

THE NEVADA MARATHON / RELAY * LAMOILLE CANYON HALF MARATHON & 5K

Date: June 15, 2019

Start

Roads End, Lamoille Canyon * 6AM * 7AM * 7:30AM * 10:30 Kids K

End

Lamoille Park, Lamoille, NV

Marathon Half 5K
& Relay



Pricing

5k (Registration)	\$30.00	Expires - 6/1/2019
5k (Late Registration)	\$35.00	Expires - 6/13/2019
5K (Day-before) @Packet pick-up	\$40.00	Expires - 6/14/2019 - 2-6PM
Half Marathon (Registration)	\$60.00	Expires - 6/1/2019
Half Marathon (Late Registration)	\$65.00	Expires - 6/13/2019
Marathon & Relay (Early Registration)	\$60.00/\$125	Expires - 6/1/2019
Marathon & Relay (Late Registration)	\$65.00/\$150	Expires - 6/13/2019
Kids K (Day-Of Registration)	FREE	or donation to NNAN (kids 12 & under)

Bus Loading: [Lamoille Grove - 950 Lamoille Hwy](#)

Registration

Follow registration link at www.rubymountainrelay.com

What Registration Gets You

- *Bus shuttle to start line
- *Clothing drop at start line/mile 3 - retrieval at finish line
- *Fast & beautiful run down Lamoille Canyon & surrounding area
- *Race day photo album posted on Ruby Mountain Relay Facebook page
- *Gender specific technical T-Shirt
- *Awesome finisher medal (half & full marathon)
- *Re-usable SWAG bag & SWAG
- *Aid stations every 3 miles with water & Porta Potties.
- *Volunteer support all along the way
- *Select aid stations will include orange slices & electrolyte drink
- *Yummy food and treats at the finish line - FREE Pancake brunch
- *

Description

Nowhere will you get a better combination of fast and beautiful than The Nevada Marathon/Relay & the Lamoille Canyon Half Marathon/5K. You will have amazing views of the canyon with the sun coming up and the canyon colors glowing brightly as you cruise down this famous canyon. After exiting the canyon you will turn right on Lamoille Highway and coast into the charming town of Lamoille and the finish line at beautiful Lamoille Grove. Marathoners will cross Lamoille Highway and make a loop ending at the finish line in Lamoille.

Elevation

According to a study in a [Runner's World article](#), the grade in the Lamoille Canyon is near optimal for running efficiency. We are confident that you will set a Personal Record (PR) on this course regardless of where you have raced before. With an over 3000 ft drop in elevation this is sure to be one of the fastest marathon/ half marathon courses in the state!

Running downhill will work the leg muscles differently than running on flat or uphill. Make sure your training includes down hill running. Some downhill suggestions can be found in this [Runner's World article](#).

Elev Gain/Loss 1058 ft, -3916 ft

8743 ft
7500 ft
6750 ft
6000 ft
5531 ft



5 mi 10 mi 15 mi 20 mi 26.2 mi

Welcome!

Thank you for joining us for the 6th Nevada Marathon & 7th annual Lamoille Canyon Half Marathon & 5K!!! We are dedicated to putting on a great event for you and are excited to see everything come together for a fantastic experience on race day. As you finalize your preparations, the information contained in this Runner's Guide will answer questions you may have about race day logistics, the course, swag, awards or anything else you may be wondering about. Please take a few minutes to review the contents so you can just focus on having a good time on race day. If you have any questions that are not answered in the Runner's Guide, please feel free to email us at rubymountainrelay@gmail.com.

Again, thanks so much for your support and enthusiasm and we look forward to see you on race day.

HOTEL ACCOMMODATIONS

For any runners who may be traveling to the race please find a list of hotels in Elko at <http://www.exploreeelko.com>

PACKET PICKUP

Race participants may pick up their packets at Bristlecone Bikes 753 Idaho Street Elko, NV from 2-6 PM the Friday before the race. Anyone who will be picking up a packet for another participant will need a signed note/text authorizing that person to do so.

Note: There will be **NO** on-site packet pickup on the morning of the race unless arranged in advance.

SWAG (Stuff We All Get)

Your re-usabe, cinch pack/race bag comes courtesy of Shabonya Dutton State Farm Agent and will contain some awesome swag including a Marathon/half performance shirt, and a 26.2 & 13.1 car decal compliments of Say It On The Wall and some other great promo materials from our sponsors. Additionally, finisher medals will be handed out at the finish line. Race day photos will be uploaded to our Facebook page.

EVENT PARKING

Parking will be available, for a \$5 donation to BSA, in the field across the road from Lamoille Grove and free parking on most streets near and around Lamoille Grove. No parking will be allowed directly in front of the park and will be marked off. No parking will be allowed on the left shoulder of Lamoille Hwy in certain areas. Be mindful & respectful of Lamoille residents when selecting your parking spots.

TRANSPORT to START LINE

[Coach Services USA](#) buses will depart Lamoille Park to the start line between 5:00 & 6:00 AM. With the last bus leaving promptly at 6:00 AM in order to ensure that all runners get to the starting line on time. Marathon & leg 1 relay participants need to be on the very first bus or designated shuttle. All participants will be required to show your race bib # before getting on a bus. Competitors and spectators are asked not to drive their own vehicles to the start line.

RACE BAGS & PERSONAL BELONGINGS

You may take your [Shabonya Dutton State Farm](#) race bag and any personal belongings with you to the starting area. A number that matches your race bib will be affixed to the outside of your race bag. This is to identify your bag at the finish area after the race. You will need your bib to prove ownership of your bag when you pick it up. Please carry any belongings to the starting area in THIS bag, as opposed to any other personal bag, which cannot be identified by your race number. Bags must be placed in the transport vehicle at the starting line no later than 5:45 & 6:45 AM. The aid-station just after mile 3 will also collect loose clothing or race bags. Loose items can not be guaranteed security and unclaimed loose items will be donated to charity.

STARTING AREA

The Marathon/Relay & Half Marathon will begin at Roads End at the top of Lamoille Canyon. Porta-potties will be provided at the starting area.

TIMING

The race will be manually timed. All runner times will begin at the starting horn and will stop when you cross the finish line. Race times will be posted as soon as possible after the race.

TRAFFIC AND ROAD SAFETY

The canyon will be partially restricted to traffic from 6:00 AM to 10:00 AM on race day. During this time the left lane will be reserved for our runners. Traffic going up the canyon will be limited to one lane. For your safety you must stay to the right of the orange barricade cones at all times. Once runners leave the canyon, the course will continue to be marked by cones, signs & flags. Please stay within the barricades at all times and be aware of the road traffic around you. Race volunteers will be present at the major intersections and turns to guide runners.

AID STATIONS & RESTROOMS

Aid stations will be located every two- three miles. Each aid station will have restrooms & water. Select aid stations will also be supplied with other nutrition such as orange slices and electrolyte drinks. These locations are listed on the race map.

RACE PACING

Email us at rubymountainrelay@gmail.com if you would like to be a pacer.

Any runners/walkers still in the canyon after 10:00 AM will need to move to the shoulder of the road so that traffic can move freely in both directions. Half marathon runners/walkers can average a 19:00 minute/mile pace and finish in under 4 hours. This is equivalent to a very light jog or brisk power walk.

WEATHER

While we can't predict the weather, we can tell you that temperatures in the canyon will be considerably cooler. Plan on an average low of around 43 F at the starting line. The average high, of the day, may be around 80 F with an average of around 63 F as you make your way down and out of the canyon.

PHOTOGRAPHY

A photographer will be along the course and finish line to take pictures of your race experiences. Be sure to smile big, make a tough face, or strike a pose for the camera as you go by! We will post race photos on the Ruby Mountain Relay Facebook page as soon as we can after the race.

SPECTATOR LOCATIONS

Because the canyon will be closed to spectators, we recommend that your family and friends find a spot at the bottom of the canyon, on Lamoille Highway as runners turn the corner toward Lamoille Park or go straight, if they are running the marathon. Other marathon locations include spots around Clubine Rd & Lower Lamoille Rd and the streets of Lamoille. There will also be other spots near and in the park for opportunities to see runners pass by and celebrate with you after you cross the finish line. Parking is in the field across from the park by donation to the BSA.

MEDICAL ASSISTANCE

Each of the aid stations will be supplied with a first-aid kit that will include items such as bandages, Vaseline, etc. EMS services have been dedicated for this event and are on call to respond to any medical emergencies and to transport any serious cases to the hospital. Call 911 for emergencies.

AGE DIVISIONS

Age divisions are aligned as follows:

10 & under
11-14 * 15-19
20-24 * 25-29
30-34 * 35-39
40-44 * 45-49
50-54 * 55-59
60-69 * 70+

AWARDS & CEREMONIES

All participants completing the marathon & half will receive a finisher's medal, sponsored by The Northeastern Nevada Regional Hospital, as they cross the finish line. The awards ceremony will begin at 10:00 AM in Lamoille Park, for half marathon & 5K and 11:00 AM for the marathon but is subject to change.

RACE RESULTS

Race results will be made available as soon as possible on a results board at the finish line. Official results can be found at www.rubymountainrelay.com and on the [Ruby Mountain Relay Facebook page](#).

VOLUNTEERS

To ensure a fun and safe event we need fun & enthusiastic volunteers to direct traffic and help at aid stations and the finish line. Email us at rubymountainrelay@gmail.com if you would like to be a volunteer.

LAMOILLE CANYON 5K

Date

June 15, 2019

Start

Power House Picnic Area, Lamoille Canyon * 7:30 AM

End

Lamoille Park, Lamoille, NV

Pricing

Expires June 1, 2019 = \$30.00 - online

Expires June 13, 2019 = \$35.00 - online

Expires June 15, 2019 = \$40.00 (In person only at Bristlecone Bikes in Elko between 2-6 PM)

No Race-Day Registration

On-Line Registration

Follow Ruby Mountain Race Series registration link at www.rubymountainrelay.com and select the 5K option.

FINISH LINE FESTIVAL

FINISH LINE AREA

After you cross the finish line, race volunteers will be there to attend to you and present you with your finisher medal. Continue through the finishing chute and into the Runner's Area, a secure zone for race finishers only. Please remind your friends and family that they will not be permitted in the Runner's Area but can visit with you along the boundary, but once you exit this secure zone, you may **NOT**-re-enter. Water, fresh fruit, chips & granola bars will be provided by the [Northeastern Nevada Regional Hospital to all the runners](#). Frozen yogurt will also be given to all runners compliments of [Spoon Me](#) Frozen Yogurt. Chocolate milk will be provided courtesy of **Bair Distributing Inc.**

Also please keep in mind that removing post-recovery food and drink to give to your supporters only denies your fellow runners the opportunity once they finish. *FREE Pancake Brunch for runners & Family.

MASSAGE AREA

We are working with several area massage therapists and who will be available in the Runner's Area to conduct FREE post-race treatments. Due to facility and personnel limitation, the massage tent will only be made available to marathon & half marathon race finishers. This service is not guaranteed and is subject to MT availability. *So far none are secured.

STEP UP FOR AUTISM KIDS-K

The FREE Kids-K, for kids 12 and under, will begin at 10:30 am in Lamoille Park. Parents are welcome and encouraged to run with their children at no cost. The Kids-K (1000 meters or .62 miles) course will start and finish in Lamoille Park. Day-of-race registration will be at the NNAN table at 10:00 am. A suggested minimum donation is \$2-5 per child and all donations raised will go to the [Northern Nevada Autism Network](#) for support of local families. We appreciate your generosity for a epidemic that now effects 1 in 50 children. All kids will receive a finisher prize.

COURSE RULES

While the Ruby Mountain Race Series is fortunate to gain the necessary permits that allow for the event, it is not a completely closed course. We will do everything within our power to keep you safe. It is imperative that you remain on the right side of the road AT ALL TIMES while in Lamoille Canyon. Traffic will continue to flow around the race, so runners risk severe injury or even death if they cross the center yellow line as traffic will be coming from around the corner or even from behind.

While this event does not prohibit personal music devices, it discourages the use of such and reminds competitors that they do so at their own risk.

The Nevada Marathon & Lamoille Canyon 5K & Half Marathon's ability to "run" through such picturesque settings and communities can be in jeopardy due to the actions of a few. Please treat property and its owners along the way with respect, and encourage your supporters and spectators to park only in designated areas and not to block private driveways. While running, thank those volunteers who are keeping you safe and working so hard to make this event possible.

SPONSORS

-Northeastern Nevada Regional Hospital

- Everything Elko Magazine
- Elko Daily Free Press
- Diamond Chippers
- Say It On The Wall
- Shabonya Dutton State Farm Agent
- Newmont Mining
- Barrick Gold
- Elko Convention Center
- Forest Service
- Elko Coach USA
- Northern Nevada Autism Network
- Brandtastic Impressions Promotions
- Ruby Mountain Relay
- Ruby Mountain Physical Therapy
- Kennedy Ranch
- Bair Distributing
- Bristlecone Bikes
- Gnarly Hydrate

THE NEVADA MARATHON RELAY

RACE PARKING: \$5 parking in the field across from park & free parking on streets near & around Lamoille. Please be courteous of residents and business as you select your parking spot. See Half/Marathon "parking" section for more info.

RELAY REGISTRATION: On-line registration is open until June 13, 2019. Relay teams may have 2 to 5 participants. Each participant must complete their own registration to join a team. Teams will compete in one of four divisions; Men's, Women's, Mixed and Corporate. The team captain will pay for the entire team to secure their spot.

TIME LINE AND LOCATIONS

TEAM BAG PICK-UP: Friday, June 14, 2019 – **Bristlecone Bikes 753 Idaho Street, Elko**

2:00 pm until 6:00 pm. This is your ONLY opportunity to pick up your team bag. *Be sure to ask about the [special discounted items](#), just for our runners, when picking up your #.* **There will be NO day-of-race registration.**

Runners will receive a commemorative Nevada Marathon/Lamoille Canyon Half Marathon/5K running shirt. Shirts can be picked up with your team bag between 3-6 PM on Friday June 14. Team bags will not be divided up for individuals but one member is allowed to pick-up bag for the team.

BUS LOADING: Coach USA buses will load Leg 1 runners at Lamoille Park at 5 am to drive to the starting line. Please allow for driving time, bathroom time etc. to insure that you do not miss your bus.

RELAY START: Relay starts at **6:00 am**. Restrooms will be located at Lamoille Park before loading your bus and porta potties will be located at the 5K starting line.

RELAY COURSE: The course is 26.2 miles down Lamoille Canyon and the outlying areas near Spring Creek. A course map is included with the Marathon course map. The course will be well marked with orange cones, arrow signs, flags and Leg Exchange signs 2-5. Aid Stations will be located at the same spots as The Nevada Marathon course.

Leg One - starts with the Marathon at 6:00 a.m. at Roads End in Lamoille Canyon and goes to mile 7 (7-miles)

Leg Two - starts at mile 7 and goes to mile 13 (6-miles)

Leg Three - starts at mile 13 and goes to mile 18.3 (5-miles)

Leg Four - starts at mile 18.3 and goes to mile 23.1 (5-miles)

Leg Five - starts at mile 23.1 and goes to Finish Line at Lamoille Grove (3-miles)

TEAM VEHICLES: Each team is required to **provide one or two vehicles only** (to minimize traffic) to drop, drive and pick-up team members at each Leg Exchange. Team vehicles will not be permitted to shadow team runners but should drop-off the designated runner and proceed to the next exchange. Runner 1 will ride the bus and team vehicle will meet them at Leg 2 exchange. A second vehicle, if desired, can be in charge of later runners.

Once you have finished your leg you may continue to run the next leg(s) with your team mate(s) if you wish to continue.

FINISH LINE: Teams should cross the finish line as a complete team

RACE PICTURES – Pictures will be posted to our Facebook page. For real time information please ["Like" us on Facebook](#) and stay up to date on all the news.

POST RACE: As you cross the finish line be prepared for someone to pull the white information label from your bib number. After which you will be given a **bottle of water compliments of the [Northeastern Nevada Regional Hospital](#)**. Take the time you need to cool down and then we invite you to enter the Runners Zone for **fresh fruit & granola bars also compliments of the Northeastern Nevada Regional Hospital**. Also enjoy a frozen treat courtesy of **Diamond Chippers** and chocolate milk from **Bair Distributing Inc.**

We encourage you to enjoy the finish line festivities including vendors, kids activities and to cheer for others.

MERCHANDISE – Ruby Mountain Race Series apparel will be for sale at the finish line.

LAMOILLE CANYON 5K

RACE PARKING: \$5 BSA donation parking in the field across from Lamoille Grove and free parking on street near & around Lamoille Park. Please be courteous of residents and business as you select your parking spot. See Half/Marathon “parking” section for more info.

5K REGISTRATION: On-line registration is open until June 13. DAY-BEFORE-race-registration will be available at Bristlecone Bikes (753 Idaho Street) from 3-6 PM for an additional \$5 that will be given to the [Northern Nevada Autism Network](#).

TIMELINE AND LOCATIONS

BIB NUMBER PICK UP: Friday, June 14, 2019 – **Bristlecone Bikes 753 Idaho St., Elko**

-3:00 pm until 6:00 pm. This is your **ONLY** opportunity to pick up your race bib number. *Be sure to ask about the [special discounted items](#), just for our runners, when picking up your #.* **There will be NO day-of-race registration.**

SHIRT PICK-UP: The first 50 5K runners will receive a commemorative Lamoille Canyon Half Marathon/5K shirt. Shirts can be picked up with your bib number.

BUS LOADING: Coach USA buses will load 5K runners at Lamoille Park between 6-7 am leaving promptly from Lamoille Grove at 7 am to drive to the starting line. Please allow for driving time, bathroom time etc. to insure that you do not miss your bus.

RACE START: Race starts at 7:30 am. Restrooms will be located at Lamoille Park before loading your bus and porta potties will be located at the 5K starting line.

RACE COURSE: The course is 3.1 miles down Lamoille Canyon, turning right onto Lamoille Hwy toward Lamoille Park. Runners will end at the park. A course map is included with the Half Marathon course map. The course will be well marked with orange cones, arrow signs and flags. A water station will be located at mile 1.

POST RACE: As you cross the finish line be prepared for someone to pull the white information label from your bib number. After which you will be given a **bottle of water compliments of the [Northeastern Nevada Regional Hospital](#)**. Take the time you need to cool down and then we invite you to enter the Runners Zone for **fresh fruit & granola bars also compliments of the Northeastern Nevada Regional Hospital**. Also enjoy a frozen y treat courtesy of **Diamond Chippers** and chocolate milk from **Bair Distributing Inc.**

RACE PICTURES – Pictures will be posted to our Facebook page. For real time information please [“Like” us on Facebook](#) and stay up to date on all the news.

MERCHANDISE – Ruby Mountain Race Series apparel will be for sale at the finish line. We will also have Ruby Mountain Relay hats, visors, tech shirts, hoodies and track jackets available for purchase.

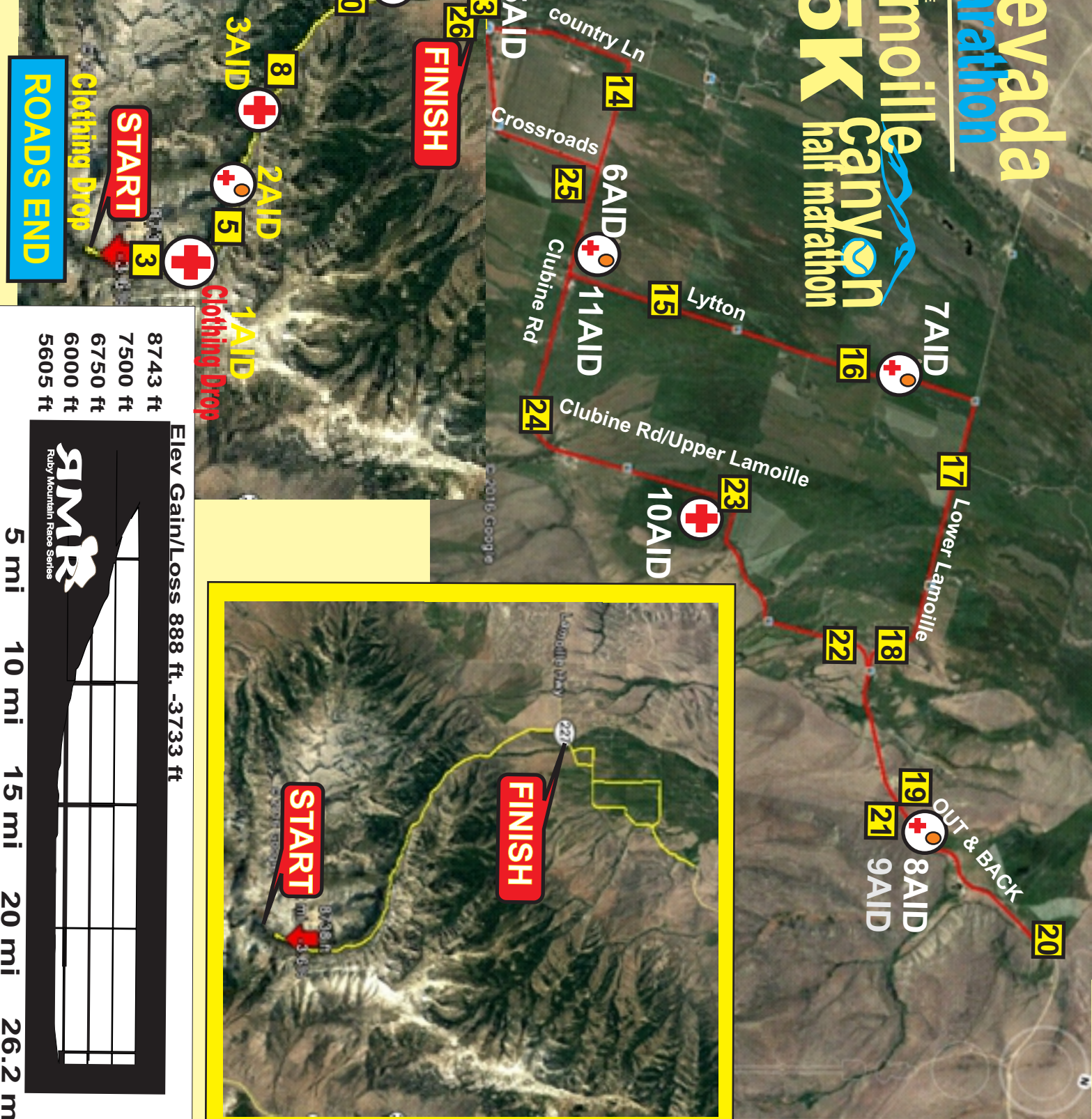
FINISH LINE FESTIVAL - We encourage you to stay and enjoy the finish line festivities including vendors, kids activities and to cheer for our marathon/half marathon runners and Kids K runners.

The Nevada Marathon Course:
 Start at Roads End - Down Canyon
 Right on Hwy 227/-Lamoille Hwy
 Left on Country Lane
 Right on Clubine Road
 Left on Lytton Lane
 Right on Lower Lamoille OUT & BACK
 Left onto Clubine Rd/Upper Lamoille Rd
 Left onto Crossroads
 Right onto Lamoille Hwy
 Right into Lamoille Grove/Finish Line

Nevada Marathon

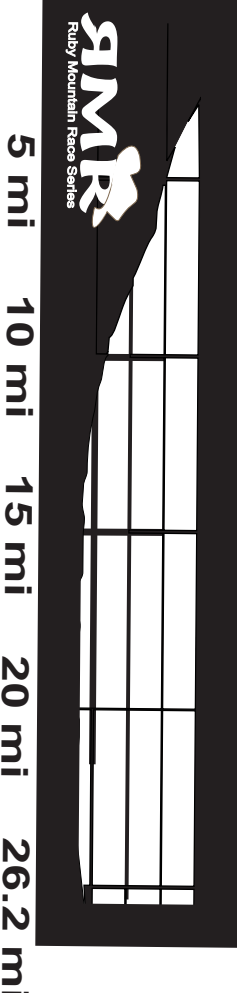
THE Lamoille Canyon & 5K half marathon

- SHUTTLE LOADING
- PARKING
- COURSE
- MILE
- AID/WATER/ELECTROLYTE
- DRINK/PORTA POTTIES
- AID/WATER/ORANGES
- PORTA POTTIES

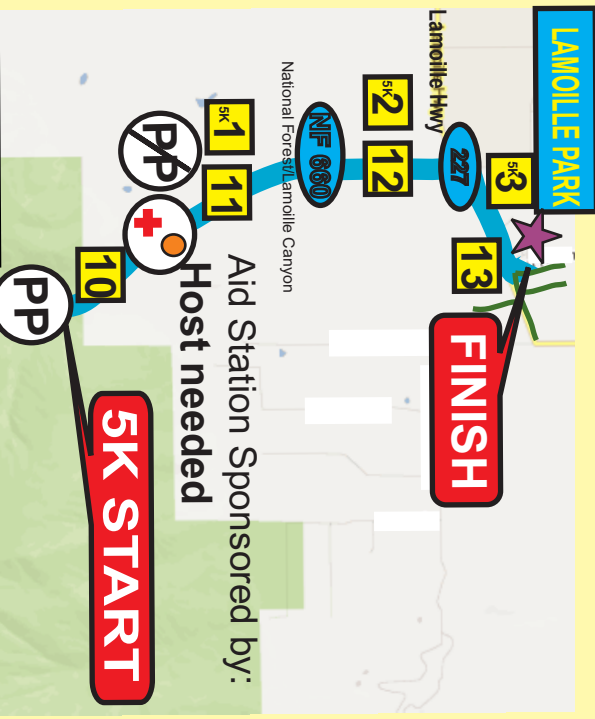
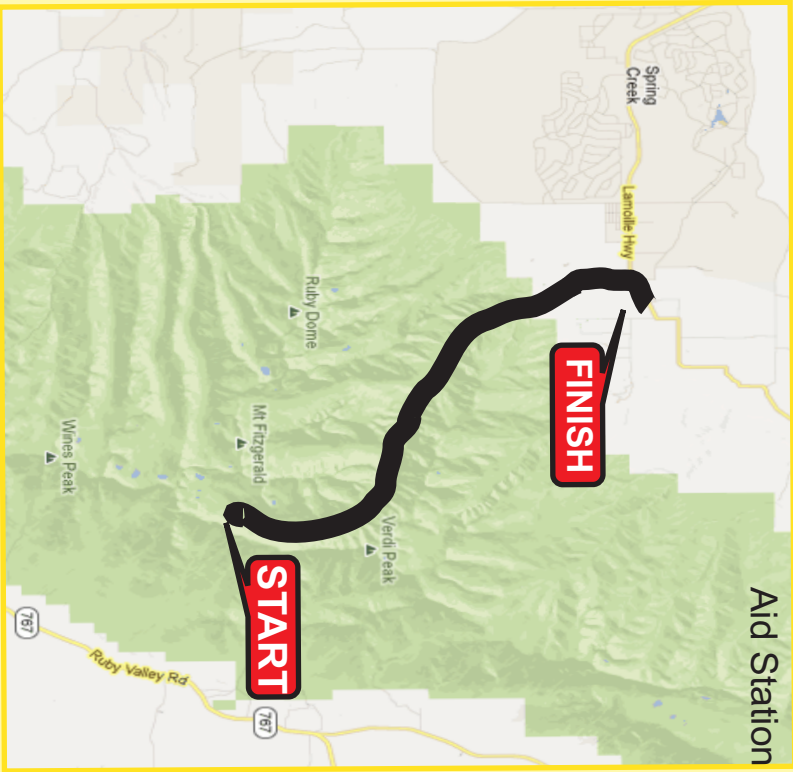
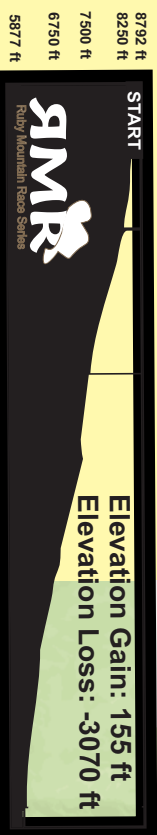


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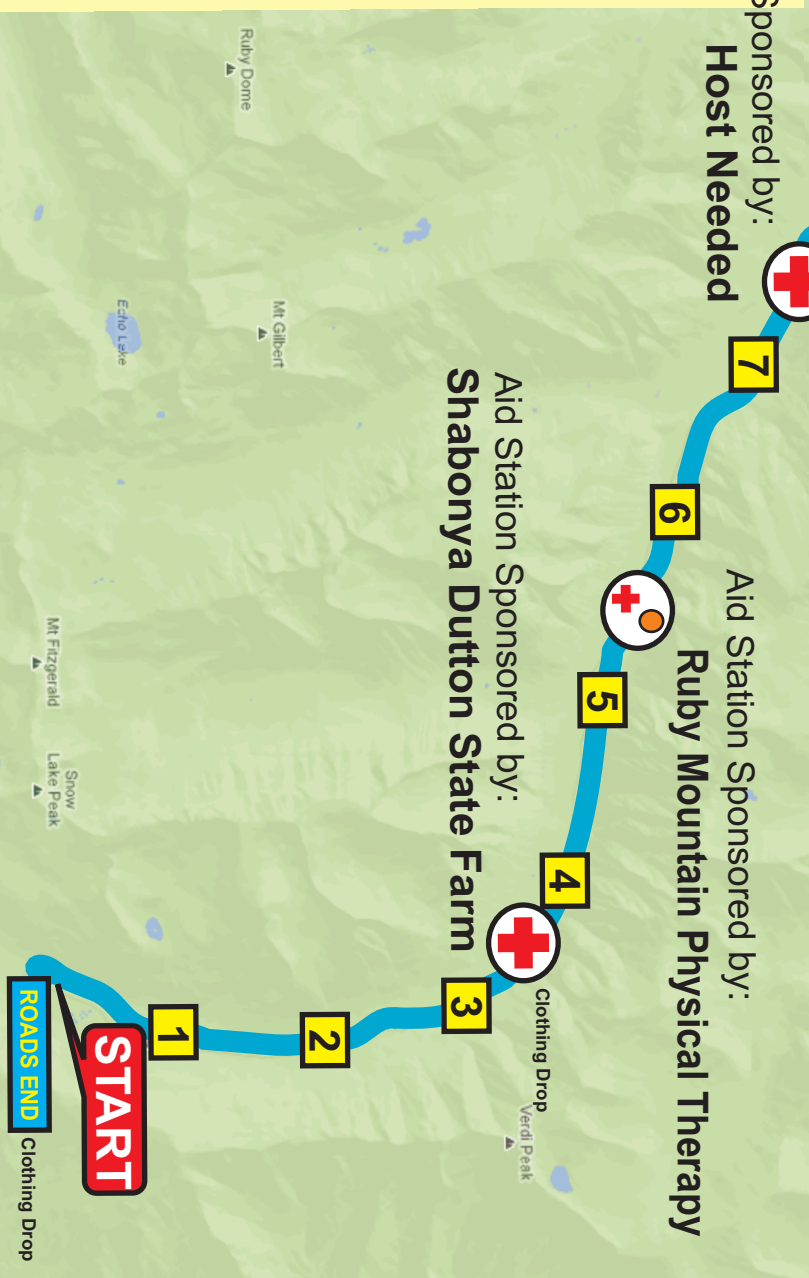


- ★ SHUTTLE LOADING
- █ PARKING
- COURSE
- MILE
- Ⓟ PORTA POTTIES
- ⊕ AID/WATER/ELECTROLYTE
- ⊕ DRINK/PORTA POTTIES
- ⊕ AID/WATER/ORANGES
- ⊕ PORTA POTTIES



1
2
Lamolle canyon & 5K

www.rubymountainrelay.com



THE NEVADA MARATHON * LAMOILLE CANYON HALF MARATHON & 5K

STEP UP FOR AUTISM

KIDS K .62
miles

10:30 AM

(after half marathon)

**Donations go to
help local families**



***Lamoille Grove**

***Kids 12 & under**

***FREE or by donation**

***Parents run Free**

*** Finisher prize**

RUBY MOUNTAIN RELAY

HOW THE WEST IS RUN!

RMR



184-MILES + 36 HRS + 6-12 RUNNERS =

August 16-17, 2019

The Northeastern Nevada Regional Hospital presents:

2019 RUBY MOUNTAIN RACE SERIES
Getting you ready for the Ruby Mountain Relay!

The 2019 RUBY MOUNTAIN RELAY begins at beautiful Angel Lake just outside of Wells, Nevada & stretches a 184-mile loop around the majestic Ruby Mountain Range ending in the city of Wells, NV. Get your 12 or 6-runner posse together and circle up for a relay race adventure of a lifetime!

It's

HOW THE WEST IS RUN!

March 9, 2019
HEALTH & FITNESS FAIR 5K

April 27, 2019
STARR VALLEY SPRING RUN OFF 10K

June 15, 2019
The NEVADA MARATHON/ LAMOILLE CANYON HALF/5K

July 4, 2019
SPRING CREEK INDEPENDENCE DAY 5K

August 31, 2019
* ELKO COUNTY FAIR COWBOY COLOR CHASE 5K

November 30, 2019
TURKEY TROT FAMILY 5K * Non-Timed

Early Registration Discount @

www.rubymountainrelay.com

Race Charity: Northern Nevada Autism Network



Family Fun Run!
5K

Saturday
August 31
8:00 AM

Elko County, NV

COWBOY COLOR CHASE

Start & Finish: Elko County Fair Grounds

Team & Early Registration Discounts

www.rubymountainrelay.com