

Red Rock Scramble Event Information

The race and walk will begin at 10:00am at the Lyons High School on 10/3/10.

Red Rock Scramble is a *Race Without a Trace*

The Colorado Indian Bar Association is working diligently this year to make the Red Rock Scramble an environmentally sustainable event. We are embracing the *Race Without a Trace* [initiatives](#) regarding waste and climate impact and we hope that our event can serve as a model for other Colorado athletic events.

The Course

The Red Rock Scramble course was designed to offer a beautiful running experience. It features a quiet trail and country road, spectacular views and gentle grades. The event includes a 5 mile run and 5K run/walk. Both events follow the same course, starting and ending on a smooth wide trail near the high school. The first and last mile of the course are on a trail that runs through Bohn Park and adjacent to the St. Vrain river. At the first mile, the course follows the beautiful Old South St. Vrain Road along the river and alongside red rock cliffs. A water stop is located near 1.4 miles and shortly thereafter is the turnaround for the 5K course. The 5 mile course continues on Old South St. Vrain Road for about another mile before it turns around and heads back in the opposite direction. The course climbs gently (upstream) on the way out and falls slightly downhill (downstream) on the way back.

Water on Course

We will be offering one water stop on the course that will be available on the way out and on the way back near 1.4 miles and 3.6 miles (for the 5 Mile).

For Our Participants

Participants have the option to receive an eco-friendly, beanie hat with our race logo embroidered on it. Traditional Native American music and food as well as free massages are planned. Prizes/awards will be given to the top male and female finishers overall and the top two finishers in each 10-year age group for both the 5K and 5M races. Results will be posted during the event and on this web site. Age groups are: up to 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 and 80 or higher.

Safety Issues

The race course is quite narrow in places and is unsafe for pets and strollers. For the safety of all participants, please leave Fido at home. This year, 2010, we will allow narrow single-wide strollers on the course. If you are running or walking with a stroller, please keep safety in mind. The race follows trails and little used roads. Course marshals and safety cones will guide you on the course. Paramedics will be at the event and on the course in case of an emergency.

Parking

Free parking is available at the High School parking lot and along second avenue.

Rest Rooms

Rest rooms are available in the small concessions building near the high school track.

Inclement Weather

We plan to hold the event in any weather condition and plan to have shelter available if the weather is really bad.