

# Rock2Rock Race Update #2

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We hope you're looking forward to the race; we definitely are! The updates in this document will help you prepare for race day.

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## Lodging

See Race Update #1 for discounted lodging information.

## Navigation Clinic at the Pre-Race

Prior to the race start (the morning of the race) BMA will be giving a navigation clinic to help newer or navigationally-rusty racers understand what they will need to know to complete the race frustration-free. This clinic is not mandatory, however it will be helpful and sufficient time will be provided for all teams to attend if they wish.

## Mandatory Gear Changes

- You only need 1 locking carabiner
- A camera is no longer required; however you may still want to bring one. See the picture competition info later in this document.
- You will need to carry a government issued ID during the course. This ID will also allow you to get beer at the post race party.

## Friends and Family Participation

Your friends and family are strongly encouraged to attend the race. They can join you at the pre-race activities to watch and take pictures. After the pre-race activities they will be given a list of locations and approximate times when they can watch, take pictures, and cheer you on throughout the course! They can join you at the finish line for discounted climbing at CityRock and food from Whole Foods. They can also partake in post race massage!

More details of their participation are presented throughout this update.

## Course Design Considerations

This adventure race course is a point to point, expedition-style course. There are no gear drops in the course. Adventure races are self-sufficient. You will need to carry all the equipment needed throughout the race.

## Start and Finish Location

The starting location is the Colorado Sports and Events Center in Monument. This is an ice hockey and indoor turf facility.

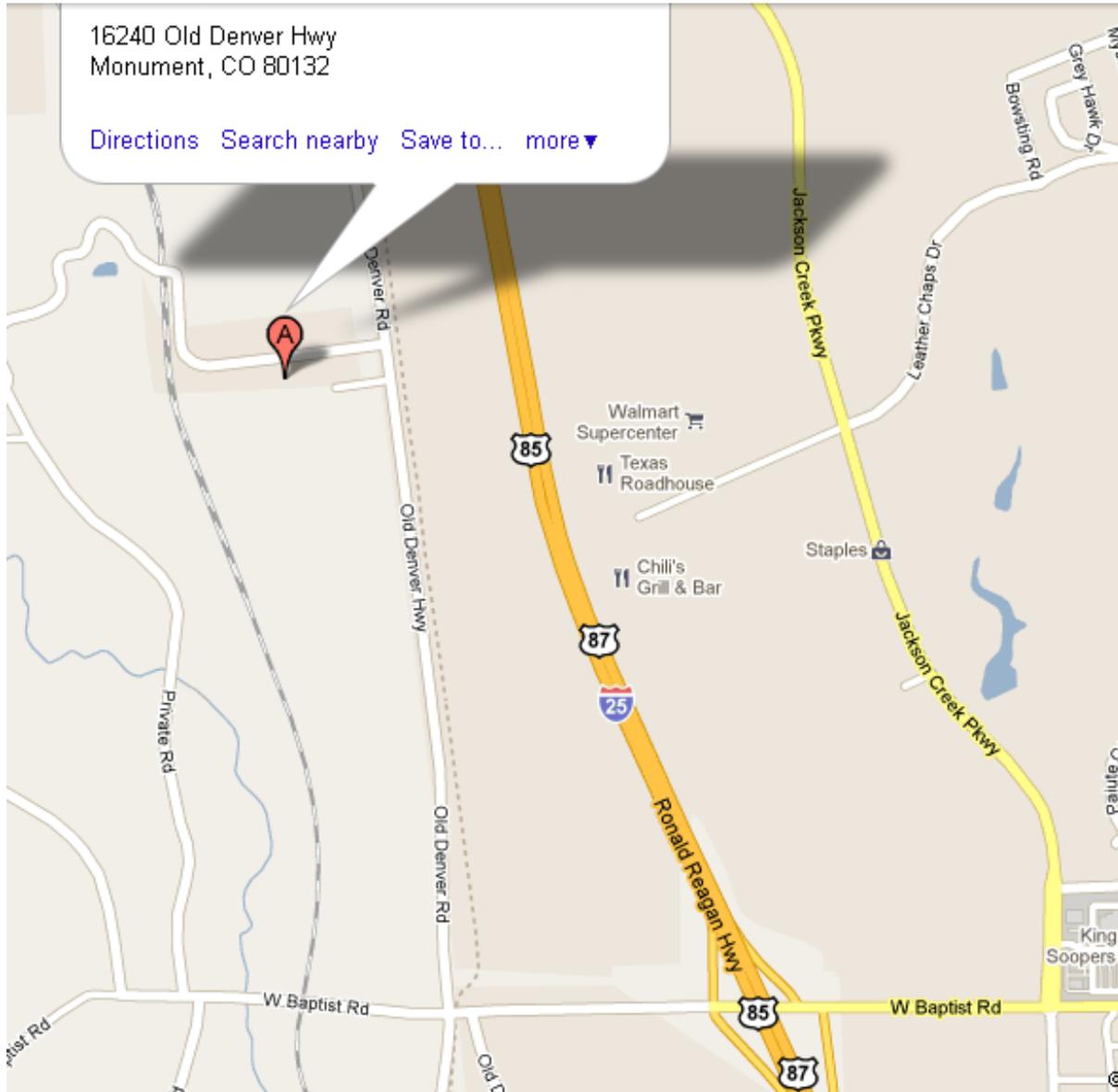
<http://www.cosportscenter.com/>

Check-in will be at the rear-most, west-most building of the facility – the indoor turf area. Please park in this rear parking lot. We will be in the facility for some time for pre-race activities. Note that you will spend about 40 minutes in the building that houses the ice rink. This building is around 45 degrees to prevent the ice rink from being a water rink, so plan to bring sufficient clothing for this time.

Colorado Sports and Events Center  
16240 Old Denver Hwy.  
Monument, CO 80132

**Directions:**

From I-25, take the Baptist Road Exit (168) and head west. Take a right on Old Denver Highway. The facility will be on your left after about a half a mile.



The finishing location is CityRock rock climbing gym in downtown Colorado Springs.

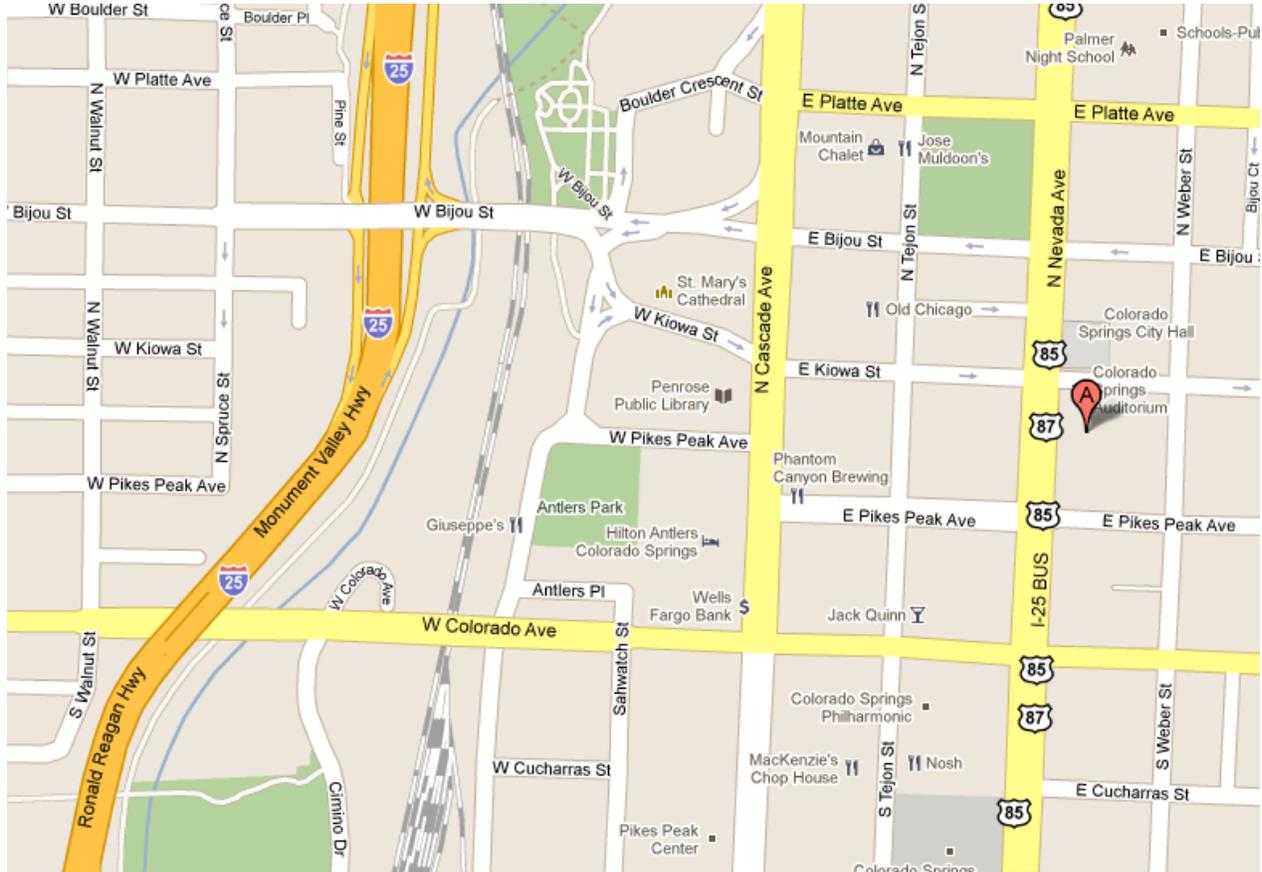
<http://www.climbcityrock.com/>

Your friends and family can use the CityRock gym **for 50% off the day of the race!** They can have fun while waiting for you to cross the finish line! You can join them for free after the race if you're still feeling up to it!

CityRock  
21 N. Nevada Avenue  
Colorado Springs, CO 80903

**Directions:**

From I-25, take the Bijou Exit (142) and head east. Continue straight; the road will turn into Kiowa Street. CityRock is about 3 blocks on the right – the corner of Kiowa and Nevada Ave.



**Parking at CityRock:**

Your friends and family joining you at the finish line will need to find parking in the city. There are meters, lots, and parking garages. We are currently working on getting reduced or free parking for our event and will keep you updated. Keep your fingers crossed.

**Hydration and Food for the Race**

As you are to carry all the equipment needed in the race you will need to ensure you are carrying adequate food and water. You cannot rely on the race directors to provide you aid (we will provide aid in many situations of course but you must be prepared to be self-sufficient). We require a minimum of 2 liters of water on this course; however you should consider bringing more especially if race day is sunny and warm. We recommend 3 liters of fluid.

## Other Equipment Considerations

If you have bike-specific shoes you may want to use those for efficiency and bring a pair of running shoes for the trekking and special challenges portions. There are parts of the course that require running shoes. Be sure to bring a backpack that is large enough to carry all of your gear during the race. If you are unfamiliar with backpack sizes and what you should bring, a general recommendation is to have around a 20L backpack. You may want to bring a smaller or larger pack depending on your equipment sizes and food and water needs. Try packing all of your gear in your likely backpack before the day of the race.

## Shuttling

As this course is point-to-point you will need to return to the start for your vehicles. We ask that if possible you arrange a shuttle with your friends and family joining you at the finish line and post race. If this is not possible we are providing a shuttle for you and your equipment back to Monument at 8PM (at the conclusion of the post-race party).

## Fixed Ropes Challenges

We are proud to offer two exciting options for ropes in this adventure race: a zipline and several rappels. The 500' zipline is fast and exciting! Your team will have to *choose one* of these challenges to complete. All members of your team must complete the same challenge. You may do both challenges if you wish, but you will not be credited for doing both (the time spent doing the other challenge will count toward your overall time).

For safety, a weight limit of 220lbs will be imposed on the zipline. If one of your team members weighs more than 220lbs, the team must do the rappel. We recommend full-fingered biking gloves as you will be using these for the zipline or rappel, but full fingered gloves are not required. We will have a few pairs of large leather gloves at the zipline if you wish to use these instead of your biking gloves for additional safety. Note you will not need to use your hands on the zipline as there is a fully integrated brake at the bottom.

Note that the mandatory gear list has been updated to require only 1 locking carabiner. Also note that for the rappel, you must use an ATC, Figure 8, or very similar device for descending. Please do not bring an unusual or sufficiently dissimilar device. If a device is deemed inappropriate BMA staff and ropes volunteer staff have the authority to require you to wait for a teammate or very nice competitor to bring their appropriate device back for you to use.

## Ropes Gear Rental

**Rental Package:** you can rent the harness, carabiner, and belay device for a very low price of \$5 for the day, courtesy of CityRock. The packages will be available to pick up at check-in (bring \$5 cash to racer check-in for the rental) and will be returned at the finish line. If interested in taking advantage of this, please send an email to [BMAR@bigmountainar.com](mailto:BMAR@bigmountainar.com). We will be handling all gear and monetary transactions; you do not need to contact CityRock.

## Check-in

Doors will open at 6AM SHARP! Pre-race activities will begin at 7AM; **all teams must be checked in before 7AM!!!**

A small amount of clothing and other equipment can be transported from the start line to the finish line for you for the post race party. Each racer can bring a grocery bag (or similar) filled with clothing or other items you'd like to have available to you at the finish line. BMA will have the items ready for you at the finish.

## Finish Line

If we happen to have a rainy, snowy, or otherwise grimy day you may need to remove your shoes or clean them as you enter CityRock. We will provide everything you need if this becomes necessary. Biking shoes with cleats will not be allowed on the carpeted areas of CityRock. Also to note – there are showers at CityRock if you'd like to use them after the finish.

## Post Race Party

The post race will be quite fun. Whole Foods is providing hamburgers, brats, and other delicious food to every racer! Friends and family can buy food at the event for a good price (price TBD). In addition to agua, Powerbar will be providing sports recovery drink at the finish line. If you're looking for a little more relaxing beverage, Phantom Canyon Brewery will be providing beer to each racer.

Food and beer will begin to be served at 5:30PM. The post race party begins at 6PM. If your team finishes early there are several options to enjoy your time at CityRock until the post race party.

- Restorative Sports Massage by Healing Touch Massage. Big Mountain Adventure uses Kathleen for our recovery and therapy needs. She is a very talented at myofascial and sports massage. She will have tables set up in a relaxing, private room to provide clothed sports massage. Treat yourself or your friends or family to a little TLC after the race. She's asking that interested parties reserve a 20 minute block of time to guarantee your massage. You do not need to specify a time, just how many blocks you would like. You can receive your massage at any time after you finish until 8PM. The block reservations allow her to best plan what she needs to provide this fantastic service to you. If you are interested, please send an e-mail to [BMAR@bigmountainar.com](mailto:BMAR@bigmountainar.com)
- Carefree Chiropractic will be at the finish line for chiropractic evaluations and consultations. Big Mountain Adventure uses the wonderful services of Dr. Johnson and Dr. Pyne to keep in top shape to push harder when training. Extremity adjustments of ankles and knees have helped our team with knee problems get out there and train and perform pain-free.
- Climbing at CityRock. Your friends and family get 50% off a day pass at CityRock the day of the race. As a race participant you are free to use the gym as well!

- Chat with Big Mountain Adventure, volunteers, and fellow racers! We are encouraging a supportive and active adventure community in the Front Range. Pick everyone's brains for tips and trick to do even better at your next Adventure Race!

During the post-race party we will have a swag-filled prize raffle as well as the race winner's prize presentation and closing comments. We will also judge the BMARE competition at this time (see below for more info). You will not want to miss it!

## Still Need to Buy Gear?

Do you still need to pick up some gear for the race? Check out the following gear stores. Tell them you're with Big Mountain Adventure's Rock2Rock Adventure Race.

- The Trailhead
  - WEBSITE
  - In Buena Vista
- Jack Rabbit Bike and Trail
  - WEBSITE
  - In Lakewood
- Mountain Chalet
  - WEBSITE
  - In Colorado Springs
- Gearonimo Used Sporting Goods
  - WEBSITE
  - Used sporting goods (good deals)
  - Tell them you're with the Rock2Rock Adventure Race and you get 15% off

## Photo Competition

Keep your cameras handy during the race! We are having a photo competition. The best photo (as judged by BMA) will win a prize. The photos can be action shots, nature shots, team pics, artistic, whatever you want but try to make it race related. Provide the photos at the finish line (preferred method) or upload them to Pikes Peak Sports ([pikespeaksports.us](http://pikespeaksports.us)) by the evening of Tuesday April 26<sup>th</sup> to enter the contest. BMA will judge the photos on Wednesday April 24<sup>th</sup> and everyone will be notified of the result.

## BMARE Environmental Cleanup

Don't forget about Big Mountain Adventure Racing for the Environment. Everyone has a chance to win a prize at BMA races. We will be providing trashbags to collect trash along the trails. The team with the most trash by weight will win first prize. The team with the most creative display of the trash collected will win second prize. We will offer options for you to not have to carry the trash for long

periods of time, but zealous first prize winners will be employing their trash-scouting skills throughout the course.

We recommend that you use care when collecting trash. Do not collect broken glass or other sharp objects. Any trash that seems dangerous probably is. Be careful! We recommend you use gloves when handling any suspect trash.

Lastly, please don't disturb vegetation to collect trash. We want to clean up the environment, not destroy it. 😊

## **Race Rules**

The comprehensive race rules will be given at racer check-in. We will also discuss important rules at the pre-race meeting. However if you have time, please see the BMA general race rules at the following page prior to event to be familiar with most rules.

[www.BigMountainAR.com/rules.php](http://www.BigMountainAR.com/rules.php)

## **Volunteers**

We're still welcoming volunteers. If your friends or family want to support you but don't want to race, volunteering is a great way to ensure their race runs smoothly. Many volunteers are needed to run an adventure race smoothly and we appreciate your help. If interested, send an email to [BMAR@bigmountainar.com](mailto:BMAR@bigmountainar.com)

## **Questions**

Feel free to contact us with any questions. [BMAR@bigmountainar.com](mailto:BMAR@bigmountainar.com).