



Ragnar Trail Vail Lake '13 – Race Day Schedule

Friday

6:45am-2:30pm – Teams arrive to the venue

Parking is \$10 fee per vehicle, \$35 for RV dry camping CASH ONLY

6:45am – Shuttles start running

8:00am – Race Check-in Opens

8:00am-11:00pm – Ragnar Merchandise Sales

11:00am-3:00pm- Quiznos selling box lunches for \$8, cash/credit

10:00am – First Teams Start

2:00pm-7:00pm – Massage (tips appreciated)

2pm, 3pm, 4pm – Yoga Sessions (Bring your own Mat)

4:00pm – Fireside Chat – Leave No Trace

4:30pm – Last Teams Start

5:00pm-10:00pm – Dinner- Free veggie or meat pasta dinner for runners.\$8 cash/credit for non-runners. Gluten Free option

5:00pm-10:00pm – Beer Garden (cash/credit) Bring ID

5:00pm – Fireside Chat- Ultra University-Presented by Adam Chase

5:30pm-8:30pm – Live music provided by Arabella Jones and The Trip

8:00pm-11:00am – Coffee, Hot Cocoa, & S 'mores (free)

8:30pm-9:15pm – Jam around the campfire. Bring your guitar, harmonica, egg shaker

9:15pm-10:00pm – Acoustic performance by Brandon Brown

10:00pm-10:45pm – Stand Up Comedy by Steve Soelberg

11:00pm-12:30am – Movie Screen playing running movie

Saturday

cont-10:00am – Coffee, Hot Cocoa, & S 'mores (free)

6:22am – Sunrise and Polar Bear Swim

7:00am-3:00pm – Food vendor selling breakfast and lunch, cash/credit

8:00am-4:00pm – Ragnar Merchandise Sales

9:00am-2:00pm – Massage (tips appreciated)

9am, 10am, 11am – Yoga Sessions- (Bring your own mat)

9:00am – Fireside Chat – Leave no Trace

10:00am – Shuttles start running

10:00am – Fireside Chat – Ultra University. Presented by Nik Nudell

11:00am - 1:00pm – Live music provided by The Trip

11:00am-4:00pm – Beer Garden (Bring ID)

4:00pm – Last runners allowed to leave Transition

7:00pm- All race participants must exit venue