



2019 RACE WEEKEND GUIDE

PACKET PICKUP

Runners Roost Lakewood
7978 W. Alameda Avenue
Lakewood, Colorado 80226
www.RunnersRoostLakewood.com

Friday, September 27
11 a.m. to 7 p.m.

Saturday, September 28
10 a.m. to 6 p.m.

RACE TIMES

Saturday, September 28
100-Kilometer 6:30 a.m.
50-Mile 6:30 a.m.
50-Kilometer 7:30 a.m.

Sunday, September 29
Half Marathon 7:00 a.m.
10-Kilometer 8:00 a.m.

Race Packets: Your bib number with timing chip & technical race tee shirt will be available on Friday, September 27 and Saturday, September 28 at Runners Roost-Lakewood, located on the southwest corner of West Alameda Avenue and South Wadsworth Boulevard. Race packets will also be available at the start line starting at 5:30 a.m. but please use race morning packet pick up as a last resort. You will be required to show a valid photo identification to pick up your packet and will also be required to sign the City of Lakewood's additional participant waiver. (For this reason, we cannot allow pickup for fellow runners.)

Transfers: Runners may transfer their bib or change their race distance at packet pickup. You may change to a shorter distance for no charge, and upgrade to a longer distance for the difference in the price. No race day changes allowed.

Race Shirts: Technical race shirts have been ordered based on the sizes provided at the time of registration. Unfortunately, we may not be able to accommodate exchanges for different sizes at packet pickup, though we will do our best to help you exchange sizes after the races start. Just ask a member of our race staff!

Parking

Runner, Spectator and Volunteer Parking: Runners, spectators and volunteers will be parking in Bear Creek Lake Park. It is a short walk to the Start/Finish line, but please allow yourself plenty of time before race start, or the start of your volunteer shift. **WE STRONGLY ENCOURAGE CARPOOLING!** Follow the map below to find parking at Pelican Point, or the overflow parking area at the Equestrian Arena (or Soda Lake Marina, if necessary).



Drop Bag Area

A bag drop area will be at the Start/Finish for all races. Race volunteers will assist with finding drop bags but please be sure that your drop bag is easily identifiable for quick access. The bag area will be monitored; however, The Bear Chase Race is not responsible for lost/stolen items. Please do not leave valuables in your drop bag. Because the 2019 Start/Finish area is exposed to the sun, runners are also encouraged to bring shade tents or Sportbrellas. Runners in the 100-kilometer, 50-mile and 50-kilometer races will be able to access drop bags at the end of each loop for additional supplies and gear before starting their next loop. Runners should plan on bringing a drop bag with a change of warm/dry clothes and anything else you might need, such as clothing for various/changing weather elements, socks, extra gels/chews, etc.).

Overnight Camping

There is no overnight parking at Bear Creek Lake Park. Official park hours are 6:00 a.m. to 10:00 p.m.

Runners wishing to camp at the designated campground area will need to check availability and it is suggested you make reservations before arriving. Please visit <http://www.lakewood.org/bclp/> for more information on Bear Creek Lake Park and camping fees.



Race Course

Course Markings: There are five different race distances being run as part of Bear Chase race weekend, on two loop courses, it is important that you stay alert and watch for the course markings for your individual race. There are no out and back sections on either of the two loops, and the loops share the same trails at times. So there will be sections of the course where you will see BOTH the orange and blue flagging/markers. There are three junctures where the courses split/converge, and we will have those marked extensively with flagging and signs. For detailed course maps and written course descriptions, please visit <http://www.bearchaserace.com>. The course will be marked with signs, orange and blue flagging, and some sections with chalk or flour. See below for the flagging colors for your race distance.

50-kilometer Distance: The 50-km race is the only one to go on BOTH the orange and blue courses. (One lap on the blue course followed by two laps on the orange course.) While the race staff and volunteers will be reminding runners to switch to the orange course markings at the start of the second lap, it is the runner's responsibility to remain attentive, otherwise they may end up with some of those dreaded ultramarathon "bonus miles."

Distance	Approx. Mileage	Water Crossings	Blue Laps	Orange Laps
100-km	62.5	15	---	5 laps
50 mile	50.0	12	---	4 laps
50-km	31.1	7	1 lap	2 laps
13.1 mile	13.1	3	---	1 lap
10-km	6.1	1	1 lap	---

Pacers and Crews: Pacing, or having another runner accompany you, is allowed after 3 p.m. for the 100-km and 50-mile distances. Pacers MUST check in at the Start/Finish, complete a waiver, and wear a pacer bib. "Muling", or carrying runners' water, food and gear, is not allowed. Crewing (i.e., providing gear and supplies for runners) is allowed, but ONLY at the Start/Finish area. As a safety precaution, crewing is not allowed at any other point on the course. Runners who receive aid from crew outside of the Start/Finish area will be disqualified from the race.



Water Crossings and Other Trail Fun: Look, we get it. Water crossings can be intimidating. But follow these tips from our experts and you may be begging for more next year! First, the water crossings on each lap are consecutive. Your shoes and feet WILL get wet but they also will dry. We promise. If you are prone to blisters, use an ointment like Ruby's Lube or Aquaphor before putting on your socks before the race. Cotton socks absorb water and don't dry quickly - instead wear Swiftwick or other quick-drying fabric socks. And runners don't have to run through the crossing. Walk, trot, dance, crawl or skip but if nothing else, have fun!

And in the spirit of safety, you will be sharing the trail with your fellow runners. If you must add a soundtrack to this amazing run, keep the volume down or use only one headphone so you can hear runners around you. Please communicate with each other and allow faster runners to pass.

Cutoffs: The race course will close at 9:30 p.m. for the Saturday ultramarathons, and at 11 a.m. for the Sunday half marathon and 10-km. Runners who wish to drop from the race at any time must immediately notify a member of the race staff. Once a runner has announced to race staff that he/she has dropped, the runner will not be allowed to continue. There are no hard cutoffs for the 50-km, half marathon and 10-km races, as long as runners are finished by the close.

Distance	Final Lap Start	Elapsed Time/ Mileage
100-km	6:00 p.m.	11 hrs, 30 mins/ 50 miles
50 mile	6:00 p.m.	11 hrs, 30 mins/ 37.5 miles

Race Course, continued

Aid Stations: The course will be well supported with aid stations set up approximately every 3 to 4 miles. The large aid station at the Start/Finish will be stocked with a full assortment of drink and food. Drink options will include water, Gatorade electrolyte drink, soda, and coffee. Food options will include cookies, pretzels, chips/crackers, M&Ms, Skittles, gummy bears, PB&J sandwiches, bean and tortilla rolls, bananas, watermelon, and oranges, as well as Honey Stinger energy gels and chews. Kleenex and bug repellent will also be available. CU Sports Medicine will provide on course medical aid.

Aid Station	Mile	What's Available
Fox Hollow	4.6	Hydration only for first lap
Cattail Creek	6.9	Hydration and food
Boat Ramp	9.3	Hydration and food
Start/Finish	12.5	Hydration and food

Leave No Trace: To minimize trash on the trails, the Bear Chase races are CUP-FREE. This means paper cups will not be provided 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 3.6 miles between each aid station, runners appreciate not needing to “overload” bottles or hydration packs with fluids. Paper cups will be provided for soda; however runners will be required to throw cups away before leaving the aid station. Any runner found intentionally littering on the trail will be disqualified. ***We will have plenty of water for everyone at the finish line but please bring your own water bottle!***



Sports Medicine



Volunteers: During the race, be sure to thank the 100+ volunteers who make The Bear Chase Race experience fantastic for our runners and spectators. If you have friends and family who would be interested in volunteering over the weekend, please invite them to sign up at the link below.

All volunteers will receive a Bear Chase technical race shirt and full access to the finish line festival. People needing volunteer hours for other race entry requirements can request verification from the Race Director or Volunteer Coordinator on race day.

<https://ultrasignup.com/volunteer.aspx?dtid=36945>



Timing, Awards and Finish Line Festival

Timing System: Timing services for The Bear Chase Race are provided by Hal Sports. Your bib is your timing chip! It is important that you do not fold, crumple or alter your bib as that may damage your chip. Trail runners may be used to folding the edges or sides of their bib to make it smaller, however doing so at The Bear Chase Race may render the timing chip unreadable by the timing pad and leave you without an official race time. To offset this, we have made the race bibs smaller. Runners may be tracked at the following event page, <https://halsports.net/event/bear-chase-trail-races-2019/> and you can download the Hal Sports app right to your Android or iPhone (<https://live.sporthive.com/event/2539>).



Finish Line Festival: Finishers will be able to refuel and relax after the race in the finish line area. We will have soda, coffee, BBQ (Saturday), pancakes and sausage breakfast provided by Flippin' Flapjacks (Sunday), and craft beer. Runners will also be able to enjoy a post-race massage, and sample Bing energy drinks.

Awards: Finishers in the 100-kilometer race will receive a Bear Chase Race belt buckle and medal, and the final finisher will also receive a special trophy for "Bearly" getting it done. Finishers of the 50-mile, 50-kilometer, Half Marathon, and Baby Bear 10-kilometer races will receive a finisher medal. The top three finishers in each race distance will receive a trophy, pint glass, Runners Roost gift certificate, and other gifts. Age group awards, including pint glasses and Runners Roost gift certificates will be given to the top three finishers in each age group.



Project Purple

In memory of our good friend and fellow trail runner Allison Reeves who passed away earlier this year, we encourage everyone to get to know our partners at **Project Purple**, (<http://www.projectpurple.org/>), and make a donation to help support the battle against pancreatic cancer.



— A WORLD WITHOUT PANCREATIC CANCER —

Bear Chase Race Series
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