

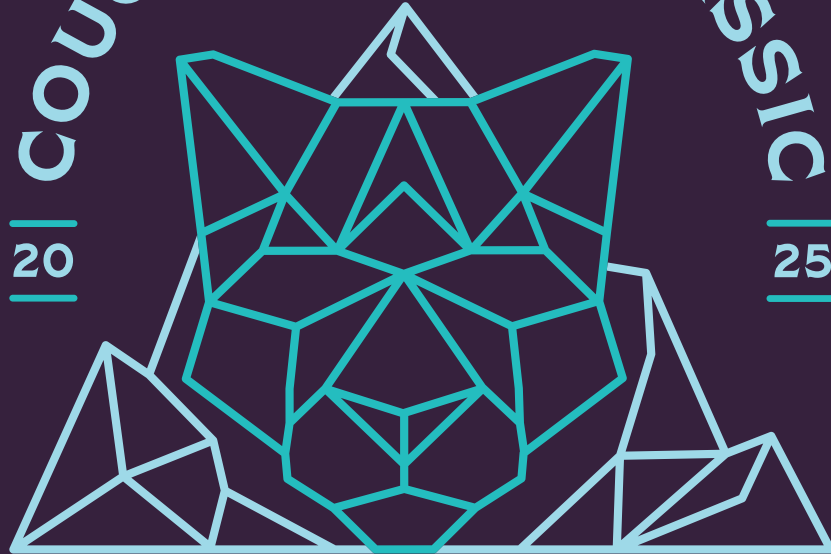
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20 | **COUGAR RIDGE CLASSIC** | 25



VAIL – MINTURN 26K

VAIL RECREATION DISTRICT

**2025 RACER MANUAL**

# A MOMENT SPONTANEITY

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#VailMoment



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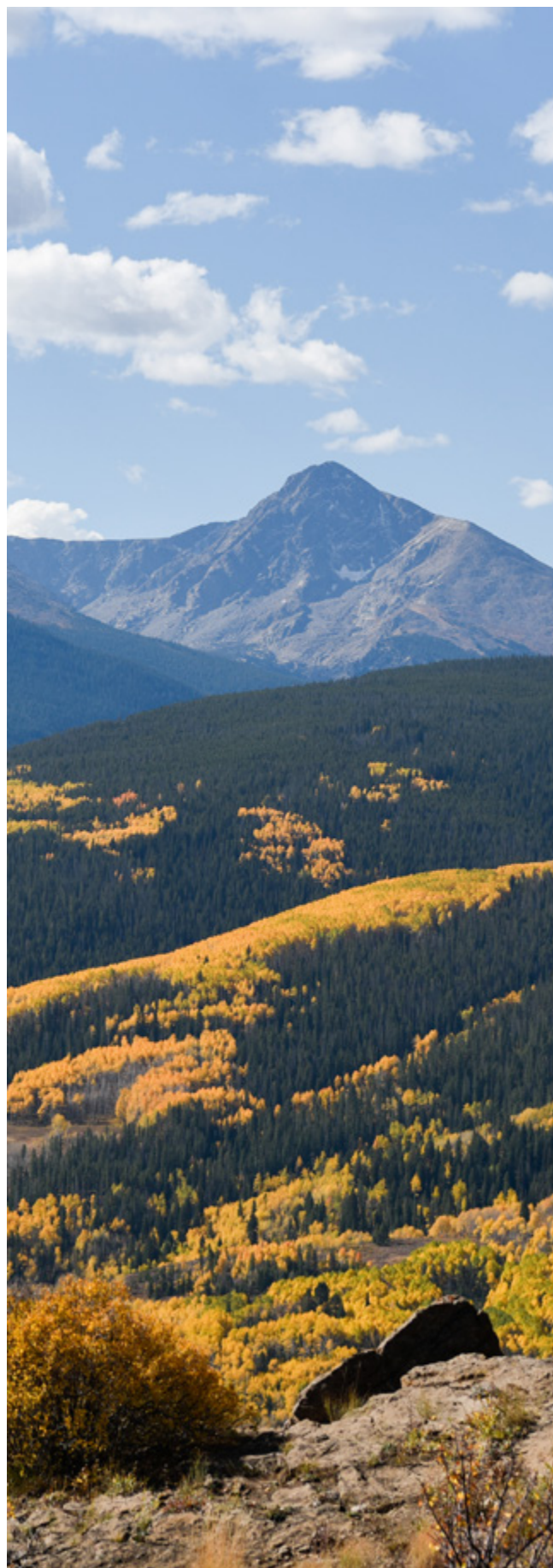
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Additional race details are available at [vailrec.com](https://vailrec.com).  
For more information, call the VRD Sports Department at 970-479-2280 or email [sports@vailrec.com](mailto:sports@vailrec.com).

A big thank you to all of our amazing sponsors for supporting the 2025 Courage Ridge Classic 26K. This race wouldn't be possible without the support of Discover Vail, the Town of Minturn, Hyder Construction, Howard Head Sports Medicine, Dynafit, The Steadman Clinic and Steadman Philippon Research Institute, Gravity Haus Vail, Evergreen Lodge, Avanti F&B, Vail Honeywagon, Vail Brewing Company, Best Day Brewing, New Belgium Brewing Company and Vail Mountain Coffee & Tea





## Vail Mountain was founded by Pete Seibert and Earl Eaton in 1962.

They first climbed Vail Mountain in 1957, thinking it would be the perfect ski area. Little did they know, it's also an ideal area for trail running. Thus, the Cougar Ridge Classic

was born. For the second annual Cougar Ridge Classic 26K trail run, we continue to grow into one of the premier endurance runs in Colorado. Ascending over Vail Mountain and into the world-famous Back Bowls, racers will be greeted with beautiful views of the Sawatch Range. With thousands of feet in elevation gain, this race is not for the faint of heart. However, we hope

to set up our racers for success with our Cougar Ridge race staff, Big Cat aid stations and detailed course markings.

### ROAD RACES TURNED TRAIL RACES

Trail races began in Vail thanks to the late Lyndon Ellefson, a Vail local and member of the U.S. Mountain Running Team. It's hard to believe, but races in Vail used to be exclusively road races on pavement and

gravel. Lyndon often participated in these races, casually running and chatting with the lead biker. One day, Ellefson suggested that races should be in the mountains – on trails instead of roads. It sure was a great suggestion; we are in Vail after all! Since then, Vail has hosted a variety of trail races, several national championships for USA Track & Field, and now the Cougar Ridge Classic.





## Autumn is a magical time in Vail, as nature slows down to prep for its long winter's nap.

One of the most spectacular shows on earth can be found right here every autumn, as the fall foliage transforms from summer green into a palette of red, gold, auburn and bronze, a bastion of brilliant hues.

Breathtaking is the only way to describe it, and words alone can't do it justice. Running over Vail Mountain in fall is akin to sauntering through a kaleidoscope, one that leaves you with a mix of bedazzlement and tranquility. The moment you're embraced by the panorama of autumnal colors, the stress of daily life magically begins to vanish. Your step is lighter. Your heart is brighter. Your mind is clear and free.

Slow down even further with a hearty meal at one of the Vail Valley's renowned eateries or sip

on a glass of wine and take in the fresh fare at the Vail Farmers' Market. Explore the historic landmarks and shops. Absorb the love and passion that went into building Vail Village, something you'll feel from the very moment you arrive.

Come with a hunger for adventure, and Vail will sate that, too. Experience mountain biking down the mountainside, or

along a leisurely path that follows the stream. Go horseback riding at Piney River Ranch, golfing at Vail Golf Club, or off-road exploring near Camp Hale. Take a scenic hike (or run) on Berry Picker Trail, Pitkin Creek, the North Trail, or Cougar Ridge! Stroll through the nearby Betty Ford Alpine Garden. Sit on a bench and read under aspen trees or take a gondola ride to the top of Vail Mountain.

**This race isn't the only thing happening in Vail! Check out the Vail Farmers' Market Art Show on Sunday. To see everything Vail has to offer, visit [discovervail.com/things-to-do](https://discovervail.com/things-to-do)**





## Cradled in the Eagle River Valley, Minturn offers a slice of history among its youthful neighbors, with remnants of the late 1800s visible throughout town.

Named after Robert B. Minturn, a leading 19th-century American merchant and shipping tycoon, the town first embodied the pioneering spirit of early homesteaders. Earning the title of “lettuce capital of the world” thanks to their highly-desired Everkrisp lettuce, the early pioneers built

a strong community foundation that further blossomed with the arrival of miners and the Denver and Rio Grande Western Railroad in 1887.

With an established railroad, Minturn quickly became a vital transportation and industry nexus, with pioneers transforming

the town into an imperative hub for the mining industry which was then thriving between Minturn and Leadville. Minturn's vibrancy led to its incorporation in 1904, catering to its growing community. Over the years, Minturn transitioned from agricultural and railroad roots to a beloved mountain getaway. Despite inevitable changes, Minturn retains its unique character, thriving with outdoor recreation, art, restaurants, and boutique businesses.

Today, Minturn is celebrated as a true mountain town: a friendly haven where the spirit of the Old West greets the new. It invites you to explore its storied streets, to become a part of its living history, and to experience the genuine hospitality that makes it a Rocky Mountain gem.

**After the race, be sure to check out Hometown Throwdown 2.0, Minturn's fall festival! More info on page 18.**



## TWO SMALL TOWNS, ONE BIG BACKYARD



**MINTURN & RED CLIFF**  
Colorado

Framed by the Colorado Rockies, Minturn and Red Cliff offer a gateway to year round outdoor adventure. Surrounded by the Holy Cross Wilderness, White River National Forest and the Eagle River, the area is a paradise for nature enthusiasts. Close to Leadville, Camp Hale National Monument, and Vail and Beaver Creek ski resorts, Minturn and Red Cliff promote responsible recreation and offer a more casual and affordable option for visitors.

**VisitMinturnRedCliff.com**

## COURSE INFO AND SCHEDULE

We are thankful to be hosted by the Town of Vail and Vail Mountain Ski Resort for our start, and the Town of Minturn for our finish.

The course is a point-to-point race, starting at Gravity Haus in Vail and finishing in the Town of Minturn.

Racers will begin by traversing up the front side of Vail Mountain towards Mid-Vail. This will be a long, consistent climb. Upon approaching Mid-Vail, racers will continue to ascend Vail Mountain up Kinnickinnick Trail.

As you approach Wildwood, you are now 11,000 feet above sea level. We know you are feeling that Colorado high, but we recommend you take a moment to look up and enjoy the view. Feel free to tell the world that you're King (or Queen) of the Mountain, you earned it!

**Spectators have complimentary lift access on Gondola 19 (Lionshead to Eagles Nest) from 8:30 to 9 a.m., no pass required!**

The trail grade levels off as the course continues along Vail Mountain service roads towards Eagle's Nest. After Eagle's Nest, enjoy a steady descent traversing across Game Creek Bowl towards the Cougar Ridge aid station. This is a public trail, so please keep an eye out for bikers and hikers.

Then the course will start on a technical but steady descent on the Cougar Ridge single-track trail toward the Town of Minturn. Enjoy flashes of gold as you run through aspen groves before a steep descent onto Minturn roads. From here, you'll have a short distance to the finish in Minturn's downtown.

### COURSE STATS

ELEVATION GAIN  
**3,439 Feet**

ELEVATION LOSS  
**3,795 Feet**

HIGH POINT  
**10,981 Feet**

LOW POINT  
**7,861 Feet**

#### AID STATIONS

- #1: Gitalong Road
- #2: Mid-Vail
- #3: Eagle's Nest
- #4: Cougar Ridge
- #5: Town of Minturn

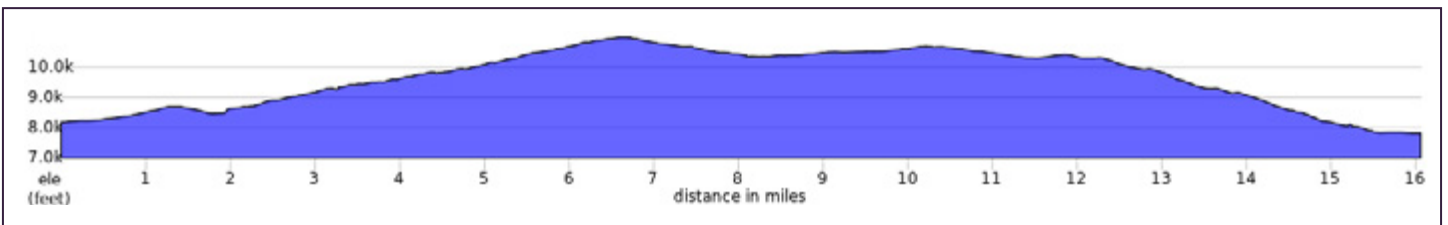
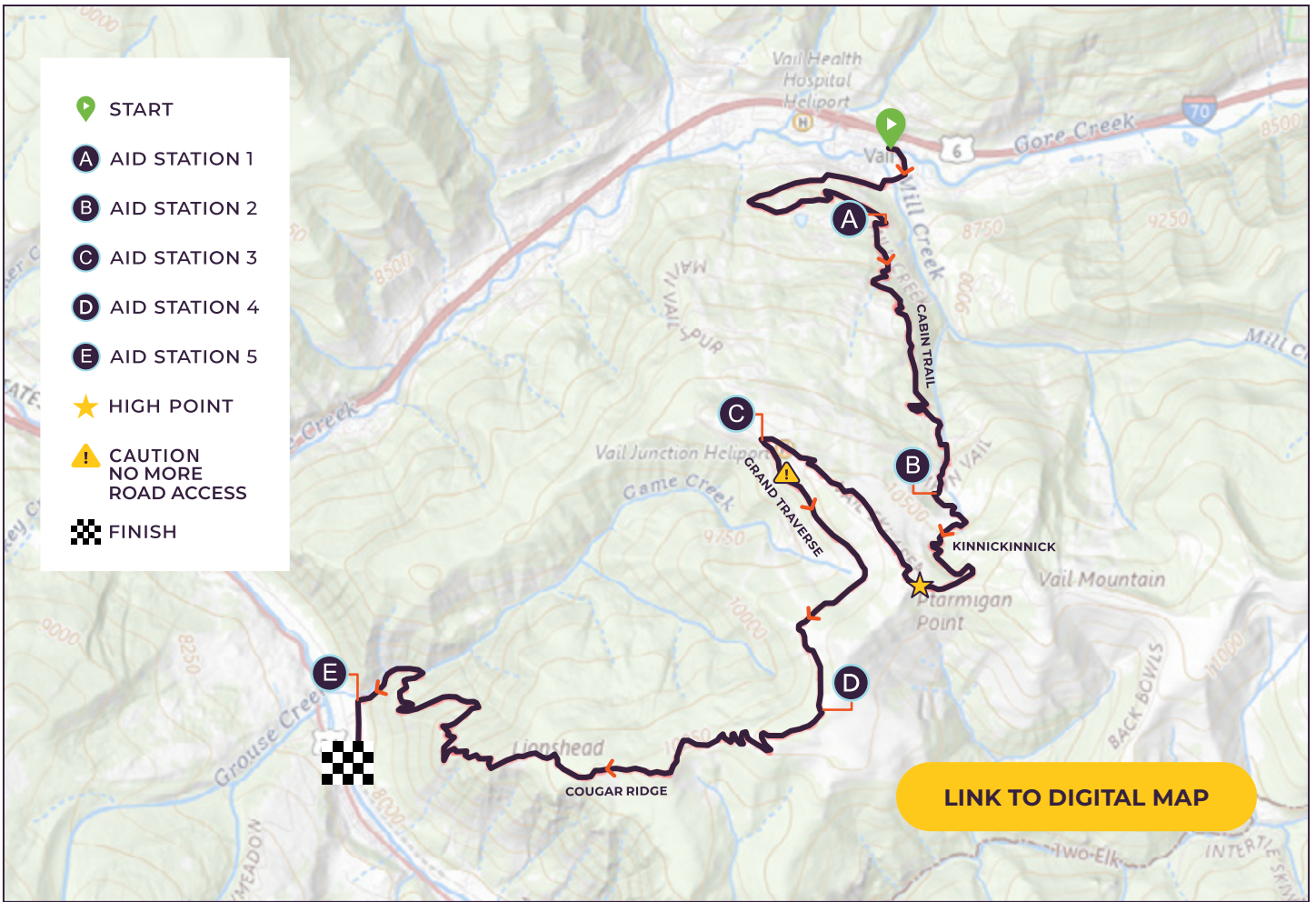
#### GEAR DROP

Mid-Vail Aid Station  
Eagle's Nest Aid Station  
Minturn Finish

#### RUNNING SURFACE

**78%** Single-track Trail  
**16%** Dirt/Gravel Road  
**6%** Paved Road

TIME	ACTIVITY	LOCATION	ADDRESS
<b>FRIDAY, SEPTEMBER 26</b>			
4–5:30 p.m.	Race Prep with Dryland	Gravity Haus, Vail	352 E Meadow Dr, Vail, CO
4–7 p.m.	Packet Pickup	Gravity Haus, Vail	352 E Meadow Dr, Vail, CO
<b>SATURDAY, SEPTEMBER 27</b>			
6 & 6:30 a.m.	Minturn to Vail Shuttle	Town of Minturn	146 Main St, Minturn, CO
6–6:50 a.m.	Day-of Packet Pickup	Gravity Haus, Vail	321 E Lionshead Cir, Vail, CO
7 a.m.	Race Start	Gravity Haus, Vail	321 E Lionshead Cir, Vail, CO
9:45 a.m.	Time Cut-Off	Eagle's Nest	
10–2 p.m.	After-Party & Lunch	Town of Minturn	101113 Williams St, Minturn, CO
11:30 a.m.	Awards & Raffle	Town of Minturn	101113 Williams St, Minturn, CO



MILE	ALTITUDE	WAYPOINT	+ MILES	+/_ ELEVATION	AVERAGE GRADE
0	8,169'	START - Gravity Haus			
2.2	8,732'	Aid Station #1 - Gitalong Road	2.2 Miles	+ 695 Feet	5.3%
5.1	10,250'	Aid Station #2 - Mid-Vail	2.9 Miles	+ 1,409 Feet	8.6%
6.7	10,981'	Race High Point - Wildwood	1.6 Miles	+ 832 Feet	9.4%
8.1	10,326'	Aid Station #3 - Eagle's Nest	1.5 Miles	- 632 Feet	-7.1%
10.3	10,675'	Aid Station #4 - Cougar Ridge	2.1 Miles	+ 362 Feet	3.2%
15.5	8,042'	Aid Station #5 - Minturn	5.3 Miles	- 2,873 Feet	-4.4%
16.1	7,830'	FINISH - Downtown Minturn	0.5 Miles	- 43 Feet	-1.8%

ORANGE = CUT-OFFS IMPOSED, SEE NEXT PAGE FOR DETAILS



**As you traverse Vail Mountain, we will have stocked aid stations with plenty of snacks and electrolytes. We don't suggest attempting a sub-ultra trail run fueling up on gels and chips, so each aid station will have some hearty food options to keep you going.**

Thanks to Skcratch Labs, our aid stations will be stocked with electrolyte hydration. We'll also have a variety of snacks and water.

We adhere to strict cut-offs for this race. See the table below and page 9 for more information about cut-off times. Course cut-offs are in place for safety reasons and are required to maintain both our permitting and insurance. Please pay attention to the cut-off times and respect the volunteers who enforce them. You will be asked to take the

gondola down and back to your car or van shuttle to the finish – you will have shuttle information on the backside of your bib. We understand how disappointing this can be, but you earned a beautiful ride down the gondola and gained tons of experience to finish next year!

**BIG CAT AID CLASH**

We are grateful to our local non-profits, who will be manning the aid stations and cheering you on. These amazing organizations are heavily involved in the growth of the Vail Valley and our community. They are volunteering their time to keep your energy levels high when the course gets rough!

Our aid station organizations are competing in the Big Cat Aid Clash. They are trying to earn your vote as the King Clowder (that's a group of cats in case you didn't know). There will be a Big Cat Aid Clash Kiosk at the finishing

area for racers to vote for their favorite aid station. Expect silly shenanigans and fun vibes as they try to earn your vote while you're grinding away. The King Clowder will win a financial prize/donation to their organization for being the coolest cats on the mountain.

**FIRST AID & SUPPLIES**

Thanks to Vail Mountain Resorts and Vail Mountain Rescue, we will have experienced medical staff on course for racer safety. They are prepared to assist participants should anything serious arise on the course.

We are grateful to have the Steadman Clinic at the start and finish to help with any medical needs. Reach out to their skilled athletic trainers and they can either help or recommend a professional. All aid stations will have a robust first aid kit for emergencies, cuts, bruises and light foot-care products. If you are prone to foot issues

or chafing, carry extra products for problems that occur along the trails between aid stations. We are not allowed to hand out pain medication or other over-the-counter products, so pack your own. More importantly, if you are in pain, please prioritize your health. Take a breather, enjoy the beautiful view and consider other options of slowing down, resting or dropping out if needed.

If you have any specific needs, inform a staff member when you pick up your bib. You will be responsible for your health and should plan to carry what you may need. Additionally, make sure to carry any prescription medication that you may need during the duration of the race!



AID STATION	MILE	CUT-OFF TIME	GEAR DROP	NON-PROFIT
Aid Station #1 - Gitalong Road	2.2		NO	SMALL CHAMPIONS
Aid Station #2 - Mid-Vail	5.1		YES	EAGLE COUNTY HISTORICAL SOCIETY
Aid Station #3 - Eagle's Nest	8.1	9:45 a.m.	YES	VAIL VALLEY CHARITABLE FUND
Aid Station #4 - Cougar Ridge	10.3		NO	VAIL SKI PATROL
Aid Station #5 - Minturn	15.5		NO	

**\$100 photo  
contest**  
See page  
15 for more  
details!



## DROP BAGS + CUT-OFF TIMES

### DROP BAGS

Drop bags need to be labeled with your name, bib number and aid station destination. Please keep drop bags small (less than 20L). We will have tarps/trucks near the race start, labeled with which aid station they will be delivered to. Place your drop bag at the appropriate tarp/truck for delivering to aid stations. We are not responsible for gear delivered to incorrect locations. Our drop bag vehicles will depart the start at 6:55 a.m., so plan accordingly.

Eagle's Nest is roughly halfway through the course, so prepare accordingly for seven miles in the White River National Forest.

Drop bags will be returned to the **Town of Minturn** finish and awards by course close at 1 p.m. on Saturday. It is your responsibility to pick up your drop bag. If you forgot your bag because you wanted to race home too, please contact us at [sports@vailrec.com](mailto:sports@vailrec.com).

WAYPOINT	MILE	CUT-OFF TIME	GEAR DROP
Aid Station #2 Mid-Vail	5.1		YES
Aid Station #3 Eagle's Nest	8.1	9:45 a.m.	YES
Finish	16.1	1 p.m.	YES

### CUT-OFF TIMES

In accordance with our safety plan, Vail Resorts, USFS, and respect for our volunteers' time and safety, cut-off times will be strictly enforced. Runners that are not leaving an aid station by the cut off will be instructed to drop out of the race and take the gondola down to Vail. Alternatively, racers can run back down to Vail. We are not responsible for your safety at this point; take what you need from the aid station and stay safe. If this is your first endurance run or you are unsure of making these cut-offs, plan on having crew support to get a ride to the after-party and awards.



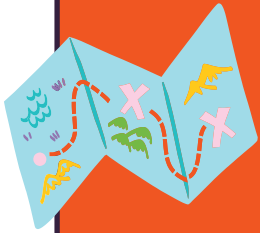


Download the course GPX and study the intersections, elevation profiles and distances between aid stations. Utilize our digital map and Ride w/ GPS to stay on course or pre-run!

Course markings will be **RED** signs with **WHITE** arrows pointing you in the correct direction. A confirmation sign will always follow an intersection to confirm you are still on course and cones will block off any confusing intersections.



Have a copy of the course map with you, either a paper copy or on your phone.



Colorado has a dry climate at a high elevation. Drink plenty of water and stay hydrated.



We are running in the White River National Forrest. Please be mindful that you may encounter a wild animal along the trail.

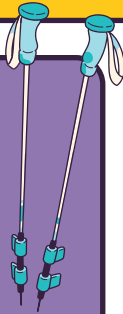
Do not feed or approach. Make noise, look big and do not attempt to pass until they move along.

You are permitted to carry bear spray.

The Rocky Mountains are known for sporadic weather, so bring extra layers and utilize the gear drops at the top of the mountain. The morning will be chilly and will warm up quickly as the sun crests over the Gore Range.



Consider using trekking poles. You'll be traversing over a mountain, and they may be your savior on the ups and downs.



Pour some water on yourself if you're hot. There will be ice at the Mid-Vail and Eagle's Nest aid stations as well to cool off with.

Bring sun protection. You will be climbing 3,410 feet closer to the sun, so protect your skin from those damaging UV rays.



RACE POLICIES & DISQUALIFICATIONS

You can find our policies for deferral, cancellations, transfers and refunds on our website at [vailrec.com](http://vailrec.com).

Note that the Cougar Ridge Classic does not issue refunds.

Follow course markings to avoid disqualification and show respect to others.

Failure to follow "leave no trace" principles will result in disqualification. There will be restrooms available at the start, finish and Mid-Vail and Eagle's nest.



For more info on our race policies visit [vailrec.com](http://vailrec.com)!

## RACER SPOTLIGHTS | LOCAL CATS

Every racer has a story to tell, and we love sharing yours. Whether you're a big cat who competes internationally or a local cat who participates in the Vail Trail Running Series, we want to know why you love to run!

### VAIL TRAIL SERIES ALL-STAR

**Name** Jay Zeschin

**Hometown** Denver, CO

**What's your most memorable race experience?**

In 2013, I raced the UROC 100K from Breckenridge to Vail, which is the longest I've ever run in one go. It was late September and the night before the race a storm rolled in and dropped over a foot of snow on much of the course. I'll always remember crossing that finish line at Mountain Plaza around 2am, and just how peaceful and surreal it was.

**What's your favorite trail?**

The Four Pass Loop is my all-time favorite, especially in late July when the wildflowers are in full bloom. You get to experience so many different types of terrain, and it's all just incredibly beautiful.

**What advice would you give athletes getting into running?** Relentless forward progress!

When the going gets tough, just remember that you're getting to spend a day outside on the trails, and that's a wonderful thing.



### VAIL TRAIL SERIES ALL-STAR

**Name** Marcette Gordon

**Hometown** Colorado Springs, CO

**How did you get into running?**

I ran track in high school but didn't stick with it after that. A friend approached in 2009 with a challenge to run a half marathon and I accepted.

It was a rough race and slow. I recall hitting mile 7-9 and walking and slowly jogging the remainder of the race... I have grown to love the running community and know how fortunate we are to live in an area where many of us are out to have fun on the trails with our friends and enjoy some music, a good donut, and the company of amazing people after the race.

**What's your favorite style of race (e.g. trail, road, ultra/subultra, marathon, 5K)?**

I enjoy a downhill road or trail half marathon.

**What's your favorite trail?**

Ha, Ha! I love to hate Berry Picker. My favorite trails are Boneyard and Meadowgold.

**What advice would you give athletes getting into running?**

Show up! The first step to getting out on the trail or the road is to try it and attempt to have fun. Set reasonable goals to start and maybe find a buddy to join you. This valley has some great running clubs, and it is a welcoming and supportive community of all abilities and ages.

## RACER SPOTLIGHTS | BIG CATS

### DRYLAND COACH

**Name** Dani Salinsky | **Hometown** Seabrook, TX

#### How did you get into running?

I started running back in college while training for some half marathons. I've kept up my running over the years by mixing it in regularly with my cross training and functional fitness. I like to mix in interval runs with long runs for my regular training.

#### What do you love most about running?

I fell in love with the dopamine rush I feel after a long run. I used to think I would never be able to run very far, so one day I finally told myself to find out what happened when I didn't give up. The mental aspect of a long run has always been harder than the physical for me, so I have always loved trying to push my body to see what it's capable of.

#### What's your most memorable race experience?

When I was younger and my family ran a Turkey Trot on Thanksgiving. At this point, none of my family members had had too much running experience and it was just such an enjoyable experience to be able to run for fun with my family with no expectations and just spending that time together. We may not have been the fastest group then, but we sure had the most fun.

#### What's your favorite trail?

Gore Creek, Meadow Creek Trail because you can do so much or so little on this trail since it connects all the way to Frisco from East Vail.



### HOWARD HEAD TRAIL HERO

**Name** Kristin Thomas | **Hometown** Centennial, CO

#### How did you get into running?

I first started running cross country in high school as a way to stay in shape for soccer. Then, after my college soccer career was over, running became my new athletic pursuit and mental release. Once I discovered trail running, there was no going back.

#### What's your favorite style of race (e.g. trail, road, ultra/subultra, marathon, 5K)?

I love long trail runs. Having a race to train for is great motivation, but the training runs (for a race or just life) in the alpine, through the fall colors, and on cold winter mornings are what I love.

#### What's your most memorable race experience?

Running the Boston marathon was an unforgettable and unbelievable experience. People lining course on both sides of the road for 26 straight miles. It was unreal.

#### What's your favorite trail?

Cougar Ridge of course :)

#### What advice would you give athletes getting into running?

Trail running is great because it involves a lot of walking. Consistency is key. Starting out is hard, but once you get a runner's high, you'll be hooked.



## After-party and awards will take place at 1:30 p.m. at the Town of Minturn.

### AWARDS & PRIZE PURSE

We have an elite category, where the top three men and women will be competing for a cash prize presented by Discover Vail. The prize purse is \$500 for first, \$300 for second and \$150 for third.

In addition to cash prizes for top finishers of all ages, awards will be given to the top three places in each category. Categories are by gender

and age groups in 10-year increments. Along with awards, we will also have a raffle with some amazing gear! You must be present to receive the prize, so stick around. If you finish ahead of awards, hang around Minturn and use your bib lunch voucher for a meal at participating restaurants, or enjoy some beer from New Belgium and Vail Brewing Company or non-alcoholic beer from

Best Day Brewing at the finish expo. If you happen to leave before the awards ceremony, please let the race staff know. It helps us out when we're mailing out the prizes. We want to make sure you get your prize, and it's a bummer when your package gets returned to us.

**PHOTO CONTEST**  
Keep an eye out for this cougar on the course. If you spot it, snap a photo, share it to Instagram with **#cougarridgeclassic** and enter for a chance to win \$100. The winner will be announced at the award ceremony!



**WE'VE GOT YOUR BACK**

**EVEN WHEN IT'S YOUR KNEES**

Don't ignore the aches and pains that prevent you from getting after it. The experts at Howard Head Sports Medicine provide individualized treatment plans to reduce pain, restore function, strengthen and get you back on top.

**HOWARDHEAD.ORG**

**HOWARD HEAD SPORTS MEDICINE**  
VAIL HEALTH

The advertisement features a background image of a woman in an orange tank top and black shorts running on a rocky mountain trail. A white graphic overlay contains the text 'WE'VE GOT YOUR BACK' in an arch at the top, a circular icon of a hand holding a knee in the center, and 'EVEN WHEN IT'S YOUR KNEES' in large, bold letters below. At the bottom left, there is a white box with text about treatment plans and the website 'HOWARDHEAD.ORG'. At the bottom right is the logo for 'HOWARD HEAD SPORTS MEDICINE VAIL HEALTH'.



**We recommend parking in Minturn and taking the 6 a.m. race shuttle. This gives you time to utilize the start facility and have quick access to your vehicle at the finish.**

**MINTURN PARKING**

There is parking in the **Minturn Municipal Lot**, adjacent to the Minturn Saloon.

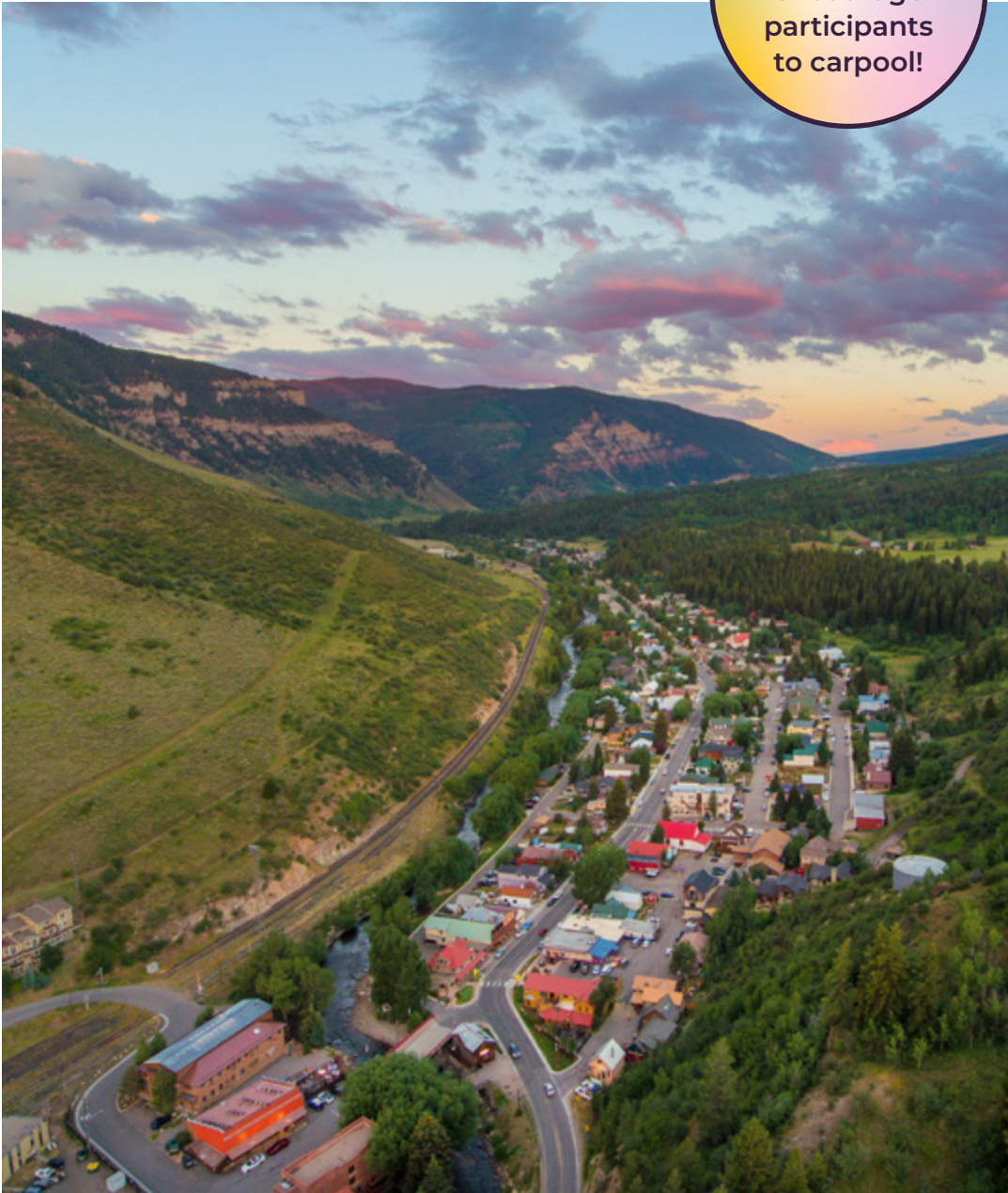
**VAIL PARKING**

There is paid parking in the Vail Village Parking Structure. **Visit [vail.gov](http://vail.gov) for summer rates.**

**TRANSPORTATION**

There will be two shuttles from Minturn to Vail prior to the race at 6 and 6:30 a.m. There will be a shuttle to Vail available to racers periodically after the race.

**If driving to the race, we encourage participants to carpool!**



**VAIL LODGING**

Check out **Discover Vail** to see all your lodging options!

**EVERGREEN LODGE**

With its prime location in Vail Town Center (between Vail and Lionshead Villages), Evergreen Lodge is a short walk or a ride on the complimentary town shuttle, to world-class shopping, dining, summer and winter activities. Racers can receive a group discount by booking online **HERE** or by calling them directly at 970-476-7810 and referring to **Cougar Ridge Classic 26K Trail Running Race.**

**VAIL REALTY CONDOS**

If a hotel isn't big enough for you, check out our partners at Vail Realty. They have the largest selection of condo and home rentals in the Vail Valley! Visit **[vailrealty.com/vail-vacation-rentals](http://vailrealty.com/vail-vacation-rentals)** to book while they're available!



## GRAVITY HAUS VAIL

Thanks to our partners at Gravity Haus, racers can book a room with their **discount code: COUGAR RUN**. Enjoy everything Vail has to offer with a beautiful location inside Vail Village, looking at Gore Creek and the beautiful Vail Mountain you'll be running up! Gravity Haus Vail has a limited number of rooms for our racers, visit [gravityhaus.com](http://gravityhaus.com) to book now while they are still available!

If you want to be within walking distance of the start and Gravity Haus is booked - there are tons of other options for hotels in Vail Village and Lionshead Village. You can be within a 1-10 minute walk to the race start.



**DISCOUNT CODE:  
COUGAR RUN**

# GRAVITY HAUS VAIL



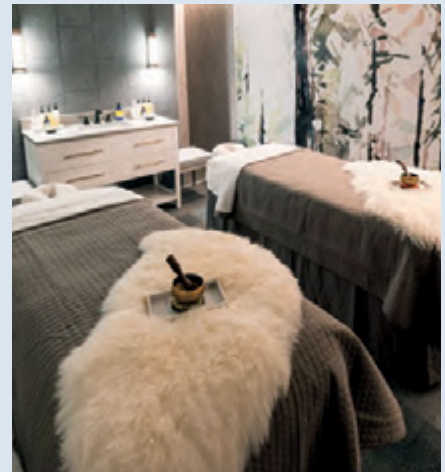
## STAY

An award winning space with high end amenities, located in the heart of Vail.



## DINE

Dine at cozy alpine bistro, Sloperoom or kickstart your day at Unravel with in-haus roasted coffee.



## RELAX

Offering massage, recovery therapy, facials, and ultra-luxe packages, our Spa at Vail is among Colorado's best.





## RACE PREP FRI, SEPT. 26

Join us at Gravity Haus Vail and Dryland Spa & Fitness from 4–5:30 p.m. for a race-prep clinic with Dani Salinsky. This clinic will include mobility activation on the turn, followed by a light group run on mountain dirt.

Packet pickup is from 4–7 p.m. at Gravity Haus Vail. If you can't make it, you can pick up your bib at Gravity Haus Vail between 6–6:50 a.m. on race day.



## RACE DAY SAT, SEPT. 27

On the day of the event, you can pick up your bib in front of the starting line at Gravity Haus Vail. Bathrooms and water fountains are located inside Gravity Haus. Please plan accordingly as there are limited resources available on the course.

The race will start at 7 a.m. SHARP. You can always start after, but your official race time starts at 7 a.m. The after-party and awards will be held at the Town on Minturn between 1–3 p.m.

Join us for lunch in Minturn! Racers will get FREE lunch at participating restaurants with their meal ticket on their bib. Afterwards, stop by Minturn's Hometown Throwdown 2.0, taking place down the street from 1–7 p.m. Enjoy live music, games, food and drinks!



VAIL RECREATION  
D I S T R I C T

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**DYNAFIT**

BY ATHLETES FOR ATHLETES



READY FOR MORE DISTANCE

**ULTRA PRO 2**



# COUGAR RIDGE CLASSIC

VAIL – MINTURN 26K

