FAQ’s – La Sportiva Vail Mountain Trail Running Race Series

Registration: Please choose one of the following registration methods:

- **Mail** completed registration form to: 700 S. Frontage Road E., Vail, CO 81657 ($32)
- **On-line registration**: www.active.com or at VRD Online Trail Running Registration ($32)
- **Fax** completed registration form with credit card information to: 970.479.2281 ($32)
- **Phone** the VRD Sports Office with a Visa or Mastercard: 970.479.2280 ($32)
- **Day-of registration** also available one hour before the start of each race event at starting area for $42.

Racers may pick up their bib Monday-Friday, 10am-5pm, at the Vail Recreation District main offices (second floor of Tennis Center in Ford Park). Otherwise, bib pickup is available at the registration tent at the Race Start 90 minutes before each race’s start-time.

Bib pickup is also available the night before each race event (excluding the Boneyard Boogie 11k). Check out our GoogleMaps link to see locations for each race’s bib pickup location & times.

Course Support: Aid stations featuring Gatorade Endurance & water are located at the start and/finish area & on-course. Ski patrol and The Steadman Clinic medically staff the course. Each race is well-marked with directional signs, course marshals and mile markers. Longer racer will also have gels, waffles, and gummies from Honey Stinger at each aid station.

Altitude: Because these races are run at elevations between 8,000 and 11,000 feet, it is advised that runners who live at lower elevations acclimate prior to the race. All runners are encouraged to hydrate before, during, and immediately after running in the race. Remember to drink at each aid station, and for longer duration runs, consider bringing an electrolyte replacement as well. If you require medical assistance during the race, please stop at an aid station and notify race officials.

Temperature: The temperature on top of the mountain is generally an average of 10 degrees (Fahrenheit) cooler than in Vail Village. Please visit www.weather.com for monthly averages and daily temperatures.

Gear check: You will be able to deposit clothing and personal items at the race start line that you can retrieve following the race. Your gear will be transported to the summit finish line for the Vail HillClimb, Half Marathon, and Berry Picker and back to the WECMRD Pool & Ice Rink for the Boneyard Boogie 11k.

Dogs: For the safety of all runners, dogs are NOT allowed in any of the events.

Headphones: Music gets a lot of us ready to race – but we ask that you please leave your tunes at home or in the car! It’s difficult & downright dangerous to pass/be passed when wearing headphones, similar to the danger posed skiing or snowboarding with music on.

Ages: Participants are suggested to be at least (13) thirteen years old. Parents must also sign a Vail Resorts release for any participant under the age of (18) eighteen prior to the race.

To determine a runner’s “Series Race Age Category”, race staff will look at the racer’s age as of the last event of the season. Ie: the runner’s age as of the EverGold 11k Trail Run will determine what age category his/her Series points, accrued throughout the summer Series, will count toward to determine final Series results.

T-shirts: Each participant will receive a tech t-shirt upon completion of each race, while supplies & sizes last.

Courses: Course maps and elevation profiles can be found at www.vailrec.com.

Race results: All events are professionally timed, & results will posted every 15-20 minutes throughout the race with official results posted online at www.vailrec.com within 24 hours.
**Series Awards:** The Series consists of the Boneyard Boogie 11k, Summer Solstice, Vail HillClimb, Vail Half Marathon, Berry Picker, 10K @ 10,000 Feet and the EverGold 11k. To qualify for Series awards & points, runners must compete in 5 out of 7 races. Exceptional prizes to be presented for the top 3 finishers in each age category as well as raffle prizes at the awards ceremony following each race.

**Runner Number:** Runners should wear their bib number visibly on the front of their clothing. Upon crossing the finish line, the finish tag will be taken from the bottom of each racer’s bib. An additional tear tag on the bottom of each runner’s bib will have already been detached and put into the raffle box for the awards ceremony following each race.

**For More Information:** For more information, please contact Kip Tingle, Trail Running Race Director, at the VRD at 970.479.2280, or visit us at [www.vailrec.com](http://www.vailrec.com).