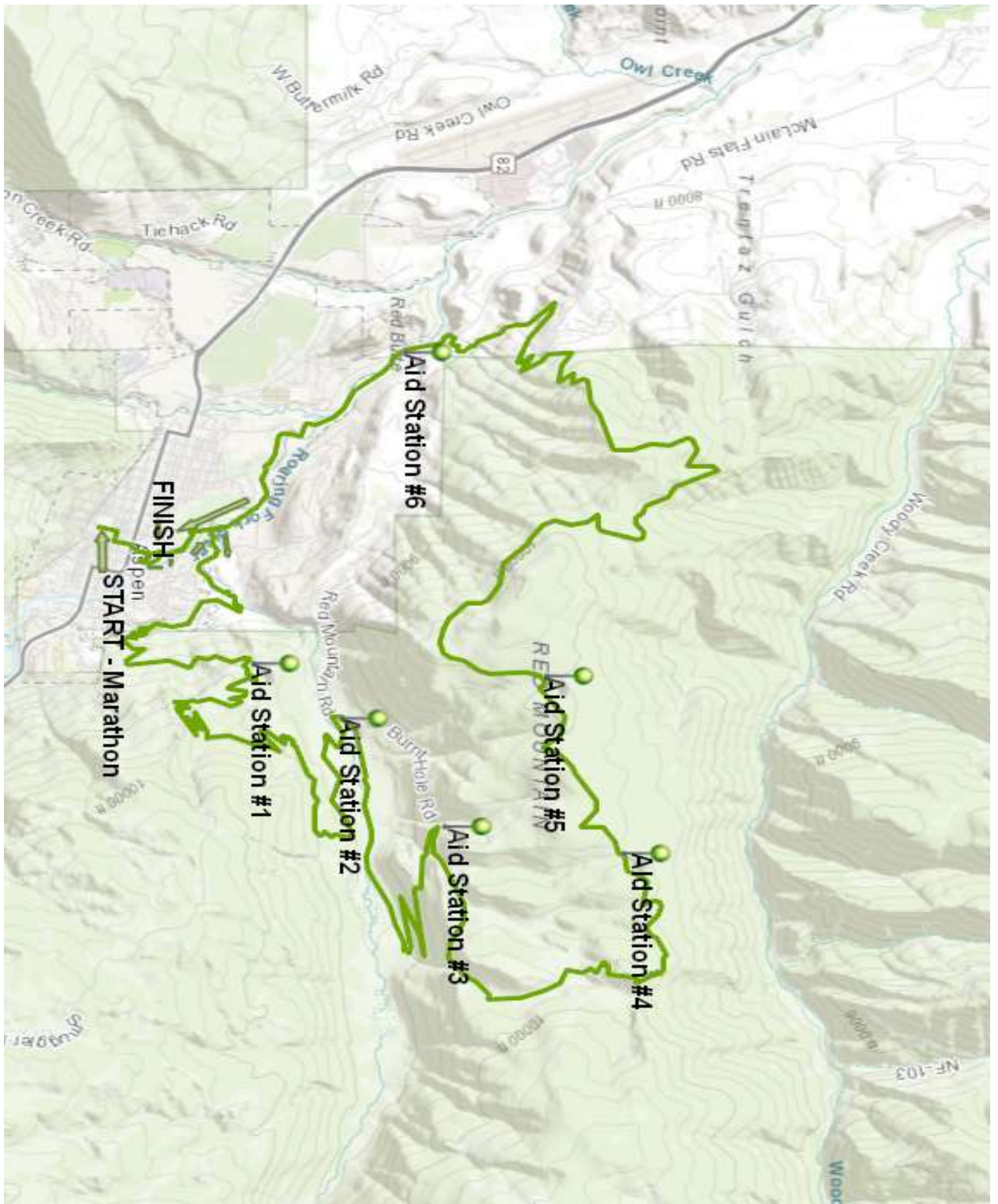


August 10, 2019  
Aspen, Colorado



[WWW.ASPENBACKCOUNTRYMARATHON.COM](http://WWW.ASPENBACKCOUNTRYMARATHON.COM)





**Course Description Marathon**

**Start – The marathon will start on the pedestrian mall, Mill and Cooper intersection.**

**Follow Mill St. to Hopkins, to Galena (Cross Main St, at Galena)**

**Take the Jail Trail to Rio Grande Place. Cross Rio Grande Place and head onto the dirt trail through the John Denver Sanctuary.**

**Take the Dirt Trail through the John Denver Sanctuary across the Krajian Bridge, take a right up the Hunter Creek Trail.**

**Turn Right onto the Lani White Trail, up and through Williams Ranch, take Silverlode Dr. across to Smuggler Mountain Road.**

**Turn left on Smuggler Mountain Road. Take Smuggler Mountain Road up to the BTS trail. (Aid Station #1)**

**Head up the BTS Trail to the Tootsie Roll Trail.**

**Follow Tootsie Roll Trail to the Lollipop Trail.**

**Follow the Lollipop to the new lower Lollipop Trail down to the Iowa Shaft Trail (USFS Trail #2172.1).**

**Follow the Iowa Shaft Trail down to Hunter Creek Valley South Trail (USFS #21A.1).**

**Turn left on the Hunter Creek Valley South Trail and follow it to the Hunter Creek Cutoff Trail.**

**Turn right on the Hunter Creek Cutoff Trail and then a right onto the Hunter Creek Valley Trail (USFS #1992.2).**

**Turn left on North Spur Trail (USFS #1992.3B) and bear left on the Lazy Man Shortcut (USFS #1992.3D) and continue to Hunter Creek Toll Road (USFS #20A) and Aid Station #2.**

**Then right on the Hunter Creek Valley North Trail (USFS #21A.1).**

**Follow the Hunter Creek Valley North Trail to the Hummingbird Trail.**

**Take the Hummingbird Trail to the Hunter Creek Toll Road (USFS #20A).**

**Turn Right on the Hunter Creek Toll Road and then bear right on the Hunter Creek Overlook Trail (USFS #2491.1).**

**Turn left onto the Hunter Creek Toll Road and then a right onto Burnt Hole Road (USFS #22).**

**Turn left onto the Hobbit Trail (USFS #1989.3) and follow the Hobbit Trail to Four Corners. Aid Station #3**

**Take the Red Mountain Communications Site Road and then turn left onto the Secret/Jedi Trail (USFS #1987.3).**

**Turn Left on the Sunnyside Trail (USFS #1987.1) and follow it until the Shadyside Cutoff (USFS #1988.2).**

**Turn left on Shadyside Trail (USFS #1988.1) and follow it until it joins the Sunnyside Trail again.**

**Turn right on the Sunnyside Trail and follow it until it meets the Rio Grande Trail.**

**Turn left on the Rio Grande Trail and follow it until it joins a series of single track trails that parallels the Rio Grande Trail.**

**Cross the Roaring Fork River on the Picnic Point Bridge and turn left on the Music Tent single track trail.**

**Turn left onto the Grindley Bridge and then a right turn back onto the Rio Grande Trail. Follow the Rio Grande Trail back to Rio Grande Park and the finish.**





***Course Description Half Marathon***

***Start & finish at Rio Grande Park.***

**Start and finish at Rio Grande Park.**

**Head East on the Rio Grande Trail, turn left on to the Oklahoma Flats trail.**

**Cross the road and take Park Circle to Silver Lode Drive.**

**Take a left on SilverLode drive followed by a right onto Smuggler Mountain Road.**

**Head up the Smuggler Mountain Road**

**At Aid station #1 take the Hunter Creek Cut Off Trail**

**Take the Hunter Creek Cut off Trail to the Iowa Shaft Trail**

**Take the Iowa Shaft trail to the Hunter Creek Valley South trail**

**Turn Right Follow the Hunter Creek Valley South Trail, cross bridge over Hunter Creek to the Hunter Creek Valley North Trail.**

**Turn Left and Follow Hunter Creek Valley North Trail (USFS #21A.1), turn right on Lower Plunge Trail (USFS #1987.2). Take Lower Plunge Trail, cross Hunter Creek Toll Road (USFS #20A) and head up the Upper Plunge Trail (USFS #1987.2), Passing aid station #2.**

**Turn left on the Secret/Jedi Trail (USFS #1987.3), then turn left on the Sunnyside Trail (USFS #1987.1) at Aid Station #3 and follow it back down to the Rio Grande Trail.**

**Turn left on the Rio Grande Trail and follow it to Aid Station #4 at Stein Park.**

**Continue on the Rio Grande Trail, following parallel single trail to Picnic Point Bridge. Cross the Roaring Fork River and turn left on the Music Tent single track trail.**

**Turn left at the Grindley Bridge back to the Rio Grande Trail. Turn right on Rio Grande Trail and follow it back to the finish line at Rio Grande Park.**

**This race is coming in at just over 14 miles**

# ASPEN BACKCOUNTRY MARATHON and HALF MARATHON

## WEEKEND AT A GLANCE

Friday August 9th

Red Brick Center for the Arts

110 East Hallam suite

Packet Pick-up: 4pm -6pm

Racer Briefing 5:45pm

Saturday August 10th

**Race Start: Marathon 6:30 am**

**NEW location, Pedestrian mall, Mill St. and Cooper Ave, intersection**

**Race Start: Half Marathon 7:30am** Rio Grande Park

Both Races finish at Rio Grande Park.

## PACKET PICK-UP

Friday August 9th. 4:00pm to 6:00pm

Red Brick Center for the Arts

Packet Pick-Up includes:

- Bib Number/Timing Chip
- T-Shirt
- Adidas Swag

Packets will NOT be mailed to participants, no exceptions. You MUST bring a valid photo ID to Packet Pick-Up. If you are picking up for a friend you must bring a photo ID and a note authorizing you to pick up the packet on their behalf (back of packet). We will have packet pick up at both start lines, starting an hour before race start.

## GUIDELINES

1. No Whining
2. The Race Director has final authority on any questions that may arise during the event.
3. You must leave each aid station before the posted cut-off time. If you return, it will be assumed you have abandoned your run attempt.
4. No Littering!
5. No Stashing of supplies along the course, and no accepting aid except within 400 yards of a designated aid station.
6. You have agreed to be pulled for medical and safety reasons if it is determined that such actions is in your best interest.
7. Aid station captains have the authority to act on behalf of the Aspen Backcountry Marathon management.
8. Enjoy Yourself!

## WAVE START/START CORRALS

Waves or start corrals will not be in place. This will be a mass start.

## TIMING

Timing is provided by Sports Stats Timing.

## GEAR DROP-OFF

On race morning, please be sure to mark your bag with your race number before you leave it at Gear Drop-off. Gear drop-off will be open from 5:30am until 2:15pm. Marathon Gear bags will be transported from the start to the finish line.

for the 1/2 marathon, the start/finish are in the same park, the bags will be left in the same location. You must reclaim your bag by 2:15pm. DO NOT leave valuables, cash or jewelry in your gear bag. The event is not responsible for lost or stolen items.

## GETTING TO THE START LINE

### Marathon

From (I-70):

Follow Highway 82, 41 miles until you reach Aspen.

Highway 82 becomes Main Street.

Stay on Main Street until Mill Street

and turn right on Mill Street. When Mill Street turns into the pedestrian mall you will see the start line. The Start line is located on the pedestrian Mall.

### Heavy 1/2 Marathon

From (I-70):

Follow Highway 82, 41 miles until you reach Aspen.

Highway 82 becomes Main Street.

Stay on Main Street until Mill Street

and turn left on Mill Street. Turn Right on Rio Grande Place. The Start line is in Rio Grande Park.

### 1/2 Marathon

From Denver (Over Independence Pass):

Turn right onto Highway 82 West over Independence Pass to Aspen (Original Street).

Turn Right at the 4-way stop sign onto Original Street. Stay on Original Street.

Turn right onto Mill Street.

Turn Right onto Rio Grande Place. Parking is on your right. Parking is available in the parking garage. Charges apply.



## **PARKING**

On-street parking is limited in the downtown core for a fee. There is a covered parking garage located just across the street from the start at 427 Rio Grande Place off of Mill Street.

## **RFTA**

RFTA Bus Service is FREE from Aspen to Snowmass and the Rubey Park Bus Station is conveniently located next to Wagner Park.

## **COLORADO OUTDOOR RECREATION SEARCH AND RESCUE (CORSAR) CARD**

**Pitkin County requires that all participants obtain a valid CORSAR card for the day of the event. These are available at the Ute Mountaineer and the Tenth Mountain Hut Association. You can also purchase a card online at <http://bit.ly/Corsar> (must type capital C)**

## **COURSE MARKING**

The course will be marked with pink and pink/black polka dot surveyor's tape for the full marathon and Blue and Black polka dot surveyor's tape for the Half Marathon and arrows at the intersections.

## **COURSE TIME LIMITS & CUT OFF**

The official course time limit is 8 hours (a pace of 19/min. per mile). All participants are encouraged to train to complete the event within the official time limits.

## **LEVEL OF RUNNER SUPPORT**

This race is a limited support race. There will be food and water stations, portable toilets at the start/finish, volunteer crews with EMT and First Responder experience, timers, and mile markers.

## **NEW! The Aspen Backcountry Marathon and Half Marathon will be CUPLESS COURSES!**

**For hydration, we will be offering participants a reusable / foldable soft-cup from UltrAspire or please provide your own hydration system. We recommend that participants, in addition to the reusable cups, use their own hydration system on this backcountry course.**

Please do not expect a high level of runner support like other marathons can offer. The logistics of a backcountry race make additional support very difficult. Care should be given to minimize impacts to the environment since it is at a high altitude, remote, and on National Forest Service land.

**We encourage runners to carry their own timing devices, water bottles and food/gels as needed.**

**BE AWARE AND PREPARED:** This is a high altitude race. All runners will start the race at over 7,900 feet and within a few miles peak at 10,121 feet and finishing at over 7,900 feet.

## **MEDICAL INFORMATION**

There are volunteer medical personnel along the course and at aid stations, but there is no guarantee of rescue or medical attention. Each participant is ultimately responsible for their own rescue and preparation for course and weather conditions. **When you see the medics on bikes, please be kind as they are on their way to assist other runners.**

## **WEATHER**

This race takes place at altitudes above 10,000 feet and you will enjoy some of the most pristine terrain in Colorado. With that said, you can expect to experience a wide spectrum of weather conditions. Be prepared for the worst. Sunscreen is a must. The average temperature in Aspen during August is a high of 80°F and a low of 46°F, while rainfall totals less than 1.5 inches.

## **TRAIL ETIQUETTE:**

- Stay on the designated trails for the course.
- Numbers must be worn and visible on front of body at all times during the race
- Pacing by unregistered runners is not allowed.
- Littering will be grounds for disqualification.
- The trail is open to other runners, walkers, and cyclists. Be courteous.
- No dogs are allowed to accompany runners.
- If you can, please carry your own water container in addition to using your own cup.
- If need be, stop to help others in need.
- In places of heavy two-way running traffic, keep to your right as far as possible.
- Please carry any trash (food wrappers, etc.) with you to trash bags on the course.

## **FINISH LINE**

### **Finish Line**

The race finishes in Rio Grande Park in downtown Aspen (same as start). After crossing the finish line you will receive a commemorative finishers belt, a \$10 food Voucher and a beer Voucher to utilize at the Ducky Derby festivities.

**Recovery Tent:** Returning this year, adjacent to the finish line racers can relax in our Recovery tent.

The tent will be filled with products from Addaday and JR's massage school will be present with massage therapists.

## **AWARDS AND RESULTS**

All finishers will receive a stainless steel beer cup. There are also age-group awards (18-19, 20-29, 30-39, 40-49, 50-59, 60+). Because of the duration of the event, awards will be handed out at the finish line once results are verified. Awards will be provided to the top 3 male and female overall finishers (cash purse of \$2400 for marathon only) as well as the top three male and female finishers in each age group. Results will be posted on [www.aspenbackcountrymarathon.com](http://www.aspenbackcountrymarathon.com) race day after 7pm MST.

## **WILDLIFE**

As a backcountry marathon, you can expect to have some encounters with wildlife. Please respect the fact that you are a visitor to their habitat, and pass through with as little impact as possible.

### **BEARS, MOUNTAIN LIONS, COYOTES:**

Clap or shout often out in the back country. Give black bears the chance to run off without an encounter. Be trail smart, respect bear's living space, and rehearse what you would do if you encounter a black bear.

If you encounter a bear out-and-about during the race, remember to:

- Stay calm and don't run.
- Back away slowly.
- Leave cubs alone.
- Do not gather around.
- Fight back if attacked.

If you encounter a coyote on the trail, "use a loud authoritative voice to scare it away"

If you encounter a mountain lion on the trail try to stay calm, look as big as possible and if you're wearing a coat, hold it out and raise your arms slowly. You want to look like a formidable opponent to a mountain lion.

## **HELPFUL TIPS & REMINDERS/ FAQ**

### ***Can I run with headphones or ear buds?***

For safety reasons, we discourage the use of headphones on the course. As one of the most scenic routes we hope you find this course both visually and aurally stimulation. Take a day off from the headphones and enjoy the sights and sounds of Aspen.

### ***Can I reserve a t-shirt in a certain size?***

When you check the box next to your t-shirt size on your registration form, you are not reserving a shirt; you are helping us plan how many shirts we need to order in each size. If size is important, please check-in early.

### ***Can I get a refund if I register, but don't run?***

No. Registrations are non-refundable. If you do not run you may still be able to pick up your race packet and shirt and join in on any post-activity fun.



**COURSE SUPPORT -  
AID Stations Half Marathon**

<b>Mile</b>	<b>Location</b>	<b>Supplies</b>	<b>Cut-off Times</b>
2.0	Smuggler	Water, Skratch, gels	8:30
4.7	Top of Lower Plunge	Water, Skratch, gels, fruit	
6.2	Shadyside/Secret Jedi Trail	Water, Skratch,gels	3.5 hrs 11:00
11.8	Stein Park	Water, Skratch, fruit, candy, cookies, potato chips, pretzels, and peanut butter & jelly sandwiches.	
14.1!	Finish Line	Water, Skratch, soda, fruit, cookies, potato chips, pretzels, and peanut butter & jelly sandwiches.	5.5 hrs. 1:00pm

**COURSE SUPPORT - AID STATIONS Marathon**

<b>Mile</b>	<b>Location</b>	<b>Supplies</b>	<b>Cut-off Times</b>
3.6	Smuggler	Water, Skratch	1hr, 0minutes 7:30 am
8.8	Hunter Creek Parking Lot	Water, Skratch, fruit, candy, cookies, potato chips, pretzels, and peanut butter & jelly sandwiches.	
12.5	Top of Lower Plunge	Water, Skratch, fruit, gels	4hrs, 40 min 11:10am
16.1	4 Corners	Water, Skratch, fruit, candy, cookies, potato chips, pretzels, and peanut butter & jelly sandwiches.	
17.8	Secret/Jedi Trail	Water, Skratch, gels	6.5hrs, 1:00pm
24.4	Stein Park	Water, Skratch, fruit, candy, cookies, potato chips, pretzels, and peanut butter & jelly sandwiches.	
26.2!	Finish Line	Water, Skratch, soda, fruit, candy, cookies, potato chips, pretzels, and peanut butter & jelly sandwiches.	8hrs, 00 min. 2:00pm

# 2019 ASPEN BACKCOUNTRY MARATHON

## PACKET PICK-UP AUTHORIZATION FORM

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*(Please print your full name)*

I have made every effort to pick up my own race packet and have been unable to do so. I authorize:

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*(Print full name of individual you are authorizing to pick up your packet)*

to pick up my race packet and goody bag for me at the 2019 Aspen Backcountry Marathon.

I have provided:

- 1) A copy of my picture identification
- 2) This signed authorization (including waiver and emergency contacts below)

My representative is aware that he/she must present a copy of their picture ID in order to receive my race packet and goody bag. My representative is also aware that he/she will be limited to picking up 4 total packets, including their own.

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*(Signature of authorizing individual)*

*(Signature of individual being authorized)*

### CITY OF ASPEN PARKS AND RECREATION DEPARTMENT

**Activities: Participation in the Aspen Backcountry Marathon, including but not limited to dirt trail running, road running including street crossings. By signing this Agreement, you give up your right to bring a course of action to recover compensation or obtaining any remedy for any injury to yourself or your property or for your death, however caused, arising out of your participation in and the travel to and from the above listed activities or use of City of Aspen trail networks, now or any time in the future.**

#### Acknowledgement of Risk

I hereby acknowledge and agree that the activities listed above and my participation in the Aspen Backcountry Marathon, have inherent risks, including the risk of serious injury, paralysis and death. I have full knowledge of the nature and extent of all risks of serious injury, paralysis and death associated with the activities listed above. I recognize that I may become injured or incapacitated in a location where it is difficult for management to get required medical aid to me in time to avoid physical injury or even death. I also certify that I am physically fit and adequately trained to participate in this event.

#### Release/Indemnification

In consideration of my participation in the Aspen Backcountry Marathon, I, the undersigned user and participant, agree to release and on behalf of myself, my heirs, representatives, executors, administrators and assigns HEREBY DO RELEASE, the City of Aspen, its officers, agents, sponsors, volunteers and employees from any cause of action, claims, or demands of any nature whatsoever, including, but not limited to, a claim of negligence, which I, my heirs, representatives, executors, administrators and assigns may now have, or have in the future on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to my participation in the activities listed above, whether that participation or use is supervised or unsupervised, however the injury or damage caused, including, but not limited to, the negligence of the City of Aspen, its officers, agents, volunteers and employees.

I hereby consent to the use by the City of Aspen of any photographs taken of me during city run events, programs, and activities for use in publications, advertisements, or on City of Aspen website.

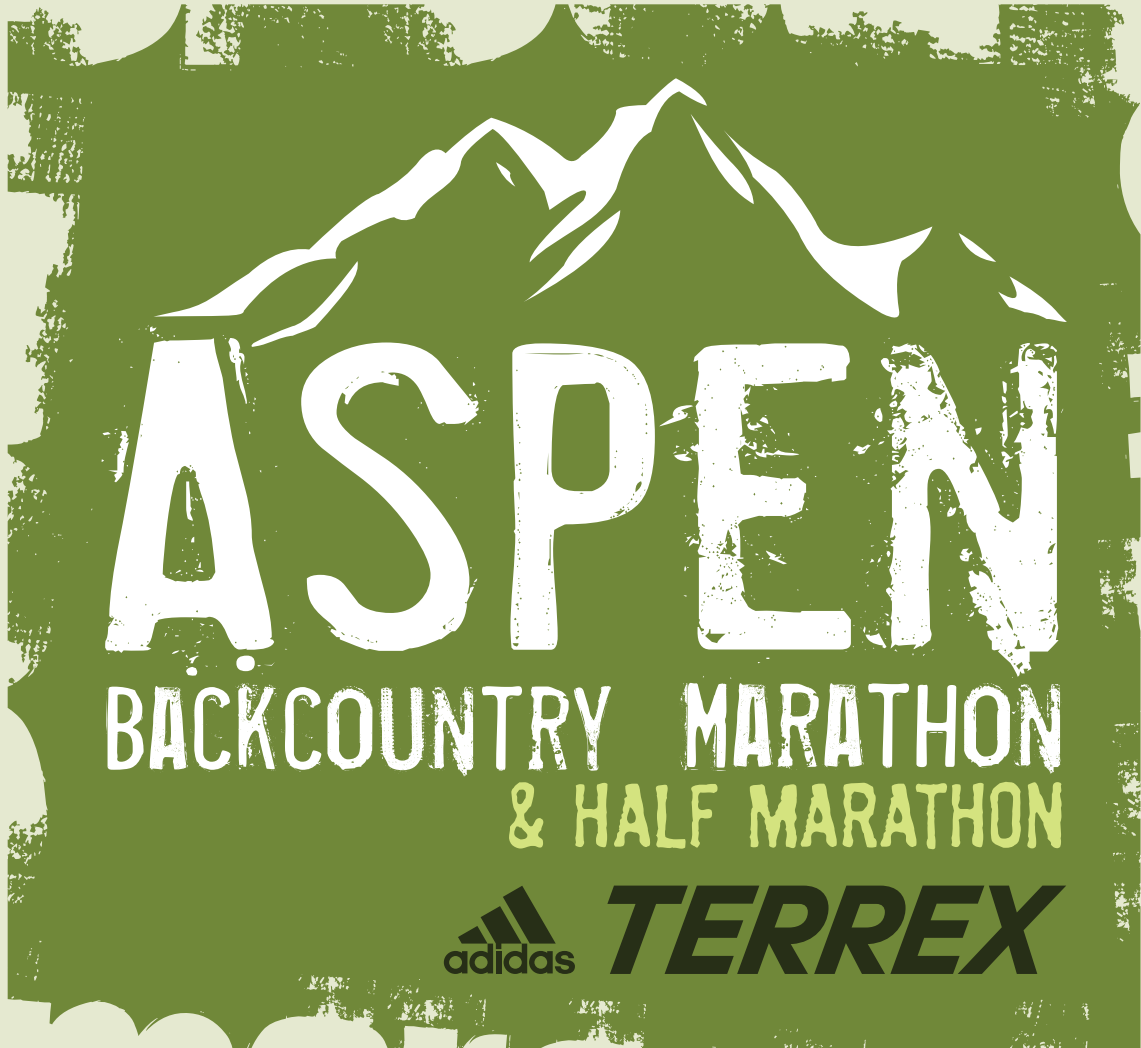
In consideration of my participation in the Aspen Backcountry Marathon, I, the undersigned, agree to indemnify and hold harmless the City of Aspen, its officers, agents, volunteers and employees from any and all causes of action, claims, demands, losses or costs of any nature whatever arising out of or in any way related to my participation or use of City owned facilities.

The terms of this Agreement shall be in full force and effect on the date hereof, the date(s) upon which I participate in the activities listed above, and on any other occasion when I may participate or use City owned facilities to participate in the activities listed above.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

#### IN CASE OF EMERGENCY:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_



Have Fun and Good luck!