

Ring the Springs Runner Guide

June 17-18, 2023





1. Welcome!

We are excited to welcome you to the 2nd Annual Ring the Springs event! This race will feature a 100 Mile, a new 100K and 50K race as well as a 25K option to round things out. The idea behind this race is to give you a full tour of the parks, trails and open spaces that Colorado Springs has to offer. 100 Mile & 100Km runners will get the full view entering Cheyenne Canon and Pike National Forest, while the 50 Km runners will join for the city park portion. 25K runners will enjoy a fast course starting from Ute Valley and joining the original course to finish at America the Beautiful Park.

Please read through this Runner Guide to make the best of your race, and do not hesitate to email or text us with any questions. You can reach us race week at 602-346-0554 or email jamil@aravaiparunning.com

We HIGHLY recommend that Pacers and Crew also read this Runner Guide.

Like being social and want to be kept up to date with all the deets? Follow the [Aravaipa Colorado](#) instagram page.

2. History

Ring the Springs connects many of the parks, trails and open spaces that the Colorado Springs community knows and loves. This race showcases the connectivity of the trails as well as the value of our park systems in the area. As the first 100 miler in Colorado Springs, we hope to draw attention to the importance of conservation, maintenance, and acquisition of trails systems in the Pikes Peak Region.

3. Schedule

Friday, June 16th

4:00-7:00pm	Packet pickup, expo, dinner & live music at Buffalo Lodge! – Join us for a festive evening at the Buffalo Lodge right in Colorado Springs near the Garden of the Gods for packet pickup, an on site expo with some of our local partners & vendors, and stay for food from Native Grill Food Truck and live music from 6-8pm. The bar at Buffalo Lodge will be open as well all afternoon & evening! Street parking nearby.
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Saturday, June 17th

4:15am	Packet Pickup Opens at Rock Ledge Ranch (3105 Gateway Rd, Colorado Springs, CO 80904)
4:50am	100 mile race briefing by Race Director
5:00am	100 Mile Race Starts at Rock Ledge Ranch (3105 Gateway Rd)
6:00am	100K Race Starts at Rock Ledge Ranch (3105 Gateway Rd)

Sunday, June 18th

5:15am	50 Km shuttle leaves Rock Ledge Ranch for Palmer Park (Packet Pickup at Palmer)
6:00am	100 Km Cutoff
6:00am	50 Km Race Starts at Palmer Park (3105 Gateway Rd, Colorado Springs, CO 80904)
7:15am	25Km shuttles leave Rock Ledge Ranch for Pinon Valley Park (Packet Pickup at Pinon Valley)
3:00pm	100 Mile Cutoff (34 Hours)
4:00pm	50K Cutoff (10 Hours)

4. Packet Pickup / Expo

We will be hosting our packet pickup & expo on Friday, June 16th from 4:00-7:00pm at Buffalo Lodge Bicycle Resort nearby to Garden of the Gods. We'll have some of our vendors and local partners present with booths, bib pickup, a pre-race meal provided for all 100 mile & 100 km runners from Native Grill Food Truck, the Buffalo Lodge bar will be open on site and there will be live music from 6:00-8:00pm. Join us for a fun afternoon before the big day.

All 100Km and 100 Mile participants will receive a pre-race meal ticket when they arrive good for one select meal. Additional meals are available for purchase directly from Native Grill.

We highly recommend attending the pre-race expo and picking up your race bib, but we will also have race day pickup available.

5. Rules

Runners (including runner's pacers, crew, and spectators) who fail to adhere to these rules will be subject to disqualification from the race.

- **Qualification** – While there is no actual qualification requirement for entry, runners are expected to have adequate mountain/ultra/trail experience to be prepared for the course. We recommend 100-mile entrants have completed a 50-mile race or greater before race day. Aravaipa Running reserves the right to refuse entry.
- **Age** – Minimum age (on 6/17/23) to participate in the 100 Mile race is 18 years.
- **Volunteer Requirement** – Runners are NOT required to provide trail work in order to run the race.

- **Residential Areas** – The course passes through some residential areas. Be respectful of local residents during the race; run single file on side-walks, cross in crosswalks, be quiet at night, don't shine headlamps at houses, don't slam car doors, be respectful, etc.
- **Outside Aid** – Runners may **not** receive any aid outside of designated aid stations. This includes carrying of gear/supplies/food/water by pacers and support from crew outside of designated aid stations.
- **Crew Access** – Crew may not provide aid to their runner at any point on the course other than designated crew access aid stations. Vehicles must park off of roadways, may not shadow or follow their runner on road sections, and must obey all traffic laws.
- **Pacer Sections** – Pacers are allowed starting at mile 45ish (Gold Camp II Aid) and are to accompany their runner on foot (no bikes). Multiple pacers may be used, but only one at a time and must swap out at designated pacer access aid stations.
- **Pacers** – Pacers may only join at designated aid stations: Gold Camp II, American The Beautiful, Palmer & Ute.
- **Crew / Pacer Parking** – Vehicles must park off of roadways, may not shadow or follow their runner on road sections, and must obey all traffic laws. We ask crew vehicles be kept to 1 per runner and that they not arrive at aid stations excessively early or stay long after their runner leaves the aid station. Pacers may NOT park at aid stations. **Do not block any public roadways.** Crew/Pacer vehicles will not be allowed to park along state highways (numbers highways) or within state right of way. Please DO NOT walk, drive, park, or camp on vegetation.
- **Bib**– Each runner will receive a bib for identification purposes. Runners must display the bib on their outermost layer of clothing at all times during the race.
- **Course** – Cutting or deviating from the course will result in disqualification. If a runner gets off course, they must retrace back to the last known marker and continue on the course from there. A time penalty may be issued, at the Race Director's discretion, for inadvertent deviations from the course.
- **Leaving the Course** – Runners may only leave the course FROM AID STATIONS in one way:
 - o **ONE** – Runners may leave an Aid Station on their own (IE – walking) in order to access a crew vehicle for aid or sleep.
- **Dropping from Race** – Runners may only drop from the race at Aid Stations and must inform the aid station captain and/or race command at 602-346-0554. Do not leave the course without informing a staff member.
- **Courtesy** – Runners must follow direction and be courteous to race officials and volunteers.
- **Gas Stations/Convenience Stores** – You may be lucky enough to pass a gas station or convenience store on course. You may stop if you would like to make a purchase or use the restroom. If you do, please return to the course and continue from the same place that you left. No shortcuts to access these stores.
- **Pets** – Pets are not allowed on the course or at aid stations at any time. Certified service animals are allowed but must be clearly identified. Crews may have dogs in vehicles. Dogs may not leave the crew vehicle at the Gold Camp and Old Stage aid stations.
- **Restroom use on Course** – It happens. Step 30' off the trail and dig a 6" (or deeper) hole. If you use wet-wipes instead of toilet paper, you must pack the used wet wipes out in a zip-lock. Some aid stations may have restrooms available.
- **Leave No Trace** – Littering on course by runners, pacers, or crew will not be tolerated. Please follow [Leave No Trace principles](#).

6. Gear Requirements

As a runner, you are expected to know your body and how to get through situations of extreme heat, cold, navigation, etc. We will be there if things go way wrong during the race but we don't want to hold your hand or put extra rules in place. Therefore, we will check for required gear at specific locations on the course based upon weather and time of day. Runners will not be allowed to progress on the course without the required gear. Pacers are also required to carry the same mandatory gear.

Gear that is required along ALL sections of the course (for 100 Mile & 100Km Runners)

- **Cell Phone** – Label it with tape/name in case you are charging at an aid station
- **GPS Enabled Device** with the course file loaded (smartphone in airplane mode is recommended) and extra batteries or method of charging (See GPS Enabled Device section for more info)
- **Headlamp** w/ extra batteries
- **Collapsible Cup** (we are a cupless event)
- **Rain Jacket for the First 50 Miles** – Recommended the whole event as you never know!
- **Whistle**
- **Extra Food** – What you need for the segment at hand +400 calories
- **Electrolytes**

7. GPS Enabled Device

We had issues with course vandalism at this event last year especially in and around some of the City Parks. Although we do our best to mark as close as we can to race day, all it takes is one local to pull flaggings and it takes time for our team to address.

Course markings will be sufficient but not overkill and it is always possible that you zone out and miss a turn. It is MANDATORY for every runner and pacer to carry a gps enabled device with the course file downloaded. This device can be a handheld GPS unit, watch, or smartphone. The smartphone is the easiest and least expensive option. To use a smartphone, install a mapping App such as Gaia, GuruMapsPro, TrailForks, or AllTrails to your phone. Then download your courses GPX file from CalTopo and open the file in the mapping App. The course will appear, as well as your location (blue dot). Be sure to place your phone in airplane mode to maximize battery life.

CalTopo Map: <https://caltopo.com/m/BU6PA>

8. Cupless

In an effort to cut down on the waste produced by this event, Ring the Springs will be a cupless event for cold drinks. What does that mean? There will be no paper cups for cold drink hydration at the aid stations. Runners will be responsible for carrying their own container, cup, flask, or bottle to refill along the way. Please consider a bottle or hydration pack for water and a reusable, easy-to-carry cup for electrolyte refills and soda. We will provide hot cups for coffee, broth, and soup. We will have reusable cups for sale at the expo.

9. Drop Bags

We request that you keep drop bags as minimal in size as possible and no larger than 60 liters (approx. 24"x12"x12"). Bags larger than 60 liters will not be transported to aid stations. Bags should be clearly labeled with name, bib number, and aid station. Drop bags are for runners only, no pacer drop bags.

There will NOT be rain protection over drop bags at aid stations. Please weatherproof your bags if this is a concern. Aravaipa is not responsible for any lost or damaged items in drop bags, including the drop bags themselves.

When you pass through an aid station, PLEASE move your drop bag to the "discard" pile so that we can quickly move it to the finish line to meet you later.

Drop Bags are permitted at Gold Camp, Palmer, Ute & the Finish Line.

17. Start Times & Bib Numbers

Bib numbers are available on our live timing site: https://live.aravaiparunning.com/#/ring_the_springs-2023

Saturday, June 17

100 Mile Start: 5:00AM

100 Km Start: 6:00AM

Sunday, June 18

50 Km Start: 6:00AM (Palmer Park)

25K Start: 8:00AM (from Pinon Valley Park)

18. Course

The course is a tour of all that Colorado Springs parks, trails and open spaces have to offer. The 100 Mile runners will get a full tour including North Cheyenne Canon and entering into Pike National Forest before hitting the city portion of the race. 50 Mile and 100 Mile racers will follow the same course through the city hitting Bear Creek Regional Park, Palmer Park, Austin Bluffs Open Space, Pulpit Rock, Ute Valley Park, Glen Eyrie and Garden of the Gods! 25K runners will join the fun starting at Ute Valley Park and running a fast course all the way back to America the Beautiful Park.

CalTopo links: <https://caltopo.com/m/BU6PA>

19. Course Marking

The course will be adequately marked. Intersections will be marked with directional arrows. Navigation is part of the expectation for ultramarathon running. Over the course of 100 miles markings could get removed by disgruntled locals, or, and most likely, you may get distracted by the beauty of Pikes Peak and miss a turn.

This is why it is mandatory for runners and pacers to carry a GPS enabled device with the course file downloaded.

If you experience a section of the course that is confusing or missing markings, please send a text (602-346-0554) and description of the location to the Race Command phone number provided. We will get out and fix it.

The course will be marked with:

- Orange with black polka dot tape w/ reflectors
- Orange pin flags w/ reflectors
- Some sections in towns will be marked with cones/signs
- Wrong Way – Blue & white checkerboard tape
- Orange “Route Arrows” will be used on some city sections on the pavement

20. Roads

The Ring the Springs course has sections of the course that will be on dirt roads and pavement. Roads will include Forest, County, local, municipal, and state-owned highways, which are subject to all applicable traffic laws. Therefore, you will be running around vehicular traffic and ATVs at some point during the race. Vehicles have the right of way and will NOT stop for you. It is your responsibility to:

- Obey all traffic laws
- Don't run in the vehicle lane. Use sidewalks, bike lanes, shoulders when possible.
- Run on the left side, facing traffic.
- Look both ways and cross when safe
- Cross in crosswalks
- Wait for crossing signals
- Obey pedestrian laws
- Stay safe.

21. Cutoff Times and DNFs

You've all worked hard to make it here and we don't want to cut anyone from the course. However, it is a long race and there are so many moving parts. We need to ensure runner safety and be able to predict logistics and volunteer shifts. So...cutoff times will be enforced.

Cutoff times are the times you need to LEAVE the aid station, not arrive. Cutoff times will only be enforced at Aid Stations with crew access. If a runner doesn't have crew, we will shuttle you to the Start Line or the Finish Line as soon as we are able.

Overall cutoff for the 100 Mile race is 34 hours (6/18- 3pm).

Overall cutoff for the 100 Km race is 24 hours (6/18- 6am).

DNFs happen, especially on races of this distance. Runners may only drop from the race at Aid Stations with crew access and must fill out a drop form. Do not leave the course without informing a staff member.

See the **Aid Station Table** at the end of this Runner Packet for full cutoff times.

22. Aid Stations

Our goal is to provide top notch aid stations at Ring the Springs. In addition to all the normal staples, multiple aid stations will have a hot "meal" option.

Vegetarian and vegan options WILL be available at all aid stations. Gluten free can be made to order at most aid stations.

All aid station will have the following **TRADITIONAL OFFERINGS**:

PB&J sandwiches, bean roll-ups, Snyder's Pretzels, Lay's Potato Chips, trail mix, Welch's Gummies, Oreo Cookies, Chips Ahoy Cookies, pickles, cooked potatoes, bananas, Cuties oranges, and when possible... watermelon. There will not be ANY Gels/GUs/Blocks/Waffles/etc. Only real food, so bring your own.

Drinks: Water, ice, Coke, Ginger Ale, Mountain Dew, and Tailwind.

HOT offerings: Hot water for instant coffee, hot chocolate, tea, Ramen, broth, and oatmeal at select aid stations.

Fortunately, the terrain allows the Aid Stations to be spaced well. The average distance between aid is ~10 miles.

Pacers are welcome to all the food and drinks they would like from aid stations while they are currently pacing. Crew and inactive pacers may not partake of food/drink from aid stations.

23. Restrooms

There will be portable toilets at several aid stations. Please do your best to time your bowels. If you can't, we get it, it happens. Carry toilet paper with you. Step 30' off the trail and dig a 6" (or deeper) hole. Wet wipes can be REALLY nice at a race of this distance. However, if you do use wet-wipes instead of toilet paper, you must pack the used wet wipes out in a zip-lock and throw them away in the trash. Please DO NOT walk on vegetation. We will have restrooms at: Gold Camp, America The Beautiful, Palmer, Ute Aid & Rampart.

24. Crew

Is it necessary to have a Crew? No, but a good crew can sometimes mean the difference between a buckle and a DNF. And life is more fun when you share it with friends and family.

Crew may not provide aid to their runner at any point on the course other than designated crew access aid stations.

Crew vehicles must park off of roadways, may not shadow or follow their runner on sections of road, and must obey all traffic laws. We ask crew vehicles be kept to 1 vehicle per runner and that they not arrive at aid stations excessively early or stay long after their runner leaves the aid station. Crews are not permitted to stop or park along state (numbered) highways or within state highway right-of-way.

Pets are not allowed on the course or at aid stations at any time, especially AS1/4 Gold Camp and AS3 Old Stage. Certified service animals are allowed but must be clearly identified. Crews can have dogs in vehicles but they must remain in the vehicle at Aid Stations.

We ask that Crew members not eat or drink from Aid Stations.

Crew are only allowed at certain aid stations. See the **Aid Station Table** at the end of this Runner Packet for a list of the aid stations where crew is allowed. Runners will be disqualified if their crew shows up at a non-crew-access aid station.

25. Pacers

Pacers are allowed in the 100 Mile or 100K starting at Gold Camp II Aid (Mile 45.5) and are to accompany their runner on foot (no bikes). Multiple pacers may be used, but only one at a time and must swap out at designated pacer access aid stations.

Pacers may not provide any assistance to their runner other than encouragement. No pushing, pulling, carrying, ect or mule-ing (carrying of gear/supplies/food/water).

Pacers are welcome to all the food and drinks they would like from aid stations while they are currently pacing.

26. Medical

Our medical provider, EMS Solutions, will have medics at various aid stations along the course. These medic's primary responsibility is emergency care for runners. **Foot care is the runner's responsibility.** Medics will do their best to help runners with foot care issues when they are not handling more urgent medical care issues. See the **Aid Station Table** at the end of this Runner Packet for exact medic locations.

Any runner who receives an IV during the event will be automatically disqualified.

If you need medical attention out on the trail (not at an aid station) during the race or if you see another runner out on the trail who needs medical attention, please send a text to our emergency contact below. Please program this number into your phone before race day.

EMERGENCY CONTACT DURING THE RACE –
Main Race Command - 602-346-0554
Jamil Coury – 602-361-7440
Noah Dougherty – 480-518-6731
Include bib number, location, and issues

27. Shuttles

We will offer a shuttle from Rock Ledge Ranch to Palmer Park for the 50K runners and from Rock Ledge Ranch to Pinon Valley Park for the start of the 25K.

The 50K Shuttle will leave at 5:15am and the 25K shuttle will leave at 7:15am from Rock Ledge Ranch. Bus boarding will begin at 5:00am and 7:00am respectively.

28. Weather

Colorado is known for temperature swings and the midday sun in the summer can be intense. Expect some parts of the course to be very hot during the day, others to be very cold at night. Thunderstorms are common in the summer months. Should inclement weather roll in, race organizers may hold the race at aid stations for runner safety and may end the race at any time. Please stay alert to inclement weather rolling in and get yourself to safety even if race organizers are not able to get in touch. You are ultimately responsible for your own safety and making decisions in the wilderness.

The highest elevation point on the course will be Mt Rosa. Please be extra vigilant of incoming weather prior to starting your ascent. Aid station volunteers will be notified if we need to hold runners at the Rosa Aid Station. You may also be required to carry specific gear.

SEE REQUIRED GEAR SECTION

29. Buckles and Goodies

Every runner that finishes the 100 Mile course within the cutoff will receive a Ring the Springs belt buckle. 100Km will receive a unique standing award and the 25K and 50 Km runners will receive custom Aravaipa Artworx wood finisher medal!

In addition to the finisher buckle, each runner will receive a race bib, runner shirt and 100 mile runners will receive a backpack, and some sponsor goodies.

30. Photography

We are stoked that you and the course will be captured by Rachel Jump Photography and be available approximately a week after the race.

31. Sponsors

We are very thankful for the support of all of our great partners for Ring the Springs. See below for a full list of race partners.

- [Coros](#) – Aravaipa is excited to partner with COROS, the official GPS watch of Aravaipa.
- [Squirrels Nut Butter](#) – Don't let chafing stop you from reaching your limits--keep your little bits protected! SNB will be providing every runner with a lube stick and they have also generously provided a 20% discount code on any order thru June 30th, 2022. Use code "Cocolube" at checkout.
- [Tailwind Nutrition](#)– Endurance Fuel mixes clear with water to provide all your calories, electrolytes and hydration. Simple to use with a clean, light taste. Just pour, shake and go!
- [Fleet Feet Colorado Springs](#) – Visit Fleet Feet for all of your running gear needs! With an ample selection of shoes, clothing and accessories they will get you race ready!
- LART– This event is partially funded by the Lodgers and Automobile Rental Tax from the City of Colorado Springs.



32. Aid Station Vehicle Access & Crew Parking

All Crew/Pacer accessible aid stations can be reached in a standard passenger vehicle but some roads are a bit rough and some of the aid stations have limited parking. See below for specific notes to help you navigate.

- **Gold Camp Aid** – Paved all the way to the aid station.
- **Old Stage** – Parking is limited. Please plan your arrival 15-minutes before your runner arrives. This aid station is about a 45 minute drive from downtown Colorado Springs.
- **America The Beautiful** – We are sharing the park with the Juneteenth Celebration event all weekend, so parking may be more hectic than normal. Our aid station will be located in the NorthWest corner of the park due North of the Ring Sculpture.
- **Palmer** – Paved all the way to the aid station. Ample Parking
- **Ute** – Paved all the way to the aid station. Ample Parking. Do not park in cul-de-sacs.
- **Finish Line** – Ample Parking- please park in the grass field directly past the main dirt parking lot on the left side. See signage when you arrive.

33. Aid Station Table

100 Mile	Mile	Segment	Drop Bag	Crew	Pacer
Start	0.0				
America The Beautiful Aid I	5.9	5.9		Yes	
Gold Camp I	18.0	12.1	Yes	Yes	
Rosa	22.5	4.5			
Rosemont Water Drop	27.4	4.9			
Old Stage	33.3	5.9		Yes	
Gold Camp II	45.5	12.2	Yes	Yes	Yes
America The Beautiful Aid II	57.3	11.8		Yes	Yes
Palmer Aid	68.3	11.0	Yes	Yes	Yes
Pulpit Rock Aid	80.0	11.7			
Ute Aid	88.0	8.0	Yes	Yes	Yes
Rampart Aid	94.0	6.0			
Finish	100.0	6.0	Yes	Yes	
100 Km	Mile	Segment	Drop Bag	Crew	Pacer
Start	0.0				
America The Beautiful Aid I	5.9	5.9		Yes	
Gold Camp I	18.0	12.1	Yes	Yes	
Rosa	22.5	4.5			
Rosemont Water Drop	27.4	4.9			
Old Stage	33.3	5.9		Yes	
Gold Camp II	45.5	12.2	Yes	Yes	Yes
America The Beautiful Aid II	57.3	11.8		Yes	Yes
Finish	63.4	4.6			
50 Km	Mile	Segment	Drop Bag	Crew	Pacer
Start	0.0				
Pulpit Rock Aid	11.7	11.7			
Ute Aid	19.7	8.0	Yes	Yes	
Rampart Aid	25.7	6.0			
Finish	31.7	6.0	Yes	Yes	
25 Km	Mile	Segment	Drop Bag	Crew	Pacer
Start	0.0				
Ute Aid	3.2	3.2			
Rampart Aid	9.2	6.0			
Finish	15.2	6.0	Yes	Yes	