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thank you, sponsors!

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Greetings, 2021 Pikes Peak Marathon and Pikes Peak Ascent Runners,

We are excited and looking forward to having both the 66th running of the Pikes Peak Marathon and the 65th Pikes Peak Ascent this coming weekend.

Remember that both races are in their own right mountaineering events, where it’s not always guaranteed that you will summit and where weather is always a concern. Your safety and enjoyment are important to us, so please be sure to be prepared for warm temperatures at the finish and various weather extremes above timberline.

And please be sure to join us for our prerace expo and festivities on Thursday evening and all day Friday. Our program Friday evening will feature some longtime Pikes Peak running pioneers, as they help us celebrate the history of Pikes Peak.

Be sure to keep an eye on our Facebook page this week for last-minute updates and more information.

The race staff, volunteers, and I hope you enjoy your time in Manitou Springs and on Pikes Peak, and wish you the best this weekend.

**Live to run!**

Ron Ilgen,
Race Director
1 overview maps
2 bib pickup

WHEN:
Thursday, 5–8 p.m. (Both races)
Friday, 10 a.m.–7 p.m. (Both races)
Saturday, 5:30–7 a.m. (Ascent ONLY), 9 a.m.–6 p.m. (Marathon)
Sunday, 5:30–7 a.m. (Marathon)

WHERE: Memorial Park, Manitou Springs

BRING: Photo ID

Please arrive with your photo ID to receive your race wristband(s). This band will need to remain on through the conclusion of your race. It serves as your ticket for transportation off the summit in the Ascent. Runners must pick up their own bibs ONLY and will not be allowed to pick up for anyone else. ID will be checked. Please obey all parking signs on the streets of Manitou Springs; there is no free parking. Be sure to fill out your emergency medical contact on the back of your bib.
3  Scheels expo/merchandise sales

WHEN:
Thursday, 5-8 p.m.
Friday, 10 a.m.-7 p.m.
Saturday, 9 a.m.-6 p.m.
Sunday, 10 a.m.-5 p.m.

WHERE: Thursday through Saturday, Memorial Park, Manitou Springs; Sunday ONLY at Soda Springs Park, Manitou Springs

The Red Leg Brewing Company beer garden will be open! Also, check out local band Redraw the Farm on Thursday night for live music accompanied by food trucks.

The expo is home to our custom merchandise from brands like Boco, Goodr, and BornFit.

Also, stop by and visit our awesome vendors, including Salomon and Heuberger Subaru!

We love our furry friends as well as yours, but please leave dogs at home for this event.

4  covid-19 in 2021

As part of the ever-changing COVID-19 situation, race organizers have been in contact with the public health department to ensure that we are following all state and local guidelines. Here are a few things to expect for race weekend:

• Masks **ARE NOT** required at outdoor events in Colorado; however, if you are more comfortable with a mask, we welcome you to wear one.

• Masks **ARE** required on public transportation in Colorado, so Ascent finishers, be ready to wear one on the way down the mountain. El Paso County Public Health considers the shuttle vans and buses to be public transportation, so each Ascent finisher will receive a disposable mask when they board the vans and will be asked to keep it over their nose and mouth until they reach Memorial Park.

• Masks **ARE** required inside Manitou Springs City buildings, so please be prepared to wear one if you plan to enter City Hall.

• Social distancing, hand hygiene, and the use of hand sanitizer are all still encouraged; enhanced cleaning procedures will be in place.

• See page 8 of this guide for socially distanced start line information.

We will continue to work with city, county, and state officials to enforce any other mandates that are enacted in the next two weeks. Thank you all for your patience as we remain flexible and nimble during this constantly evolving situation.
In April 2021, the City of Manitou Springs implemented a paid parking program. Most of the free parking throughout town that runners are used to using is now PAID parking. However, you do have some options!

**FREE PARKING:** on Saturday and Sunday can still be found at Manitou Springs High School and Middle School. Free parking is also available at Schryver Park and Fields Park.

**PAID PARKING:** is available Thursday through Sunday in the Hiawatha Parking Lot, Wichita Parking Lot, on Manitou Avenue and along El Paso Boulevard. Parking ranges from $0.50 - $2.00 per hour depending on the location.

Parking kiosks will be available starting at 4:00 a.m. on Saturday and Sunday, and daily time limits will be removed so you can pay to park for the entire duration of your race. You can download the ParkMobile app to pay for short durations, but on race day, you will need to use the parking kiosks to pay for an extended period of time. The ParkMobile app only supports hourly parking at this time.

Please do not park in no parking areas, fire lanes, loading zones, or residential permit areas, as you will be towed. The Briarhurst is for VOLUNTEER Parking Only (permit required). All parking west of Manitou Springs City Hall is paid parking.

Leave a little extra time on race morning to find (and pay for) your spot, or have your family members drop you off near the starting line.
6 race start information

Pikes Peak Ascent
START:
Saturday, August 21
7:00 a.m.
Memorial Park, 502 Manitou Ave., Manitou Springs
FINISH: Summit of Pikes Peak

Pikes Peak Marathon
START:
Sunday, August 22
7:00 a.m.
Memorial Park, 502 Manitou Ave., Manitou Springs
FINISH: Manitou Avenue and Ruxton Avenue, Manitou Springs

General Start Line Procedures for Both Races
ASCENT CORRAL ASSIGNMENTS: results.pikespeakmarathon.org/regstats/2021/ppa.html
MARATHON CORRAL ASSIGNMENTS: results.pikespeakmarathon.org/regstats/2021/ppm.html

The bib number is correlated with a runner’s start wave assignment. Bibs 1-99 are reserved for the top women in wave 1a that will depart the start line at 7:00. Bibs 100-199 are the top men in wave 1b, who will depart immediately afterward. Runners 200-299 are in wave 2, 300-399 in wave 3, and on down the line.

The start wave area (the closest to the start line), will have 10 rows where 10 runners will space out; successive waves will line up behind the start wave area in wave-numbered roped corrals. Runners are assigned to a row in the starting area based on their bib number – bibs ending in 00-09 will be assigned to the first row, 10-19 will be assigned to the next row, 20-29 to the next row, etc. Signs will indicate which bib numbers go to which row. Runners will space out within the row; placement within the row is not by bib number but in order of first come first served.

After lining up, the first wave will be sent off and each successive wave will move into the start wave area when guided by volunteers. Waves will depart on 1- to 2-minute intervals until all runners have started.

Runners may start in a later wave than they are assigned, but starting in an earlier wave will result in disqualification.
While this guide provides an overview of the 2021 updated race requirements, runners are also responsible for knowing and abiding by all official course rules, found online at [www.pikespeakmarathon.org/rules.html](http://www.pikespeakmarathon.org/rules.html).

Some important ones: **Headphones and hiking poles are prohibited.** Downhill runners have the right of way. Starting in a wave before your assigned wave will result in disqualification. Unsportsmanlike conduct will be reported and could result in a runner’s being banned from Pikes Peak races for life.

**Leave No Trace**
Please be considerate of our beautiful surroundings. All trash left out on the mountain must be hauled out by our hardworking volunteers. PLEASE attempt to pack out all trash or dispose of it in marked “trash zones” on course.

We will have biodegradable cups at aid stations, but we will also have volunteers with pitchers ready to fill your reusable drinking vessels. Bringing your own helps us minimize our impact.

Do not tamper with any plants or animals you might come across.

**ESSENTIALLY:** Do your best to leave Pikes Peak exactly as you found it!

**8 cutoff times**

For your safety and the safety of the race support personnel, there are cutoff times (mandatory turnaround times) at No Name, Barr Camp, A-Frame, and at the Summit. If you do not make the cutoff times, you will not be allowed to continue the race. There are no exceptions.

On-course cutoff times indicated below are elapsed times from each runner’s start time. Any runner continuing past their cutoff time will be automatically removed from the results.

**LOCATION CUTOFF TIME:**
No Name (4.3 mi, 8,800’) 1:40:00
Barr Camp (7.6 mi, 10,200’) 3:10:00
A-Frame (10.2 mi, 12,000’) 4:30:00
Summit (13.3 mi, 14,115’) 6:30:00 (6:15:00 on Marathon day)
Marathon Finish (26.2 mi, 6,300’) 10:00:00

**Runner Tracking**
Timing mats are available along the course, and (signal depending) we will attempt to keep our results page up to date as runners cross them in close to real time. Please bear with us, as sending data from the side of a mountain can sometimes prove challenging.

**Live Stream**
Live stream of the race will be shown on monitors in Memorial Park on Saturday and in Soda Springs Park on Sunday, or it can be watched on your personal device from anywhere. Families can watch their runners reach the summit. Check our website on race day for the link!

**Inclement Weather**
If the race needs to be called for weather, three loud horn blasts will sound and be echoed by crews going down the mountain. All competitors should turn around when they hear that signal regardless of where they are in the competition.
Elevation gain (start to summit) is 7,815 feet (2,382 meters); the start is at 6,300 feet (1,920m) and the summit is 14,115 feet (4,302m) above sea level. The Marathon turnaround is at approximately 14,050'. The ascent leg of the Marathon has very few stretches that are not going uphill, with the average grade being 11%. Read more about the course on our website: www.pikespeakmarathon.org/course-info.html.

Aid Stations – Ascent and Marathon
Locations and distance from start (outbound):
- Spur Trail joining Barr Trail (1.65 mi – available on Marathon return trip only)
- Incline Bail-out Point (3.0 mi)
- No Name Creek (4.3 mi)
- Bob’s Road (5.3 mi) (self-service water station only)
- Barr Camp (7.6 mi)
- A-Frame (10.2 mi)
- Cirque (11.9 mi)
- Summit (13.32 mi)

Food/Fuel Available
We do our best to stock our aid stations with a variety of items (pretzels, grapes, bananas, water, Gatorade, etc.), but it may vary by location. We suggest you bring specific aid items that you require as we cannot guarantee the availability or location of items.

Dress Smart
Mountain weather can be volatile and unpredictable. Be sure to check the forecast, but also come prepared for quick temperature drops and potential storms with an extra layer, hat, and gloves.

Drop Bags
ASCENT: Sweat check is available for runners. Please bring your bag to the start line before the race. You can retrieve your bag at the summit after finishing. Some items that might be nice are a windproof jacket, a dry shirt, gloves, and money for Summit House goodies. Don’t forget a mask for the shuttle van and bus ride down the mountain! (See next page for details on runner transportation.)

MARATHON: Bring your bag to the start line before the race. You can retrieve your bag near the finish line. Some items that might be nice are recovery sandals, a dry shirt, and extra beer money.

Spectators
We know many spectators enjoy meeting runners on the summit for the finish of the Ascent or the midpoint of the Marathon. This year, however, the summit is still an active construction site. The Pikes Peak Highway will be closed until noon on Ascent day, August 21. After noon, spectators may drive as far as Devil’s Playground, but there will be no shuttles to the top from there.

The Pikes Peak Highway will be open on Marathon day, August 22, but parking is extremely limited and visitors are asked to keep their stays brief. See coloradosprings.gov/pikes-peak-americas-mountain?mlid=9051 for details.
10 ascent day: leaving the summit

Masks will be required for the van and bus rides down from the summit in accordance with all Colorado laws regarding public transportation. Please pack a mask in your summit drop bag, or you will receive a disposable mask as you board a van at the summit.

Vans will take runners from the summit to Glen Cove; there, runners will unload and transfer to buses for the rest of the ride back to Memorial Park.

Please be patient at the summit while our volunteer van drivers navigate the construction zone. Bring your credit card or some cash and enjoy some world-famous Pikes Peak donuts or check out the new Summit House (and stay warm!) while you wait.

11 finisher item

Racers who finish their courses within posted cutoff times will receive a blue quarter-zip (Ascent) or black full-zip (Marathon) sublimated shirt, along with a medal for each race. Those who successfully complete the Double will receive an additional jacket.

12 awards and after party

OVERALL: Top 5
MASTERS: Top 5
5-YEAR AGE GROUPS: Top 3

There will be one awards ceremony for the Ascent at 5:00 p.m. on Saturday; the delay is so results can be verified from the summit timing mats. Overall awards will be given out at 1 p.m. for the Marathon on Sunday, with Masters and Age Group awards at 4:00 p.m.

Note that anyone in the top 5 overall men and women for either event wins a cash prize! Check our website for details. **You MUST be present at the ceremony to collect your check**; we are unable to mail them.

Party Time! Celebrate Your Accomplishment

Once you return from the summit either by bus or by foot after your race, we hope you’ll join us for refreshments and camaraderie with your fellow runners. Pick up your well-earned finisher apparel in Memorial Park on Saturday and/or Soda Springs Park on Sunday. You’ll also find representatives from the Colorado Institute of Massage Therapy ready to help with sore muscles, pizza and snacks to refuel, and plenty of water, beer, and Gatorade to quench your thirst.
THANK YOU, RUNNERS!

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