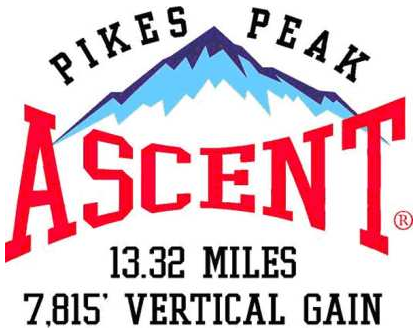


2011

Pikes Peak Marathon® & Pikes Peak Ascent®
Race Information Booklet



Saturday, Aug 20

7 am (wave 1); 7:30 am (wave 2)



Sunday, Aug 21

7 am

DON'T FORGET
All runners must have photo ID at
packet pickup.

If you do nothing else between now and August (besides train, of course) please familiarize yourself with the contents of this booklet. It contains information that is essential to your well-being, success and fun on race weekend.

Race Organization Contact Information

Office:	441 Manitou Ave. Manitou Springs, CO 80829 719-473-2625
E-mail:	raceinfo@pikespeakmarathon.org registrar@pikespeakmarathon.org
Web Site:	www.pikespeakmarathon.org

The Pikes Peak Marathon® and Pikes Peak Ascent® are under Special Use Permits from the Pike National Forest.

Hello Runners of the 2011 Pikes Peak Ascent and Pikes Peak Marathon,

Welcome to the 56th running of the Pikes Peak Marathon and the Pikes Peak Ascent. The following is the initial publication regarding what you need to know race weekend. Please read it carefully, as it will help make your time in Manitou Springs and your race more enjoyable.

In our continued effort to reduce our impact on Pikes Peak, "America's Mountain", we are initiating a way for you to help reduce the amount of water cups required, by using the "HydraPour" system. Please see details on page 23 and help us be more ecologically responsible.

For Ascent runners on your return trip to Manitou Springs, we will again have a major staging area at Glen Cove stocked with refreshments. The main intent is to encourage you to not linger on the summit where, as Peak veterans know very well, severe storms can strike without warning. From Glen Cove, you will load onto school buses and continue down to Manitou Springs for the post-race celebration, awards ceremony and to receive your much deserved finisher shirt.

As a reminder, the top 10 Overall and top 5 Masters for each race must be present at the award presentations to receive their awards. Age-group award winners can get theirs mailed or pick them up at the office for \$20.

Be sure to join fellow runners at the race expo and check out the Pikes Peak Marathon - Ascent merchandise. And don't forget, the Manitou Springs Kiwanis will again be providing their famous pre-race pasta dinners.

I hope that you are as excited as I am in anticipation of another weekend of exceptional races. As always, the race committee looks forward to seeing you and in providing you with a safe, fun and memorable experience. You are exceptional people doing an amazing thing!

Live to run.

Ron Ilgen
Race Director

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Pre-Race Information

Clarion Hotel—The Official Host Hotel

Rated 3 star / 3 diamond. Near downtown Colorado Springs. Roughly 11 minutes from Manitou Springs. Call direct 1-800-477-8610 for special rates and state that you are with the Pikes Peak Marathon.

Shuttle service to/from Manitou Springs is available on race days.

Please see our website (www.clarionhotel.com) for directions to the Clarion.

Manitou Springs Chamber of Commerce

1-800-642-2567 www.manitousprings.org

Colorado Springs Visitors Bureau

1-800-368-4748

Packet Pick Up—Times and Locations

Note: All runners must provide a photo ID at packet pickup. All runners must pick up their own packet. As the races will start on time, we encourage you to pick up your race packet prior to race morning.

◆ Friday, August 19

Memorial Park, Manitou Springs

9:00 am - 7:00 pm ASCENT & MARATHON

◆ Saturday, August 20

Memorial Park, Manitou Springs

5:30 - 7:15 am ASCENT ONLY

1:00 - 7:00 pm MARATHON

◆ Sunday, August 21

Memorial Park, Manitou Springs

5:30 - 6:45 am MARATHON

2011 Pikes Peak Ascent® Selected for Skyrunner® World Series

Sixteen races in 12 countries on four continents make up the 2011 Skyrunner® World Series calendar. To concentrate the competition among top athletes, six major races have been selected together with ten trials. The Pikes Peak Ascent will be one of the six major races along with premier races in France, Italy, Spain, and Switzerland. More information can be found at <http://www.skyrunning.com>

Come join us for the PEAK BUSTER'S

Ladies Only Event

Thursday, August 18, 2010 from 4:30 to 6:00 pm

Come join us for light refreshments in the garden room at St. Andrew's Episcopal Church at the intersection of Canon and Manitou Avenues in Manitou Springs, Colorado. Meet your fellow female running mates Arlene Pieper Stine, who was the first female to tackle the Pikes Peak Marathon, and her daughter Kathie Pieper, who finished the Ascent at age 9. Hear and talk with running experts Joanie DeBever and Kathleen Morrow as they share success tips and secrets, including the physical demands and psychology of running at altitude. Sister Marion Irvine, the running nun and oldest runner to qualify for and run the Olympic Marathon Trials, will keep the group in stitches with hilarious personal stories and tales from her years of running. Jan Seeley of Marathon and Beyond will emcee. This gathering is an absolute must for all female Pikes Peak runners. Come fill your cup with stories, wisdom and get the support necessary to successfully tackle PIKES PEAK for a truly PEAK 'MOUNTAIN TOP' EXPERIENCE.

\$10.00 fee at the door.

RSVP to Penny Bever a 719-685-1381 or Caroline Merrill at Peakbusters@aol.com

Pre-Race Expos and Spaghetti Dinners, Memorial Park, Manitou Springs

◆ Friday, August 19th

- ◆ **9:00 AM - 7 PM.** Packet Pick-up and Race Expo. Ascent and Marathon apparel for sale.
- ◆ **5 - 7 PM.** Kiwanis Club Spaghetti Dinner, \$12 (See page 15 for details)
- ◆ **6 PM.** Featured Speakers
- ◆ **6:45 PM.** Questions and answers, race videos

◆ Saturday, August 20th

- ◆ **1 - 7 PM.** Packet Pick-up for Marathon and Race Expo. Ascent and Marathon apparel for sale.
- ◆ **5 - 7 PM.** Kiwanis Club Spaghetti Dinner, \$12 (See page 15 for details)
- ◆ **6 PM.** Featured speakers
- ◆ **6:45 PM.** Questions and answers, race videos

Race Day Information

Directions

PPM Office

441 Manitou Ave., Suite 100, Manitou Springs. From I-25, take the Highway 24 exit (exit 141). Head west on Highway 24 (toward the mountains). Take Manitou Ave. exit and proceed west on Manitou Ave. The office is on the south side of the street. Check website for additional details.

Memorial Park

From PPM Office proceed west on Manitou Ave to El Paso Blvd. Turn right on El Paso Blvd.

Pikes Peak Highway

From I-25, take the Cimarron/Hwy 24 Exit (Exit 141). Head west on Cimarron (toward the mountains). Proceed 9+ miles to town of Cascade. Turn left and follow signs to toll gate.

Marathon Finish

Follow directions to Memorial Park. Go another 0.5 miles on Manitou Ave to the finish area & Soda Springs Park.



Race Starts and Parking

The starting line for both races is the 600 block of Manitou Ave, in front of City Hall.

Parking is difficult so please plan your time accordingly. By 5 AM both Saturday and Sunday, Manitou Ave will be closed to all traffic 1/2 mile east of the start and 1/4 mile to the west. There is no parking on Manitou Ave in the closed areas or between the start and Ruxton Ave. Parking is permitted on most other streets but observe the NO PARKING signs. Cars in violation of notices will be towed by MSPD!

Sweat Check - Ascent

It is most likely there will be wind and cool to cold temperatures on the summit, so it is wise for Ascent runners to send some warm clothes with the sweat check team. This personal gear will be bagged, numbered and transported from the start area to the summit. **Sweat Check drop off is immediately east of City Hall from 5:30 - 7:15 AM.**

A long sleeve shirt, sweat pants, wind breaker, socks, warm hat and gloves are suggested. This is important in the event of inclement weather at the summit (finish). Claim your gear at the summit next to the medical building. The Race Committee will make every effort to ensure your goods are delivered to you. However, because the race can assume no liability for any loss of these personal effects, send inexpensive clothing. If you forget or are otherwise unable to claim your gear on Saturday, check with the sweat check pick up area near the Marathon finish line on Sunday after 11am. Items not claimed within 30 days will be given to charity.

Sweat Check - Marathon

Sweat Check drop off on Marathon day is immediately east of City Hall from 5:30-6:45 AM. Claim your gear at the finish line area, at the communications tent. Runners may change apparel at the summit, but race personnel cannot transport your gear. In other words, you must make your own arrangements to have someone at the summit with your belongings.

Toilets

Porta-potties will be available near the starting line at Memorial Park. While it is obvious to most people, apparently it's not to everyone. Please **DO NOT** "water" the lawns and shrubs of our good Manitou neighbors. You can be arrested for indecent exposure.

Race Number Information

You must wear your assigned runner number **ON THE FRONT** of your clothing in plain view during the race. Race numbers are **NOT** transferable. They can only be used by those to whom they have been officially assigned. Each runner will be given a wrist band that will be the same color as their bib and be worn during race weekend.

General Rules of the Races

Slower runners must stay on the right side of the trail so faster runners may pass. Do not impede others by walking abreast in pairs or groups. No animals of any type are permitted. **Walking sticks & the wearing of headphones are prohibited.** If you stop to take a photograph, tie your shoelace, etc., please step out of the way of the other competitors. In the Marathon, uphill runners must yield to downhill runners.

You will be disqualified for: 1) Unsportsmanlike conduct; 2) Cutting switchbacks on Barr Trail; 3) Taking oxygen on the course; 4) In the Ascent starting in wave 1 if assigned to wave 2; 5) Completing only the ascent leg of the Pikes Peak Marathon®, 6) Not following cutoff times provided by race officials. Marathon participants must have one pull tag removed by race personnel at the summit and the race bib marked. Failure to do so will result in disqualification.

The Course

For a description of the course, and course map, please visit **www.pikespeakmarathon.org**. The following is a general overview for runners' families and friends.

From the start, both races proceed west on Manitou Avenue for 0.4 miles to Ruxton Avenue where the course bears west for 0.8 miles to (and past) the Cog Railway Depot. West of the depot the road turns to gravel for 0.4 miles and then joins Barr Trail at the "Spur".

The remainder of the Pikes Peak Ascent® is run on Barr Trail that is on Rocky Mountain and the east face of Pikes Peak. It is a US Forest Service trail which is often narrow, winding, and may be gravel, rocks or dirt with sharp turns and abrupt changes in elevation or direction. However, there are no exposed ledges so there is no danger of falling off the trail! The course for the 26.21 mile Pikes Peak Marathon® covers the same route as the 13.32 mile Ascent race, but finishes at Ruxton and Manitou Avenues in Manitou Springs. Elevation gain (start to summit) is 7,815 feet (2,382 meters). The start is at 6,300 feet (1,920 meters), and the summit is 14,115 feet (4,299 meters).

Details of the course & map may be found on the web at www.pikespeakmarathon.org. Matt Carpenter's website (www.skyrunner.com) also has the definitive course description, and a training guide for sale.

Medical Notes

These races are very difficult and physically demanding high altitude runs that should not be undertaken without significant preparation. If you have any medical problems or concerns, consult a physician prior to participating in these races. You are strongly advised to wear sunscreen, sunglasses and cap and you are encouraged to take along light gloves and a windbreaker.

Your best defense against most physiological problems is to stay fully hydrated and, for the Ascent, have warm clothes at the summit (use the "sweat check" services). Medical facilities provided by EmergiCare Medical Clinics are available at the finish each day.

El Paso County Search and Rescue will be on the course to help those who need assistance. If you are injured, ask someone to notify the next Search and Rescue team stationed along the course. If a serious injury should occur, do not aggravate the situation by "self evacuation." Wait for Search and Rescue.

Water/Aid Station Locations

Distance from start

Ruxton (Spur joining Barr Trail).....	1.65 mi
Incline on initial switchbacks.....	2.8 mi
No Name Creek.....	4.3 mi
Bob's Road.....	5.3 mi
Barr Camp.....	7.6 mi
A-Frame.....	10.2 mi
Cirque.....	11.9 mi
Summit.....	13.32 mi

For the Marathon, these same stations are available on the downhill leg.

Refreshments

Gatorade Endurance Formula and water are available at most of the aid stations. Grapes and other solid food items will be available at Barr Camp, and possibly at other aid stations. Should you need special nourishment, carry what you might need. Also carry a water bottle with you so you can refill at aid stations. Depending on your speed, it can be one hour or more between aid stations, so plan accordingly. Runners are encouraged to take in as much fluid as possible, not only water, but electrolyte replacement drinks.

Several of the aid stations are not easily accessible, and supplies must be back-packed in via our volunteers. Please thank the volunteers, as some supplies are carried in as far as 3 miles to the aid station.



Trash, Litter, Refuse

As part of the permit with the US Forest Service for these races, we must ensure all litter is removed from the course. It is very difficult to retrieve cups, wrappers and packaging (mainly the tops!) from energy goos and gels, especially when they've been tossed off the trail. Please help out the volunteers by carrying out or leaving trash at the Aid Stations. Please make every effort to throw trash in trash cans at the Aid Stations, as strong winds may blow trash away before it can be picked up. .

What About the Weather?

In a word, unpredictable. Pikes Peak can have rapid and extreme weather changes several times each day. Chilling rain, snow and sleet showers, high winds and dramatic temperature changes can occur in August. The temperatures may vary as much as 50°F between Manitou Springs and the upper parts of the mountain. It can be downright nasty above tree line. Storms may occur with little warning. Just ask those that ran the 2005 Ascent where cutoff times were moved up and 2008 where the race was a forced turnaround at A-Frame.

Some weather specifics: mean temperature at the start line usually is 60° - 70°F by 7 AM and at the summit 35° - 55°F by 10AM, not counting the wind chill factors. Late afternoon temperatures in Manitou Springs in August can be in the 80's F while above tree line storm cells can drop ambient temperatures into the 30's F. Humidity normally is around 15%, usually less at higher elevations.

Lightning

Besides the possibility of personal injury due to dehydration, falls, etc., the possibility of lightning poses the single greatest threat to runners, especially above tree line. Mother Nature is very unpredictable regarding this element! If you are caught in severe lightning it is best for a group to spread out and crouch down with your feet planted on anything that will insulate you from the ground (jacket, fanny pack, etc.) Try not to be the tallest object in the vicinity! Search and Rescue receives up-to-the-minute weather data; please follow any directions they may give you.

Cut-off Times

FOR YOUR SAFETY and that of the race support personnel, we have cut-off (turn around) times at Barr Camp, the A-frame, and, for the Marathon, at the summit. Trust our experience and judgment on this matter! If you cannot make the cut-off times it is highly probable that you will become an assistance or evacuation case on the upper part of the mountain due to exhaustion or weather. In addition, it is very unlikely that you would reach the finish line before it closes. We do not want your experience on the mountain to be either unpleasant or injurious; but, when presented with those options, we would rather have you unhappy at being turned around than have you unnecessarily injured! Please follow the instruction of the race officials!

Times/Locations for Cut-off

	ASCENT	ASCENT
	First Wave	Second Wave
& MARATHON		
Barr Camp	10:00	10:30
(7.6 miles from start)		
A-Frame	11:15*	11:45*
(10.2 miles from start)		
Summit (Marathon)	1:30	

*Times may be moved up if severe weather occurs.

Finish Line Closing Times

ASCENT	First Wave.....	1:30 PM
	Second Wave	2:00 PM
MARATHON	5:00 PM

Spectators

To view the finish of the Pikes Peak Ascent® drive the Pikes Peak Highway (a toll road) or ride the Manitou and Pikes Peak Cog Railway.

- Highway info:** Colo Springs Visitors Bureau at
1-800-368-4748 or 719-684-9383.
- Cog RR info:** 719-685-5401
www.cograilway.com (Reservations Required)

The race organization does not provide transportation for spectators from Manitou Springs to the summit. However, you can drive the toll road to Devil’s Playground, about 3 miles from the summit. From there, shuttle vans will take spectators to the summit. There is limited parking at the summit, and spectators won’t be allowed to park at the summit.

For the Pikes Peak Marathon® the best spectator viewing is along Ruxton Avenue. The finish line is on Manitou Avenue north of the intersection with Ruxton Avenue and next to Soda Springs Park. We ask that all spectators respect the police and follow their instructions regarding crowd control.

Three Routes To The Top



Map Courtesy of the Gazette

Transportation Back to Manitou Springs

Ascent runners are first transported from the summit in vans to Glen Cove, which is six miles down and at an elevation of 11,400 feet. We ask that you please take advantage of the lower altitude and weather protection provided at this area, rather than lingering on the summit. There will be plenty of runner refreshments at Glen Cove to help in your recovery and for celebrating your amazing accomplishment. From here, runners will transfer to school buses for the final trip to Manitou Springs and dropped at Schryver Park, Memorial Park or Soda Springs park (see map, page 7). As there may be short delays in getting a shuttle, please be sure to use a sweat check bag, which will be distributed at the summit.

Course “Sweep”

To ensure runners are not left on the trail, El Paso County Search & Rescue will make a sweep of the course each race day. Please follow their instructions.

POST RACE INFORMATION

Cool stuff to do back in Manitou Springs

- ◆ Shopping, if you can walk.
- ◆ Tourist attractions, Arcade
- ◆ Free showers for runners at Schryver Park pool . Must show your bib.

Post-Race Massage

Pikes Peak Massage / Colorado Institute of Massage Therapy will be providing post-race massage:

- ◆ **Ascent**, Memorial Park, 11:30 - 4:30
- ◆ **Marathon**, Soda Springs Park, 12:00 - 5:00



15 minutes - \$10

30 minutes - \$20

Cash or check ONLY. Payment is due at time of session or may be pre-paid.

Massage is set up on a first-come, first-served basis. Should there be a waiting list pre-paid clients will receive priority. For pre-pay, include which day you want the session (do not specify a time), your address and telephone number. Make checks payable to: Pikes Peak Massage Therapy. Mail check to: Pikes Peak Massage Therapy, 1490 W. Fillmore St., Colorado Springs, CO 80904. Call Roger at 719-634-7347 for questions or information.

Post-Race Celebrations

Come on down and share your stories of triumph or woe with your fellow runners, friends and family.

- ◆ **After the Ascent**
11:00 AM - 4:00 PM Memorial Park
Food and beverages for runners only.
- ◆ **After the Marathon**
12 Noon - 5:00 PM Soda Springs Park
Food and beverages for runners only.

Results

Unofficial results will be posted at the awards presentation and will be on our web site (www.pikespeakmarathon.org) during the race. The Colorado Springs Gazette will publish results on the day following the race. Official results will be posted on the web site that evening and will be mailed to all finishers in the fall. If you change your address that is shown on the label, let the Race Registrar know (registrar@pikespeakmarathon.org). (Results are mailed at bulk rate and will not be forwarded.)

Awards

In the words of Rudy Fahl, founder of the races, "It is an accomplishment in itself to say 'I attained my goal' and met the challenge of Pikes Peak." But, those who train hard and excel in the races also deserve proper recognition.

Awards, male and female, will be to the following: **Overall** 1st thru 10th and **Masters** (40+) 1st thru 5th. Precedence of awards will be Overall, Masters and then Age Division. There will be no duplication of awards. Age division awards will be adjusted for Overall & Masters.

- ◆ **Age Divisions**, 16-19 and then in 5-year increments
 - ◆ Up to 35 registered in an age group: 1st thru 3rd
 - ◆ Up to 50 registered in an age group: 1st thru 4th
 - ◆ More than 50 registered in an age group: 1st thru 5th

Awards Presentation

- ◆ **ASCENT** - Saturday, 5 PM, Memorial Park, or as close as we can get to that time. Please be patient. It takes a long time to get all the results from the summit. Relax, hang out. Enjoy the Kiwanis Spaghetti Dinner.
- ◆ **MARATHON** - Sunday, 3:00 PM Soda Springs Park.

ADDITIONAL INFORMATION

Volunteers on Race Days

Anyone who has been part of a major race knows that the volunteer race support staff is critical because it is not possible to hire the type of commitment required. If you know someone who might be interested in volunteering race day, or if you would like to volunteer for the other race from the one you are running, please go to www.pikespeakmarathon.org and click on the volunteer tab. This is your chance to support the runners while being part of the excitement and fun of these great races!

Lost and Found

Ascent day lost and found at packet pickup; Marathon day at finish line. Articles will be at the race office (441 Manitou Ave, Suite 100, Manitou Spgs) the week following the races. If not claimed (or shipping arranged for) within one month they will be given to charity.

The Triple Crown Series

For those participating in the scored 3-race Triple Crown of Running Series, either the Ascent or the ascent portion of the Marathon is your final leg of the series. If you use the Marathon as the final leg of the series, you must complete the race. **More details are on the web.**

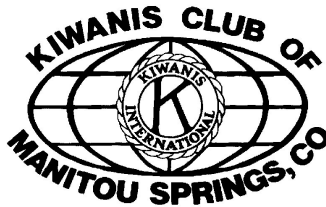
An awards event for the Series will be held in late September. Refer to the website for specific details. **All series finishers and volunteers are invited to attend.**

Finisher Shirt

All runners who complete the race within the cutoff times will receive a finisher shirt. That is you must finish the race, within the cutoff times, to earn your shirt. If the cutoff times are moved up because of severe weather, you must meet the adjusted cutoff times to receive a finisher shirt. **Don't forget to pick up your finisher shirt at Memorial Park after the Ascent or on Sunday at the Marathon finish line.**

Enjoy A Spaghetti Dinner

Served By



ALL YOU CAN EAT

Italian, Family-Style Dinner

Plus

Potato Bar, Dessert & Drinks

\$12.00 Per Person (Reduced rate for 12 & under)

Open to race participants and the public.

Kiwanis proceeds are used for local and worldwide programs and activities for youth.

www.manitoukiwanis.org

Dinner served in Manitou Springs' Memorial Park

Friday and Saturday evenings, 4:30 to 7:00 PM

Condensed Schedule of Events

◆ Friday, August 19th

- 9:00 AM - 7 PM Packet Pick-up and Race Expo. Ascent and Marathon apparel for sale.
- 5 - 7 PM Kiwanis Club Spaghetti Dinner, \$12 (See page 15 for details)
- 6 PM Featured Speakers
- 6:45 PM Questions and answers, race videos

Condensed Schedule of Events (continued)

◆ Sat., Aug 20, Pikes Peak Ascent®

- 5:30 - 7:15 AM Sweat check adjacent to start. Packet pickup (Ascent only) in Memorial Park.
- 7:00 AM **First wave** start.
Runners # **1-1099**
Second wave runners starting in the first wave will be DQ'd.
- 7:00 AM Toll road to Pikes Peak summit opens
- 7:30 AM **Second wave** start.
Runners # **1100-2499**
- 9:10 AM Approximate times of first male and
9:45 AM female finishers.
- 11:45 AM Approximate time first shuttle bus from summit arrives in Manitou Springs.
- 11:30 - 4:30 PM Post-Race massage; Memorial Park
- 1:30 & 2 PM Finish line closes (1st & 2nd wave)
- 12:00 - 3:00 PM Post Race Celebration; Memorial Park
- 5:00 PM Awards presentation and speaker program at Memorial Park.

- ◆ **FREE** showers available for runners at Schryver Park pool, Manitou Springs.
Show your race bib. The showers close at 4:00 pm on Ascent day.

◆ Sun., Aug 21, Pikes Peak Marathon®

- 5:30 - 6:45 AM Sweat check adjacent to start; packet pickup in Memorial Park.
- 7:00 AM Start. 600 block of Manitou Avenue.
- 10:35 AM Approximate times for first male and
11:40 AM female finishers.
- 12:00 - 5:00 PM Post-Race massage available, Soda Springs Park
- 12:00 - 3:00 PM Post Race Celebration, Soda Springs Park
- 3:00 PM Awards presentation, Soda Springs Park.
- 5 PM Finish line officially closes.

- ◆ **FREE** showers available for runners at Schryver Park pool, Manitou Springs.
Show your race bib. The showers close at 5:00 pm on Marathon day.

Supporting Organizations

Thanks to the following organizations:

- ◆ Barr Camp Staff
- ◆ Barr Trail Work Crew Volunteers (Trail Dogs)
- ◆ City of Colorado Springs:
 - ◆ America's Mountain - Pikes Peak Highway
- ◆ City of Manitou Springs:
 - ◆ Police Department
 - ◆ Parks Department
 - ◆ Street Department
 - ◆ Volunteer Fire Department
 - ◆ Mayor & City Council
- ◆ District 14 Amateur Radio Emergency Services
- ◆ Pikes Peak Amateur Radio Emergency Services
- ◆ El Paso County Search and Rescue (EPCSAR)
- ◆ Friends of the Peak
- ◆ Individual contributors to the Pikes Peak Trail fund and the EPCSAR fund.
- ◆ Manitou Springs Chamber of Commerce
- ◆ Manitou Springs Kiwanis Club
- ◆ Peak Busters, Inc.
- ◆ Pikes Peak Road Runners Club
- ◆ Manitou and Pikes Peak Railway Company (Cog Railroad)
- ◆ US Forest Service/Pikes Peak District
- ◆ And to the many other great folks who come to work as race staff volunteers

Pikes Peak Ascent® Records

Age Division Records - Male

Age Div.	Name	Year	Time
16-19	Ryan Hafer	2005	2:21:30
20-24	Glenn Randall	2010	2:09:28
25-29	Matt Carpenter	1993	2:01:06* #RT
30-34	Ricardo Mejia	1995	2:05:04 #RT
35-39	Simon Gutierrez	2003	2:13:29
40-44	Matt Carpenter	2006	2:08:27 #RT
45-49	Matt Carpenter	2009	2:12:04 #RT
50-54	Mike Kloser	2010	2:31:32
55-59	Ed Baxter	2009	2:41:35
60-64	Verne W. Carlson	1994	3:02:25
65-69	Verne W. Carlson	1998	3:19:54 #RT
70-74	Edson Sower	1988	3:44:09 #RT
75-79	Keith Wood	2004	4:00:08
80-84	Keith Wood	2010	4:44:09
85-89	Ivor Welch	1980	5:30:00

Age Division Records - Female

Age Div.	Name	Year	Time
16-19	Lize Brittin	1983	2:39:44
20-24	Lynn Bjorklund	1981	2:33:31*#RT
25-29	J'ne Day-Lucore	1989	2:37:35
30-34	Marie Boyd	1994	2:38:22
35-39	Maria Portilla	2007	2:35:46
40-44	Lisa Goldsmith	2007	2:42:44
45-49	Cindy O'Neill	2007	2:47:32
50-54	Sharon Kuhn	2009	3:12:26 #RT
55-59	Blondie Vucich	2006	3:31:40
60-64	Gail Carlson	2006	3:35:05
65-69	Margarethe Styskel	1995	4:03:02
70-74	Martha Kinsinger	2006	5:05:02
75-79	Vici DeHaan	2010	6:17:32

* Denotes Course Record

#RT Denotes record set during marathon.

Pikes Peak Marathon® Records

Age Division Records - Male

Age Div.	Name	Year	Time
16-19	John Lermusik, Jr.	1978	3:56:56
20-24	Matt Carpenter	1988	3:38:05
25-29	Matt Carpenter	1993	3:16:39*
30-34	Ricardo Mejia	1995	3:21:32
35-39	Matt Carpenter	2003	3:43:46
40-44	Matt Carpenter	2006	3:33:07
45-49	Matt Carpenter	2009	3:37:02
50-54	Senovio Torres	2005	4:11:16
55-59	Senovio Torres	2009	4:38:03
60-64	Verne W. Carlson	1993	4:56:51
65-69	Verne W. Carlson	1998	5:19:12
70-74	Earl Wert	1983	6:35:47
75-79	Cleo Casady	1988	7:20:23
80-84	Keith Wood	2009	8:43:23

Age Division Records - Female

Age Div.	Name	Year	Time
16-19	Ann Van Horn	1982	4:59:23
20-24	Lynn Bjorklund	1981	4:15:18*
25-29	Emma Murray	2006	4:21:09
30-34	Angela Mudge	2003	4:19:38
35-39	Gabrielle Andersen	1982	4:25:13
40-44	Gail LaDage Scott	1987	4:26:59
45-49	Anita Ortiz	2009	4:28:20
50-54	Sharon K. Kuhn	2009	4:59:53
55-59	Diane Ridgway	2005	5:57:14
60-64	Donna Messenger	2005	6:48:58
65-69	Joyce McKelvey	2010	7:30:22
70-74	Myra Rhodes	2003	9:00:09

* Denotes Course Record

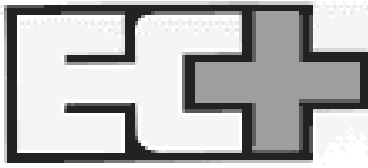
Race Committee

<i>Race Director</i>	Ron Ilgen
<i>Race Registrar/Electronic Content</i>	Matt Carpenter
<i>Office Administration</i>	Carol Korth
<i>Operations Leads</i>	Susan Guynn, Mark Szabo
<i>Transportation Directors</i>	Jim Jost & Brett Iverson
<i>Communications Coordinator</i>	Al Glock, Luci & Mike Stansberry
<i>Volunteer Coordinator</i>	Kirk Brown
<i>El Paso County Search & Rescue Coordinator</i>	Larry Dunn, Diane Kelsay
<i>Medical</i>	Judy Aker, Dr. Robert Hamilton, Dr. Reasoner, Stephen Nulty
<i>Pre Race Expo</i>	Debbie Swanson
<i>Finish Line</i>	Lyn Hale, Larry Miller
<i>Scoring</i>	Dave Sorenson, Gil Kindt, Bill Bennett
<i>Sweat Check & Marathon Finish Line Food</i>	Susie Nulty
<i>Merchandise</i>	Melody & Les Lundin
<i>Race Announcer</i>	Jerry Evans
<i>Summit Chief</i>	Tom Lear (Ascent), Chuck Voss (Marathon)
<i>Post Race Celebrations</i>	Penny Bever, Peak Busters
<i>Information Booklet/Results Booklet</i>	Elliott Henry
<i>Finisher Shirt Distribution</i>	Debby Bloch
<i>Awards</i>	Nancy Lecky
<i>Historian</i>	Joyce McKelvey
<i>Course Marshal</i>	Bob Street
<i>Legal Advisor/Glen Cove Lead</i>	Tom Berg
<i>Aid Stations</i>	
Ruxton	Vicki Martin (Ascent), Jackie Burhans (Marathon)
Incline	Jean Excell (Ascent), Jill Quirico (Marathon)
No Name Creek	Susan Ihns, Paula Wells (Ascent/Marathon)
Bob's Road	Stuart Strickland (Ascent), Jaclyn Roberson (Marathon)
Barr Camp	Don & Sharon Sanborn
A-Frame	Bill Slaughter (Ascent/Marathon)
Cirque	(Ascent), (Marathon)
<i>Operations Team</i>	Aki (Ohnaka Akihiko), Lars Duening, Debbie Swanson David Bishop, Kyle Forman, Don & Karen Karl, Ray Allard



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Protecting open lands in the Pikes Peak region



THE PIKES PEAK MARATHON & ASCENT IS GOING "CUP FREE"!

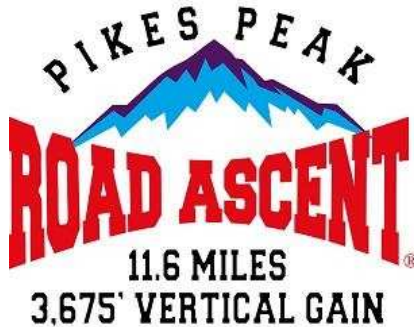
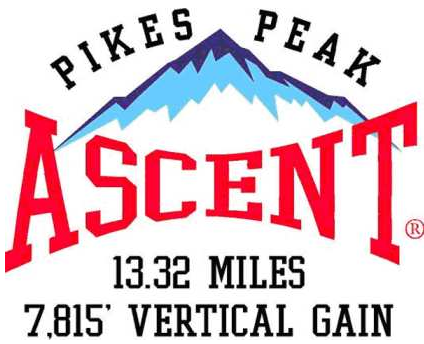
In an effort to reduce the work and cost involved in hiking in thousands of cups at each station but more importantly, because it is simply the ecological thing to do, we will be introducing the HydraPour system. We ask that each runner consider carrying a fluid bottle of some sort that can be easily and quickly filled, instead of using a paper cup. The HydraPour system requires just one to two seconds to fill a bottle. So there should not be any waiting nor a delay in setting your PR. HydraPouches and hydration belts will be available at the race expos, along with a demonstration display so that you know how to use the HydraPour system prior to race day. The Race Committee is excited to introduce our support for Cup-Free Racing in this year's race. We greatly appreciate your help in reducing the trash collected on "America's Mountain"!

IMPORTANT INFORMATION REGARDING ASCENT FINISHER SHIRT PICK-UP

You will be receiving your Ascent finisher shirt at Memorial Park, in the event tent, next to packet pickup. You must have your bib to receive your finisher shirt!!! When you return to Manitou Springs the buses stop at Memorial Park. If the size that was ordered does not fit, exchanges will be made on Sunday at the Marathon finish line shirt distribution area. Please make every effort to pick up your Ascent finisher shirt when you return to Manitou Springs!

INFORMATION REGARDING AWARDS

Top ten overall and masters winners must be present at the awards ceremony to receive your award! Age group award winners can get theirs mailed or they can be picked up at the office for \$20.00. Remember: If you place in the top ten of your age division you may qualify for an age division award. We do not duplicate awards! If those in your age division place in the top ten overall / masters that may move you up to an age division award. Check the results posted in the park.



NEW: Pikes Peak Road Ascent

Runners will have a once a year opportunity to race up the Pikes Peak Highway on Sunday, August 28, 2011. The 11.6-mile route will start near the Pikes Peak Highway Toll Gate at an elevation of 7,750 feet and ascend up the mostly-paved road to Glen Cove at an elevation of 11,425 feet. The total gain is 3,675 feet with an average grade between 5% and 12%. For more information and to register, go to the race website at:
www.trailrunner.com/events/pp_road_ascent.htm

Race Numbers May NOT be Transferred

In 2003, a competitor in the 70-74 male age group gave his number to a 20+ year-old male, who ran fast enough to win the 70-74 age group. This was not discovered until a few days later, thus the real winners were not able to receive proper recognition at the awards ceremony, which was a shame. And in 2004, a female competitor gave her number to a male, and he ran fast enough to qualify for an award in the female's age group. Once again, the actual award winners were not able to receive proper recognition at the awards ceremony. **This is a race! Please do not allow somebody else to compete in your place. It's not fair and is just plain cheating.**