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**BACKCOUNTRY**  
**WILDERNESS**  
**HALF MARATHON**

HIGHLANDS RANCH, CO

**ATHLETE**  
**GUIDE**



Dear Racers:

Thank you for registering for our Backcountry Wilderness Half Marathon! 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 back yard, and I am 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.

This timed half marathon will require you to pick up your timing chip/bib, race t-shirt, and other swag before starting the race. Packet pickup will be held on Wednesday, 11/2, Thursday, 11/3, 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.

I would be remiss if I didn't mention the heroes of this event – our emergency response team from [Douglas County Search and Rescue](#) (DCSAR). This non-profit, all-volunteer group is not only the beneficiary of this race but a critical component of our success. DCSAR provides rescue and emergency response services to our runners on race day, as well as all citizens of Douglas County throughout the year. [Consider making a donation and supporting their fantastic work.](#)

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 season finale! Don't hesitate to reach out with questions.



**Sarah Mirick**  
HRCA Race Series Director  
303-471-7048  
[sarah.mirick@hrcaonline.org](mailto:sarah.mirick@hrcaonline.org)

# IMPORTANT RACE INFORMATION

## RACE DAY

- Saturday, November 5, 2022
- Rocky Heights Middle School, 1033 Monarch Blvd, Lone Tree, CO 80124
- Start line: Follow dirt trail on south side of middle school parking lot to reach start/finish line
- Race start time: 9:00 am; to avoid congestion, there will be 4 corrals based on your estimated pace. Each corral will start approximately 5 minutes apart (see schedule below).

*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 pickups (preferred!)
  - Wednesday, November 2, 2022; 3-7 pm  
[Living the Dream Brewing, 12305 N Dumont Way, Littleton, CO 80125](#)
  - Thursday, November 3, 2022; 2-5 pm  
[Eastridge Rec Center, 9568 S University Blvd, Highlands Ranch, CO 80126](#)
- Race-day packet pickup
  - Saturday, November 5, 2022; 7:30-8:45 am  
Race start/finish line

## RACE DAY SCHEDULE OF EVENTS

7:30 am	Packet pickup opens at race start/finish line
9:00 am	Corral #1 begins (8:00 min/mile or under)
9:05 am	Corral #2 begins (8:01-9:00 min/mile)
9:10 am	Corral #3 begins (9:01-10:00 min/mile)
9:15 am	Corral #4 begins (10:01+ min/mile)
10:15 am	Estimated arrival of first finishers
11:30 am	Awards ceremony
11:45 am	Aid station #4 cutoff time (approx. 8.4 miles)
12:15 pm	Race day drawing at start/finish line – <i>must be present to win!</i>
12:45 pm	Finish line cutoff time
1:15 pm	Estimated conclusion of event



## COURSE INFORMATION

The Backcountry Wilderness Half Marathon course has spectacular views! The course is a single loop made up of 100% dirt, gravel, or singletrack trail. The course will be completed counterclockwise. Runners will have the potential to view wildlife along the way, as well as soak in the amazing vistas.

Aid stations will be available at the following approximate miles:

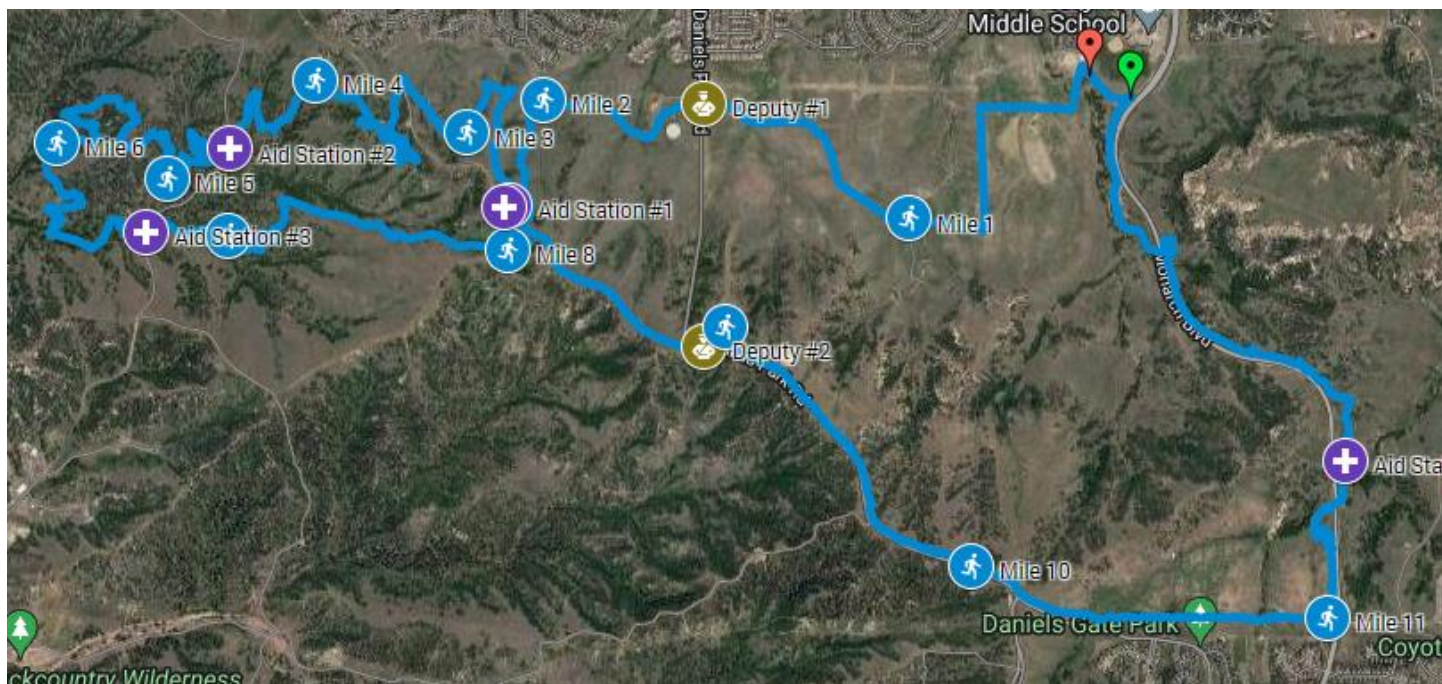
#1 – Mile 2.5	Water, sports drink
#2 – Mile 4.7	Water
#3 – Mile 6.8	Water
#4 – Mile 8.4	Water, sports drink, nutrition
#5 – Mile 11.6	Water

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.

The Backcountry Wilderness Half Marathon is challenging, and single-track trails can make it difficult for emergency vehicles to reach participants directly. In case of emergency, medical teams from [Douglas County Search and Rescue](#) will be available at most aid stations and throughout the course.

To keep participants safe, and avoid exposure, two race check in points and cut off times will be enforced:

Aid station #4 (approx. 8.4 miles)	2 hours 30 minutes
Finish (13.1 miles)	3 hours 30 minutes (approx. 16 minute miles)



## 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](mailto:simon@crtiming.com).

## AWARDS

Overall top 3 male and female finishers will receive a cash prize in the following amounts:

- First place: \$400
- Second place: \$200
- Third place: \$100

Age group awards will be given to the top 3 finishers in the following age groups:

- Masters
- 19 and under
- 20-29
- 30-39
- 40-49
- 50-59
- 60+



The Backcountry Wilderness Half Marathon awards ceremony will begin at approximately 11:30 am.

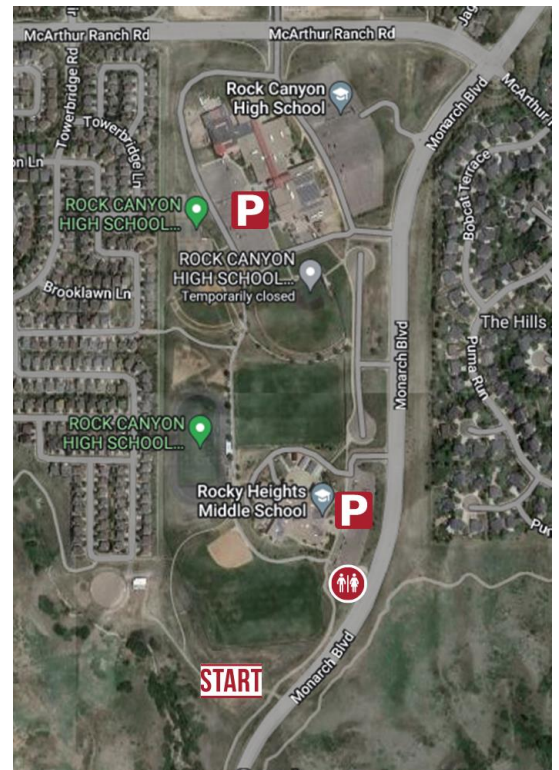
## PARKING

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.



## ATHLETE TRACKING

The Backcountry Wilderness Half Marathon offers free athlete tracking and progress alerts on race day through RaceJoy! For spectators to track a runner, the runner must be running the RaceJoy app so be sure to download before race day.

Running with RaceJoy includes:

- GPS-based progress alerts at mile points on the course for current pace and estimated finish time
- Live tracking so friends and family can follow your performance – they'll see a blue dot moving along the course from home or at the race site!
- NearMe proximity alerts notify spectators when you are drawing near.

*No official race timing information is provided through RaceJoy. All official timing will be done by Colorado Race Timing.*

How to track someone:

1. Search "Backcountry Wilderness" in the search bar
2. Select the "I want to track someone button"
3. Search by name or bib number and push the orange plus sign to begin tracking them

## PREPARATION AND WEATHER

The Backcountry Wilderness Half Marathon takes place in November... but Colorado in November can mean anything from 5°-75°! Runners should prepare to wear any of the following:

- Layers
- Sun protection (hat with brim, sunscreen, or sunglasses)
- Warm hat or gloves





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.

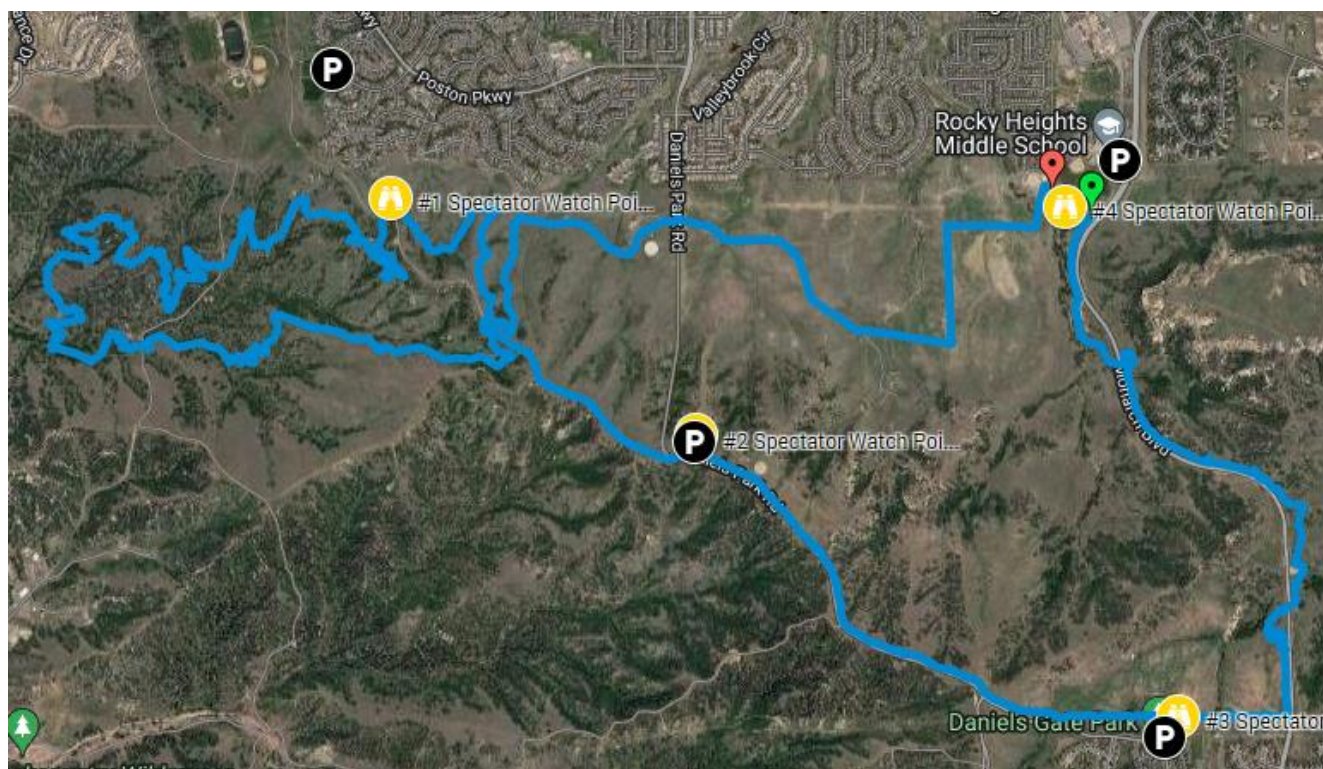




## SPECTATORS

The Backcountry Wilderness Half Marathon is a beautiful and challenging course and one that is fun to share with family and friends! Because of the remote nature, our trail race is not always accessible by everyone. Below are a few great spectator spots along our course. These recommended parking locations are not reserved for our race. Please be respectful of neighbors or other park users.

Map Location	Course Location	Directions
Spectator Watch Point #1  <a href="#">39.51337, -104.95663</a>	Mile marker: 3.4 Estimated time: 9:15-10:15 am	Park at Red-Tail Park, walk approx. 1 mile uphill to the intersection of the East/West Trail and HRCA "Cowboy Up" Trail.  There are restrooms at Red-Tail Park.
Spectator Watch Point #2  <a href="#">39.50421, -104.94133</a>	Mile marker: 9.1 Estimated time: 9:50 am-12:00 pm	Park at Grigs Road Pavilion, wait for runners to reach you, or walk either direction on the East/West Trail and move away from the parking lot.
Spectator Watch Point #3  <a href="#">39.49337, -104.91723</a>	Mile marker: 10.8 Estimated time: 10:00 am-12:30 pm	Park at Daniels Gate Park, follow the trail at the north east corner of the parking lot north to the East/West Trail.
Spectator Watch Point #4  <a href="#">39.51307, -104.9229</a>	Finish line Estimated time: 10:15 am – 1:00 pm	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.



THANK YOU TO OUR 2022 SPONSORS!

