



OFFICIAL RACE GUIDE | JUNE 11, 2023



contents

1	need to know info.....	3	6	race rules and guidelines.....	7
2	cupless policy.....	4	7	course info and aid stations.....	8
3	packet pickup.....	5	8	post-race	9
4	VIP experience	5	9	bring us your old shoes	10
5	parking.....	6			

thank you, sponsors!





1 need to know info

We are so excited to host you again this year in America's best park. We have three exciting races all kicking off on **June 11, 2023**, at 3015 Gateway Road.

- ◆ **10 Mile:** 7:00 a.m. start
- ◆ **10k Trail:** 7:15 a.m. start
- ◆ **10k:** 7:30 a.m. start

Construction Update

We are happy to report that 30th Street has reopened and runners can access the race from north or south this year.

- ◆ **From I-25:** Take exit 146 to Garden of the Gods Road, travel west to 30th Street, then go south on 30th Street to the park/parking entrance.
- ◆ **From U.S. 24:** Go north on 31st Street, then east on Fontanero Street, then north on 30th Street to the park/parking entrance.

Additional parking information and a map is provided on [page 6 of this guide](#).

Please arrive early to avoid traffic congestion and ensure a smooth race morning!

2 cupless policy

New for 2023! Our organization is dedicated to reducing our impact and preserving the beauty of this park. Therefore, we are taking steps to transition to cupless racing for the Garden of the Gods 10-mile and 10k road races and implementing a partially cupless race this year to help make that transition smooth for our participants.

Why Cupless?

This change is consistent with our commitment to sustainability and the environment. Seeing how much waste events like this generate, we seek to do all that we can to minimize our impact on the environment while still providing an efficient and enjoyable race experience for our runners.

What Are My Options?

We encourage you to carry your own hydration system or a quickly refillable hydration cup. Hydration systems might be handheld water bottles, fuel belts, or a vest; it can be anything that works for you, so long as it does not produce trash.

We will offer HydraPak refillable SpeedCups for participants during race registration if desired. When you register, we will ask you to opt in and support our efforts to reduce waste. Our aid stations will have volunteers to pour water or electrolyte fuel into your personal hydration systems or cups. During our transition phase, we will also have cups of water available at each station.



How Do I Get Fluids on Course?

There will be water and electrolyte fuel available along the course. Aid stations will offer the options to have your hydration system and/or cup filled as well as a few paper cups pre-filled with water or electrolyte fuel.

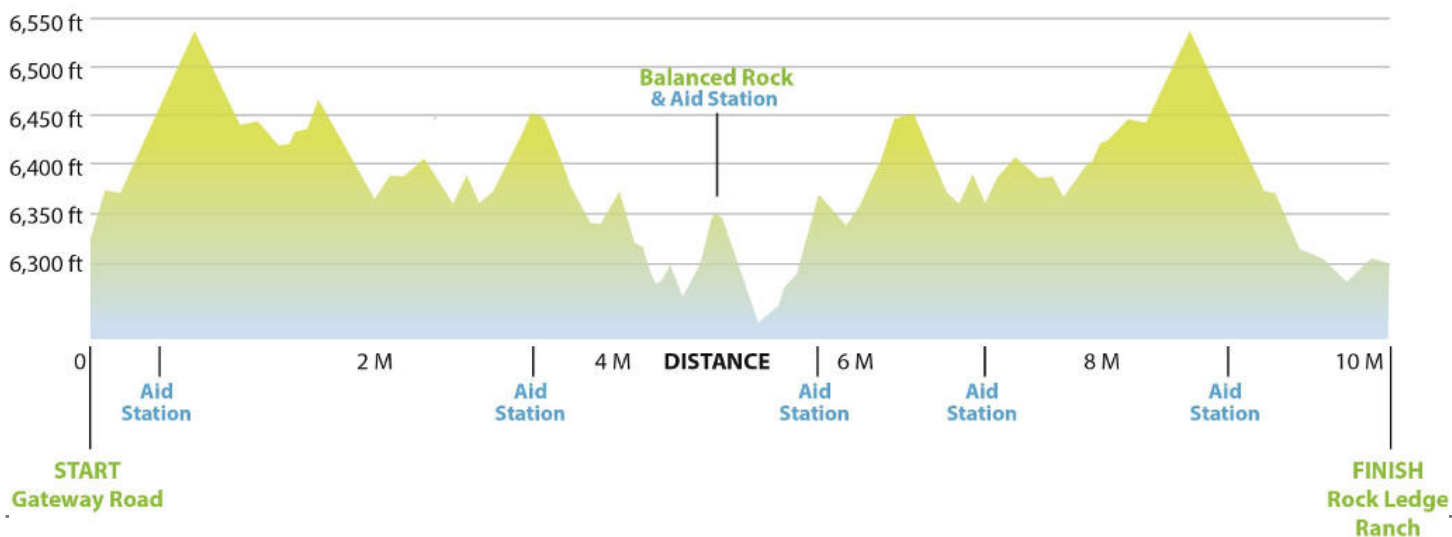
Our incredible aid station volunteers will be trained to quickly refill hydration systems, your own or the HydraPak SpeedCup. Our partners at HydraPak have provided innovative pitchers designed specifically for filling reusable cups and bottles on the go.

The trail 10k is already cupless! There are two self-serve water stops on the course for runners to use as they need.

Thank You for Your Cooperation

We appreciate your flexibility as we move toward creating a more sustainable event and reducing our impact on the environment. We hope to be fully cupless in the near future.

ELEVATION





3 bib pickup



We encourage you to pick up your race shirt and bib prior to race morning. Bibs and shirts will not be mailed and will not be available after race day.

Pre-Race Bib Pickup

Pre-race bib pickup and registration for VIP and regular participants will be held at [Fleet Feet Colorado Springs](#) at the following times:

- ◆ **Friday, June 9:** 3:30 p.m. to 7:00 p.m.
- ◆ **Saturday, June 10:** 10:00 a.m. to 7:00 p.m.
- ◆ **3-Mile Shakeout Run:** 9:00 a.m. Saturday, June 10, at at Fleet Feet. First 50 runners will get a branded coffee mug! [More info here.](#)

Race merchandise will be for sale at Fleet Feet during bib pickup – be sure to check it out!

Race Day Bib Pickup

Race morning bib pickup will be held from 5:45 a.m. until 7:00 a.m. near the race start at the park's [main entrance](#).

VIP Experience Race Day Bib Pickup

Pre-registered VIP runners can get their bibs from 5:45 a.m. until 7:00 a.m. at the [Garden of the Gods Visitor Center](#). Read on for more details on VIP access.

4 VIP experience

The Garden of the Gods 10 Mile, 10k, and Trail Run has created a partnership with the Garden of the Gods Visitor and Nature Center to provide runners with the ultimate VIP Race Experience. Purchasing a VIP pass provides runners with these amazing perks:

- ◆ Premier parking
- ◆ Private race morning bib pickup
- ◆ Indoor restrooms
- ◆ Secure bag drop
- ◆ Deluxe continental breakfast
- ◆ Shuttle from finish line back to the Visitor Center post race, departing every 10 minutes

The Visitor Center donates all proceeds from the VIP ticket sales to the preservation of Garden of the Gods Park! So being a VIP is a win for runners and the Garden alike.

Note that VIP registration will close June 6 and reopen if space is available.

Cost

- ◆ **Until June 10:** Runner \$25, Nonrunner \$10
- ◆ **Race Day:** Runner \$35, Nonrunner \$15
 - Note: Race day purchase does not include bib pickup at the Visitor Center. Bibs will be available at the start area.

Get all the details at the [VIP registration site](#).

5 parking

It is highly recommended that you arrive early in order to reduce traffic congestion.

Parking for the Garden of the Gods 10 Mile, 10k, and Trail Run is located at [Rock Ledge Ranch Historic Site](#), near the start line of the races.

Use the main entrance to the park at 30th Street and Gateway Road. Runners being dropped off or taking rideshares should aim for Chambers Way, south of Rock Ledge Ranch. Drivers will not be able to exit via the main park entrance until after the race starts!

Additional parking can be found at [Howbert Elementary School, 1023 N. 31st St.](#) Access the school via I-25 by taking exit 145 west to 31st Street, or via 31st Street by heading north from U.S. 24. From the school, it is an easy walk to the start area.

Overflow parking can be found along 31st Street, directly south of Rock Ledge Ranch. Please be respectful of neighborhood residents and avoid blocking driveways and sidewalks.



6 race rules and guidelines

- ◆ BIB NUMBERS MAY NOT BE TRANSFERRED TO ANOTHER RUNNER!
- ◆ Runners must wear their assigned number on the front of their clothing in plain view during the race.
- ◆ Poles, walking sticks, and other such devices are prohibited.
- ◆ Bicycles, roller blades, skateboards, etc., are prohibited.
- ◆ Strollers are prohibited on the race course.
- ◆ Trash, cups, gel packets, etc., must be disposed of within the trash zones at the aid stations.
- ◆ Do not run or walk abreast in pairs or groups when it will impede other runners.
- ◆ No dogs, horses, or animals of any type are permitted.
- ◆ If you stop to take a photograph, tie your shoelace, etc., please step out of the way of the other competitors.
- ◆ The use of headphones is strongly discouraged, and external speakers are not permitted.

Grounds for Disqualification

- ◆ Using a race number assigned to another person.
- ◆ Unsportsmanlike conduct.
- ◆ Verbally abusing any participant, spectator or volunteer.
- ◆ Failing to comply with directives of race officials.
- ◆ Cutting the course.
- ◆ Throwing trash, cups, gel packets, etc. on or off the course outside the trash zones at the aid stations.

Cutoff and Finish Line Closing Times

The finish line for all races will close at **9:30 a.m.** Participants who do not cross the finish line before closing time will not be counted or listed as a finisher. No exceptions!



7 course info and aid stations

Click each map to view a larger version on our website, gardentenmile.com.



Aid station locations:

10 Mile

- ◆ 0.5/8.5 miles
- ◆ 2.5/7 miles
- ◆ 3.9/5.8 miles
- ◆ 4.6 miles

10k

- ◆ 0.5 miles
- ◆ 1.5 miles
- ◆ 3.6 miles
- ◆ 4.8 miles

10k Trail

- ◆ 2 miles
- ◆ 3 miles
- ◆ 4.4 miles

Note that the **trail race** is **totally cupless** with self-serve water stations. Runners should bring their own bottles to fill.



Mile Markers

Course mileage signs will match the bib color for each race.

- ◆ **10 Mile:** Yellow
- ◆ **10k:** Blue
- ◆ **10k Trail:** Tan

Note: All aid stations will have restroom facilities.

Aid Station Challenge!

Each aid station on the course is staffed by **high school cross country and track teams**. They compete to provide the best aid station experience to the runners throughout the race. Remember to vote for your favorite at the finish!

Based on the voting results, schools are awarded money for their school's running programs – every team wins! The winning team also gets an automatic spot in the following year's challenge.

Many school teams get very little funding for their track programs. Together we can help a team send their runners to an out-of-area meet or even get new uniforms. Many thanks to the runners who donated during registration!

We believe strongly in giving back. In 2022, the **Garden of the Gods 10 Mile Run donated over \$10,500** to support participating high school teams and preservation of the Garden trails!

8 post-race

Merchandise Sales

A selection of race merchandise will be available for purchase. Please bring cash or credit cards.

Post-Race Celebration

After you receive your medal and a drink, follow the signs from the finish line to the post-race celebration near the Orchard House at Rock Ledge Ranch. Your bib will have tabs allowing you food and one free JAK's beer (ages 21+ only). Additional beer for runners and spectators will be available for purchase; be sure to bring your ID!

Kids Race

We are excited to add a half-mile race for our youngest friends who aren't quite ready for a full loop. Meet at 9:15 a.m. near the finish line. Entry is free, and all kids will receive a medal!

Award Ceremony

The festivities will start at approximately 9:30 a.m.

Podium winners in the 10-mile race must be present to receive their award check. (More info on awards is available [here](#).)

- ◆ 1st place overall male and female: \$500
- ◆ 2nd place overall male and female: \$300
- ◆ 3rd place overall male and female: \$200

Award Breakdown

- ◆ **10M:**
 - Top 5 Overall Male/Female
 - Top 3 Nonbinary
 - Top 3 Masters Male/Female
 - Top 3 in each M/F age group (5-year increments: 15-19, 20-24, 25-29, etc.)
- ◆ **10k:**
 - Top 3 Overall Male/Female
 - Top 3 Nonbinary
 - Top 3 Masters Male/Female
 - Top 3 in each M/F age group (10-year increments: 20-29, 30-39, 40-49, etc.)
- ◆ **10k Trail:**
 - Top 5 Overall Male/Female
 - Top 3 Nonbinary



Expo Vendors

- Team RWB
- Heuberger Motors
- Roots & naCher Apothecary
- Massage Heights Dublin Commons and Briargate
- Prime IV Hydration & Wellness
- Concierge Wellness
- Ting Internet
- Starpoint (Nonprofit) Rim to Rim Royal Gorge Races
- North Academy Chiropractic
- Salomon
- Run Potential Rehab & Performance
- Girls on the Run of the Rockies
- Arc'teryx
- Fleet Feet Colorado Springs
- American Massage Therapy Association (AMTA)
- Rasayana, LLC
- JAK's Brewing
- USA Triathlon
- Practice 32
- GraceFM
- 303 Running

9 bring us your old shoes

Pikes Peak Marathon along with Pikes Peak Road Runners will be collecting used running shoes as a fundraiser to support the PPRR Kids' Fall Series through Sneakers4Funds. The shoes that are collected are repurposed in developing nations where so many people are in need of walking shoes. In return, we are able to raise funds that support the Kids' Fall Series races.

Collection Site and Date: 6:00 a.m. June 8, at the final [PPRR Garden Training Run](#) or June 11 at the Garden of the Gods 10 Mile/10k/Trail Run.

- ◆ **Type:** Athletic/running shoes only
- ◆ **Treads:** All treads visible not overly worn
- ◆ **Tears:** No holes or rips
- ◆ **Tied:** Tie or band each pair together

"If you're a runner, you probably buy new running shoes every 300 miles. But did you know that sneakers are in great need in developing nations and have plenty of life after 300 miles? Walking, in comfortable athletic shoes, is the primary mode of transportation in many countries."

– Sneakers4Funds website



THANK YOU, RUNNERS!

Please support our amazing sponsors, who make our races possible.

