



Race Day Schedule

7:15 AM- Check-in Opens
8:15 AM- Male Comp Wave
8:30 AM- Male Comp Wave 2
8:45 AM- Female Comp
9:00 AM- Rec Wave 1
9:20 AM- Rec Wave 2
9:40 AM- Rec Wave 3
10:00 AM- Rec Wave 4
10:00 AM- Finish Line Festival Begins
10:20 AM- Rec Wave 5
10:40 AM- Rec Wave 6
11:00 AM- Rec Wave 7
11:15 AM- Awards Ceremony
12:00 PM Volunteer Wave
12:15 PM Sinister Pain Evolution (Ticket Add-on)
1:00pm - Continued Fitness Competitions and Giveaways
2:00pm CerusRuk Ends



5.11.19

Sylvan Dale Ranch
2939 N Co Rd 31D,
Loveland, CO 80538

What to Bring

Your Race Day Packet

- If you did early check in remember your bib and timing chips
- Remember Spectators are FREE

Photo ID and Cash/Cards

- Your ID Should Match Your Ticket and Waiver
- There will be Merch, Food and Drink Available on Race Day

Your Ticket

- If you did not check-in previously you will need your ticket and ID to check-in

Change of Clothes

- You'll be wet and muddy at the end of the race
- Be sure to use FREE Bag Check

Your Pack & Race Weight**

- **Only required in competitive waves
- Not Provided. Be sure you bring your ruck and weight!