
KENDALL MOUNTAIN PARTICIPANT GUIDE

Silverton, Colorado

Located in the heart of the San Juan Mountains, at 9,318' elevation, Silverton is sure to take your breath away! This mountain town has a rich silver and gold mining history dating back to the 1860's, which continued in the area until the early 1990's. In the 1960's the Kendall Mountain Ski Area was opened, which is still in operation today! Silverton is designated as a National Historic Landmark District with a population of less than 700 residents.

Silverton COVID Requirements

Per Public Health Order, individuals must wear a mask in any public space where 6 foot of distance cannot be maintained. This includes outdoor spaces such as parks and streets. Please do your part to keep Silverton residents healthy!



Thank you for joining us for the 2020 Kendall Mountain Run!

We are excited to hold our first in-person race, but we have a lot to communicate regarding new guidelines, procedures, and even an updated course route. Our goal is to provide you with the same well organized, laid-back atmosphere you love at Aravaipa races, but with COVID risks minimized to every extent possible. The safety and health of our runners, volunteers, staff, and the local community are our top priority. Please take a few minutes to review this Runner Guide, and feel free to reach out to us with any questions!



COVID-19 Guidelines and Procedures

If you read nothing else, read this! Below are the procedures put in place in order to adhere to our permits, the requests of the Town of Silverton, and to ensure your safety. All participants must agree to and abide by these guidelines by answering the prompts on Ultrasignup.

- Participants agree NOT to attend the event if they display any COVID-19 symptoms within 14 days of the event. Symptoms include fever, cough, difficulty breathing, headache, body aches, loss of taste, sore throat, runny nose, nausea/vomiting, and diarrhea.
- Participants agree NOT to attend the event if they have been exposed to someone testing positive for COVID-19, or displaying symptoms, within 14 days of the event.
- All participants will have a contactless temperature check before entering race headquarters. Anyone with a temperature above 100.4 degrees will not be allowed in the race area.
- All participants will wear a mask covering nose and mouth UNLESS running or eating. This also applies to all spectators and crew in or around the race start/finish.
- Participants will maintain a 6 foot social distance whenever possible.
- All participant interactions will be modified to be as contactless as is feasible. This includes aid stations, packet pickup, and finish lines.
- Runners will plan to be more self sufficient in terms of water and nutrition.
- Volunteers and staff will wear gloves when handling any food or beverages. Surfaces will be disinfected at regular intervals.
- Pre-assigned wave starts will be used, with 10 runners starting every 5 minutes. Waves will be determined based on Ultrasignup ranking.

We will have a marshal at race headquarters to ensure all participants follow these guidelines. Any runner not adhering will be disqualified. Runners are responsible for their spectators/crew.

PUBLIC HEALTH ORDER
2020-04

IN SAN JUAN COUNTY COLORADO :

-  **I WILL MAINTAIN 6 FEET OF SOCIAL DISTANCE.**
-  **I WILL WASH MY HANDS OFTEN.**
-  **I WILL COVER MY FACE IN PUBLIC.**
-  **I WILL STAY HOME WHEN I AM SICK.**
-  **I WILL GET TESTED IMMEDIATELY IF I HAVE SYMPTOMS.**

SAN JUAN COUNTY PUBLIC HEALTH
prevention health at its peak

Experience a Silverton Safe Summer™

SAN JUAN COUNTY
SILVERTON, COLORADO

Packet Pickup

Packet pickup will be modified this year to reduce contact. Runners will receive a sealed bag (these are compostable!) containing their race bib, finisher glass, and shirt. The bag will be labelled with the runner's wave start time. All packet pickup locations will be outdoors. Please pick up your packet before race day if at all possible.

Kendall Mountain packet pickup will be on:

Friday and Saturday (after Silverton Alpine)
3pm-6pm
Silverton Memorial Park, 18th and Greene St.

Sunday (race day)
5:30am-9am
Silverton Columbine Park, 12th/13th and Empire St.



Race Location

Race Start: Lot located at 12th Street and Empire, next to the Sage Hen Cafe

Race Finish: Memorial Park, 18th St. and Greene St.

Kendall Mountain

At 13,066' elevation, Kendall Mountain towers over the Town of Silverton. A jeep road winds from town all the way up to the "Notch", where runners will leave the road to make the final 300' foot scramble to tag the summit! This year, runners will follow the ridge line to get a view of town and descend down opposite side of the mountain, linking up with the jeep road.

Kendall Mountain Run History

The Kendall Mountain Run has its roots in a 1908 miner's bar bet. Neal McQuaid lost his bet that he could make the summit and back in an hour and thirty minutes, but only by one minute and 45 seconds! A few months later, M.J. Wright set out with the same goal, and completed the summit and descent in 1:27.25.

The first official Kendall Mountain Run was held by Silverton local Bill Gardner and friends in the 1970's with around 15 runners. Now in its 43rd year, the tradition is continued today by Aravaipa Running, though the course has changed quite a bit from the mining days! The current course records are:

Men

Jim Walmsley- 1:31:05 (2017)

Women

Stevie Kremer- 1:55:27 (2015)

Weather

Silverton (like most Rocky Mountain towns) has a familiar pattern of weather during the summer. Days typically start sunny and clear, and by early afternoon clouds begin rolling in. An afternoon rainstorm quickly empties the clouds, and the sun returns again. Nights will be chilly, even in the 30's, but during the day temps in the mid 70's will feel quite warm. Layers are your friend. Please plan accordingly!

Lodging

There are several hotels in town, most of them historic and quaint. We like the Grand Imperial Hotel and the Canyon View Motel. Durango, 1 hour away, has an abundance of lodging opportunities.

Camping

Within town, the Silverton Lakes RV Park has sites for RV's and tents as well as cabins, but spaces fill quickly. Just outside of town in the National Forest are many stunning dispersed camping areas, often creekside and always free. 15 minutes south of Silverton is Molas Lake Campground.

Race Day

There will be lots of changes with the flow of the event on race day, beginning at Race Headquarters. Headquarters will be cordoned off, and closed to everyone except for essential staff and the upcoming two waves of runners. Everyone entering will have their temperature checked by medical personnel; anyone with a temperature above 100.4 degrees will not be admitted. Participants will also answer a COVID-19 questionnaire. All participants, spectators, volunteers, and staff in the block on Empire St from 11th to 13th, and anyone at Memorial Park, will be required to wear a mask.

Any participant that develops symptoms or is exposed to someone exhibiting symptoms will be asked not attend the event. Full race credit or a deferral to the 2021 event will be offered at any time, even the day of the race.

Runners will be starting every 5 minutes, in waves of 10. The wave that is starting next will be at the starting line, socially distanced by 6 feet. The next wave of runners will be in the holding corral, ready to go. In this manner runners will continue to be cycled into the race headquarters to start their race.

While on course, runners will always stay to the right side of the road, both on the way up and the way down the mountain. We ask that all participants (with the exception of family members) stay socially distanced at 6 feet apart. When passing another runner, please pass wide. We also recommend bringing a buff for dust- the road up Kendall is occasionally used by ATV's.



Aid Stations

There will be one aid station at Kendall Mountain- Deer Park (mile 3.3 and 8.5). Runners will pass this aid station twice. This year, there will be **no aid at the Notch**.

Due to the restrictions of our permit, we will be serving only the following pre-packaged foods:

Lays Potato Chips	Fruit Snacks	Trail Mix	Bananas/Cuties
Granola Bars	M&M's	Oreos	Gels

And the following beverages:

Water (self-serve and bottled)	Gatorade	Ginger Ale	Coke	Mountain Dew
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We want to encourage runners to be more self-sufficient than normal. This includes carrying extra water to reduce the number of stops at aid stations, and bringing whatever additional nutrition you might need.



Crews, Pacers, and Spectators

There will be no crew and pacers allowed for Kendall Mountain in 2020. Spectators are welcome, but must spectate outside of race headquarters and cannot assist runners at aid stations. We ask spectators to please follow the guidelines set out for participants in terms of social distancing and wearing a mask. There will also be no pets allowed on course. Thank you for helping us adhere to the requests of the Town of Silverton, and to keep everyone involved safe and healthy!

Post Race

After finishing, please stop by the aid station for water and snacks, then move out of the race area. Hugs, high-fives, and group photos will have to wait for another time! Our good standing with the Town is dependent on adherence to their guidelines, and this includes post-race. Thank you!

Course Changes

There will be two course changes for Kendall Mountain in 2020. First will be our starting line, now located one block over on 12th and Empire instead of 12th and Greene. This allows us to space out our starts over 2 hours.



The second, and more significant change, will be at the summit of Kendall Mountain. Runners will continue up to the Notch as in previous years, and make a right to scramble the last 300 feet to the summit. From the summit, rather than return the way they came, runners will follow the Ridgeline for about 100 feet (and gain a view of town in the process), then descend down the opposite side of the mountain. This short trail will connect to the same jeep trail runners ascended. Please see the map below.

Course Marking

The race course will be well marked with orange plastic ribbons with black polka dots and orange reflective pin flags. Trail junctions and turns will also be well marked with signs. Blue & white checkerboard plastic flagging will be hung to designate WRONG WAY trails. All runners are responsible for understanding the layout of the course. Please familiarize yourself with the course maps on our website prior to race day.

Volunteers

This event would not be possible without all of our wonderful volunteers! Volunteering is a great way to see your runner on course. We are still looking for volunteers for several aid stations, as well as for set up and breakdown. Please visit <https://www.aravaiparunning.com/volunteer/> for more information and to sign up.



WE LOOK FORWARD TO SEEING YOU IN SILVERTON!

If you have any additional questions or concerns, please feel free to email julie@aravaiparunning.com