



OFFICIAL RACE GUIDE | JUNE 9, 2024





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# 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 9, 2024**, at 3015 Gateway Road.

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

## Bottom Line: Get There Early!

Parking for the Garden of the Gods 10Mile/10K/Trail race is located at Rock Ledge Ranch, near the start line of the races. As the popularity of this event has grown, so have the challenges for parking.

Garden of the Gods main parking lot has one road for entry and exit. We strongly encourage you to plan ahead and arrive early, be dropped off, or carpool.

**New this year:** In addition to the main parking lot, you can park at Coronado High School, 1590 W. Fillmore St., and take a shuttle from our partners Rocky Mountain Ride to Rock Ledge Ranch.

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

## 2 cupless policy

Our organization is dedicated to reducing our impact and preserving the beauty of this park. We had a successful test run with cupless racing for the Garden of the Gods 10-mile and 10k road races last year and are going fully cupless this year.

### 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 are offering HydraPak refillable SpeedCups for participants during bib pickup. In the spirit of sustainability, runners who have been part of our events for the past two years since going cupless should consider utilizing a cup they already have.



### How Do I Get Fluids on Course?

There will be water and Skratch lemon-lime electrolyte mix available along the road courses. Aid stations will offer the options to have your hydration system and/or cup filled.

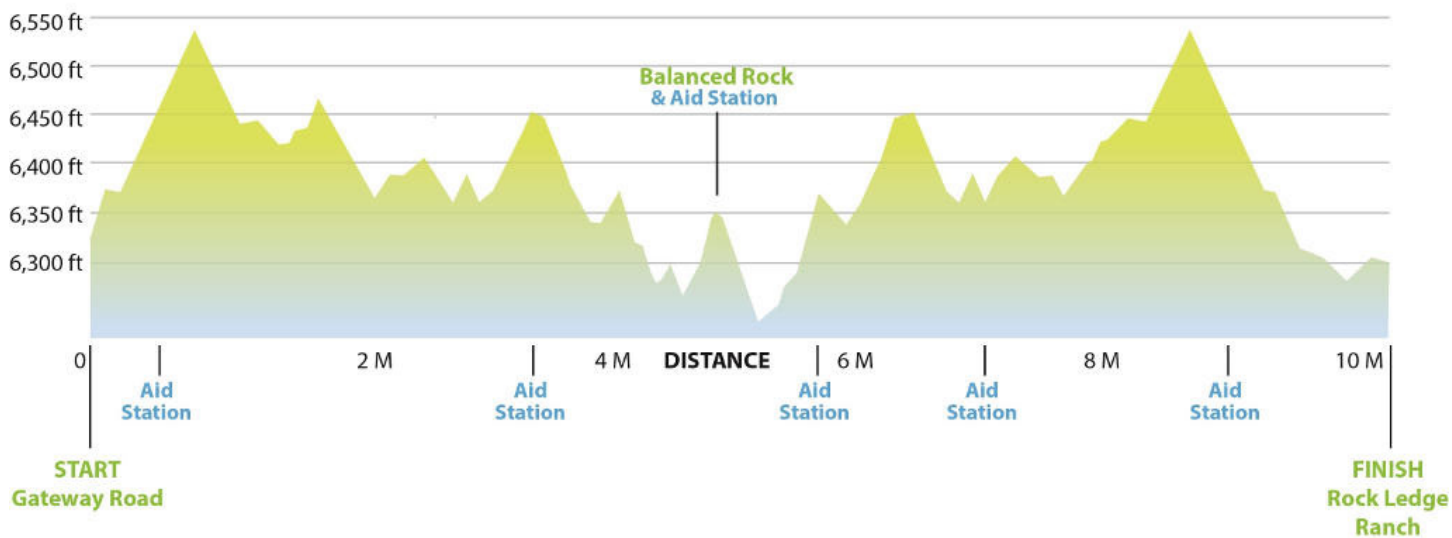
Our incredible aid station volunteers will be trained to quickly refill hydration systems, your own or the HydraPak SpeedCup. Our partners at HydraPak have provided innovative pitchers designed specifically for filling reusable cups and bottles on the go.

The trail 10k has two self-serve water stops on the course for runners to use as they need – no electrolyte drinks will be provided at the trail aid stations.

### Thank You for Your Cooperation

Our goal is to leave the courses in the same shape or better than how we found them, as well as reduce the amount of waste we produce. If you would like to learn more about hydration systems, here is [an article](#) to help you get started on your research.

#### 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 will be held at [Fleet Feet Colorado Springs, 3659 Austin Bluffs Parkway](#), at the following times:

- ◆ **Friday, June 7:** 3:30 p.m. to 7:00 p.m. – happy hour and trivia start at 6:00 p.m.!
- ◆ **Saturday, June 8:** 10:00 a.m. to 7:00 p.m.
- ◆ **Shakeout Run:** 9:00 a.m. Saturday, June 8, at Fleet Feet. Reserve your spot for free [here](#). There will be a raffle after the run.

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. in the park's main parking lot near the entrance to Rock Ledge Ranch.

### Race Day Bag Drop

Pick up a runner sweat check bag at bib pickup and label it with your bib number. On race morning, there will be a place to drop off your bag to be transported by volunteers to the finish area. This is a great option for those carpooling, utilizing the shuttle system, or getting dropped off.

### Shirt Exchanges

Got the wrong size? Exchange your shirt for a different size after the race on a first come, first served basis. Clean, unworn items are eligible to be exchanged at the post-race expo near the finish area.

## 4 VIP experience

We were unable to offer VIP parking and bib pickup this year due to construction at the Garden of the Gods Visitor Center. Sorry for the inconvenience.





# 5 parking

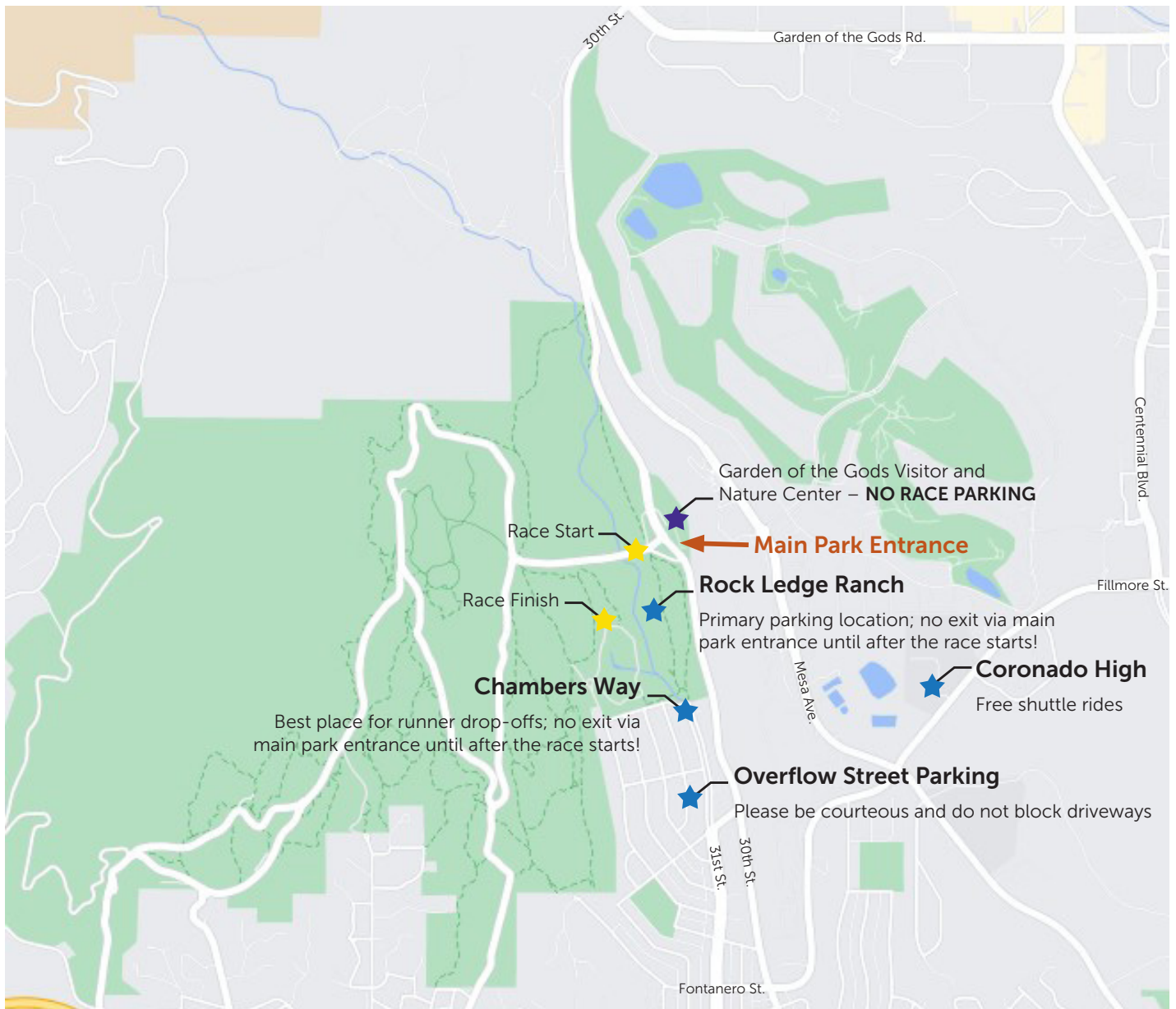
It is highly recommended that you arrive early in order to reduce traffic congestion.

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 [Coronado High School](#), 1590 W. Fillmore St. Park in this large lot and then hop in a shuttle for an easy 7-minute ride to the Chambers Way runner drop-off point, then walk/jog to the start. Shuttles will run continuously from 5:30 a.m. to 11:30 a.m. on race day.

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.

## Nonbinary and Transgender Participants

Please review our policy [on our website](#). This policy applies to all 2024 Garden to Peak Challenge races. The goal of publishing this policy is to encourage inclusion, respecting all participants while also preserving the integrity of competition.





# 7 course info and aid stations

Click each map to view a larger version on our website, [gardentenmile.com](http://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

## GARDEN OF THE GODS TRAIL RUN

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 2023, the **Garden of the Gods 10-Mile, 10k, and Trail Run** donated over **\$15,000** 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 host half-mile and mile races 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 10:00 a.m. in front of the Orchard House. **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 Masters Male/Female
  - Top 3 in each M/F age group (5-year increments: 15-19, 20-24, 25-29, etc.)
  - Top 3 Nonbinary
- ◆ **10k:**
  - Top 3 Overall Male/Female
  - Top 3 Masters Male/Female
  - Top 3 in each M/F age group (10-year increments: 20-29, 30-39, 40-49, etc.)
  - Top 3 Nonbinary
- ◆ **10k Trail:**
  - Top 5 Overall Male/Female
  - Top 3 Nonbinary



## Expo Vendors

- 303 Running
- Sherpa Mountain Adventures/Himalayan Development Foundation
- Rim to Rim Royal Gorge Race
- Colorado Springs Sports Corporation
- Run Mental
- Massage Heights Dublin Commons and Briargate
- The Wellness Way
- Slim Chickens
- Run Potential: Rehab & Performance
- Heuberger Subaru
- Colorado Institute of Massage Therapy
- StretchLab Powers
- GOG/Rock Ledge Ranch
- Pikes Peak Road Runners



## 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 6, at the final [PPRR Garden Training Run](#) or June 9 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.

## OFFICIAL RACE SPONSORS

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## OFFICIAL MEDIA SPONSORS



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