



October 20, 2019  
Oro Valley, AZ

# ATHLETE GUIDE

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# WELCOME!

We are so glad you can join us in Arizona for the third year of the event! We are busy making the final preparations for this weekend's event and wanted to give you all the latest info so you can be prepared for race day. Please take a read through this guide and either bring your questions with you or email us at [info@mangledmomentum.com](mailto:info@mangledmomentum.com).

Best wishes for a successful and safe race day. We can't wait to see some of our old friends and make new ones this weekend. See you at the finish line!

Thanks,  
Breanna & Whit Bissell  
Race Directors, Saguaro Sunrise  
Mangled Momentum



[www.saguarosunrise.com](http://www.saguarosunrise.com)

# SCHEDULE

## Saturday, October 19, 2019

3:00pm - 5:00pm      Rollerblade 10k  
(2:30pm Check-in  
3:00pm Roll Away)

El Camino del Cerro Park  
Meet by the baseball diamonds  
(link to Google Map is online)  
3420 W El Camino del Cerro  
Tucson, AZ

5:30pm - 8:30pm      Packet Pick-up/  
Late Registration  
(Located off of the lobby)  
10000 North Oracle Road  
Tucson, Arizona 85704

Hilton El Conquistador  
Oro Valley Room

## Sunday, October 20, 2019

6:00am - 7:45am      Late packet pick-up / Late registration @ Race Venue  
7:00am                  5k Run Start  
7:00am                  Bus Departure #1 - Marathon Skate  
7:30am                  Bus Departure #2 - Marathon Skate  
7:30am                  5k Run Awards  
8:00am                  5k Run Course Closed  
8:00am                  Marathon Skate Start  
8:02am                  10 Mile Start  
8:04am                  5k Skate Start  
11:00am                Course Closed  
11:30am                Awards Ceremony





# ROLLERBLADE 10K 10-19-19

The 10k social skate will take place the day before the main event on October 19, 2019 in Tucson on the awesome Loop multi-use paved trail. This is a non competitive, no drop fun skate to warm up the legs and skate with your friends. You can expect smooth services, free of motorized traffic and no stop signs. There are some bridges to skate over as the path winds back and forth over roads and ditches.



- Date: October 19, 2019
- Time: 3:00pm - 5:00pm | 2:30pm Check-in, 3:00pm Roll Away
- Fee: \$0 (please sign up ahead of time on Its Your Race so we have a head count)
- Location: The Loop - Santa Cruz Path starting at el Camino del Cerro Park going South - 3420 W El Camino del Cerro, Tucson, AZ
- Directions: Off of El Camino del Cerro Road, West of I-10 and East of Silverbell Rd. Meet by the baseball diamonds (link to the Google Map is online - <http://www.saguarosunrise.com/rollerblade-10k>)

## WHAT TO BRING

- HELMET - Every athlete must wear a helmet at all times when on their skates.
- WATER - We will also have additional bottles of water available



**The Rollerblade Demo Van will be on-site!**



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# EVENT INFO

## PACKET PICK UP

Athletes must pick up their own packet on October 19 between 5:30pm - 8:30pm or race morning at the race venue from 6:00am - 7:45am.

## WHERE AND WHEN?

Hilton El Conquistador  
Oro Valley Room  
5:30pm – 8:30pm

## REGISTRATION PACKET ITEMS

- Event Poster
- T-shirt
- Timing Chip (to be affixed to top of helmet for Skate, on back of bib for run)
- Race Numbers
- Goody Bag

## REQUIRED FOR CHECK-IN

- Identification
- Race helmet for timing chip installation  
(see photo to right for timing chip placement)

## SKATE TIMING CHIPS

- Please be sure timing chips are affixed correctly and securely to the top of your helmet
- IT IS YOUR RESPONSIBILITY TO REMEMBER YOUR TIMING CHIP AND RACE NUMBERS ON RACE MORNING.
- NO TIMING CHIP MEANS NO TIME



## SKATE RACE NUMBERS

- You will receive two race numbers to be placed on your legs. One on each side
- You will also receive a helmet sticker that it to be placed on the front of your helmet



## RUN RACE NUMBERS

- You will receive ONE race number to be placed on the front of your chest.



# RACE DAY

## RACE VENUE / START AND FINISH

2291 E Rancho Vistoso Blvd  
Oro Valley, AZ 85755

## PARKING

Limited parking is available at the race venue on a first come first served basis. Enter via Vistoso Commerce Loop Road through the Vistoso Funeral Home. Rancho Vistoso will be closed for the race. Overflow parking may happen in the Funeral Home parking lot and additional parking outside of that is located at the Rancho Vistoso Center just a short distance away at 12925 N Oracle Rd, Tucson, AZ 85739. See map below.



# RACE DAY

## COURSE

There will be four start locations for the 2019 Saguaro Sunrise.

### MARATHON SKATE

The Marathon Skate starting line is in a remote location that is reachable by a provided bus or personal vehicle drop off. Please see map for it's location. There is a small parking lot near the start that can be used for active unloading only.

There is NO PARKING at the Marathon Skate Start Location.

### 10 MILE SKATE

The 10 Mile Skate start/finish line is located on Rancho Vistoso Blvd between Oracle Rd and Innovation Park Drive next to the finish arch. The nearest major cross streets are Oracle Rd and Tangerine Rd.

### 5K SKATE

The 5K Skate start is located under the finish arch.

### 5K RUN

The 5K Run start is located a short walk just East of the race venue on Rancho Vistoso.

## **All finish lines are the same for all distances.**

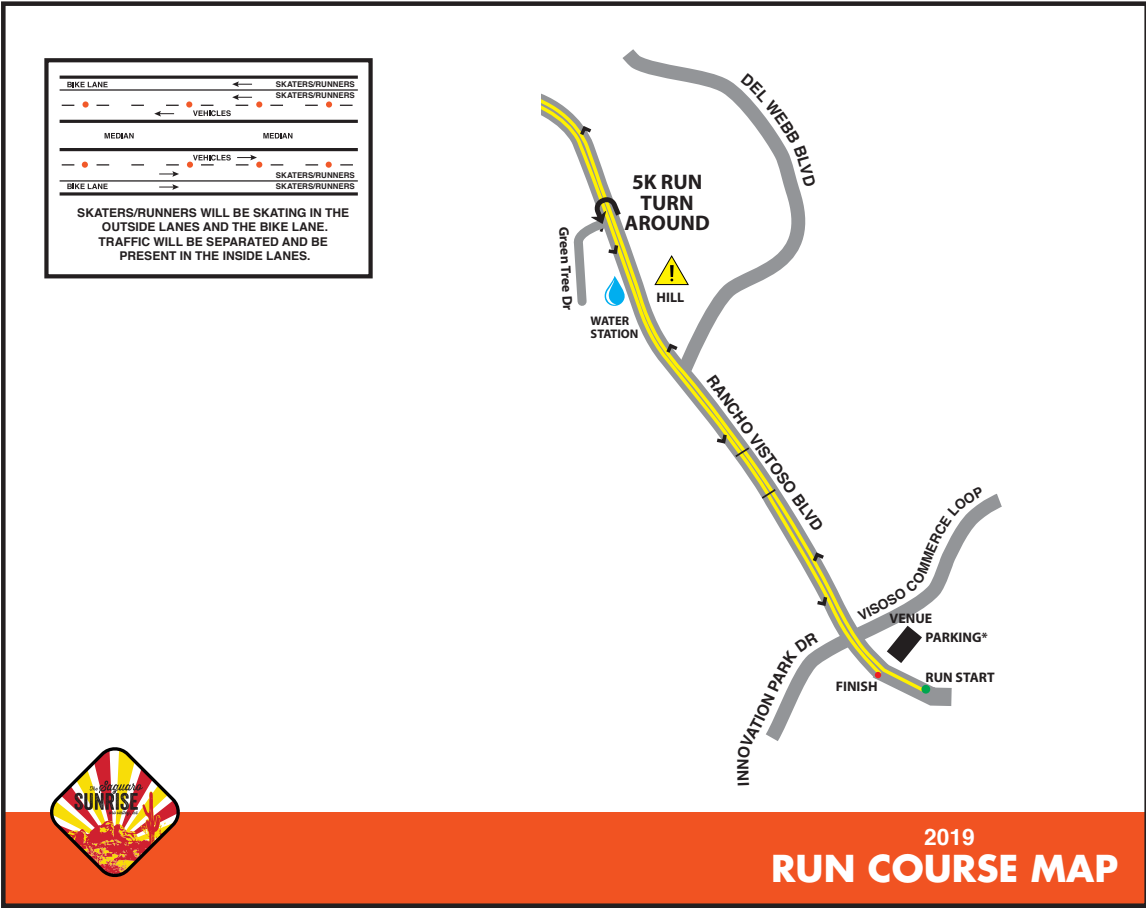
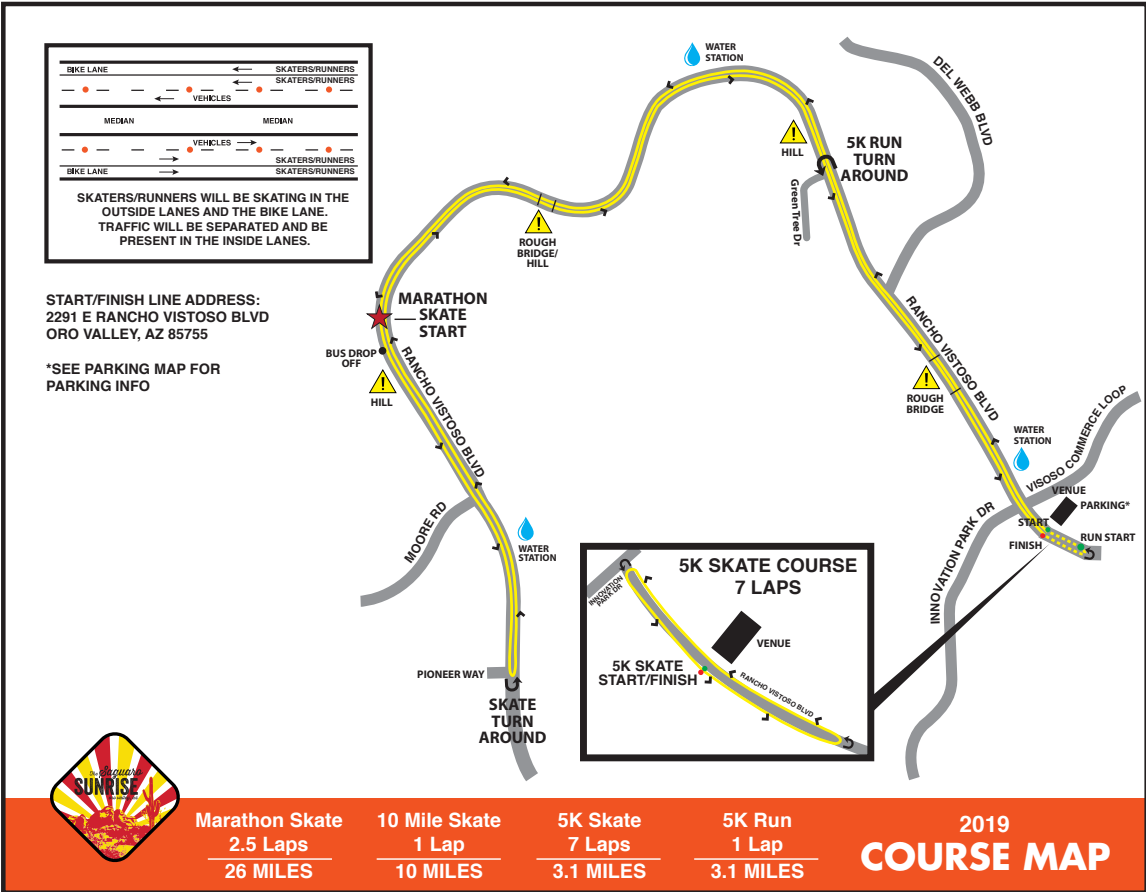
The finish line is located on Rancho Vistoso Blvd between Oracle Rd and Innovation Park Drive. The nearest major cross streets are Oracle Rd and Tangerine Rd. Athletes will use the outside lanes that also includes the bike lane. Vehicle traffic will be separated and driving in the inside lanes. A local traffic control company is providing road closures and traffic barriers for the event along with support from the Oro Valley Police Department. The Oro Valley Police Department will be managing the major intersections and overall vehicle traffic flow of the event. This means you have 10 miles of closed roads for your racing pleasure!

Course Finish Address:  
2291 E Rancho Vistoso Blvd  
Oro Valley, AZ 85755



[www.saguarosunrise.com](http://www.saguarosunrise.com)

# COURSE MAPS



# RACE DAY

## WATER STATIONS

There will be three water stations located on course for the skate and one for the run. The run water station is located just after the turn-around. The first water station on the skate is located at approximately mile 2 at the top of the first hill. There is an additional one just past the turn around at about mile 5 and a third on just past the the start line for the Marathon athletes. 8 oz bottles of water will be handed to the athletes who want them. PLEASE DO NOT LITTER ALONG THE COURSE. Carry it with you in your uniform or hand until the next aid station, finish line or specific trash tossing area, where you may dispose of it. If you have a concern for the amount of water you may need for the event, it is suggested you wear a hydration pack or carry a water bottle. Oro Valley is located in the desert where humidity is very low and the air is very dry.

## MEDICAL SUPPORT

A medical tent will be located at the race venue with a licensed doctor in the event of any minor injuries. Should you fall and not be able to continue, the roaming course director will be able to pick you up to drive you back to the venue for treatment.

## AWARDS

All athletes will receive a finisher medal upon completion of their event. Top performing athletes will earn additional awards including top three in their age group in both the skate and run as well as top three overall in the Marathon and 10 mile distances. The awards ceremony is scheduled to take place at 7:30am for the run and 11:30 for the skate in the race venue.

## HELMETS

Every athlete must wear a helmet at all times when on their skates. No helmet = no race.

## DRAFTING

Cross drafting is allowed.

## RESULTS

Results will be posted in the race venue for review prior to the awards ceremony. Should you see any discrepancies please bring them to the race organizers attention prior to the awards ceremony during the official protest period.

## CUT OFF TIMES

Skate Athletes must complete the course by 11:00am. Runners must complete the course by 8am. Runners will be allowed to access the side walks to finish if they are on the course past 8am. Runners please use caution and watch for skaters as you finish after 8am. Skaters will be asked to leave the race course should they not be able to finish before the 11:00am cut off time. There can be no extensions to this time as this is what is allowed by the permit and local police officers. Roads will start to reopen promptly at 11:00am.

# MARATHON START

## BUS TRANSPORTATION

The Marathon Skate starting line is in a remote location that is reachable by a race supplied bus or via personal vehicle drop off. Please see map for it's location. There is a small parking lot near the start that can be used for active unloading only. Bus capacity = 52

There is **NO PARKING** at the Marathon Skate Start Location.

Bus #1: Leaves lot adjacent to the venue at 7:00am

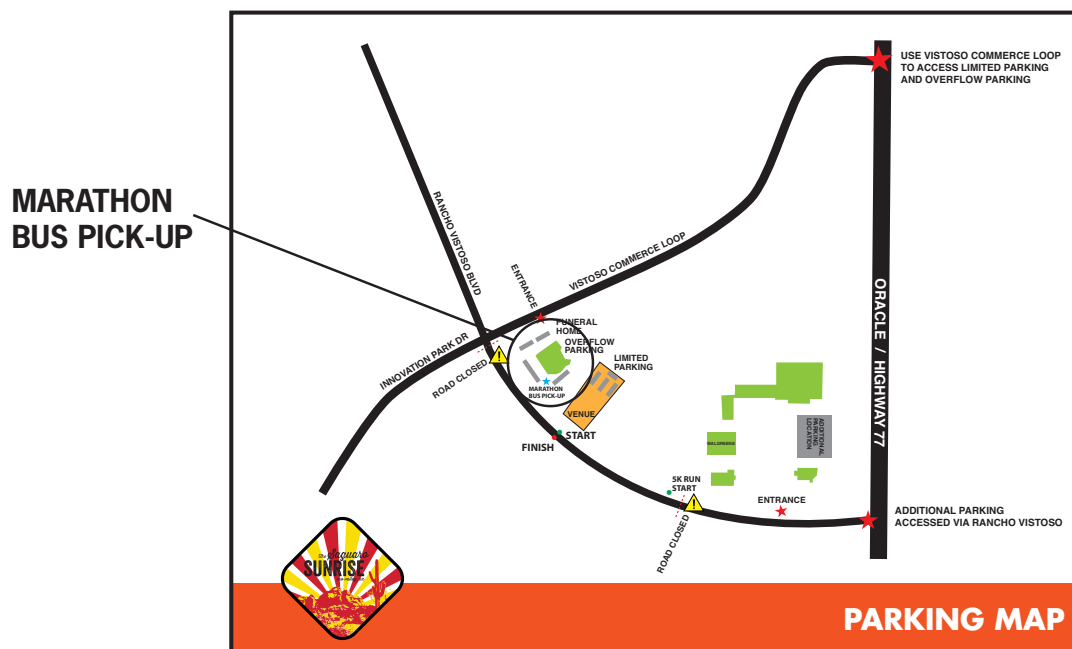
Bus #2: Leaves lot adjacent to the venue at 7:30am

## MARATHON SKATE GEAR CHECK

Your belongs should be packed into a bag labled with your race number. You will receive a tag in your packet that you can affix to your bag. Your items will be located at the registration tent following your skate. Please limit the items you are bringing to the start as that will help with the transporation and management of them following the start. You may use the goody bag as your gear check bag should you like as well. Please lable the bag with your name and race number for easier distribution following the race.

## NOTE

There are no restroom facilites at the marathon start.



# OTHER RACE CONSIDERATIONS

## DROPPING OUT

Should you not be able to complete the entire race, please notify the finish line timing team immediately. All athletes on course are accounted for so if someone starts the race and the race organizers do not know that you have dropped out, they will be looking for you.

## PERSONAL BELONGINGS / VALUABLES

Please leave all personal belongings and valuables secure in your car. There will not be a gear check for this event with the exception of the marathon skate.

## COURSE CUT OFF TIMES

### SKATE

Athletes must complete the course in three hours. Athletes will be pulled from the course at the three hour mark and driven back to the finish line. Any athlete pulled from the course will be listed in the DNF results.

### RUN

Athletes must complete the course in one hour. Athletes unable to finish before the 1 hour mark will be asked to finish their run on the sidewalk so not to interfere with the skate portion of the event. Runners will still be permitted to finish through the finish line but should do so carefully to ensure no skaters are present.

**Thank you for your support! Have fun out there!**



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