## THEBEARCHASE 

## 2023 RACE CUIDE BEAR CREEK LAKE PARK LAKEWOOD. COLORADO SEPTEMBER 23-24



## Important

- Runners are responsible for all crew and spectator behavior
- All runners, crew, and spectators are expected to read and abide by the rules and guidelines stated within this race guide
- Runners must stay on designated marked trails at all times, unless nature calls
- Runners must have their bib and bracelet visible throughout the race
- Absolutely no littering. All trash must be disposed of before leaving the aid station. Otherwise must be carried to the next aid station or finish line.
- Crew support is only allowed at the Start/Finish area
- Dogs are not permitted on the race course. Well behaved and leashed dogs are allowed with crews.
- Be respectful of other trail users. Trails are open to public during the race.
- Follow standard trail etiquette - pedestrians yield to horses, bikers yield to pedestrians
- This race is considered "cup-free". Runners must carry a hydration container.
- Runners are required to respect wildlife by not approaching, feeding, or harming wildlife
- Please be courteous to volunteers and staff. They are helping you to succeed.

| Date/Start Times | - $100 \mathrm{~K} / 50 \mathrm{M} / 50 \mathrm{~K}$ - Saturday September 23, 2023 <br> 100K - 6:30am <br> 50M - 6:30am <br> 50K-7:30am <br> - Half Marathon/10K - Sunday September 24, 2023 <br> Half Marathon - 7:00am <br> 10K - 8:00am |
| :---: | :---: |
| Location | Bear Creek Lake Park 15600 W. Morrison Road Lakewood, CO 80228 |
| Packet Pick-Up | Packet pickup will be available at the following dates/times/locations: <br> - Friday September 22, 2021 11:00am - 7:00pm <br> Runners Roost Lakewood <br> 7978 W. Alameda Avenue <br> Lakewood, Colorado 80226 <br> - Saturday September 23, 2021 5:30am-7:00am <br> Bear Creek Lake Park Race Day Pickup (100K, 50M, 50K only, volunteers exempt) <br> - Sunday September 24, 2021 6:00am - 7:30am <br> Bear Creek Lake Park Race Day Pickup (Half Marathon, 10K) <br> A valid photo identification is required. Photocopies or smartphone photos of IDs are allowed for runners picking up packets for fellow runners. |
| Race Shirt Exchanges | Race shirt exchanges may be made after the Sunday race start, and subject to availability. |
| Parking | Parking for runners, volunteers, and spectators will be inside Bear Creek Lake Park. Refer to the parking section of the guide for locations. |
| Race Bracelets | Runners will receive a silicon bracelet matching the color of the course marking for their race field. The bracelet is intended to aid runners with course navigation, and to assist race staff and volunteers with ensuring runners are following the correct course. The bracelet is required to be worn throughout the race. |
| Toilet Facilities | Toilet facilities are available at the Start/Finish area and several locations along the course. |

50-MILE • 50K • HALF-MARATHON • 10K

## Race Quick Guide

| Drop Bags | A designated drop bag area will be available for runners at the Start/Finish. There <br> will be no on-course drop bag access. |
| :--- | :--- |
| Pacers | Pacers are allowed for 50M and 100K distances after 3:00pm. <br> Pacers must register at the Start/Finish area, and wear the assigned pacer bib <br> while on the course. |
| Spectators/Crew Support | Runners, spectators, and crew will be allowed entry to the park prior to the start <br> of the race. Daily/Annual Park Pass will be required for purchase for spectators/ <br> crew arriving after race start, or for those that leave the park and wish to re- <br> enter. <br> Note: Bear Creek Lake Park is not a Colorado State Park. <br> Crew support will only be available in the Start/Finish area. <br> Refer to the Crew and Spectator section for more information. |
| Race Photos | Our beloved photographer Twain Wilkins of Liberty Pro Imaging will be out on <br> the course capturing photos of runners throughout the course. Downloadable <br> race photos are included with registration. |

!

## Leave No Trace

The Bear Chase Race Series will be 100\% CUP-FREE in 2023. Paper cups will not be available at aid stations as has been provided in previous years. All runners will be responsible for carrying their own refillable hand-held bottle or hydration system.

All runners, crew, and spectators are responsible for properly disposing of trash. Aid stations will have limited trash receptacles and are reserved for runner use. We ask crew and spectators to abide by "pack it out" principles, to include dog poop bags.

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## Race Overview

## Bear Creek Lake Park Map



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## Race Overview

## Parking

- Runner Parking

The primary runner parking will be in the Swim Beach Overflow parking area to the East of the Start/Finish area. Please drive with caution at reduced speed as you approach this area. Runners observed driving in an unsafe manner are subject to disqualification. Park rangers will be in the area to enforce all park traffic rules.

- Runner Drop-Off

Runner drop-off is allowed in the Meadowlark Cove parking area to the West of the Start/Finish area. No runner parking is allowed in this area.

- Spectator Parking

Spectators may park in the Meadowlark Cove parking area for short-term needs, or the primary runner parking area for long-term parking.

- Accessibility Parking

Accessibility parking will be in Meadowlark Cove parking area (runner drop-off/short-term)


## Race Overview

## Timing

HAL SP苞: $R T S$
Timing services for Bear Chase are provided by Hal Sports. Do not fold, crumple or alter the bib as this may damage the chip. Trail runners may be used to folding the edges or sides of their bib to make it smaller, however doing so at Bear Chase may render the timing chip unreadable by the timing pad and leave you without an official race time. We have made the race bibs smaller to offset the need to fold the race bib

Runner tracking app, and results are available at:

## www.halsports.net

## Race Drop Out

Runners needing to drop out during the race must go to the nearest aid station and notify race crew of intent to drop out, or notify staff at the start/finish area. Failure to do so may lead to an unaccounted status at the end of the race resulting in deploying search and rescue, with the runner responsible for the cost of this effort. Runners dropping out on-course are responsible for coordinating transportation back to the Start/Finish.

## Course Cutoff

- 100K/50M/50K

Last lap start - 6:00PM (Runners leaving the Start/Finish at 6:00pm must maintain a pace faster than 16:45/ mile, to stay ahead of rolling cutoffs at each aid station.)
Finish line cutoff-9:30PM

- Half Marathon/10K

Finish line cutoff - 11:00am

## Race Overview

## Aid Stations

The course will be supported with up to five aid stations dependent on race field. Each aid station will be stocked with various hydration, gels, and nutrition options, along with Kleenex, bug repellant, and Vaseline.

Aid Station Offerings (100K, 50-Mile, 50K)

Hydration

- Water
- Gatorade
- Soda

Nutrition

- Chips
- Pretzels
- Pickles
- Cookies
- M\&Ms
- Snickers
- Watermelon
- Oranges
- Bananas
- Honey-Stinger Gels
- Bean and tortilla rolls
- PB\&J mini-sandwiches

Aid Station offerings (Half Marathon/10K)

Hydration

- Water
- Gatorade

Nutrition

- Honey-Stinger Gels


## Race Overview

## Crew, Pacers, Spectators

Spectators and Crew will be required to purchase a daily/annual park pass.

- Crew Support

Crew support is only allowed at the Start/Finish area. Runners observed receiving crew support outside of this area are subject to disqualification.

- Pacers

On-foot pacers are allowed for 50M and 100K distances after 3:00pm. Pacers must register at the Start/ Finish area, and wear the assigned pacer bib while on the course. Runners observed with a pacer, on foot or bike, prior to 3:00pm are subject to disqualification.

- Spectators

Spectators are allowed at the below locations.
All spectators are expected to abide by Bear Creek Park rules and regulations.

| Aid Station | Google Location | Notes |
| :--- | :--- | :--- |
| Start/Finish | $\underline{\text { Start/Finish }}$ | Spectator parking only allowed in designated areas <br> prior to 3:00pm. |
| Fox Hollow (Outside of BCLP) | $\underline{\text { Fox Hollow AS }}$ | Fox Hollow is located in a residential area and the <br> entrance to the Fox Hollow Golf Course. Spectators <br> are expected to respect residents and golf course <br> visitors, and be considerate when parking. |
| Cattail Creek (Outside of BCLP) | $\underline{\text { Cattail Creek }}$ | Cattail Creek access is located along Morrison Road. <br> Use caution when parking and ensure vehicles do not <br> impede traffic. |

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50-MILE • 50K • HALF-MARATHON • 10K

## Race Overview



Course Distance (One Loop)

| Aid Station | $10 \mathrm{~K} /$ <br> 50 K (Blue) | Half | 50 K (Orange) | $50-\mathrm{Mile}$ | 100 K | Restrooms |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Turkey Creek | $\mathrm{N} / \mathrm{A}$ | 3.1 M | 3.1 M | 3.1 M | 3.1 M | No |
| Mtn. View | 3.5 M (10K) | $\mathrm{N} / \mathrm{A}$ | $\mathrm{N} / \mathrm{A}$ | $\mathrm{N} / \mathrm{A}$ | $\mathrm{N} / \mathrm{A}$ | Yes |
| Fox Hollow | $\mathrm{N} / \mathrm{A}$ | 6.6 M | 6.6 M | 6.6 M | 6.6 M | Yes |
| Cattail Creek | $\mathrm{N} / \mathrm{A}$ | 8.9 M | 8.9 M | 8.9 M | 8.9 M | Yes |
| Start | 6.2 M | 13.2 M | 12.5 M | 12.5 M | 12.5 M | Yes |

Cumulative distance tables for $50 \mathrm{~K}, 50-\mathrm{Mile}$, and 100 K available at the end of the race guide

## Race Fields

| 50K |  |
| :--- | :--- |
| Date | Saturday September 23th, 2021 |
| Start Time | 7:30am |
| Course/Bracelet Color | Blue (Lap 1) |
| Finish Cut-Off | $9: 30 \mathrm{pm}$ |
| Number of Laps | $1 \times$ Blue Course (6.2M) <br> $2 \times$ Orange Course (12.5M) |
| Drop Bags | Drop bag area will be at the Start/Finish area 2-3) |
| Crew Support | Crew support is allowed only in the Start/Finish area <br> Runners observed receiving crew support outside of this area are subject to race <br> disqualification |
| Pacers | Pacers are not allowed <br> Runners observed with pacers, to include on bike, are subject to race disqualification |
| Special Note | 50K runners will switch out blue wrist bands after completing the Blue Course |

## Race Fields



## Race Fields



## Race Fields

| 50 Mile | Saturday September 23th, 2021 |
| :--- | :--- |
| Date | 6:30am |
| Start Time | O:30pm (final lap must start before 6:00pm) |
| Course/Bracelet Color | ORANGE (Lap 1-4) |
| Finish Cut-Off | 4x Orange Course (12.5M) |
| Number of Laps | Drop bag area will be at the Start/Finish area <br> Drop Bags <br> Runners observed receiving crew support outside of this area are subject to race <br> disqualification |
| Crew Support | Pacers are allowed after 3:00pm <br> Pacers must check in at the Start/Finish, complete a waiver, and wear a pacer bib <br> "Muling" is not allowed <br> Runners observed with pacers outside of the allowable time, to include on bike, or <br> with pacers not having a bib are subject to race disqualification |

## Race Fields



## Race Fields

| 100K | Saturday September 23th, 2021 |
| :--- | :--- |
| Date | 6:30am |
| Start Time | O:30pm (final lap must start before 6:00pm) |
| Course/Bracelet Color | ORANGE (Lap 1-5) |
| Finish Cut-Off | 5x Orange Course (12.5M) |
| Number of Laps | Crew support is allowed only in the Start/Finish area <br> Runners observed receiving crew support outside of this area are subject to race <br> disqualification |
| Crew Support | Pacers are allowed after 3:00pm <br> Pacers must check in at the Start/Finish, complete a waiver, and wear a pacer bib <br> "Muling" is not allowed <br> Runners observed with pacers outside of the allowable time, to include on bike, or <br> with pacers not having a bib are subject to race disqualification |

## Race Fields



50-MILE • 50K • HALF-MARATHON • 10K

## Race Fields

| 1OK |  |
| :--- | :--- |
| Date | Sunday September 24th, 2021 |
| Start Time | 8:00am |
| Course/Bracelet Color | BLUE |
| Finish Cut-Off | 11:00am |
| Drop Bags | Drop bag area will be at the Start/Finish area |
| Crew Support | Crew support is allowed only at Start/Finish area |
| Pacers | Pacers are not allowed |

50-MILE • 50K • HALF-MARATHON • 10K

## Race Fields



50-MILE • 50K • HALF-MARATHON • 10K

## Race Fields

| Half Marathon |  |
| :--- | :--- |
| Date | Sunday September 24th, 2021 |
| Start Time | 7:00am |
| Course/Bracelet Color | ORANGE |
| Finish Cut-Off | 11:00am |
| Drop Bags | Drop bag area will be at the Start/Finish area |
| Crew Support | Crew support is allowed only at Start/Finish area |
| Pacers | Pacers are not allowed |

## Race Fields



# THEBEARCHASE <br> 50-MILE • 50K • HALF-MARATHON • 10K <br> Medical and Safety 

## Medical Response

The Bear Chase Race Series medical staff is responsible for providing all medical responses during the race. The medical staff and tent is located at the Start/Finish area, and Outlaw Aid Station will have basic first-aid supplies.

Runners experiencing a medical emergency on course will need to go to the nearest aid station, timing checkpoint, or report the emergency to a passing runner. Medical evacuations will only be reserved for serious or critical medical needs such that the injured party can not physically move under their own ability.

## Runner Safety

All runners should follow general safety precautions as one would take while training on trails in remote areas.

## Course Terrain

$99 \%$ of the course is ran on dirt trail. Expect loose and rocky terrain with uneven surfaces. This terrain can be of a further challenge after sunset with limited to no light. Runners are required to carry a light source on their last lap after 6:00pm.

## Weather

All runners are expected to be prepared for any weather condition and the race will continue on rain or shine. Race officials may make the decision to hold runners at aid stations in the event of imminent hazardous weather conditions such as severe lightning within proximity of the course. Runners will not be allowed to progress further until it has been determined safe to resume. Runners on course should take necessary safety precautions:

Wildlife
Runners and spectators are required to respect the wildlife by not approaching, feeding, or harming wildlife. Race participants observed violating this are subject to race disqualification.

Rattlesnakes are known to be on trails in the front range area. If encountered on the trail, do not approach. Slowly back away, allowing the snake plenty of room. In most cases the snake will move along on it's own. Do not attempt to move the snake with sticks or rocks. This will further antagonize the snake and increase its defensive posture. Slowly proceed forward after the snake has left the trail, listening for any indication the snake is nearby.

## Post Race

## Awards

All runners will receive a finisher's medal to commemorate their accomplishment, suitable for wearing to work or on the light rail.
Special awards will be given for top finishers and age group awards

## Finish Celebration



Join us in the Start/Finish area for your post-race celebration by enjoying a recovery meal freshly made from the Burger Bus, serving :
Saturday - Burgers (vegan option available) with homemade chips
Sunday - Pancakes and sausage
The Burger Bus will be available throughout the race day on Saturday and Sunday offering spectators a reasonably priced meal while they wait for you to cross the finish line.

Top off your celebration with family and friends with various refreshing drinks on ice including Avery beer (21 and older, ID required), Liquid Death Water, Bing Energy Drink, and various soft drinks.

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## In Appreciation

Volunteers
Be sure to thank the 2-dozen volunteers during the race who are supporting you to make your Bear Chase experience fantastic. If you have friends and family who would be interested in volunteering, please have them sign up at: www bearchaserace.com


## Sponsors/Vendors



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# - E~: 10K • 13.1-Mile • 50K • 50-Mile • 100K TRAIL RACES 

## Bear Chase Race Series

Director: David Manthey

coach@runnersedgeoftherockies.com<br>303.320.EDGE (3343)

www.BearChaseRaceSeries.com

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 <br> <br> Cumulative Distance Tables}

## 50K

Aid Stations

|  | Course Distance | Distance to Next | Offerings | Restrooms |
| :--- | :--- | :--- | :--- | :--- |
| Start/Finish | 6.2 M | 3.1 M | Hydration/Food | Yes |
| Turkey Creek | 9.3 M | 3.5 M | Hydration/Food | No |
| Fox Hollow | 12.8 M | 2.3 M | Hydration/Food | Yes |
| Cattail Creek | 15.1 M | 3.6 M | Hydration/Food | Yes |
| Start/Finish | 18.7 M | 3.1 M | Hydration/Food | Yes |
| Turkey Creek | 21.8 M | 3.5 M | Hydration/Food | No |
| Fox Hollow | 25.3 M | 2.3 M | Hydration/Food | Yes |
| Cattail Creek | 27.6 M | 3.6 M (Finish) | Hydration/Food | Yes |

## Cumulative Distance Tables

## 50 Mile

Aid Stations

|  | Course Distance | Distance to Next | Offerings | Restrooms |
| :--- | :--- | :--- | :--- | :--- |
| Turkey Creek | 3.1 M | 3.5 M | Hydration/Food | No |
| Fox Hollow | 6.6 M | 2.3 M | Hydration/Food | Yes |
| Cattail Creek | 8.9 M | 3.6 M | Hydration/Food | Yes |
| Start/Finish | 12.5 M | 3.1 M | Hydration/Food | Yes |
| Turkey Creek | 15.6 M | 3.5 M | Hydration/Food | No |
| Fox Hollow | 19.1 M | 2.3 M | Hydration/Food | Yes |
| Cattail Creek | 21.4 M | 3.6 M | Hydration/Food | Yes |
| Start/Finish | 25 M | 3.1 M | Hydration/Food | Yes |
| Turkey Creek | 28.1 M | 3.5 M | Hydration/Food | No |
| Fox Hollow | 31.6 M | 2.3 M | Hydration/Food | Yes |
| Cattail Creek | 33.9 M | 3.6 M | Hydration/Food | Yes |
| Start/Finish | 37.5 M | 3.1 M | Hydration/Food | Yes |
| Turkey Creek | 40.6 M | 3.5 M | Hydration/Food | No |
| Fox Hollow | 44.1 M | 2.3 M | Hydration/Food | Yes |
| Cattail Creek | 46.4 M | 3.6 M (Finish) | Hydration/Food | Yes |

## Cumulative Distance Tables

## 100K

Aid Stations

|  | Course Distance | Distance to Next | Offerings | Restrooms |
| :---: | :---: | :---: | :---: | :---: |
| Turkey Creek | 3.1M | 3.5 M | Hydration/Food | No |
| Fox Hollow | 6.6 M | 2.3 M | Hydration/Food | Yes |
| Cattail Creek | 8.9 M | 3.6 M | Hydration/Food | Yes |
| Start/Finish | 12.5M | 3.1 M | Hydration/Food | Yes |
| Turkey Creek | 15.6 M | 3.5 M | Hydration/Food | No |
| Fox Hollow | 19.1 M | 2.3 M | Hydration/Food | Yes |
| Cattail Creek | 21.4M | 3.6 M | Hydration/Food | Yes |
| Start/Finish | 25M | 3.1 M | Hydration/Food | Yes |
| Turkey Creek | 28.1 M | 3.5 M | Hydration/Food | No |
| Fox Hollow | 31.6 M | 2.3 M | Hydration/Food | Yes |
| Cattail Creek | 33.9 M | 3.6 M | Hydration/Food | Yes |
| Start/Finish | 37.5M | 3.1 M | Hydration/Food | Yes |
| Turkey Creek | 40.6M | 3.5 M | Hydration/Food | No |
| Fox Hollow | 44.1 M | 2.3 M | Hydration/Food | Yes |
| Cattail Creek | 46.4 M | 3.6 M | Hydration/Food | Yes |
| Start/Finish | 50M | 3.1 M | Hydration/Food | Yes |
| Turkey Creek | 53.1M | 3.5 M | Hydration/Food | No |
| Fox Hollow | 56.6M | 2.3 M | Hydration/Food | Yes |
| Cattail Creek | 58.9M | 3.6M (Finish) | Hydration/Food | Yes |

