



2023 Race Guide

May 6th

Phillip S. Miller Park / Castle Rock, Colorado



<https://www.rockhawkrace.com/>





From The Staff...

Hello everyone, it's time to hit the dirt!

Since the inaugural Bear Chase Trail Race in 2010, our goal has been the same... To provide you with a well-organized, fun and memorable trail racing experience, be it your very first trail race or your 50th. We hope the Bear Chase Race Series events challenge and inspire you, uplifts your soul, and continues to fuel your passion for trail running. During your race, take a moment (or many) to appreciate the scenery around you and celebrate your adventure with fellow runners and volunteers who are supporting your run.

Along with helping to preserve and maintain the open spaces you are running through, a portion of registration proceeds go to a variety of charitable organizations, including the [North Fork Volunteer Fire Department](#), [Tunnel to Towers Foundation](#), [Dumb Friends League Animal Shelters](#), and others, including several local high school athletic programs. We know there are many great causes to support, and we encourage you to also consider donating to these fantastic charities to elevate their positive impact.

Thanks for being part of the 2023 Bear Chase Race Series – Have a tremendous race and let's go get it!



Leave No Trace

The Bear Chase Race Series will be 100% CUP-FREE in 2023. Paper cups will not be available at aid stations as has been provided in previous years. All runners will be responsible for carrying their own refillable hand-held bottle or hydration system.

Aid stations will have limited trash receptacles and are reserved for runner use. We ask spectators to abide by “pack it out” principles, to include dog poop bags.

All runners, crew, and spectators are responsible for properly disposing of trash. Aid stations will have limited trash receptacles and are reserved for runner use. We ask crew and spectators to abide by “pack it out” principles, to include dog poop bags.



Race Overview

Date/Start Times	Saturday, May 6th Half Marathon: 7:00am 10k: 7:30am 5k: 8:00am
Location	Phillip S. Miller Park 1375 W Plum Creek Pkwy Castle Rock, Colorado 80109
Registration and Race Packet Pick-Up	Register online at www.rockhawkrace.com . Race packets will be available at the Start/Finish area, starting at 6:00am. A valid photo identification is required to pick up race packets.
Parking	Parking will be at Phillip S. Miller Park Please, DO NOT PARK in the lot adjacent to the Miller Activity Complex (red-roof recreation building)
Toilet facilities	Toilets are located directly across the park road from the Start/Finish line.
Aid Stations	There are two cup-free aid stations on course that runners will hit multiple times, depending on the race distance. Aid stations will provide water, Gatorade and Honey Stinger energy gels. Please consult your race maps for specific mileage points of each aid station.



Course Timing

Timing



Timing services for Rock Hawk are provided by Hal Sports. Do not fold, crumple or alter the bib as this may damage the chip. Trail runners may be used to folding the edges or sides of their bib to make it smaller, however doing so at Rock Hawk may render the timing chip unreadable by the timing pad and leave you without an official race time. To offset this, we have made the race bibs smaller.

Runner tracking app, and results are available at:

www.halsports.net



Race Overview


Parking Map

P Parking

VP Volunteer/Accessibility Parking

NP No Parking

SF Start/Finish

 Toilets





Race Fields

Half Marathon Course

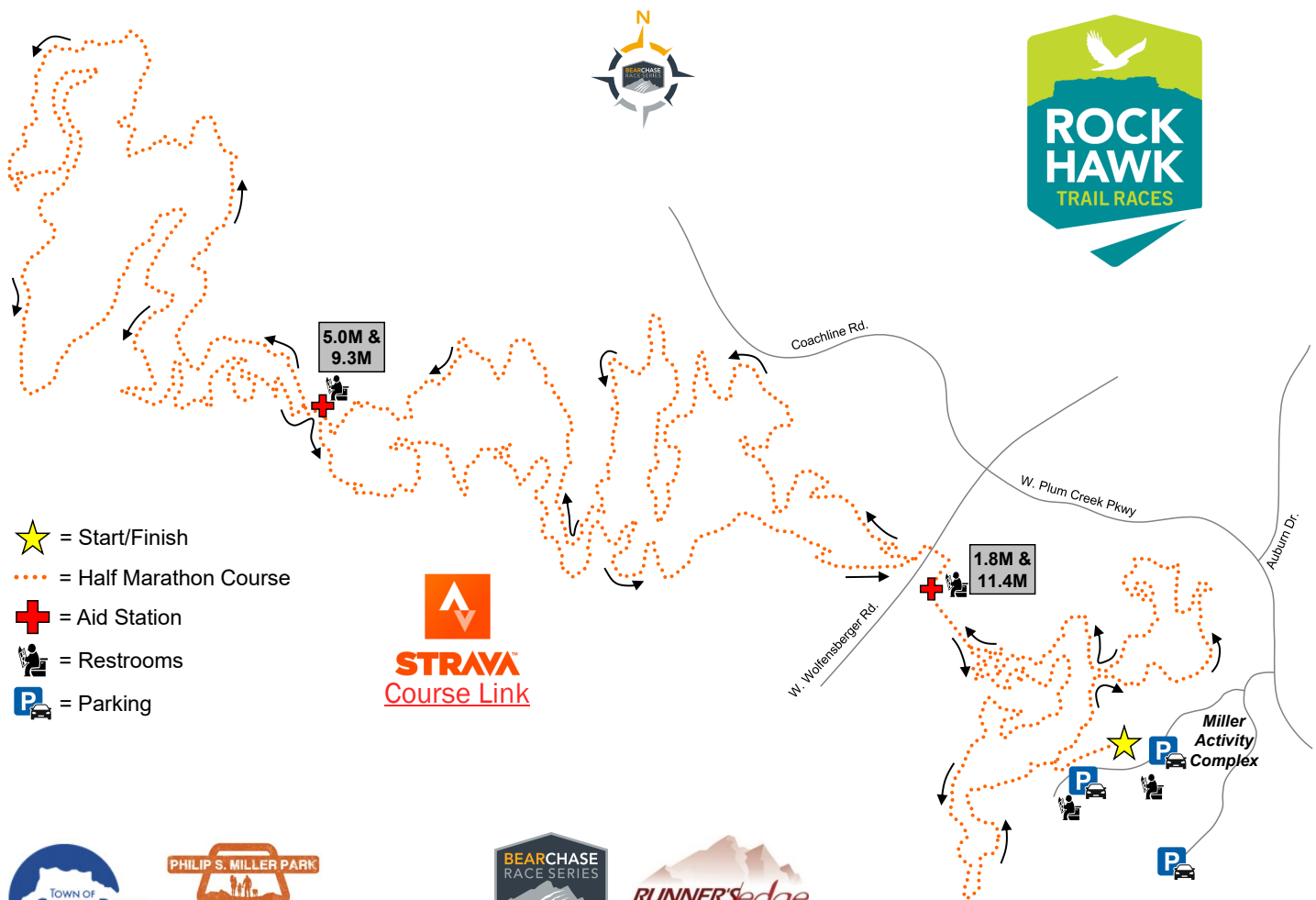
Start Time 7:00am

Course Color **Orange**

Aid Stations

- Aid Station 1 - 1.8M (Water, Gatorade, Honey Stinger Gels)
- Aid Station 2 - 5.0M (Water, Gatorade, Honey Stinger Gels)
- Aid Station 3 - 9.3M (Water, Gatorade, Honey Stinger Gels)
- Aid Station 4 - 11.4M (Water, Gatorade, Honey Stinger Gels)

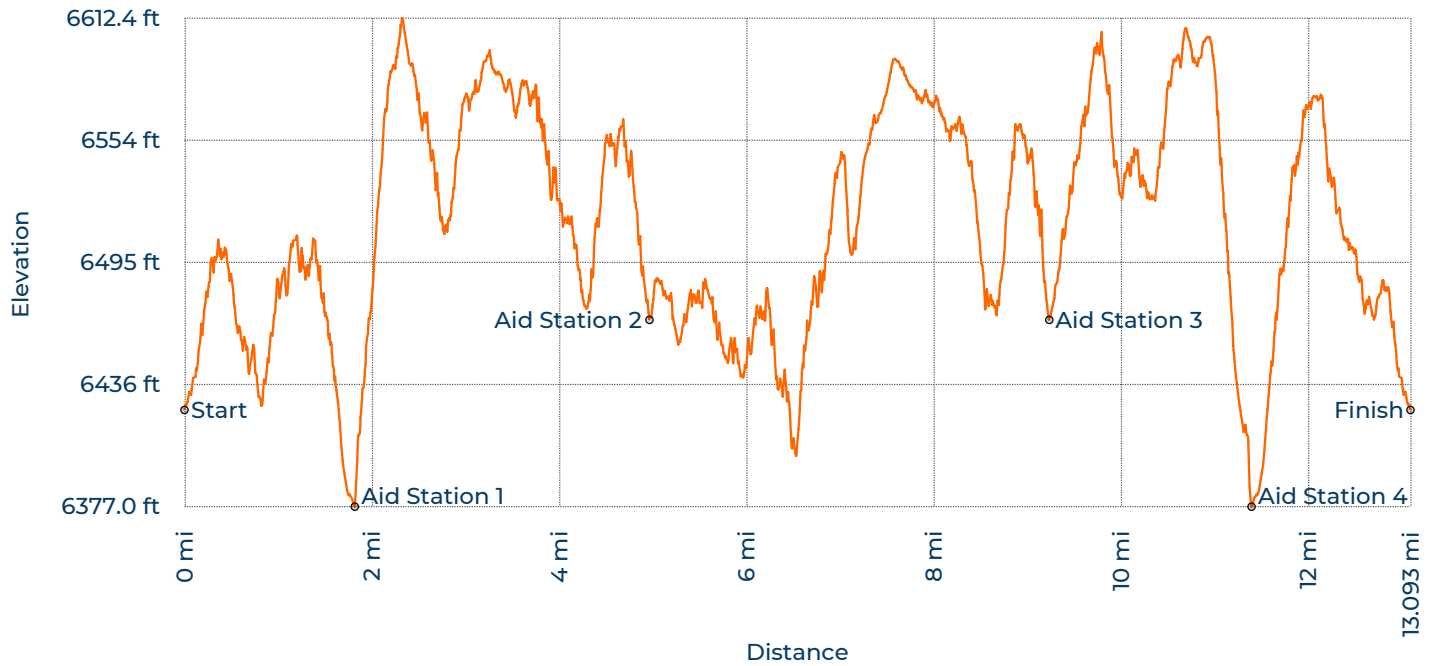
Course Cut-Off 11:00am





Race Fields

Half Marathon Elevation Map



Elevation Data

Min/Max: 6377'/6612'
Gain/Loss: 1770'/-1770'
Change: 3,540'

Land Cover

- Shrub 45%
- Grassland 25%
- Forest 25%
- Developed 5%



Race Fields

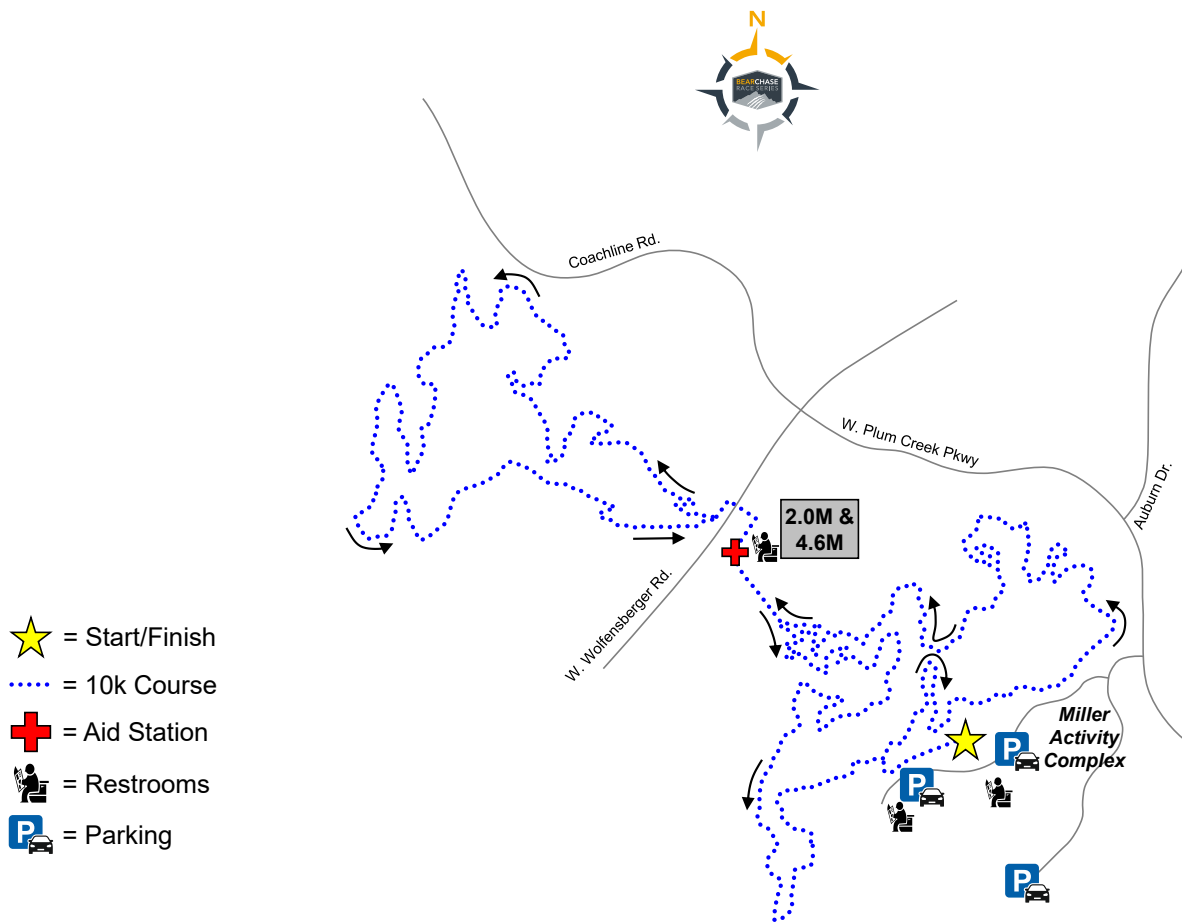
10k Course

Start Time 7:30am

Course Color **BLUE**

Aid Stations
Aid Station 1 - 2.0M (Water, Gatorade, Honey Stinger Gels)
Aid Station 2 - 4.6M (Water, Gatorade, Honey Stinger Gels)

Course Cut-Off 11:00am



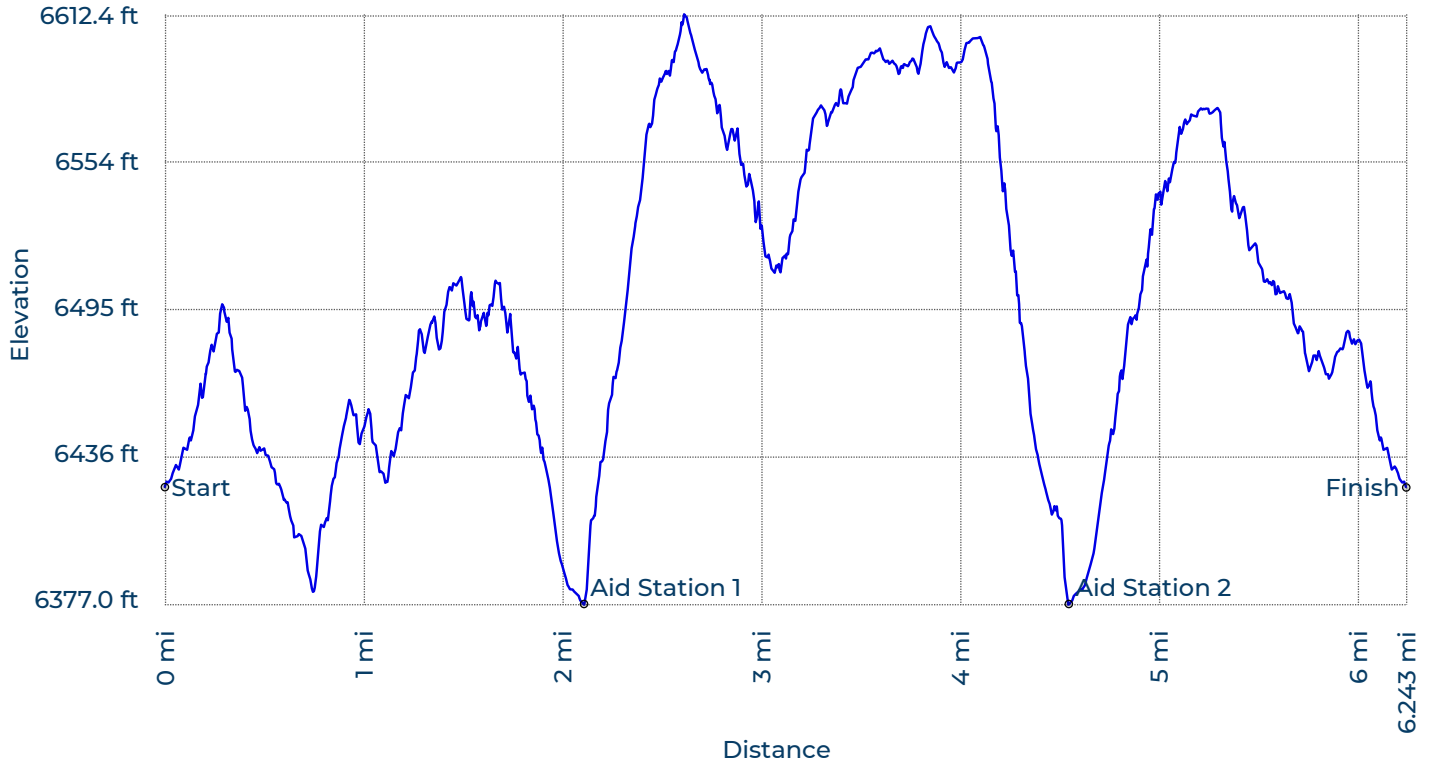
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Race Fields

10k Elevation Map



Elevation Data

Min/Max: 6377'/6612'
Gain/Loss: 1770'/-1770'
Change: 3,540'

Land Cover

- Shrub 56%
- Grassland 24%
- Forest 12%
- Developed 9%



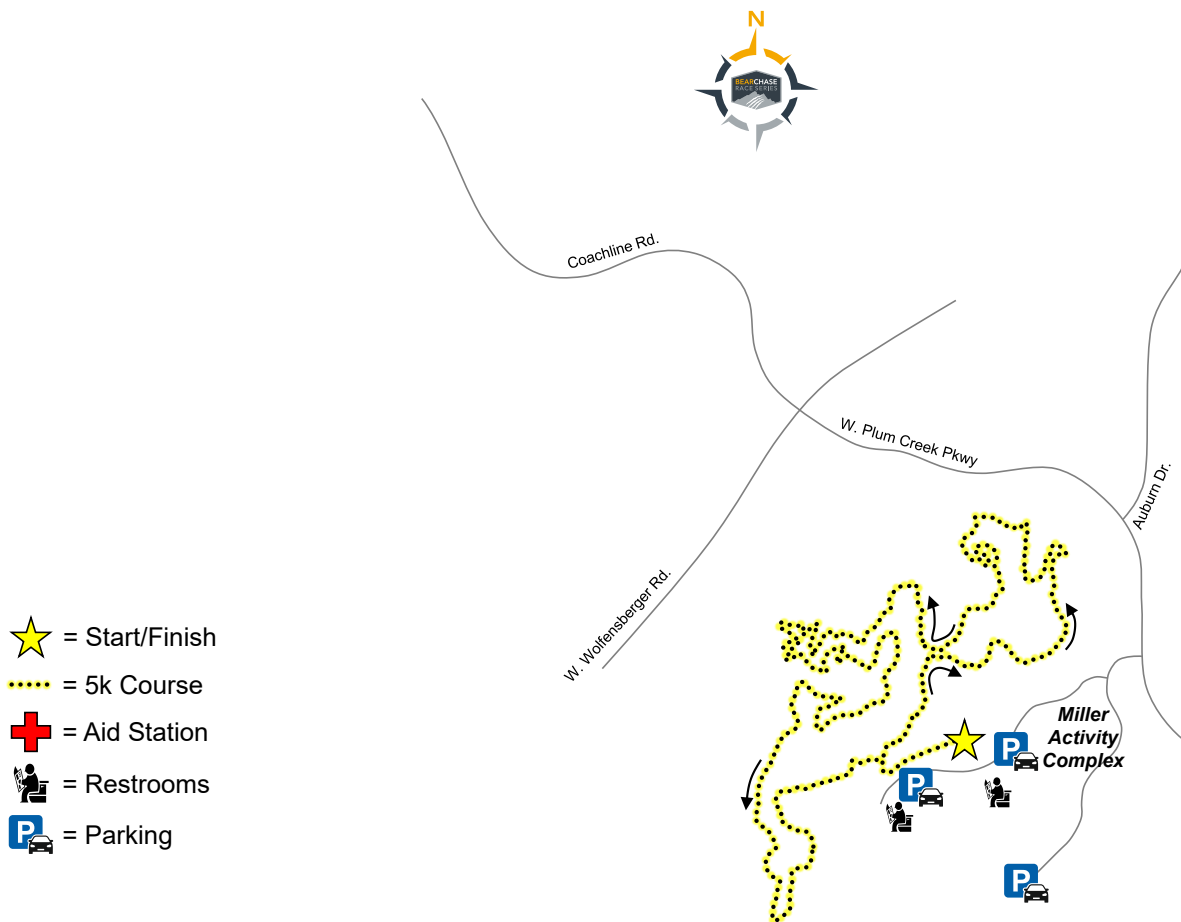
Race Fields

5k Course

Start Time 8:00am

Course Color **Yellow**

Course Cut-Off 11:00am



- = Start/Finish
- = 5k Course
- = Aid Station
- = Restrooms
- = Parking



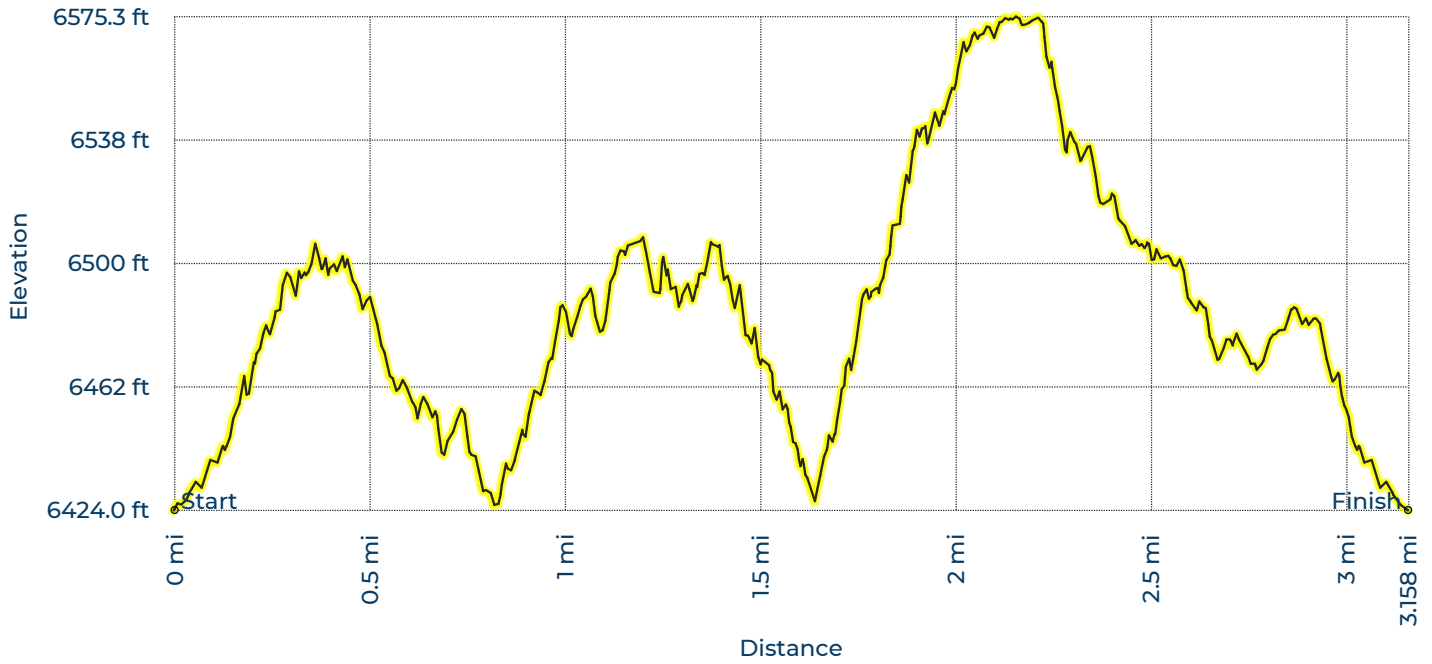
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Race Fields

5k Elevation Map



Elevation Data

Min/Max: 6424'/6575'
Gain/Loss: 406'/-406'
Change: 812'

Land Cover

- Shrub 69%
- Forest 20%
- Grassland 7%
- Developed 4%



Safety and Medical

Medical Response

Medical support is sponsored by University of Colorado Hospital and is located at the Start/Finish area.

The majority of the course is not accessible by vehicles. Runners experiencing a medical emergency on course will need to go to the nearest aid station, timing checkpoint, or report the emergency to a passing runner. Race staff will communicate with the medical team to determine appropriate response action. Medical evacuations will only be reserved for serious or critical medical needs such that the injured party can not physically move under their own ability. Tiredness, sore feet, or a splinter is not a reason for an evacuation.

Runner Safety

All runners should follow general safety precautions as one would take while training on trails in remote areas.

Course Terrain

Expect loose and rocky terrain with uneven surfaces.

Wildlife

Runners are required to respect wildlife by not approaching, feeding, or harming wildlife. Race participants observed violating this rule are subject to race disqualification.

Rattlesnakes have been observed on the trail in previous years. If one is encountered on the trail, do not approach. Slowly back away, allowing the snake plenty of room. In most cases the snake will move along on it's own. Do not attempt to move the snake with sticks or rocks. This will further antagonize the snake and increase its defensive posture. Slowly proceed forward after the snake has left the trail, listening for any indication the snake is nearby. If the snake does not move off trail after a duration, then move around the snake giving it a very wide amount of space while listening for indications of additional snakes in the area.



Post-Race

Post-Race and Awards

All runners will receive a Rock Hawk race tee and finisher woodallion commemorating your race.

Trophies will be awarded for the following:

- Half Marathon (Men's and women's top three places)
- 10K (Men's and women's top three places)
- Winners in the Half Marathon & 10K will receive a comp entry into next year's race so they can come back and defend their title

Runners and volunteers will also enjoy a post-race breakfast courtesy of [The Walking Taco](#).





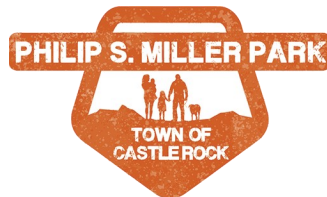
Gratitude

Volunteers

Be sure to thank the volunteers during the race who are supporting you to make your Rock Hawk experience fantastic. If you have friends and family who would be interested in volunteering, please have them sign up at:

<https://www.rockhawkrace.com/>

Sponsors/Vendors





Bear Chase Race Series
Runners Edge of the Rockies

Director: David Manthey

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www.BearChaseRaceSeries.com | www.RunnersEdgeoftheRockies.com