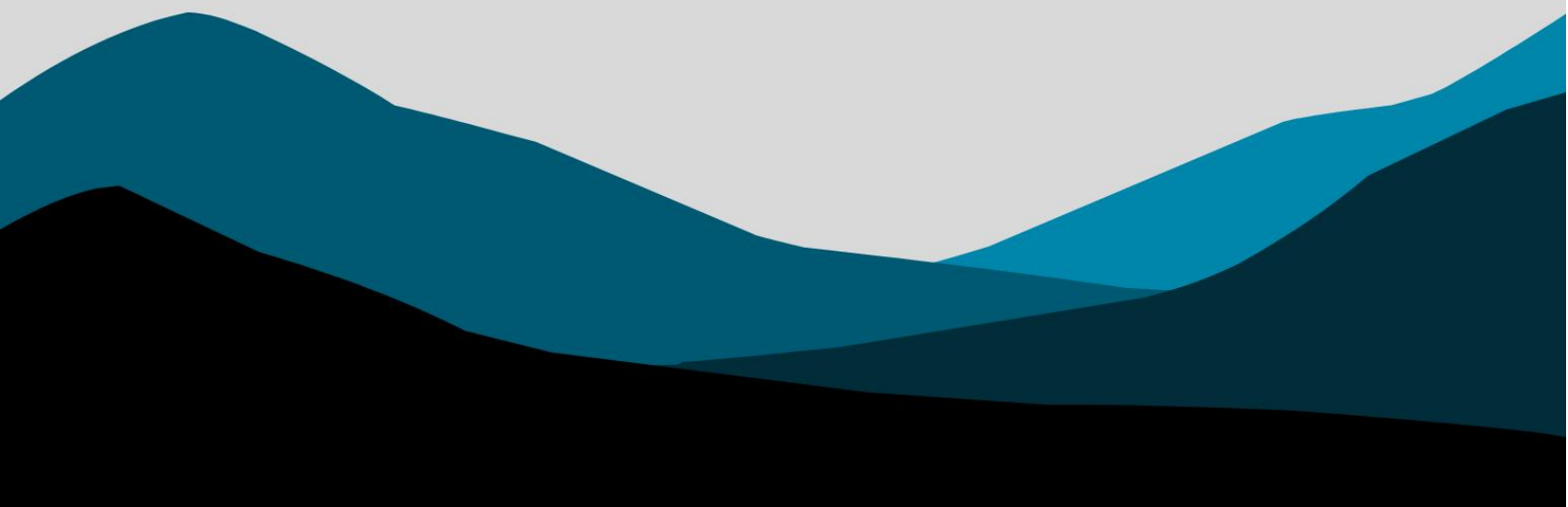




PRESENTED BY



ATHLETE GUIDE





Dear Racers:

Thank you for registering for our Wildcat Mountain Trail Races! We are excited for a fun and positive race day on the beautiful [HRCA Backcountry Wilderness Area](#) trails. We are fortunate to have such a beautiful system of trails, right here in our own backyard, and we are so thankful you've chosen to enjoy them with us.

This athlete guide contains all the information you will need to logistically be prepared to compete in our event. Please take time to carefully read this document and share any information with your friends or family.

These timed trail races will require you to pick up your timing chip/bib, race t-shirt, and other swag before starting the race. There will be a pre-race packet pickup opportunity as well as on race day. Please arrive early to give yourself plenty of time to pick up your supplies, get organized, and warm up before the race.

We cannot discuss this race without thanking our dedicated Backcountry Wilderness Area conservation and land management team. They not only maintain the trails we love so much, but they also continue to implement new and forward-thinking plans to benefit the entire ecosystem. [Consider donating and supporting their environmental stewardship work within our community.](#)

On behalf of our race staff, volunteers, and support team, thank you for racing with us. We are excited that you will be a part of our 2023 season! Don't hesitate to reach out with further questions.

Sarah Mirick
Race Director
Highlands Ranch Race Series
303-471-7048
sarah.mirick@hrcaonline.org

IMPORTANT RACE INFORMATION

RACE DAY

- Saturday, September 30, 2023
- Rocky Heights Middle School, 1033 Monarch Blvd, Lone Tree, CO 80124
- Start line: Follow dirt trail on south side of the middle school parking lot to reach start/finish line
- Race start time: 9:00 am; to avoid congestion, there will be corrals based on your race distance and estimated pace. Each corral will start approximately 1-3 minutes apart.

The race is chip-timed, so your time only starts when you cross the starting line mat. Gun time does not affect your overall time.

PACKET PICKUP

- Early packet pickup (preferred!)
 - Wednesday, September 27, 2023; 2-6 p.m.
[Living the Dream Brewing, 12305 N Dumont Way, Littleton, CO 80125](#)
 - Thursday, September 28, 2023; 12-3 p.m.
[Southridge Rec Center, 4800 McArthur Ranch Rd, Highlands Ranch, CO 80130](#)
- Race-day packet pickup
 - Saturday, September 30, 2023; 7:30-8:45 am
Rocky Heights Middle School



RACE DAY SCHEDULE OF EVENTS

7:30 am	Packet pickup opens at Rocky Heights Middle School
9:00 am	10M race start
9:10 am	10K race start
9:50 am	Estimated arrival of first 10K finishers
10:10 am	Estimated arrival of first 10M finishers
11:00 am	Awards ceremony
11:30 am	Kids races begin
11:45 am	Finish line cutoff time
12:15 pm	Estimated conclusion of event

COURSE INFORMATION

The Wildcat Mountain Trail Races are gorgeous and *challenging*. With significant elevation gain, these single track trails will push runners! Our course starts at race center, follows the Douglas County East/West Trail and utilizes the [Wildcat Mountain Trail Area](#) within the HRCA Backcountry Wilderness Area. We will be running a 10M and 10K simultaneously and runners should observe trail signage to ensure they are on the correct path.

To reduce congestion, the 10M runners will now head to the Daniels Gate lollipop *first* and then enter the Wildcat Mountain trail system. They will continue to the Wildcat Mountain lookout lollipop, and then connect with the 10K course for the Ponderosa Loop.

Aid stations will be available at the following approximate locations:

	10M	10K	Hydration Available
Aid Station 1: Wildcat Trailhead	Mile 1.3	Mile 1.3	Water, sports drink
Aid Station 2: Daniels Gate	Mile 2.3	--	Water
Aid Station 1: Wildcat Trailhead	Mile 3.4	--	Water, sports drink
Aid Station 1: Wildcat Trailhead	Mile. 8.8	Mile 4.5	Water, sports drink

In our effort to respect the trails and follow the principles of “leave no trace,” we are eliminating trash left on the trails by not providing cups for all runners. **Carrying a hydration system is advised** and we can help you refill it throughout the race.



RACE TIMING

Official race timing will be performed by [Colorado Race Timing](http://coloradoracetiming.com). This race will use chip-based technology to ensure times are most accurate. The chip will be located on the back of your bib and will automatically activate once you have crossed the starting mat and record your time once you cross the finish line mat. Bibs must be worn to have times recorded. Questions about timing? Contact Simon at simon@crtiming.com.

AWARDS

Awards will be given to the following groups:

- Overall
- 29 and under
- 30-39
- 40-49
- 50-59
- 60+



The Wildcat Mountain Trail Races awards ceremony will begin at approximately 11:00 am.

PARKING

Free parking is available for runners and spectators in the Rocky Heights Middle School parking lot and the west parking lot of Rocky Canyon High School.

Follow the gravel trail at the south end of the Rocky Heights Middle School parking lot to the race start.

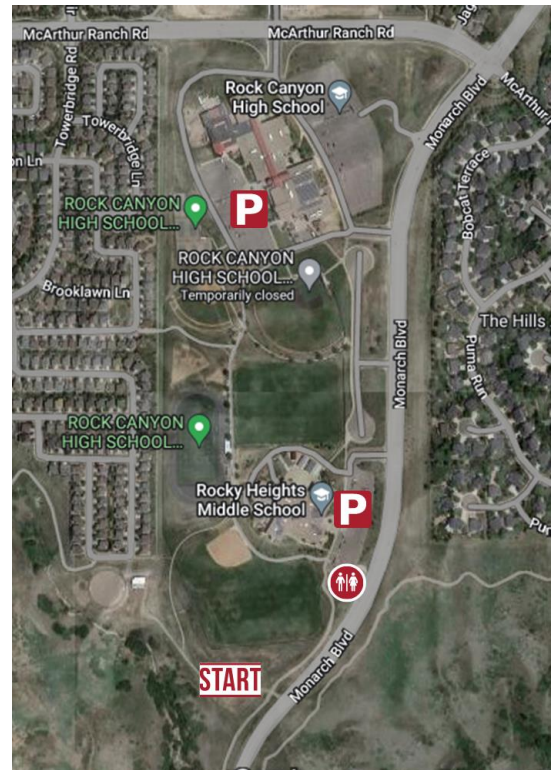
RESTROOMS

Porta potties will be available at the start/finish of the race in the south end of the Rocky Heights Middle School parking lot.

PREPARATION AND WEATHER

The Wildcat Mountain Trail Races take place in September... but in Colorado that can mean anywhere from 85°F to 30°F! Runners should prepare to wear layers, sun protection, warm hats and gloves, etc.

Our race also takes place well above sea level, with a top peak of 6,400 feet. For those not acclimated to the elevation, you can expect significant challenges. Racers will need to stay hydrated – before, during, and after the race, and should expect to drink twice the amount of water they consume on a run at sea level.



BAG CHECK

The Wildcat Mountain Trail Races will have one central bag check at the start/finish line. Using bag check service allows athletes to bring items they might need before or immediately after the race and leave it in a central location for quick access.

A tag for bag check will be provided at packet pickup. Before the race begins, athletes should attach the tag to their gear bag for identification purposes and check it in at the bag check station. Race staff will watch over your bag until you finish the race and return to claim your belongings.




Bag drop items may include sunscreen, special food or drink, sandals or clean socks, etc. Some runners may feel comfortable leaving valuables like cell phones or car keys, but doing so is at your own risk. Race staff will monitor all belongings but athletes should make that personal decision themselves.

SPECTATORS

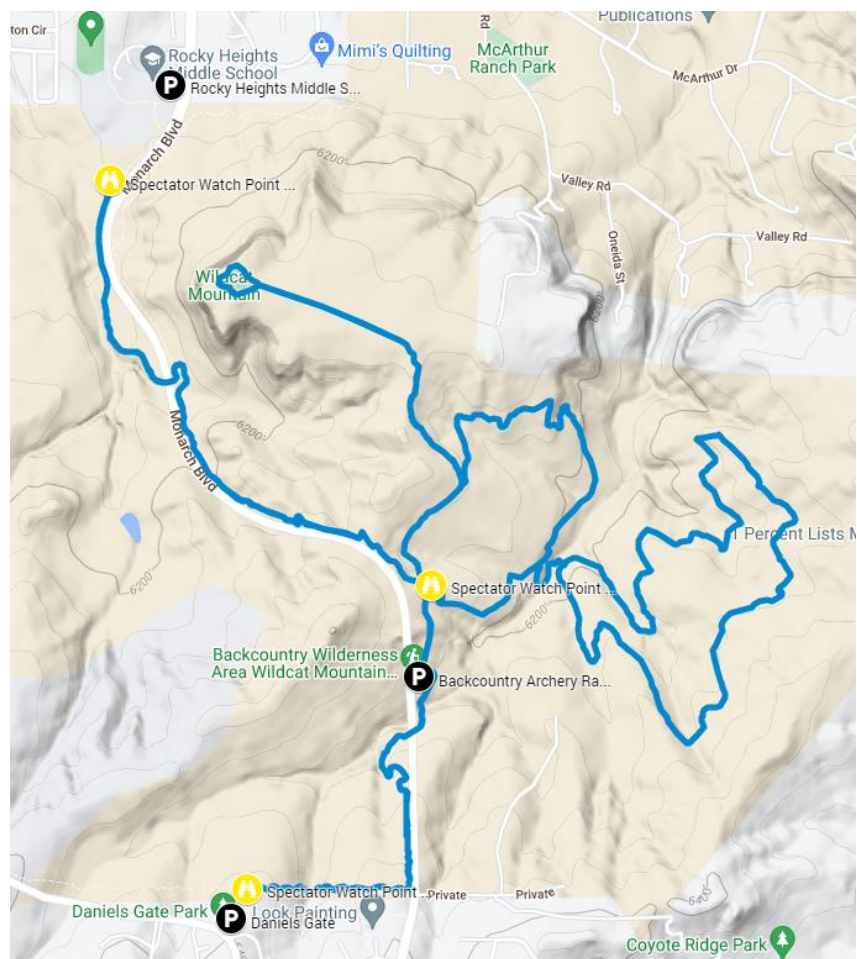
The Wildcat Mountain Trail Races take place in a beautiful setting and one that is fun to share with family and friends! Because of the remote nature, our courses are not always accessible by everyone. Below are a couple of great spectator spots along our route. These recommended parking locations are not reserved for our race. Please be respectful of neighbors or other park users.

Do not park other vehicles in or block access by emergency vehicles.
Doing so will result in immediate towing.



Map Location	10M Course Locations	10K Course Locations	Directions
Spectator Watch Point #1,  39.501565, -104.910918	Mile marker: 1.3 & 3.4 Est. time: 9:05-9:50 a.m. Mile marker: 8.8 Est. time: 9:55-11:10 a.m.	Mile marker: 1.3 Est. time: 9:15-9:30 a.m. Mile marker: 4.5 Est. time: 9:35-10:30 am	Park at Backcountry Archery Range, follow the trail north approximately 0.2 miles to the Wildcat Mountain Trailhead and our aid station. <i>Be sure not to block the emergency access gate!</i>
Spectator Watch Point #2,  39.49337, -104.91723	Mile marker: 2.3 Est. time: 9:20-9:50 a.m.	--	Park at Daniels Gate Park, follow the trail at the northeast corner of the parking lot north to the East/West Trail.
Spectator Watch Point #3,  39.51307, -104.9229	Finish line Est. time: 10-11:30 am	Finish line Est time: 9:45-10:50 am	Park at Rocky Heights Middle School or Rock Canyon High School, follow paths south to our start/finish line area. There are restrooms in the dirt parking lot on the south side of Rocky Heights Middle School.

10M SPECTATOR MAP



10K SPECTATOR MAP



THANK YOU TO OUR 2023 SPONSORS!



**BROOKSIE LOTH
NOVELLA REAL ESTATE**

**COMPREHENSIVE DOG
TRAINING & NUTRITION**

**NAVIGATE HEALTH
CHIROPRACTIC**

ORTHOONE

PDC ENERGY

**303 DENVER
CHIROPRACTIC**

**BARBELLS/NOCCO
USA**

**FIRST CHAIR
DENTAL**

**LIFETIME
WINDOWS &
SIDING**

**STRETCHLAB LONE
TREE**

