



2023 ATHLETE GUIDE

PRESENTED BY:



Packet Pickup *REMINDER DAY LIGHT SAVINGS*

Saturday, November 4th, 2023 (highly encouraged)

4:00pm - 7:00pm

Location: Fruita Community Center, Fruita, CO

Address: 324 N. Coulson St, Fruita, CO.

Sunday, November 5th, 2023

6:00am-6:30am - Marathon

6:00am-7:45am - Half-Marathon

Location: Fruita Community Center, Fruita, CO



Race Details

Sunday:

Marathon start time: 7:30am

Half-Marathon start time: 9:00am

*Parking/Shuttle information listed below

*Official race maps are attached



Race registration closes November 2nd. Spread the word to your family and friends to register TODAY!

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Event Parking & Shuttle Information

- PARK at Shelledy Elementary School adjacent from Fruita Community Center (FCC). There is additional parking at the FCC (where you finish).
- **REMINDER: There is NO parking at either Start Line!**
 - Full Marathon: You may be dropped off at the East Entrance to the Monument and walk to the start line but no parking is allowed
 - Half Marathon: We do not recommend dropping off at Start Line as westbound traffic is closed starting at 7:00am
- **Marathon:** On Sunday morning, we will bus marathoners to the Start Line from the FCC. **ALL** buses will depart the FCC by 6:40am. **It is your responsibility to be there, checked in, and ready to leave on the bus at 6:40am.** If you miss the buses, you're on your own to get to Start Line.
- **Half-Marathon:** On Sunday morning, we will bus half-marathoners to the Start Line from the FCC. **ALL** buses will depart the FCC by 8:00am. **It is your responsibility to be there, checked in, and ready to leave on the bus at 8:00am.** If you miss the buses, you're on your own to get to Start Line.
- We do not have the capacity to shuttle family/friends to the start. Plan accordingly.
- Packet pick-up on Saturday is highly encouraged to make sure you don't miss the shuttles.



Spectating

- No spectating is allowed on the Colorado National Monument due to safety concerns. We recommend spectating at James M. Robb State Park or the FCC. All traffic in the Colorado National Monument will be traveling eastbound and must follow traffic laws.
- Just a reminder, there is **NO PARKING** at either Start Line.



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Gear Drop

- Runners may drop clothing at their appropriate **Start Line**, the **Red Canyon Overlook** Aid Station, and the **Monument Canyon View** Aid Station
- Runners who drop clothing at their appropriate **Start Line** will have their gear immediately ready at the Finish Line (FCC)
- Runners who drop clothing at **designated aid stations** will only have their gear returned after 1:00pm (may be earlier, not guaranteed)



Race Rules

1. **Cut-off times for Full Marathon** - If you do not reach these locations by the designated times, you will be asked to stop running and transportation will be provided to the finish line.
 - a. Red Canyon Overlook Aid Station - 9:15am
 - b. Highland View Aid Station - 11:00am
 - c. Saddlehorn Aid Station - 12:30pm
2. **Running Lane** - All runners must stay in the closed westbound (right) lane over the Monument. Please stay to the right as you run. This includes warming up. Any runner observed crossing the yellow lines will be DQ'd. Outside the Monument, participants will run along the left shoulder against traffic on Hwy 340 and then enter the trail system through James M. Robb State Park to the finish. **Traffic will be open in both directions on Highway 340.**
3. Mile markers will be placed on the side of the road throughout the course. This is not a USATF sanctioned event.
4. **Race Numbers** - Participants must wear their number on the front of their body.
5. **Prohibited items** - Baby strollers/joggers, dogs, and bikes are not allowed on the course.



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Aid Stations - Marathon

- There are a total of **8** aid stations along the course (distance approximate).
- They are listed below and a map of the aid stations is attached below:
 1. Mile 3.2: Cold Shivers Point Overlook *
 2. Mile 6.0: Red Canyon Overlook *^ (9:15am Cutoff) (gear drop)
 3. Mile 8.8: Fallen Rock Overlook
 4. Mile 12.2: Highland View ^ (11:00 am Cutoff)
 5. Mile 14.9: Monument Canyon View (gear drop)
 6. Mile 17.9: Saddlehorn Entrance*^ (12:30pm Cutoff)
 7. Mile 20.4: Balanced Rock View
 8. Mile 24.6: James M. Robb State Park *^

* denotes portable restrooms (7 on the course and Start Line)
^ denotes medical staff located on course (4 on the course)
- Each aid station will have water, caffeinated Tailwind, and Honey Stinger gels. If you require additional energy, please plan accordingly.
- **Help us keep the Colorado National Monument clean so we can continue to host this great event. Runners must dispose of trash and cups at the aid station trash can.**



Aid Stations - Half Marathon

- There are a total of **4** aid stations along the course (distance approximate).
- They are listed below and a map of the aid stations is attached below:
 1. Mile 1.4: Monument Canyon View (gear drop)
 2. Mile 4.4: Saddlehorn Entrance*^
 3. Mile 6.9: Balanced Rock View
 4. Mile 11.1: James M. Robb State Park*^

* denotes portable restrooms (4 on course and Start Line)
^ denotes medical staff located on the course (2 on the course)
- Each aid station will have water, caffeinated Tailwind, and Honey Stinger gels. If you require additional energy, please plan accordingly.
- **Help us keep the Colorado National Monument clean so we can continue to host this great event. Runners must dispose of trash and cups at the aid station trash can.**



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What do you get with your registration?

- Rim Rock long-sleeve quarter-zip
- Finisher medal
- Post-race party in the Fruita Community Center garden
- One free beer ticket (if 21 years of age or older)
- Rim Rock Marathon & Half-Marathon swag
- Post-race food and drinks
- All runners will have access to the Fruita Community Center facilities after the race. This includes hot tub, pool, and locker rooms
- A **MONUMENTAL** experience running in Western Colorado



Photography

- There will be two photographers and one videographer stationed and roaming throughout the course, so give them your best smile!



Other Details

- Results will be posted to the event website www.grandjunctionsports.org/rimrockmarathon
- All participants will receive an electronic survey following the event. We welcome all feedback and suggestions!
- The CMU Track & Field Team is supporting this event and providing over 60 volunteers. Please be kind to them and thank them for their time!
- Have fun and encourage others, this could be a **MONUMENTAL** life moment.



Questions

- If you have any questions, please email info@grandjunctionsports.org or call us at (970) 248-1378

**Thank you to our
presenting sponsor
Alpine Bank!**





26.2 MARATHON

Presented By



Alpine Bank

KEY:



= START

Devil's Kitchen Picnic Area (Colorado National Monument)



= FINISH

Fruita Community Center












= MILE MARKERS



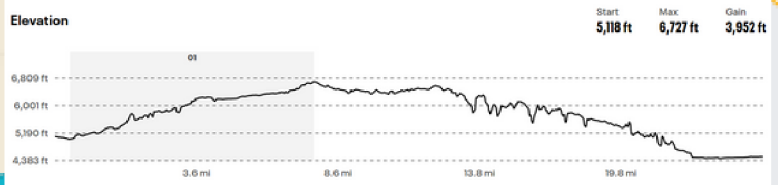
= AID STATIONS

AID STATIONS:

	Mile	Location	Medical	Porta Potty
1	3.2	Cold Shivers Point Overlook		
2	6.0	Red Canyon Overlook*		
3	8.8	Fallen Rock Overlook		
4	12.2	Highland View*		 1 mile past at Artist's Point
5	14.9	Monument Canyon View		
6	17.9	Saddlehorn Entrance		
7	20.4	Balanced Rock View*		
8	24.6	James M. Robb State Park		

(All aid stations will be supplied with water, caffeinated Tailwind or Gatorade, snacks, and a first aid kit.)

* = Gatorade



For all questions or concerns, please contact the Greater Grand Junction Sports Commission at (970) 248-1378 or info@grandjunctionsports.org.

(right turn out of Devil's Kitchen Picnic Area onto Rimrock Dr)



13.1 HALF MARATHON

Presented By



Alpine Bank

KEY:



= START

Near Artist Point (Colorado National Monument)



= FINISH

Fruita Community Center



= MILE MARKERS



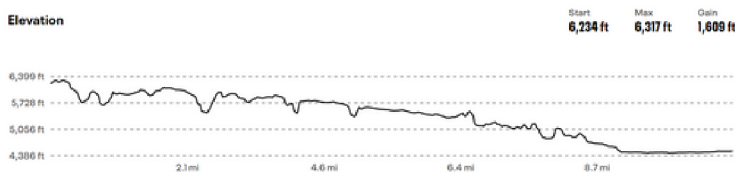
= AID STATIONS

AID STATIONS:

	Mile	Location	Medical	Porta Potty
1	1.4	Monument Canyon View		
2	4.4	Saddlehorn Entrance	+	♂ ♀
3	6.9	Balanced Rock View		
4	11.1	James M. Robb State Park	+	♂ ♀

(All aid stations will be supplied with water, caffeinated Tailwind or Gatorade, snacks, and a first aid kit.)

* = Gatorade



Coke Ovens Overlook

Grand View



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