

ATHLETE GUIDE

The Colorado RUFF RUN – Boyd Lake State Park, CO
Saturday, October 3rd 2026

Hello Athletes & Humans!!

Race day on Saturday October 3rd is just around the corner. We can't wait!

We're excited for the colorful fall season of cool weather, endless dog paw prints in the mud and to make this inaugural race day happen.

This athlete guide contains all the information you'll need to logistically be prepared to race in this event. While this document isn't as information intensive as our Triathlon Guides, there are still important information bits to go over. Please set aside some time to carefully read and understand both this guide and any updated information about this race we may post on our websites (www.breakawayathleticevents.com or withoutlimits.co) or on our social media pages.

On behalf of our race staff and every single volunteer, we want to say thanks for racing with us and all your fellow athletes. We are excited (*in a bark-tastic kinda way*) that you're part of this race morning.

Please stay safe and we'll see you at the starting line!

Sincerely,
Your Race Directors – Lance & JB



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>>> MANDATORY DETAILS <<<

Your dog **MUST** be under your control and on a leash at **ALL TIMES**.
Absolutely **ZERO** exceptions! This is an event rule **AND** a State Park Rule.

If your dog is off leash at any time – you will be disqualified and asked to leave the park.

NO collars for leash control! Dog collars are for ID and/or INFO tags **ONLY**.
Your dog **MUST** have a chest harness on to be part of this race!!



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SCHEDULE OF EVENTS

BIB PICK-UP INFORMATION

1) Boyd Lake State Park – BEFORE the main gate – Friday 10/2 – 3:00pm-5:30pm
3720 N Co Rd 11C, Loveland, CO 80538

***Your bib will be at this location AND at the venue on race morning. ***

ON SITE REGISTRATION IS AVAILABLE – Your friends don't need to have FOMO ;)

Please consider PRE RACE MORNING for bib pickup if you're able to. This keeps any potential lines small.

RACE DAY – Saturday October 3rd – Boyd Lake State Park – SWIM BEACH PAVILLION AREA

7:00am: Race Area & Parking Opens

7:15am: Race Day Bib Pick Up & Race Day Registration – OPEN

8:30am: Race Day Registration & Bib Pick Up CLOSES

7:45am: Short Briefing on Course Routes & Important Notes

8:00am: Staggered Wave Starts (based on registration pace info)

9:15am and on: Pancake Breakfast & Beer Garden!

Awards announced throughout the morning

10:00am: Race Closure / End Of Morning (*No worries - the finish line is the last to come down*)

DIRECTIONS & PARKING

Directions to Boyd Lake State Park (Race Venue)

Address: 3720 N Co Rd 11C, Loveland, CO 80538

Google Map: <https://goo.gl/maps/W5oX4B4Yvhf6cjQ69>

Parking Map - breakawayathleticevents.com/ruff-run-parking

Parking PASS - breakawayathleticevents.com/ruff-parking-pass

Parking spots are abundant and all within 1-2 minutes walking distance from the start/finish line. PLEASE PLAN to arrive BY 7:45am for race info & starts. **PLEASE HAVE YOUR PARKING PASS PULLED UP ON YOUR PHONE OR PRINTED FOR PARK ADMITTANCE – THIS IS FOR THE PARK RANGERS!!!**

PARKING ON RACE DAY: PLEASE ensure the parking passes are in your windshield if you do not have an annual pass.

SPECTATORS: It is highly recommended that spectators arrive with their athlete on race day. Every vehicle needs at least a day pass for the state park (which can be purchased directly from the kiosk or us).

**PLEASE BE CAREFUL WHEN DRIVING IN THE AREA AS ATHLETES
WILL BE WARMING UP AND WALKING ALONG THE ROADS!**

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WAVE START NOTES

Each wave will be a seeded start where we'll stage 4-5 teams (Human + Dog) together at the starting spot, note your numbers and then send you off.

SEE ATHLETE START LIST FOR YOUR SPECIFIC START TIME

30 seconds later, we'll seed/start the next teams within that wave.

WAVE 1 -- We Run Like the Wind (sub 7min miles)

WAVE 2 – We're Pretty Quick (7-8min miles)

WAVE 3 – We Enjoy the Scenery (8-10min miles)

WAVE 4 – We Hit The Hydrants (10-12min miles)

WAVE 5 – Fido Chases Everything That Moves (12+ min miles)

WAVE 6 – We're Here For The Experience (walking/casual)

BIB PICKUP DETAILS

This is a list of the bib pickup procedures to ensure a quick & easy process for you & all the athletes as well as to ensure that there are no surprises on race day.

- 1) Upon arrival there will be a registration tent/table clearly marked
- 2) Once you have your race number bib, proceed to the T-shirt/Swag pickup at the next table.
- 3) Present your race **bib** to the Shirt volunteer as it will show what size Shirt you ordered. Collect your Shirt & Swag and you're all done.
- 4) You must have a photo ID IF you are picking up a bib for someone else

Note, you will not be able to switch Shirt sizes until **AFTER** the race. What you ordered is what you will get. Swaps can be made after the race on race day only, as this is to ensure everyone receives the Shirt that was ordered, and that any extras will then be used to swap out sizes.

Race Number Instructions: Your race bib will contain your info on the back. If you REQUESTED a parking pass, please ask a staff member if they did not give you one automatically.

2) Running Bib #: This is absolutely CRITICAL for your proper race timing. Please wear this on the front of your body (run belts with bib holders are fine) and ensure it is visible at the START and FINISH of your race. NO bib, NO timing.

You running bib MUST point down at all times (ie. the bottom of the numbers are aimed at the ground)

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COURSE DETAILS PLEASE READ

ALL DISTANCES: Starting lineup is just behind/in the starting coral area. We will stage human & doggo teams no more than FIVE at a time based on your estimated pace during registration.

This is an approximate 2.1 mile obstacle course with SEVEN obstacles to challenge you and your furry friend. If you or your doggo are NOT comfortable with an obstacle, you may bypass it simply by doing one of the physical challenges noted at that obstacle with a volunteer.

This is meant to be a fun morning course – NOT an extreme intensely competitive event.

PLEASE check course maps so you are familiar. breakawayathleticevents.com/the-ruff-run

TRASH: Please do not discard trash, water bottles, or anything else on the course outside of the aid station OR finish areas. We want to keep our parks clean, safe and this course enjoyable for all racers.

ALL OFF ROAD SECTIONS WILL BE MARKED WITH PINK FLAGS AND/OR GROUND PAINT

IMPORTANT REMINDERS

General:

- Headphones (such as ipods) and music are okay for use but not recommended
- Follow ALL signage and be mindful of your surroundings
- This is a PUBLIC STATE PARK – other non-athletes will be out on the same trails & paths
- Be polite, courteous and speak your intentions in passing another athlete
- DO NOT LITTER THE COURSE, PLEASE PACK OUT WHAT YOU PACK IN!!!