

## 2023 Grandeur email to runners (1/28/2023):

Greetings 2023 RUFA Grandeur Peak participants,

We're one week away from this year's edition of the Grandeur Peak event, where all of your training and fundraising efforts will come to fruition!

Whether this is your fifth RUFA or your first, this email contains important updates and reminders, so please read it entirely – but first, THANK YOU. Thank you for your passion for this event, and for fundraising and playing your part in improving air quality. Your participation *matters* and we are immensely grateful for it. We've seen you out there racking up fundraising dollars AND laps on Grandeur Peak to prepare for this year's event. What an incredible community we have!

### SHUTTLES AND SCHEDULE

- The shuttle system has changed over the years; this year the race check-in AND shuttle pick-up/drop-off will be at Black Diamond Equipment (like in 2022): 2092 E 3900 S, Salt Lake City, UT, 84124 (*with the exception of noon 6-hr - check in at Church Fork*)
- Please see the [updated shuttle schedule](#) on the RUFA website; the shuttle vans will run according to the posted schedule during posted hours, and will be making trips *from Church Fork to Black Diamond on-demand during the night*
- Note: Depending on which shuttle you take to your start, you may be outside at the starting area for 15-30 minutes prior to your start; **be prepared for very cold (single-digit) temperatures** while you wait
- **Crews:** On the schedule, you'll notice certain shuttles are for runners only vs. "Open"
  - It is okay for crew to come up, but we encourage folks to minimize this type of involvement if possible as we have limited infrastructure to support large crowds

### RACE CHECK-IN

- **24-hour runners** (6:00PM Friday race start)
  - Check-in at BD begins at 4:30PM Friday
  - Shuttles depart at: 5:15PM and 5:30PM
- **Date Night (7:00PM Friday) 6-hour runners**
  - Check-in at BD begins at 5:00PM Friday
  - Shuttles depart at: 6:15PM and 6:30PM
- **12-hour runners** (6:00AM Saturday race start)
  - Check-in at BD begins at 4:30AM Saturday
  - Shuttles depart at: 5:15AM and 5:30AM
- **7:00AM Saturday 6-hour runners**
  - Check-in at BD begins at 5:30AM Friday
  - Shuttles depart at: 6:15AM and 6:30AM
- **Noon Saturday 6-hour runners**
  - Check-in *up at Church Fork* begins at 11:00AM Saturday
  - Shuttles - PLEASE leverage the shuttle system; see [time-table](#) and take whatever shuttle you like!

### WEATHER / CONDITIONS

- **EXTREMELY IMPORTANT:** Plan for any amount/type of winter weather and conditions, from **single-digit temps** to biting winds.
- We strongly recommend bringing **multiple changes of clothes**; it may be single digits at the base aid station, and then you may be sweating and shedding layers on the way up, and then get extremely cold toward the top and on the way back down.
- *Rule of thumb:* bring a dry change of clothes for each 1-2 laps you plan to complete
- The base aid station will have shelving for you to keep your bags

## REMINDERS / FUNDRAISING

- **Reminder:** if you raise **10x your entry fee**, then you get your *entry fee refunded* AND get to choose a gift from one of our incredible sponsors (headlamps, shells, traction, etc)!
- **Discount:** Black Diamond has provided us with a discount code redeemable for 20% off traction devices purchases on their website – **Traction4RUFA**
- Course records are very cool, but being a courteous and respectful trail user is *way cooler*; no matter what your goal is, *please exercise mutual respect when passing other participants and trail users*. \*RUFA volunteers/officials may disqualify individuals who are being disrespectful\*

## AID STATION

- The **base aid station has moved** slightly downhill from last year's location. It will be set up at the first/bottom picnic area at Church Fork.
- The base aid station will have hot food, snacks, hot and cold drinks, etc! [See website](#) for updated food list (subject to change).
- The aid station is **cupless**
- The Grandeur Peak summit is **not an aid station**; make sure to take enough food/drink with you on each lap to last the entire lap
  - The summit will have basic emergency supplies (hailed up by our generous volunteers!), but you should not count on refilling bottles/etc.

## RUNNER TRACKING

- Your splits will be available for friends/family to track at home [on our website](#)
- We hope for this tracking to be as real-time as possible

## COVID/SAFETY

- Masks are not required, but strongly recommend while on shuttle vans, and recommended when in aid stations
- Please be respectful and mindful of others' personal space, as always
- RUFA is **cupless**; make sure to bring your own cups/flasks/bottles/etc. (including for hot drinks from aid station)

## AWARDS

- Special awards will go to the top three female and male runners in each race (24-hour, 12-hour, 6-hour)
  - Note: 6-hour awards are inclusive of all 3 instances of the 6-hour race
- There will not be an official awards ceremony at The Front Climbing Gym like in prior years; awards will be given out at the conclusion of the event

Thanks for reading, and thank you so much for the time you are taking out of your busy lives to share the trails with us and raise funds and awareness for the quality of the air we breathe!

Please reach out using [this contact form](#) with questions and we will follow up with any final updates next week!

RUFA Team