

Relay Exchange Points

There will be a total of 12 exchange points. Each team must have the equipment necessary to meet safety requirements of a relay race, including a minimum of **two (2) reflective safety vests** to be worn by runner/walker while competing on open roads, a **sign for your shuttle vehicle(s) stating: "Caution, Runners on Road"** posted in the rear window, a **wireless phone** for the runner/walker, and a **first aid kit** for the vehicle(s). At each exchange point, volunteers will assist team members with information for that particular leg of the relay. Vehicles must proceed directly to the next exchange; **DO NOT follow runner with vehicle. Only one vehicle per team is allowed at each transfer point.** It is critical that all participants follow all traffic safety laws, including running against traffic.

The relay race consists of 13 legs, of varying length, as follows: Please note: Legs 3, 9, and 12 are **mandatory Walking legs**. All distances are approximate.

Start: Larkspur exit off I-25 (CR 56), east side of I-25 about ¼ mile.

Leg #1: Runner: _____
This 1st leg is 2.7 miles and primarily an uphill segment on dirt road.

Relay Exchange Point #1:

The 1st exchange point is located at the crest of the hill on County Road 56 (Upper Lake Gulch Road); utilize the wide area in the road for parking.

Leg #2: Runner: _____
Leg #2 is 3.7 miles and mixed uphill and downhill segments on dirt road.

Relay Exchange Point #2:

The 2nd exchange point is located at the intersection of County Road 56 and E. Garton Rd.; utilize the wide area at the intersection for parking.

Leg #3: Walker: _____
The 3rd leg is 2.3 miles and has a nice hill; primarily paved surfaces.

Relay Exchange Point #3:

The 3rd exchange point is located on Castlewood Canyon Rd. just north of the intersection with County Rd 11 (S. Lake Gulch Rd.); utilize the widened area on the east side where the asphalt turns to dirt for parking.

Leg #4: Runner: _____
The 4th leg is 5.0 miles, on natural surfaces of Castlewood Canyon road, then the trail in Castlewood Canyon Park. Runners access the CC Regional trail by using the west stairway entrance off Castlewood Canyon Rd. (clump of trees at crest of the hill is entrance to stairs; volunteer will be there to direct); proceed down the steps to the trail. The exchange will be on the trail immediately below the park's Falls parking lot.

Relay Exchange Point #4:

The 4th exchange point is located on the Cherry Creek Trail within west Castlewood Canyon State Park below (east of) the Falls Parking Lot, the most southern parking lot within the Park. Leg 5 Runners get let off at the parking lot and make their way on the Falls Spur to exchange point.

Leg #5 Runner: _____
Leg 5 is 4.2 miles in length, and will be primarily on Castlewood Canyon Rd, accessing the CC trail again just south of Hwy 86. It's downhill now!

Relay Exchange Point #5:

The 5th exchange point is located at the end of N. Walker Road, accessed north off of Highway 86, and west of Castlewood Canyon Road. Utilize the trailhead lot for parking.

Leg #6 Runner: _____
The 6th leg is 5.9 miles and will be on the CC Regional trail exclusively.

Relay Exchange Point #6:

The 6th exchange point is located at the **Pinery Trailhead** immediately west of Parker Road on West Pinery Parkway; portable restroom facility is available.

Leg #7 Runner: _____
Leg 7 is 4.0 miles, exclusively on the CC Regional trail.

Relay Exchange Point #7:

The 7th exchange point is located at **East Bank Park**, immediately west of Parker Road at Indian Pipe Rd; restroom is available.

Leg #8 Runner: _____
The 8th leg is 3.4 miles, exclusively on the CC Regional Trail.

Relay Exchange Point #8:

The 8th exchange point is located east of **Challenger Park Recreation Center** immediately north of Lincoln Avenue, **on the trail**. Utilize the Recreation Center lot for parking; restroom available at Rec Center.

Leg #9: Walker: _____
Leg 9 is 2.2 miles, and will be on the CC Regional Trail exclusively.

Relay Exchange Point #9:

The 9th exchange point is located at **Cottonwood Equestrian Park** immediately south of Cottonwood Road, west of the creek; portable restroom facility is available.

Leg #10 Runner: _____
Leg 10 is 4.8 miles; runner will start on the CC trail, but will run a fair amount on the east sidewalk of Jordan Road, up to Caley Ave.

Relay Exchange Point #10:

The 10th exchange point is at the south trail entrance into CC State Park off East Caley Avenue, east of Jordan Rd; park along roadway.

Leg #11 Runner: _____
The 11th Leg is 3.9 miles, and is mostly soft surface trails in the Park.

Relay Exchange Point #11:

The 11th exchange point is at Dayton just north of Chenango Ave. at the CC School stop light for pedestrian entrance to the park; utilize parking lots at the school.

Leg #12 Walker: _____
Leg 12 is 2.0 miles, all hard surface, and follows Dayton St. into Village Green Park, and continues on the CC Dam Trail to the end of the parking lot, heads west, then north onto a new section towards I-225 (do not cross over I-225); stay right, continue back to dam trail.

Relay Exchange Point #12:

Park in the northernmost parking lot of Village Green Park and walk down the dam trail 0.35 miles till the first trail intersection.

Leg #13 Runner: _____
Leg 13 is 3.9 miles; the runner enters the Park at the trailhead near Vaughn Way, heads south past the campground, along the swim beach, a little uphill action, and finishing at the Smoky Hill Group Picnic area (see Finish Map).

Route is subject to change; please check for Race updates and route maps at www.cherry-creek.org after 7/31/08

Team Captain Briefing, September 24th, 7pm @ Location to be determined

Awards

The main purpose of the relay is to encourage appreciation of the watershed's natural wonders, as well as providing a race experience in a "rally" format. The "rally" part of the watershed run rewards the team that travels the race route at "typical" times. In this race we are using a 9-minute mile average for runners and a 17-minute mile average for walkers. Each team is scored based on how closely to the "calculated typical" time you arrive at each Exchange Point. Each Exchange Point will have points awarded based on how close to the rally time. Awards will be given for cumulated points from all checkpoints.

For those teams with a "need for speed", the fastest place team will also receive an award at the finish.

We are also encouraging teams to show their SPIRIT! Team creativity will be rewarded at the finish with a "spirit award" for the team that brought "something special" to the race. The winning team will be representative of the group with the most team pride and sense of fun and a proud recipient of a special *traveling trophy*. Judging criteria will include the variety of ways of 'showing your spirit', on the vehicle, in your costumes, singing at the staging areas, etc. Be creative and unique, celebrate the 'fun' of the race experience, and be inspirational to others. Good Luck!

Additional Course Information

- Exchange points will be marked and staffed.
- For safety reasons, we are not encouraging the use of electronic devices like Walkmans, or running with dogs and baby strollers.
- The Route is road and trail (mostly soft surface).
- The public roads will be open to all vehicular traffic during the race. All safety traffic laws must be obeyed at all times. Runners are required to run on the side of the road facing on-coming traffic on roads without sidewalks.
- The Cherry Creek Trail is a multi-use trail and will be open to other users during the race.
- Transportation to and from the Relay Exchanges is the responsibility of the relay teams. Each team is allowed only three (3) vehicles, so teams should consider dividing the race into 3 sections to coordinate drop-off and pick-up of runners.
- Finish line closes at 5:00 pm. (12:00/mile pace).
- All teams are responsible for their own snacks, and drinks during race. There are 2 sponsored aid stations. **Food and drinks at the finish.**
- Race day check-in **6:15**; team # assignment and port-a-let, available at the Staging Area. All waivers must be completed prior to start of race.

Mandatory Pre-Race announcements at 6:45 am.

Directions to start staging area:

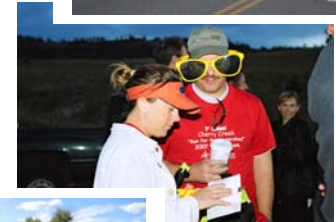
From the north, exit CR 56, #173, travel south and turn left on County Road 56 (Upper Lake Gulch Road), continuing east under I-25 and parking on the south or north side of road. From the south, take the CR 56 exit and park on the south or north side of County Road 56. The starting point is on County Road 56, about ¼ mile east of I-25, at the banner.

4th Annual Cherry Creek "Run for the Watershed" Relay Race September 27, 2008 7:00 am



50 Mile

*Celebrating the
splendor and
diversity of the
watershed, from
the top of the
basin, downhill
to Cherry Creek
State Park*



Relay Race



Sponsored by the Cherry
Creek Stewardship
Partners and American
Public Works Association