsible for any injury or damage that may occur during the event, cancellations, delays or re-routing due to environmental concerns. Each participant will be required to sign a waiver upon registration declaring that they take full responsibility for risk of injury, to themselves or their equipment, and any lost or stolen items.

4. Awards

Medals are presented to all finishers in the GU RUN 3. Belt Buckles are presented to all finishers in the RUN 6. Finisher T-shirts are presented to runners who complete the entire race distance.

5. Categories/Age

The TransRockies™ RUN6 offers six different team categories: Open Men, Open Women, Open Mixed, 80+ Men, 80+ Women and 100+ Open. In 80+ and 100+ categories, the combined age of the team must be 80 or 100 or higher. RUN6 solo categories include Open Men and Open Women. RUN3 categories are Open Men and Open Women. Categories where there are fewer than five (5) teams registered may be combined with another category at the organizer's discretion. All ages are calculated as of the END OF THE CALENDAR YEAR in which the race takes place.

6. Luggage

At Sign-On, each participant will receive a TransRockies™ Run duffel bag (approx. 36"x16"x16" or 90cm x 40cm x 40cm) with their start number. This bag should also be used to store a sleeping bag, thermal mattress, clothing and personal belongings for the duration of the race.

Each participant must drop-off his/her bag at the transportation truck on the morning of each stage (location and time will be announced). The bags will be transported to the next stage location where they can be picked up on arrival at the day's finish. We can only transport one bag for each participant and will not accept any additional items.

When you arrive at Buena Vista location we ask that you transfer the contents from your traveling bag into the bag that is provided by TransRockies. The remaining items such as suitcases etc. will then be transported directly to the finish and can be picked up at the end of the race. TransRockies will not be responsible for any lost or stolen items.

7. Accommodations

Registration includes tent accommodation during the race. Tent accommodation for teams is 2-per tent (teammates share a tent), unless you purchase an additional tent package. Tents are approximately 7' x 7' of floor space. Solo participants will be accommodated 1-per tent.

No accommodations are provided for the nights prior to the start, or following the finish of the race (the evening of the last day of racing). Participants are encouraged to book hotel accommodation for those evenings.

We are generally able to accommodate all participants with access to showers. However, there will be limited use. Showers must be limited to five (5) minutes to conserve hot water, fresh water, and allow enough room for grey-water storage.

8. Participant Support

Participants may bring friends, family or other support during the race. If participants wish to purchase a meal package for friends, family or support they can purchase the package prior to the race, at Sign-On at the start, or at the Race Office during the daily stages. Support vehicles will be charged a daily or weekly rate for a confirmed site. Support crew/vehicles will NOT be allowed to park or enter the TransRockies staging area unless they purchase a vehicle camping pass. Participant support crews will be responsible for their own accommodation and transportation to each stage location, however, a full set of driving instructions for the week are included with the purchase of a vehicle camping pass.

Supporters are not permitted to drive on the course and should only spectate at the locations listed in the map book.

9. 2024 Stages

August 12 – Buena Vista to Buena Vista

August 13 – Vicksburg to Twin Lakes
(shuttle to Leadville - Leiter Field)

August 14 – Leadville to Camp Hale

August 15 – Camp Hale to Red Cliff

August 16 – Red Cliff to Vail

August 17 – Vail to Beaver Creek

Note: Exact staging locations are subject to change, and US Forest Service approval.

10. Running Computer, Altimeter and GPS

The TransRockies™ Run is a race where participants will follow a pre-set route with the help of course markings and maps. For this reason, we recommend that every team or solo runner carry an altimeter and running computer unit to assist with route finding in case you lose the markings. Please note that we use a variety of methods for calculating distance and elevation gain, and route book measurements may not match your personal measurements. Data may vary due to differences in personal calibrations and measurement methods.

Due to the possibility of last minute route changes, we do not provide GPS data in advance. Participants should not expect to rely on any published or publicly available GPS data.

11. Catering

Included in the race package, each participant will receive breakfast and an evening meal at each stage location. TransRockies will also provide electrolyte drinks, water, energy foods and fruit at each check point. The check points are not food supply points. It is recommended that if you require more food/drink during the day that you make the necessary arrangements in advance by purchasing food in advance or in the host communities. WARNING: Do not bring food into tents in the tent camps – it may attract wildlife. We will provide a storage area if you need to store food overnight.

12. Massage service

The TransRockies Run expo area offers athletic therapy and massage service on site to soothe your aching muscles. Massage and athletic therapy services are offered on a “pay-as-you-go” basis.

13. Airport Shuttles

Shuttles to the start and from the finish will be available for participants at an additional charge according to the schedule posted on the event website. Transfers need to be booked in advance of the race. Please read the Race Info section of the website for more information. Transfers may be offered by TransRockies or by a third party.

14. Sign-On

Hours of Sign-On: Sunday, August 11, 2024 – 12 PM to 5 PM The Meadows - Stage 1 Base Camp, 15284 County Rd 350, Buena Vista, CO.

15. Health & Travel Insurance

Participants must be in good health and be experienced, well-trained trail-runners. All participants are responsible for their own health and travel insurance. In the case that a search and rescue or medical evacuation is required, the participant is responsible for any expenses incurred. Ask your local insurance provider to recommend a specialized travel insurance provider who can provide coverage. Your insurance should cover Air Ambulance service, and should not exclude athletic competition.

16. Sponsorship & Branding

Participants may wear sponsor logos on their clothing. They can not change, cut, fold, or alter the start numbers supplied by TransRockies. If the participants are one of the leaders in any category they are required to wear the Leader Jersey provided by TransRockies. Unauthorized signage of any kind is not permitted in start and finish area, stage locations or camps.

PART 2 – OFFICIAL RULES AND REGULATIONS

1. Team Ranking

All team participants of the TransRockies™ Run will start in teams of two. Both participants in each team must appear together at the start, at all check points, and at the finish. If this does not occur, the team will not be considered in the daily results. Should one team member arrive more than two minutes before their partner at one of the check points, the team will be given a 60-minute time penalty. If this occurs more than once, the team will be disqualified.

Teams must start each stage together to maintain official ranking in

their category. Teams become unclassified if either member does not start a stage. Unclassified teams may not compete for individual stage or overall results, but may continue to start each stage as they wish and have stage times recorded in the unclassified results.

Teams wishing to separate and continue as solo runners may do so, but will become unclassified and will not be eligible for stage or overall ranking in any official category. Their unclassified GC time will be based on their team times for every stage started as a team before they elected to separate.

Teams who elect to separate must notify the race office or chief of timing no less than 30 minutes prior to the start of a stage.

2. Solo Ranking

All solo participants of the TransRockies™ Run must check in at the start, at all check points, and at the finish. If this does not occur, the team will not be considered in the daily results.

Solo Runners must start every stage to maintain official ranking in their category. Solo runners who become unclassified may not compete for individual stage or overall results, but may continue to start each stage as they wish and have stage times recorded in the unclassified results.

3. Bib Numbers and Race Passes

Bib numbers must be pinned to the front of the body between the chest and the waist. The sponsor placement on the start numbers must be seen and no additional advertising may be added.

4. Start

The start call-up begins 20 minutes before the starting time specific to each stage. The daily briefing for all participants begins 15 minutes prior to the start time. Note that there is also a daily course briefing each evening, going over the next day's stage.

The start will remain open up to 5 minutes after the start time listed for each day. Runners starting up to 5 minutes after the designated start time, will be measured according to the official start time. Runners who start later than 5 minutes after the official start time will not be considered in the overall results.

5. Check Points

During each stage there will be one to three mandatory check points where both members of each team, and solo runners, must report into the Check Point. Runners or Teams who do not pass one of the check points (for example because they have lost their way), will receive a time penalty of 60 minutes for each check point missed. The race organizers reserve the right to impose a higher or lower time penalty in special cases.

Participants will be recorded together at the check points in the order of arrival. Should one participant arrive prior to their teammate, he/she must wait at the end of the line until his/her partner arrives, within the allowable time limit of two minutes. Otherwise, the 60 minute time penalty will be assessed.

6. Finish

At the conclusion of each stage, the participants must arrive together as a team, solos individually, and check in with the Timing Team. The official finish time of the stage is recorded here.



2024 CONDITIONS AND REGULATIONS



Runners or teams who arrive at the finish after the finish time limit due to exhaustion, repairs, injury, etc., but who are still on foot under their own power will receive the maximum racing time (from official starting time to finish-time) plus 60 minutes. They are eligible to continue racing the following day. Runners or teams who can prove a severe defect or injury and arrive at the finish in/on a vehicle will receive the maximum racing time (from official starting time to finish-time) plus 120 minutes, and can continue to race the following day. Each participant must run or walk the entire distance of every stage to qualify for a Finisher T-shirt.

Teams who separate during the stage will receive the finish time of the slower team member, inclusive of any penalties.

7. Withdrawal from a Stage

Participants who cannot continue the race must inform the organizers of their decision by contacting one of the below mentioned event personnel. Failure to inform the organization may cause a search and rescue action. The cost for this action will be charged to the participant.

In the event you need to withdraw from the race you must contact one of the following immediately:

TRR Medical Team personnel

TRR personnel at one of the Check Points

The Start Line or Finish Line

Race Office

Call the emergency number in your route book

If you withdraw from the race, the organizers will ensure that you are transported to the closest town, and you are then responsible for your own transportation back to the start, Denver, or another destination.

8. Food and Beverage

All participants are responsible for their own food and beverages while on the race course. The organizers will provide water, energy foods and electrolyte drinks at the check points.

Each participant must commit him/herself to protect the environment and not to leave any garbage along the route. Purposely littering the route or causing harm to the environment can be cause for elimination from the race.

9. Safety Equipment

For safety purposes, participants are asked to carry the following recommended equipment:

a. Rainwear (rain jacket and long pants) for both participants

b. Warm clothing (fleece sweater or similar) for both participants because weather in the Rockies can change by the minute

c. Warm Hat and Gloves for each participant

d. 1 small First Aid Kit for every team / tape for blisters

e. 2 Survival Blankets for every team

f. ID card, money

g. Sun-screen

The following mandatory equipment will be checked on all participants at the start of every stage starting with stage 2:

Jacket

Hat covering the ears

Gloves

Survival Blanket (2 per team)

Participants not carrying the required equipment will not be permitted to start the stage and failure to retain the equipment through the stage may result in a DQ or time penalty.

10. General

a. The race will be taking place partly on public roads. Each participant is to obey all traffic laws in effect and yield to motor-vehicles with right-of-way at all times.

b. The organizer reserves the right to penalize or disqualify participants and teams when one of the following applies:

Participant health problems

Violating rules and regulations of the event

Unfair or unsportsmanlike conduct

Any disregard for the environment

Disregard for traffic rules

11. Environmental Regulations

Littering of any kind is prohibited. This includes Gel and Energy Bar wrappers and applies to the race course, as well as camps and staging locations.

Washing clothing in rivers, streams and lakes is prohibited.

Short-cutting of trails is prohibited. You must stay on the primary trail tread of the marked routes at all times, as described in the map book.

Every participant who is caught disregarding the environmental rules above will be penalized with a two (2) hour time penalty at first offense and disqualification at second offense.

In the case of major environmental concerns (fire bans, wildlife, flooding etc.) TransRockies has the right to cancel, delay or reroute the race. Participants will not be reimbursed in an environmental situation that is out of TransRockies control. In case of cancellation of a race leg, participants will be brought to the next stage location.

12. Safety Rules

a. Slower participants are required to make way for faster runners. Faster runners must give slower runners a reasonable opportunity to pull off the trail before passing.

b. Course Hazards are often not marked. Run in control and be prepared for possible course hazards.

These rules primarily serve to assure the runners' safety. Violating these rules can also lead to subsequent time penalty disqualification from the race.

13. Protest and Jury

Each participant can file protest against other teams for disregarding the rules or against decisions of the race director. Protests can be filed in the Race Office up to one hour after the finish time limit. Witnesses should be named. A jury of three members appointed by the Event Director will debate the protest and render a decision prior to the start of the next stage. The protest fee is \$50 USD. This fee will not be reimbursed.

14. Liability

Each participant is responsible for his/her own safety and security. The organizers, sponsors and event personnel are in no way liable for injury or damage incurred to the participants. A stipulation to participation in the event is that the runner agrees to take responsibility for risks against his/her person and his/her belongings when participating in the race, and give up any right to claim from persons, institutions, or companies running or having run the TransRockies™ Run.

15. Policy Regarding Transgender and Non-Binary Participants

Objectives:

To establish rules with a strong emphasis on inclusion and to encourage the participation in TransRockies™ Run by transgender and non-binary participants while respecting the rights and dignity of all entrants and preservation of the integrity of the competitive (awards and records) at TransRockies™ Run.

Rules:

Self Determination:

Gender of entrant recognized at face value

Cannot be challenged unless there is an Age Group/Top 3 award at stake (see Enforcement section below)

No basis for, or tolerance of any challenge to a participant's self-declared gender unless an Age Group/Top 3 award at stake.

General Rules:

Trans and Non-Binary participants who were assigned female at birth, and have been undergoing continuous, medically supervised hormone treatment for at least one year may participate in the Open or Male categories.

Trans and Non-Binary participants who were assigned male at birth and have been undergoing continuous, medically supervised hormone treatment for at least one year may participate in the Open, and Female categories.

Trans and Non-Binary participants who were assigned female at birth, and have not begun hormone treatment, may participate in the Open, Male, or Female categories.

Trans and Non-Binary participants who were assigned male at birth and have not begun hormone treatment may participate in the Open, and Male categories.

Non-binary participants, and any other participant who desires, may enter the open category without any restrictions.

Enforcement:

A runner's self-declared gender at registration will be accepted at face value. The sole reason for this policy is to ensure fairness regarding the competition for awards and records.

The only challenge to a participant who is Trans or Non-Binary may occur if that athlete finished top 3 or is up for an age group award in a gendered category.

Open category allows anyone to compete, and there are no challenges to the gender or hormone status of a participant in this category.

In the case of a top 3 finish in a Male category, there is also no restriction to a participant assigned female at birth competing in this category, so no challenge is accepted.

In the case of a top 3 finish in a Female category TransRockies™ Run race director will have sole discretion to review.

Any such challenge must be made in person or writing to the Race Director with the utmost discretion and respect for the privacy of all parties involved. TransRockies™ Run in its sole discretion will determine whether there is a legitimate basis for the challenge.

Gender Status Review

In the event of a challenge, TransRockies™ Run may ask the runner for documentation from a medical doctor or healthcare provider or other qualified professional certifying that the entrant has undergone continuous, medically supervised hormone treatment for gender transition for at least one year prior to the race.

Trans and Non-Binary participants, at their option, may provide the medical documentation related to their gender transition to the Race Director prior to the race.

All information about the runner's gender identity and medical information, including any information provided pursuant to this policy, shall be kept strictly confidential.

The final decision regarding the entrant's gender status for registration purposes shall be within the sole discretion of the TransRockies™ Run Race Director.

If it is determined that the runner is not in compliance with TransRockies™ Run's rules for Trans and Non-Binary participants, the participant will be allowed to keep their TRR finisher's award but any top 10 finisher or age group awards shall be returned to TransRockies™ Run.

TransRockies™ Run will attempt to protect the runner's privacy interests to the maximum extent possible.

DUFFLE DECOR

Optional: Bring something to decorate your duffle bag so it's easy for the crew to spot, like colorful duct tape.

LUGGAGE CREW TIPS:

Optional: Feel free to attach tip money or fireball to your bag to give the luggage crew some love!





MARCH 8-10, 2024

www.moabruntherocks.com

600 Entries SOLD OUT



AUG 12-17, 2024

www.transrockies-run.com

400 Entries



SEPT 15-17, 2024

www.goldenultra.com

600 Entries SOLD OUT

