

Valles Caldera National Preserve



7th Annual Run the Caldera: 10k, Half, and Full Marathon

June 9 & 10, 2012

Runner's Manual



Table of Contents

Introduction.....Page 3

Course Maps, Descriptions, and Markings.....Page 4-6

Aid Stations & Full Marathon Viewing Area.....Page 7

Packet Pick-up.....Page 8

Driving Directions.....Page 9-10

Parking and Race Start Times.....Page 11

Switching Races, Cutoff Times, and Dropping Out.....Page 11-12

Awards.....Page 12

Rules, Weather and Considerations.....Page 13-14

Lodging and Dining.....Page 14

Overall Race Schedule.....Page 15

Upcoming Events.....Page 16

INTRODUCTION:

Welcome to the Valles Caldera National Preserve's 7th Annual Run the Caldera Marathon, ½ Marathon, and 10k!!!

Thank you for signing up for Run the Caldera 2012! This event gets bigger and better every year.

An emailed survey will be sent to you after the race to give you an opportunity to tell us what you think of the event! Your opinions are valued and help shape the future of this event so please take the time to fill it out.

We want to extend a big “**THANK YOU**” to our wonderful volunteers whose support has helped make “Run the Caldera 2012” possible.

Check out our  page for local specials and offerings during Run the Caldera 2012!

Course Maps: These maps can be found (and printed) on our website.
[Click here for a link to the maps.](#)



Valles Caldera National Preserve, New Mexico

Run the Caldera 10k - June 9th, 2012

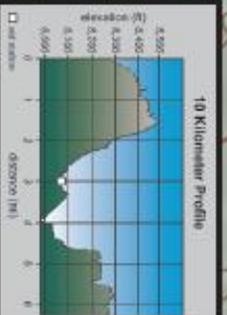
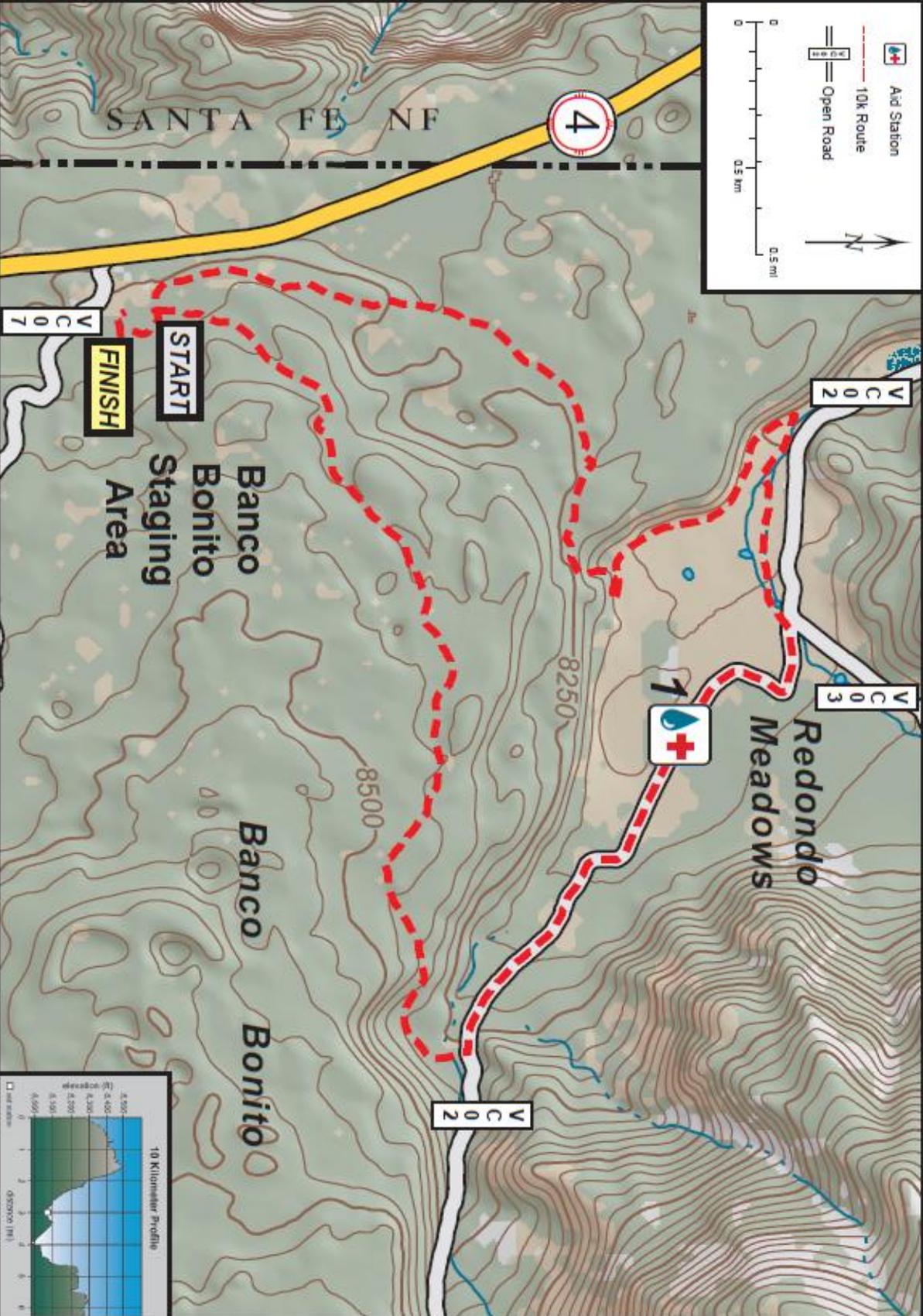


Aid Station

10k Route

Open Road

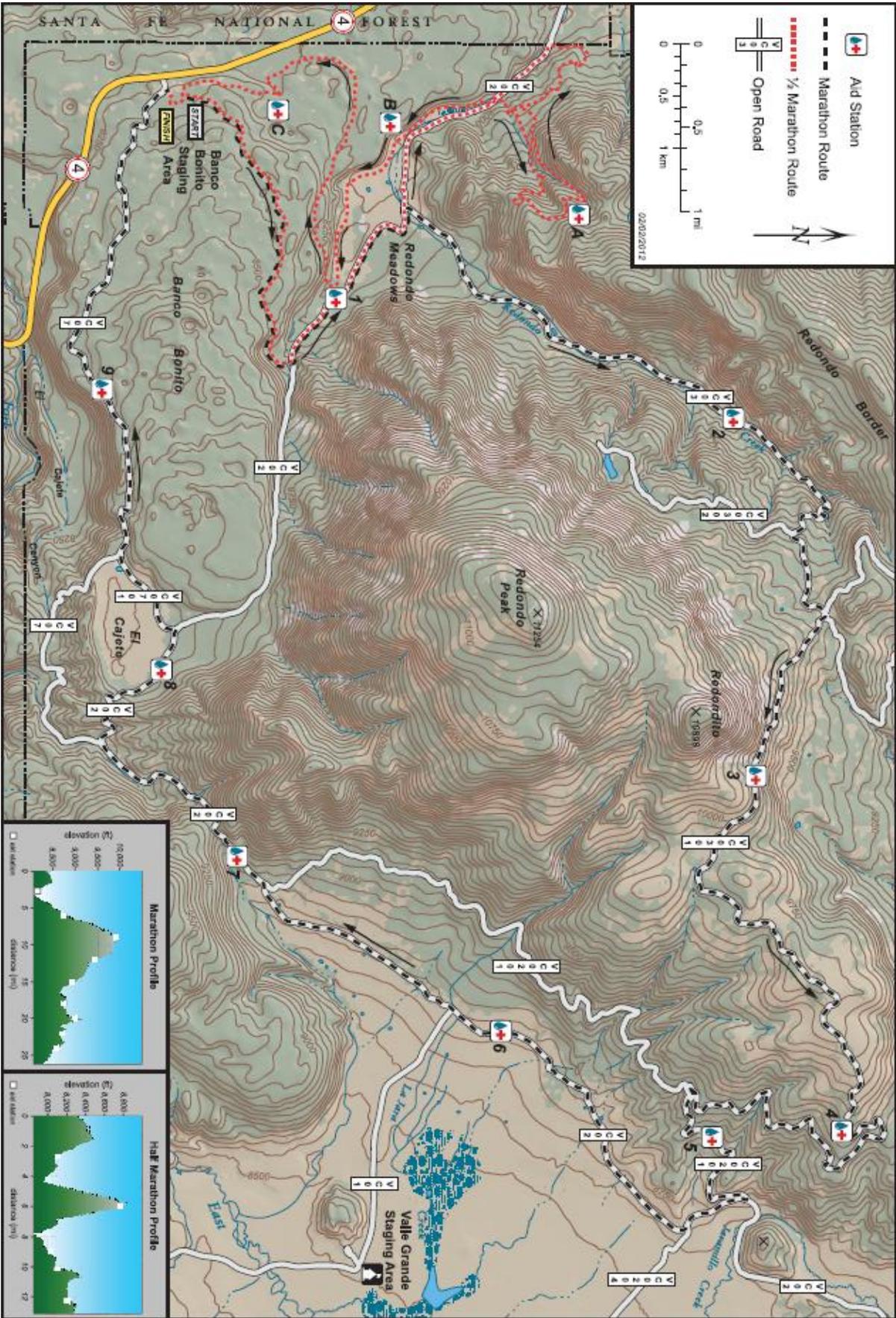
0 0.5 km 0.5 mi





Valles Caldera National Preserve, New Mexico

Run the Caldera Half and Full Marathon - June 10th, 2012



Course Description:

The course will be run on two-track logging roads, some of which are overgrown with grass and encroaching vegetation. During the marathon you will experience over 2,100 feet of elevation change. The half marathon will also have significant climbs and descents. Last year we had a runner describe Aid station A similar to the space needle; great views! The 10k will run through forested areas and sweeping meadows in Banco Bonito.

Course Marking:

The entire course will be marked before the event. The flags are orange in color, 4 by 5 inches in size, printed with the VCNP logo, and attached to a metal wire post (see photo). These flags will be placed in the ground along the **right hand side of course**. When approaching intersections please be aware of your surroundings and look for flags. If you pass a junction and do not see any flags, please return to the intersection and ensure that you have not gone off course. To prevent runners getting off course we have three locations with course marshals and have also placed aid stations at most of these intersections.



Aid Stations:

There are 9 aid stations along the marathon, 5 along the half marathon, and 1 along the 10K. Aid stations are *approximately* three miles apart from one another. Aid stations will have Basic first aid supplies and the following:

****VOLUNTEERS CHEERING YOU ONWARD WITH:**

- Water
- Heed electrolyte drink
- Soda (various flavors)
- Assorted salty foods (pretzels, chips, etc)
- Cut bananas and oranges
- Cookies, sweets

► Runners who require special nutritional needs and medications are encouraged to carry supplies with them.

Full Marathon Viewing Area:

Come cheer on your Full Marathon runner at our designated viewing area!

If you are a family member/friend/ supporter of someone participating in the Full Marathon, the Valles Caldera will be offering free shuttle rides from the Valle Grande Staging Area to a location where you can give them your support.

Please park your car at the Valle Grande Staging area. Enter through the main entrance of the preserve, near mile marker 39.2 on NM Highway 4. There will be a sign-in/sign-out sheet inside the Visitor Center/Gift Shop building to ride the free ongoing shuttle up to mile 18 of the Full Marathon course (just after aid station 6).

Pack a breakfast, a lawn chair, and enjoy the view of the Valle Grande while you cheer on the Full Marathon runners. This viewing area will close once the last runner has passed. Please do not explore outside of the designated viewing area, and respect “leave no trace” ethics.

Packet Pickup:

T-shirt and bib numbers will be included in packet pick up.

Bib numbers for **full marathoners** will be [blue](#),

Bibs for **½ marathoners** will be [green](#), and

Bibs for **10k participants** will be **white**.

*We encourage you to pick up your packet on one of the following pre-race dates, rather than on race day as it lessens the stress of check-in on your race-day morning.

➡ **Pre-race packet pick up will be available on:**

Wednesday June 6th from 3pm – 8pm at the **REI in Santa Fe**

500 Market Street, Suite 100

Santa Fe, NM 87501

(505) 982-3557

Thursday June 7th from 4pm – 8pm at the **REI in Albuquerque**

1550 Mercantile Ave NE

Albuquerque, NM 87107

(505) 247-1191

Friday June 8th from 12pm-5pm at the **Visitor Center Parking lot in Los Alamos**

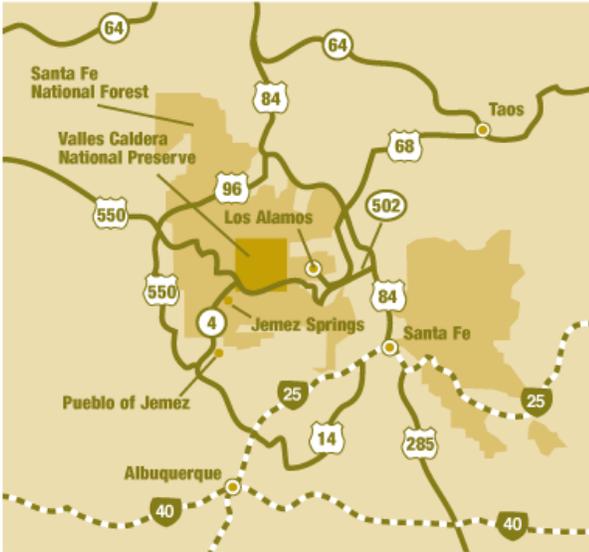
109 Central Park Square

Los Alamos (downtown)

505-662-8105

[Driving Directions \(Click here for Google Map\):](#)

(Please try to car pool if possible as parking is limited!)



To drive to the Banco Bonito Staging area of the Preserve from Albuquerque, you can go via Los Alamos or via Jemez Springs.

From Albuquerque via Los Alamos:

- Take I-25 north to Route 599 (Santa Fe Relief Route) - follow signs on 599 north to Los Alamos- Espanola).
- In Pojoaque, follow signs to Los Alamos and Hwy 502.
- You can take the "truck route" to Highway 4 below Los Alamos or drive through Los Alamos and follow signs to "Jemez Mtns." (State Hwy. 4)
- (If you pass through Los Alamos proper, take Trinity Drive to Diamond. Take a left on Diamond, then a right on West Jemez Road to the intersection with State Highway 4. Take a right [away from Bandelier National Monument], following the highway up and into the Jemez Mountains.)

➡ The Banco Bonito Staging area entrance is at **mile marker 30** on Highway 4 from Los Alamos. Driving time from Albuquerque's Big-I is approximately 2.5 hours.

From Albuquerque via Jemez Springs:

- Take I-25 North and Exit on to Highway 550 (Farmington Highway - old Hwy 44).
- In San Ysidro, take Hwy 4 to Jemez Pueblo and Jemez Springs.
- Follow Highway 4 at fork at La Cueva (stay right).
- ➡ Banco Bonito Staging area is on the left at **mile marker 30** on Highway 4.
- Driving time from Big-I is about 2 to 2.5 hours.

From Santa Fe:

- Head north on Highway 84-285 past the Santa Fe Opera.
- In Pojoaque, follow signs to Los Alamos and Hwy 502.
- You can take the "truck route" to Highway 4 below Los Alamos or drive through Los Alamos and follow signs to "Jemez Mtns." (Hwy 4)
- (If you pass through Los Alamos proper, take Trinity Drive to Diamond. Take a left on Diamond, then a right on Jemez Road to the intersection with State Highway 4. Take a right [away from Bandelier National Monument], following the highway up and into the Jemez Mountains.)
- ➡ Banco Bonito Staging Area entrance is on the right at **mile marker 30**. Driving time is about 1.5 hours.

From Northern NM:

- Take Highway 84-285 from Espanola.
- Take Hwy 30 through Santa Clara Pueblo and then take Hwy 502 to Los Alamos. The route is well marked.

- Parking for the races will be at the Banco Bonito Staging Area. This entrance is located near mile marker 30 on highway 4.

Parking Opening Hours and Race Start Times:

Please carpool if possible! Space will be limited. Parking attendant volunteers will guide you to available parking spots.

➤ June 9th, 2012 Banco Bonito Parking Lot open by **7:30am**

- **10K Start Time: 9:00 am**

➤ June 10th, 2012 Banco Bonito Parking Lot open by **6:30am**

- **Full Marathon Start Time: 7:30am**

- **Half Marathon Start Time: 8:30am**

Switching Races, Cutoff Times, and Dropping Out:

We understand that life happens, and sometimes not the way we plan. Runners often decide to change their scheduled run and downgrade for many different reasons. When checking-in on the day of your preferred race, please notify us that you have downgraded.

- Only Full Marathon Runners may downgrade to a Half Marathon Race *on their race day (Sunday June 10th)*. Full and Half Marathon Runners who wish to downgrade to the 10K race may do so, but need to be aware that **the 10K race is occurring the day before, on Saturday June 9th**! PLEASE PLAN AHEAD! 'Downgraded' runners will not be eligible to win in their category.

Cut-off times for the races are:

- Full marathon - 7:30am start - 2:30pm cutoff. **7 total hours.**
- ½ marathon - 8:30am start - 12:30pm cutoff. **4 total hours.**
- 10k - 9:00am start – 12:00pm cutoff. **3 total hours.**

At the mentioned cutoff times, runners on the course will be picked up by follow/sweep vehicles.

Runners that wish to drop out during the race will be picked up by follow vehicles or emergency personnel if necessary. Communicate to the nearest Aid station if you wish to drop out of your race.

Awards:

All finishers for all races will receive a finisher award. The top 3 male and female finishers in all three races will receive custom art pieces. More information about these awards will be updated on our facebook page www.facebook.com/runthecaldera

Rules:

- The preserve does not allow any pets. Only service animals may accompany owners. Please do not leave pets in your car in the parking lot.
- Do not remove the pull tab from the bottom of your bib. This will be collected at the finish line.
- Please do not remove any artifacts, antlers, plant materials or minerals from the preserve.
- No littering. Please leave trash at aid stations and follow “leave no trace” ethics.
- Please do not approach or harass wildlife or livestock.
- All runners must follow their course precisely.
- *All runners are required to check in with a race official at least 10 minutes before the start of the race.*
- All downgraded runners must notify check-in staff, who will appropriately mark your bib.

Weather and other Considerations:

- Each race will be run at 8500ft elevation and higher. Dehydration and sun exposure are major concerns. Keep hydrated and wear sunscreen or protective clothing.
- Due to elevation a wide variety of weather is possible including, snow, hail, rain, lightning, high winds and high temperatures. Be prepared!
- Average Temperatures and humidity for Banco Bonito area during June 2011: ([data from Valles Caldera National Preserve Climate Stations](#))
 - Average High of 83 Deg.F
 - Average Low of 50 Deg. F
 - Average Humidity 19%
- June 9th & 10th
Sunrise: 5:50am
Solar noon: 1:06pm
Sunset: 8:22pm

Lodging and Dining:

Links to lodging & dining in Los Alamos: www.visit.losalamos.com

Link to lodging & dining in Jemez Springs: www.jemezsprings.org

Link to Camping & Recreation in the Jemez Mountains:

<http://www.fs.fed.us/r3/sfe/recreation/districts/jemez/index.html#camping>

➡ Overall Race Schedule:

- **Wednesday June 6th:** Pre-race packet pickup at REI in Santa FE from 3pm-8pm
- **Thursday June 7th:** Pre-race packet pickup at REI in Albuquerque from 2pm-8pm
- **Friday, June 8th:** Pre-race packet pickup at Los Alamos Visitor Center Parking Lot from 12PM-5PM

➤ **Saturday, June 9th**

10K RACE DAY!

- 7:30am parking at Banco Bonito and check- in for 10K opens
- 9:00am start for 10K
- 12:00pm Cutoff for 10k
- 1:00pm Awards ceremony

➤ **Sunday, June 10th**

HALF AND FULL MARATHON RACE DAY!

- 6:30am parking at Banco Bonito and check-in for ½ and full marathon opens
- 7:30am start for full marathon
- 8:30am start for ½ marathon
- 12:30pm cut off for ½ marathon
- 1:30pm Awards ceremony
- 2:30pm cut off for full marathon

Upcoming Events:

Want more opportunities to come visit the Valles Caldera National Preserve? Here are a few upcoming events you should check out! Visit our [calendar](#) on our website for a complete list of daily events and additional information. Join our [mailing list](#) for volunteer and employment opportunities, upcoming events, and breaking news!

- [Valles Caldera Preservation Act Celebration is July 21-29th, 2012](#): *Come celebrate the birthday of the Valles Caldera National Preserve!*
Congress passed the Valles Caldera Preservation Act and sent it to the White House for the President's signature on July 14th, 2000. The act states that Congress establish the preserve in order "to protect and preserve the scientific, scenic, geologic, watershed, fish, wildlife, historic, cultural, and recreational values of the preserve, and to provide for multiple use and sustained yield of renewable resources within the preserve, consistent with this title" (VCPA sec. 105[b]). President Bill Clinton, who took a strong personal interest in the acquisition of the caldera, signed the bill at Camp David on July 25th, 2000. The act authorized federal purchase of Baca Location No.1 and established the Valles Caldera Trust as the manager of the Valles Caldera National Preserve. To celebrate this event in history, the magma to magpie van tours and some select hikes will be free July 21st through the 29th, 2012! No pre-registration necessary, this is a free event.
- [Cruise the Caldera on August 11, 2012](#): Come explore the Caldera on your mountain bike! This is a popular event that allows you to see most of the preserve from the comfort of your handlebars. Pre-registration encouraged, but not necessary.
- [Twilight Mountain Bike Ride on August 25, 2012](#): Start your bike ride during the last strands of daylight, proceed through twilight, and then end under moonlight. This truly unique event will provide access to the Preserve for the first 300 bicyclists per event that pre-register.
- [The Annual Jemez Mountains Elk Festival is October 6-14th, 2012](#): Trying to find something to do after you've seen your fill of Hot Air Balloons? Enjoy the fall colors of the Jemez Mountains and check out our free Elk Festival event! View these amazing creatures in their habitat and learn about the region. Fun demonstrations and activities daily. A special informal atlatl throwing competition on the last day (October 14th) of the festival will be fun for people of all ages. No registration necessary.