

LDR Running Update

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Colorado LDR Grand Prix

Series revised to achieve two goals:

- Simplify the administrative load of events for Race Directors to make hosting events more desirable
- Increase participation and friendly competition in collaboration with Clubs

Colorado LDR Grand Prix

Actions taken and tested in 2023:

- Award prize money to the top 8 places in the Series
 - Athletes choose to run in more races; prize money is more meaningful
 - RDs do not need to publish USATF specific results or handout awards
- Club Team Cup Competition
 - Results are age-graded enabling Clubs to realistically form teams made up of all ages and abilities
 - Traveling Club Championship trophy awarded and Club prize money paid

Colorado LDR Grand Prix

2023 Results

- Competitive series and good participation with 152 Open and 85 Masters
- Positive feedback on Club format and prize money

Learning:

- Select races two years ahead
- Create a larger admin team to support the LDR series
- Adding trail races was unsuccessful (so far)
 - Courses were too difficult for many older LDR runners
 - Trail runners largely choose alternative events



CLUB MEN

1	Boulder Road Runners	400
2	Athletics Boulder	90
3	Fort Collins Running Club	80
4	Square State Striders	70

CLUB WOMEN

1	Athletics Boulder	290
2	Front Range Elite	200
3	Front Collins Running Club	80
4	Boulder Road Runners	70
5	Boulder Mountain Warriors	60

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2024 Plan:

- Proposing a six race series that kicks off with the BolderBoulder
 - By partnering with the biggest race in Colorado we increase participation and awareness for the event while engaging runners from across the State
- Retain one trail race, albeit an easier course and improve our marketing and outreach for that event
- Retain the other core races (and partners) for the rest of the series
- Secure 2025 commitments now so the series is known before year end
- Add 3 - 5 LDR staff resources representing Clubs from around the State. This is the key to growth and efficient coordination with events in key cities

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2024 Event Schedule (subject to change)

Date	Event	Distance	Status	Organizer	Location
5/27	BolderBoulder 10K	10K Road	Confirmed	Cliff Bosley, Race Director	
7/13	Cookie Chase	5K Road	Pending	Derek Griffiths, Colorado Run	Sloan's Lake Park, Denver
8/3	Pearl Street Mile	1 Mile Road	Confirmed	Lee Troop, Team Boulder	Boulder Downtown
9/14	RiNo 5K	5K Road	Pending	John Gonzalez, Events	River North, Denver
9/22	Equinox Fall Half Marathon	Half Marathon Road	Pending	Lisa Sinclair, Green Events	Fort Collins
10/19	Blue Sky Half Marathon	Half Marathon Trail	Pending	Gnarr Runners	Lory State Park
11/2	Colleen De Rueck XC Classic	5K XC	Confirmed	Lee Troop, Team Boulder	Boulder