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## Highest Paved Route Marathon Set for June 14 in Estes Park

Open meadows. Forested and stream-lined residential property. Looming, spectacular peaks stretching toward the sky. All are integral to the Estes Park Marathon course that is known for having the highest paved route in the nation.

The challenging USATF race is set for June 14. Those concerned about a running a full marathon at altitude can race in a Half Marathon, a 10K or 5K on the same race day. Walkers are encouraged to join the fun, and everybody's off the course in seven hours.

Children from 6 to 12 aren't left out of the event. On Saturday, June 13, a Fun Run will take place in front of the Estes Park Town Hall across from Bond Park on MacGregor Ave. and continue to Wonderview (Hwy 34 Bypass) Ave. There will be a festival and post- race party in Bond Park with games, crafts, face-painting and a Rocky Mountain National Park demonstration.

There is no race day registration for the marathon or the half marathon. There will be race-day registration only for the 10K and 5K races. For details about the race, including registration instructions, visit the official [race website](#).

In addition to traditional races, this year's Marathon, in partnership with the American Cancer Society Relay for Life, will sponsor a relay race using the same course as the Marathon race. In the relay, a minimum of three, and maximum of five runners will split the 26.2 mile course between them. This segment of the full Marathon event is a fund raiser for the American Cancer Society.

The highest elevation on the marathon course is 8,150 feet. The lowest point is 7,420 feet with an average elevation of 7,785 feet. In order to acclimate to the high elevation, it is suggested that runners arrive two to three days before the race, eat lightly, avoid alcohol and caffeine and drink plenty of fluids.

Those interested in viewing the race instead of participating in it will have perfect vantage points at the start and finish lines on the grounds of the Estes Park School campus, around Mary's Lake, through downtown Estes Park, and near the Estes Park Visitors Center and along Dry Gulch Road.

For more information about the race, call 970-586-8189. Estes Park is located at the entrance to Rocky Mountain National Park and is accessible from U.S. Highway 34, U.S. Highway 36 or Colorado Highway 7.