

Hello everyone!

Hopefully your training has gone well, your taper is kicking in, and you are ready to go for **The 2<sup>nd</sup> Annual Bear Chase Trail Race** this Sunday! The race staff is very excited, and looking forward to supporting your run. Last year the race was voted the best in Colorado in just our first year by Competitor Magazine, and this year should be even better! There will be 31 states represented this weekend, (including 1 runner coming in from the great state of Alaska!), and 53% of the field is comprised of women. Here are the current registration numbers, which should go up just a little bit by race day:

- Total – 679
- 50 Mile – 100
- 50km – 124
- Half Marathon – 308
- Baby Bear 10km – 145

If you would like to connect with other Bear Chase runners on our Facebook page, click [HERE](#).

The race course is in fantastic shape and despite the recent rains over the last few weeks has drained exceptionally well. The [weather forecast](#) calls for a high in the upper-70's, sunny skies, and 0% chance of precipitation. So it might get a little warm out there in the afternoon for those of you running the 50 Mile & 50km races, but otherwise it looks like we'll have very good conditions, similar to last year's race. For those of you who ran the race last year, we've improved the course just slightly, to add a little more beautiful/shady singletrack.

But before the starting gun goes off, there are a few logistics that need to be covered. So please be sure to take some time to read this detailed E-mail so that you're ready to go for the weekend... We'll see you all out at **Runners Roost-Lakewood** for packet pickup, and then again Sunday morning at Bear Creek Lake Park.

Good luck, have fun, and run strong!

~ David

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## **PACKET PICKUP**

You will be able to pick up your race packet (bib/chip, technical race shirt, Honey Stinger Chews, etc.) at **Runners Roost-Lakewood** on Friday & Saturday, and then also on Sunday morning before the race. We **STRONGLY** recommend picking up your race packets on Friday/Saturday. You will be required to show a valid photo I.D. in order to pick up your packet, and we will allow photocopies for runners picking up packets for fellow runners. Runners Roost-Lakewood is located on the southwest corner of W. Alameda Ave. and S. Wadsworth Blvd., at 7978 W. Alameda Ave., Lakewood, CO, 80226. ([www.RunnersRoostLakewood.com](http://www.RunnersRoostLakewood.com))

- Friday, September 23<sup>rd</sup> – 5:00pm to 7:00pm at Runners Roost-Lakewood (Click [HERE](#) for map)
- Saturday, September 24<sup>th</sup> – 10:00am to 5:00pm at Runners Roost-Lakewood
- Sunday, September 25<sup>th</sup> – 5:30am at the Start/Finish in Bear Creek Lake Park (Click [HERE](#) for map)

## **CHIP TIMING SYSTEM**

For The Bear Chase, there is no need to strap a chip on your shoe or ankle, because your bib IS your chip! The chip timing this year is being provided by [Hallucination Sports](#), and the actual timing chip itself will be affixed to your bib. Therefore it is important that you **do not fold, crumple, or alter your bib in a way that it damages your chip!** Many trail runners are accustomed to folding down the edges/sides of the bib to make it smaller, however doing so with your Bear Chase bib may render your chip unreadable by the timing pads, which could leave you without an official race time. Unofficial results will be updated periodically throughout race day, (including tracking lap splits for ultra runners still out on the course), and official race results will be posted online by Monday afternoon.

## **AWARDS**

Finishers in the 50 Mile, 50km and Half Marathon will receive a finisher medal. Only 50 Mile finishers will also receive a pair of Drymax technical socks. The top 3 finishers in each race distance will receive a trophy and other gifts, and age group awards will be given to the top 3 finishers in each age group.

## **START TIMES**

The Bear Chase will have multiple start times for the different race distances. We will start each race right on time – **Do not be late for the start of your race!**

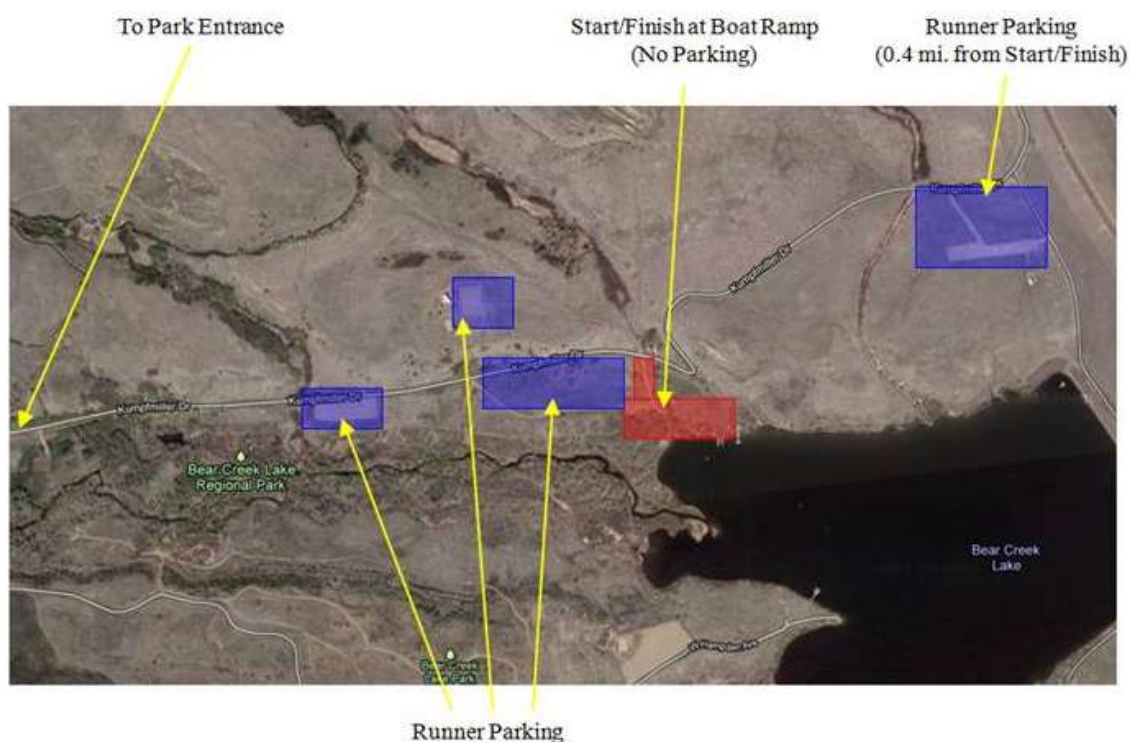
- 6:30am – 50 Mile start
- 6:50am – 50km start
- 7:05am – Half Marathon start
- 7:25am – Baby Bear 10km start

## **RUNNER PARKING & BUSING**

New this year, all runners will park inside Bear Creek Lake Park! (This is a change from last year where we bused everyone in from Bandimere Speedway.) The Start/Finish is located at the Boat Ramp, and there is no parking on either the asphalt or gravel lots adjacent to the Boat Ramp. We will have the grass field adjacent to the Start/Finish area mowed to accommodate close-in parking for runners, and we will also be using all of the other adjacent parking lots in the area. Please carpool if you can to save gas and reduce parking congestion. Be sure to allocate enough time for race traffic, entering the park, parking, and then getting to from your car the Start/Finish area, and time to get settled before your race – **DO NOT BE LATE!!**

- The Start/Finish line is in Bear Creek Lake Park, at the boat ramp on the northwest corner of Bear Creek Lake at 15600 West Morrison Road, Lakewood, CO, 80465.
- Click [HERE](#) for GoogleMap/directions. (Runners will not be charged the \$5.00 daily park entrance fee.) Please see the parking map below for details.
- If you would like to connect with other Bear Chase runners on our Facebook page to carpool, click [HERE](#).

# The 2011 Bear Chase – Parking Map



## **SPECTATOR PARKING**

Spectators will be allowed to drive into Bear Creek Lake Park, and will be directed to available parking lots by volunteers. There is a \$5.00 daily fee to enter the park and spectators will be able to leave/re-enter throughout the day. Spectators are encouraged to carpool with runners if possible to avoid parking congestion (and if you are with a runner you will be able to save the \$5.00 daily fee). **PLEASE NOTE: There is no parking or runner drop-off/pickup at the Start/Finish!** Spectators will be able to access various areas of the race course, both inside and outside of Bear Creek Lake Park and will need to observe all posted traffic signs inside and outside the park. For detailed course maps and written course descriptions, click [HERE](#).

## **OVERNIGHT PARKING & CAMPING**

There is no overnight parking at Bear Creek Lake Park – The hours for the park are 7:00am to 8:00pm. Runners wishing to camp at the designated campground area inside the park will need to check for availability and it is suggested you make reservations before arriving. For more information on Bear Creek Lake Park and camping fees, please click [HERE](#).

## **COURSE MARKINGS**

There are four different race distances for The Bear Chase, run on two loop courses, so it will be important for you to stay alert and follow the correct course markings for your respective race. The race course will be very well marked with orange and blue flagging, signs, and a few small sections of chalk/flour. There is zero out/back sections on either of the two loops, and they do share the same trials at times. So there will be sections of the race course where you will see both orange and blue flagging/markers. There are only two junctures where the courses split off from each other, and we will have both of those marked extensively with flagging and signs. (For detailed course maps and written course descriptions, click [HERE](#).)

- 50 Mile – 4 laps on the **ORANGE** course.
- 50km – 1 lap on the **BLUE** course, followed by 2 laps on the **ORANGE** course.
- Half Marathon – A 0.6 mile loop at the start, following the cones and volunteers, and then 1 lap on the **ORANGE** course.
- Baby Bear 10km – 1 lap on the **BLUE** course.

## 50KM RUNNERS

Of the four races in The Bear Chase, the 50km is the only race to go on **BOTH** the **ORANGE** and **BLUE** race courses. (1 lap on the **BLUE** course followed by 2 laps on the **ORANGE** course.) While the race staff and volunteers will be reminding you to switch to the **ORANGE** course markings at the start of your 2<sup>nd</sup> lap, it is your responsibility to remain attentive, otherwise you may wind up giving yourself some of those dreaded ultramarathon “bonus miles”. (For the 50km course map showing both orange and blue race courses, click [HERE](#).)

## AID STATIONS

There will be four aid stations on the race course, with an average distance of 3.1 miles between each aid station, and ultrarunners in the 50 Mile & 50km will pass through them multiple times:

- Pelican Point AS – Mile 3.2 (Mile 3.0 for the 10km & Lap 1 of the 50km), \*fluids-only for the first lap
- Fox Hollow AS – Mile 7.8
- Cattail Creek AS – Mile 10.1
- Start/Finish AS – Mile 12.5

Each aid station will be well supported with volunteers, medical staff, and restrooms, and will be stocked with the following items:

- Water (provided by Eldorado Springs)
- Electrolyte Sports Drink (PowerBar IRONMAN Perform, lemon-lime flavor)
- Soda (Coke, Mountain Dew, Sprite)
- Cookies (Chocolate Chip, Nilla Wafers & Oreos)
- Fig Newtons
- Pretzels
- Chips & Saltine Crackers
- M&Ms & Skittles
- PB&J Sandwiches
- Fruit (Oranges, Bananas, Watermelon)
- Vaseline
- Sunscreen

## CUP-FREE RACING

In an effort to minimize trash on the trails, The Bear Chase is a **CUP-FREE RACE**. We will not provide paper cups for water and electrolyte drink, and **all runners will be responsible for carrying their own refillable hand-held bottle or hydration system**. With an average distance of only 3.1 miles between each aid station, you’ll appreciate not needing to “overload” your bottles or hydration packs with fluids. Paper cups will be provided for soda, however you will be required to throw your cup away before leaving the aid station. Also, following the trail runner mantra of “leave no trace”, any runner found intentionally littering on the trail will be disqualified from the race.

- **HydraPour** – All of our aid stations will be outfitted with the new HydraPour coolers, allowing runners to fill their bottles & HydraPouches quickly. Check it out at [www.HydraPour.com](http://www.HydraPour.com). Each aid station will also be staffed with friendly volunteers to assist you.
- **HydraPouch** – One option for runners in the Baby Bear 10km to run “light”, without a bottle, is the HydraPouch, a soft rubber, hand-held pouch with a clip that will allow you to fill and drink your fluids quickly at each aid station. (Some runners in the Half Marathon may also like this option, however hand-held bottles are recommended for the 50km & 50 Mile.) HydraPouches are available at Runners Roost-Lakewood, and may also be purchased at: [www.HydraPouch.com](http://www.HydraPouch.com)

## COURSE CUTOFFS

The time limit for runners in the 50 Mile & 50km to complete the race is 12 hours (50 Mile) & 11:40 (50km) with the finish line closing at 6:30pm. Runners will also have a hard cutoff to begin their final lap by 3:00pm (8:30 running time for the 50 Mile). Runners who have not started their final lap by that time will not be allowed to continue. (The start of the final lap is at 37.5 miles for the 50 Mile race, and 18.6 miles for the 50km race.) Runners who wish to drop at any time must

immediately notify a member of the race staff. Once a runner has announced to race staff that they have dropped, they will not be allowed to change their mind and continue.

## **PACING & CREWING**

Pacing (i.e., having another runner accompany you), is not allowed for any of the races. Crewing (i.e., providing gear & supplies for runners) is allowed, but **ONLY** at the Start/Finish, at the designated drop bag area. Crewing is not allowed at any other point on the course. Runners will only be allowed to receive aid at any of the designated aid stations, and also will have the opportunity to leave a drop bag at the Start/Finish (see below). Runners who are seen with pacers or who receive aid from crew outside of the Start/Finish area will be disqualified from the race.

## **BAG DROP**

We will have a designated bag drop area at the Start/Finish, and runners in the 50 Mile & 50km races will have the option to access drop bags at the end of each loop for additional supplies and gear. You should plan on bringing a drop bag with a change of warm/dry clothes and anything else you might need. (i.e., clothing for various weather elements, socks, extra gels/chews, blister kit, etc.) Race volunteers will assist with finding drop bags but please be sure that your drop bag is easily identifiable for quick access. The drop bags will be monitored, however we are not responsible for lost/stolen items so please do not leave valuables in your drop bag. (You may wish to include your I.D. as we will have beer for all finishers 21 years and older.)

## **FINISH LINE FESTIVAL**

Finishers will be able to refuel and relax after the race, in the shady/grassy area adjacent to beautiful Bear Creek Lake. We will have the brand new “Runners Roast” coffee blended specially by Coda Coffee for **Runners Roast**, Flippin’ Flapjacks for pancakes, HoneyMilk protein drinks, Fort Collins Brewing Co. beer, Eldorado Springs bottled water, soda, fruit, etc. (Volunteers will receive Evol Burritos and Basil Doc’s Pizza.) You will also be able to enjoy post-race Active Release Technique, (courtesy of [www.drMichelleClark.com](http://www.drMichelleClark.com)), win raffle prizes, and check out some of the vendor/sponsor tents while cheering in your fellow runners!

## **RACE PHOTOGRAPHS**

Photography on race day is being provided by [www.RunningGuru.com](http://www.RunningGuru.com), as part of your race entry fee, and after your race you will be able to download unlimited **FREE** high resolution race photographs! You can also order custom prints to showcase your race memories, and RunningGuru.com will send out an E-mail after the race with complete details and to announce when the photos are posted. Bear Creek Lake Park is absolutely beautiful with some amazing views, so be sure to smile big when you see a photographer out on the race course so that your photos turn out great!

## **RACE CHANGE**

Runners who wish to change their race distance may do so online until Wednesday evening. (After Wednesday evening you will only be able to change your race distance in person, at packet pickup.) To do this, log into your RunningGuru.com account (the website where you initially registered for The Bear Chase), and click on “My Events”. You will see a link for The Bear Chase, click on that, and then you will see a link for “Change Event/Distance”. Click on that link and follow the instructions to select a new race distance. (Please note: This close to race date, additional charges may apply.)

## **REGISTRATION TRANSFER**

Runners who are unable to run their race and wish to transfer their entry to another runner may do so at packet pickup at Runners Roost-Lakewood. There will be **NO RACE DAY TRANSFERS**, and runners are not allowed to “run as someone else” unofficially without first clearing the transfer through race staff. (For medical/liability purposes.) Anyone found to be running the race using someone else’s bib, without officially going through the transfer process will be disqualified.

## **VOLUNTEERS**

During the race, be sure to thank the 100+ volunteers who are out there to support your run and make your Bear Chase experience fantastic. If you have friends/family who are not running the race but would be interested in volunteering, we still have a handful of spots left. You can have them sign up [HERE](#).