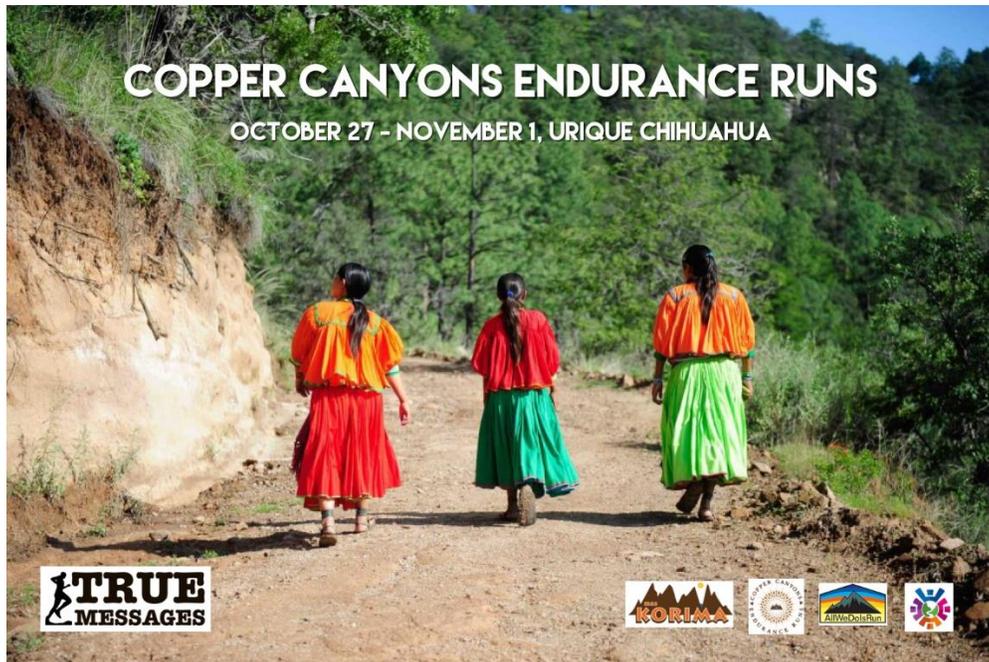


COPPER CANYONS ENDURANCE RUNS 2021



Kuira Ba' Amigos! Well... we are getting close to adventure time. We will be sending out a final update and race information email a week or so before we head out, but we wanted to share a few things in the meantime that will help with the travel plans. Speaking of plans, that's a good place to start...

1. **Mindset:** open your expectations and your heart to adventure and flexibility. One of the most enjoyable aspects of a journey to the Sierra Tarahumara is the opportunity to just live in the moment and go with the flow. Agendas and plans are always there, but sometimes circumstance and/or opportunity have other ideas. That's the stuff of life, and that's in particular the stuff of life in the Sierra.
 - a. There is a reason, that when the first runners from outside these Canyons ventured down to run Micah had them repeat an oath about (let's call it) personal responsibility. You didn't sign up to run UTMB and hang in Chamonix. We don't have cheese and olives at the aid stations, no wooden trail markers, your mom can't track you online and there damn sure isn't any ice. You are headed to a remote land, with no or very little infrastructure. What we do have is a stunningly beautiful course for you to experience a connection between your feet, you heart, and the earth below it. We got trees, rocks, dust, climbs, descents, waterfalls, creeks, 150 mile views into ancient lands and maybe a tortilla and a banana. We are going to get you here and we are going to get you back. In between that time you've got an opportunity to experience a land, people and a culture that are special. Take advantage of that opportunity.

2. **Agenda:** we would remind everyone that with an adventure such as this, timelines can vary. However, the main events and timing for your particular event can be found on our website [HERE](#). **Scroll down for the agenda for your specific event.**
3. **Passport and FMM (Visa):** Obviously make sure to pack your passport. Chihuahua state requires a tourist visa (FMM). While you can get a one week visa's free of charge by applying at the border, the online only offers the 6 month and plan to spend about \$30. Please please please get your visa in advance so that our stop at the border is as fast as possible – we have plans for Thursday night and we need to get a move on. If you get your visa in advance, it will only require a quick stamp. If you do not, and need to get it at the (Benito Juarez) border, the lines can take time – we don't want to waste time. You should be able to do this online and it normally takes only a week to get it, so plenty of time to do this.
<https://www.inm.gob.mx/fmme/publico/en/solicitud.html>

The visa information will ask your destination. Use: San Isidro Lodge, KM 24 Carrera de Urique, Cerocahui, Chihuahua

4. **Pickup location:** Our pickup and dropoff location is: **7518 Remcon Cir, El Paso, TX 79912**. This is the parking lot for a Springhill Marriott. There are two Marriott's and a La Quinta and Red Roof Inn right there. There are a couple of others in the nearby area as well.
5. **Departure and Arrival times:** We will be heading out early. We will begin **loading at 4:30 AM and depart by 5:00** on Thursday morning the 28th! Do not attempt to come into EL Paso at midnight on Wednesday and risk some delay in your flight in. Do not oversleep and miss the vans/bus (you can sleep on the ride down if you are up too late drinking margaritas with the rest of the gang).

We will arrive back to this same location likely sometime Monday early evening. However, **DO NOT plan any flight out Monday**. Crossing back into the US later on a Monday should not be too great a delay, however it can be – you just cannot be sure. So remove any risk, and plan to stay in El Paso on Monday and head out Tuesday.

The El Paso departure group will be traveling all together by bus. The bus is a 50 passenger bus from a professional travel agency with professional driver out of Cuauhtémoc Chihuahua. We will travel first to Chihuahua (the city) and make a brief stop to change buses to one that has two gears. The staff at the bus station will handle the luggage transfer. After this quick stop we will travel to Cuauhtémoc where we are looking to arrange a 'burrito stop and go' where we eat on the bus so as not to lose any time for our night festivities.

After the Mansion Tarahumara once we reach Cerocahui, the last few miles we will use local transportation. You will understand when we arrive.

The ride home will have a similar agenda in reverse. We will update with any changes as we get closer or at the next zoom.

**** While not part of the official events, if you are able please join a bunch of us Wednesday event at Leo's Mexican Restaurant right there next to the hotels. Good food, good drinks, and a great way to get the fun started.**

6. **Luggage:** Please try not to over pack, space is always at a premium, plus you want to save room for the souvenirs and two dozen gorditas you'll want to get for the ride home. Do all you can to pack into one bag and your (in your lap) 'carry-on'. There is not room on the bus for more than 1 bag please! Perhaps a good idea, would be to throw in a donation if you are able. Right now many runners would like to use shoes over the huaraches or slippers. If you have any running shoes and socks to share that would be awesome. They do not need to be in perfect shape. Put those in your bag and you will have space for the adds,
7. **The Course(s) conditions:** if you were looking for a crazy challenging technical route in one of the most remote and beautiful locations on the planet – you've succeeded. The rains in the Barrancas have been insane and its been one of the wettest years in decades, in particular the last couple of weeks. This is such great news for the ranchers and farmers and the beauty of the lands. For course conditions however it is based on your perspective. It's awesome or 'what the hell did I get myself into'. Seriously, we do expect the Canyons to dry out the week before the race but do prepare for small stream crossings, rocky washed trail sections, downed trees, and general overall incredible fun. While we do not expect it, there is a chance that the half marathon (and a portion of the 100) will have to have a reroute due to one crossing. Still a crazy beautiful 13 ish miles but it will mean a nice climb added. All fun stuff 😊 In the Barrancas we call this 'Canyon Considerations'. A Rock n Roll Marathon this is not.

Course overviews and descriptions can be found on our website [HERE](#).

For the 100 Mile overview go [HERE](#). We will be providing downloadable gpx files with the full course and any late changes closer to the event

For the Marathon and Half Marathon description and overview go [HERE](#). For those who would like we will also be providing a gpx file for the courses as we get closer to the event.

We will have more detail and information about your run during the last update and the travel down. We hope to have specific map files a couple weeks prerace with the final courses.

8. **Pesos:** You will want to get Pesos in advance (just order from your bank, they normally can do in a day or two). We may be able to make a quick atm stop on the way down but for sure do not count on getting any Pesos once we arrive in the Barrancas. Of course, most everything is covered, but you will want to bring something home craft/gifts, support the staff at the hotel and lodge, and maybe buy a cerveza or two for around the fire Thursday and Friday. We suggest \$200.
9. **Weather:** again, we expect the rains to stop. This means perfect weather typically. Mid to low 70's during the day and quickly cooling nights with the (typically) incredible sunset. Only those running the 100 mile will venture into the Canyons, the rest of the course, and the lodging and festival is in the Sierra, most all at or above 6000 ft. For you 100 mile folks, for the parts of the course in the Canyon, if it's daytime expect you could see temps into the 90's.
10. **Raramuri and local National Community:** this event is all about sharing the beauty and culture of these lands. Divisidero and Cerocahui are very small towns and the local Raramuri communities in the Sierra are not large. Needless to say, they do not get a lot of international folks visiting. They will be very excited to share their community, and we want to do all we can

to positively represent ours. Enjoy in the fun and show our friends how cool these folks from far away are.

We expect there will be approximately 150-200 local Raramuri and National runners joining the International runners to participate in the events. The theme of this event is also one of our 'mottos' if you will:

Napawika Ralajipbo – Juntos Corremos - Together we Run

11. **Aid and Gear:** if you require anything special or particular during your run you will need to bring it. This is a tough trail race in remote lands. Plan on the Marathon and Half aid stations having only fruits, pinole (roasted maize with water), and water. Anything else will be extra (there may be one station with something extra worthy 😊). The Half Marathon will have two aid stations and a third hydration perhaps about every 4 miles, the Marathon will have four aid stations, each about a fourth of the way through (give or take). **The 100 mile you will have a couple of stretches of over 10 miles to go between aid – plan accordingly.** We will provide exact distances before the event when we confirm the potential minor reroute. The longest stretches will be early on, once down in Urique Canyon we will be using restaurants and tiendas for a couple of aid stops so you will have access to more robust nutrition.

There are no cutoffs for the Half Marathon – you will have over 8 hours to complete. The Marathon will have a cutoff at mile 19 (ish) if you have not reached by 7 ½ hours into your run. The 100 mile race will have two cutoff points, at approximately mile 60 and mile 80, specifics will be shared when the final details are provided.

Even for the Marathon and Half, always not a bad idea to pack a vest and pack some calories, the course is not fast (more 15+ minute miles than under 10 min for most of us for sure).

All events start in the Sierra between 6,000 and 8,500 elevation. The Marathon and Half will stay mostly in the Sierra but will have several short and longer elevation gains. For the most part, the Half starts with a climb, then is “mostly” downhill from there. The 100 mile will see elevation changes from 8500 down to 2000 or so – with a few ups and downs in between. Section profiles are described on the website.

There are some steep sections for all events, if you like to use poles, no problem, bring them. No Raramuri runner will have any, they will grab a stick from the ground on occasion to assist – you could do the same and save the packing space.

The course will be marked with Flags. You will also see some painted rocks, perhaps new or some older from previous events. Even if you see a faded rock you are most likely on the course, in particular if you have seen a flag recently. We will cover specifics at the race briefing.

Your feet will get wet, even if the crossings allow for rock hopping, you are bound to get a little wet here and there. Plan shoes and socks accordingly.

We do not require any mandatory 'kit' for the Marathon and Half Marathon runners, however we suggest you plan and carry what you may need in accordance to the remote nature of these courses. The 100 Mile runners will be required to run with a device that has the GPX of the

course. There can and will be a great deal of temperature change from the Sierra to the Canyon. Most of you will be in the Canyon during that late and evening hours so helping to avoid the heat and exposure if it is a particularly warm day. The Sierra can get very chilly in the evening – be prepared.

****Do not rely exclusively on your watch for accuracy.** There are parts of the course where many gps devices will give false info or just go semi haywire. Know the course, pay attention to markers.

You will be assigned a bib number and you will be tracked at each aid station. Please remember to give your bib number to the appropriate person at each station. Total time will be from gun, to crossing the finish line. Your time will be recorded manually, please ensure with finish line staff you have been logged if this is relevant to you.

For those riding with us on the bus, and 100 mile runners, you will receive your bib at the hotel on Friday. For all others, bib pickup is in the town square of Cerocahui on Saturday from 11:00-3:00

Your finish time will be manually recorded when you cross the line in Cerocahui. Please make sure by going to the timers table.

While all races are remote, the 100 mile has many locations that are not DNF friendly and would require significant effort to extract you. Of course with any medical situation, we will do what is required, however PLEASE DO NOT DROP at a remote location! Actually, fight through anything that is not medical related and finish this run. The Marathon and Half also have a few remote locations that are challenging to remove a stopped runner. Again, please do everything possible to get yourself to one of the aid stations that a vehicle can retrieve you if necessary. However also, please do not DNF. Be prepared, and as Caballo Blanco always shared “run light, run easy, run free” – mostly enjoy the run.

There will be Red Cross volunteers on and around the course to assist with any needs.

If for any reason you have a situation that does not allow you to continue, please notify another runner as they come upon you. If you are toward the back of the pack there will be a course sweep following the last runners (depending on which race or where, this may be individuals on foot, horse, or ATV).

Minor injuries can be treated in Cerocahui finish line. With more severe issues, you will be transported to Urique or Creel for urgent medical care.

12. **Photos:** hey, if it were 1982 we would tell you to pack a ton of extra film. Seeing it's 2021, make sure you have a ton of space on your phone for pictures and videos. Also, we have the one and only Tyler Tomasello as the official race photographer who will surely be capturing a few magical shots. Make sure to smile if you see him, or at least not be in the middle of a snot rocket, you will want to purchase a bunch of these after you get home.
13. **Accommodations:** You can find details and pictures of your accommodations on our website [HERE](#). All of us will be spending the first two evenings at the La Mansion (recent name change

from Mansion Tarahumara) in Divisidero. It's a beautiful unique old property on the edge of the actual Barranca del Cobre (Copper Canyon). *quick aside, there are actually 6 major canyons that make up what people consider the Barrancas or Copper Canyon. The 100 mile runners will get to experience 2 of them and come close to a third.*

Marathon and Half Marathon runners will almost all stay at the San Isidro Lodge or the Wilderness lodge (a short walk away). It's a magical little rustic eco lodge high in the Sierra that looks down on your finish line. The 100 mile runners as they finish will be staying at the beautiful Mision Cerocahui just steps from the finish line – which will be a good thing we are sure!

14. **Adventure Park:** Friday is Adventure Park day. Mostly this is about the group doing a nice run / hike from the hotel over to the Park (you can get a shuttle if you like). The trail from the hotel to the park is amazing and at the end includes some of the best Gordita's on the planet. For those who want more adventure in their adventure, you need to take a ride on the world's longest zipline, or do a little rappelling on the canyon edge. Fun stuff, not dicey at all 😊.
15. **Festival Cultural Adres Lara:** As of today we fully expect the festival to take place. Covid is not a significant issue here in the Sierra and other events and festivities locally have gone on as planned. However, should something cause the festival to cancel or postpone, we will do our best to make the race day festivities as enjoyable as possible. All should be good however, and expect that Sunday you will be finishing your magical run in the town square of a little village with a mission from the late 1600's and a stage with dance and song going on throughout the night. Oh, and the blessing of the Tesguino – that's about as good as an ending to an adventure travel experience as can be.
16. **Covid 19 considerations:** As of today, we will follow local guidelines and rules as they apply. We are not planning to require vaccines; however we strongly urge them. We may be required to ensure non vaccinated runners have had a negative test prior to entering Mexico. We will update as the local and state governments info us as to any specifics. As of now, none are required. This said, at a minimum if you are not vaccinated we expect you to wear a mask when inside or traveling in the group.

** You will also be expected to

17. **Korima:** there typically is an opportunity to offer a gift or pass a little candy to a local yougin'. If you want (think small) for sure bring a little something to share (shoes and socks are especially needed), whatever, please do so. Also, your registration helps provide entry and dispensias (pantry food items) for all Raramuri athletes so thank you kindly for this.
18. **Social Media:** We have just setup a FB group page (search: CCER 2021) and will be inviting anyone who wants to join. It's a great place to follow along or ask any questions and the like. Please also follow along with Copper Canyons Events FB and Instagram and All We Do Is Run pages. Hashtags: #togetherwerun #CCER2021 #correlibre
19. **Food, Water, Alcohol:** of course most all meals are provided once on the van/bus. There are a couple of exceptions to this. During the drive down and the ride back at lunchtime there is not a good option for a group meal. We will have a stop that allows (hopefully) for us to disperse at a couple of food stands and a tienda to snag something quick. We are also trying to coordinate a

'bag lunch; option that could work. Good idea is to have your running water bottles full and pack some snacks for the ride. Also on Friday we will hit the Gordita's stands, if you are not with us, having stayed at the hotel or other, then plan to make your own arrangements.

We do not provide alcohol, (though, if you are inclined we've seen some bottles of Sotol and Lechuguilla making the rounds as we sit by the fire) but there will be bar service at 'El Castillo' Thursday and Friday evening, and cerveza

a to purchase on Saturday night. In Cerocahui during festival there are stores open with options as well.

The water in the Sierra is drinkable, but bottled water will be offered (and provided with meals) most everywhere. On course we will have water in bottles to pour into your bottle. Sorry, we hate seeing the plastic, and will use the 5 gallons when we can, but it's the options as of now.

We will try to make accommodations for any dietary preferences but cannot promise anything. Most all breakfast and dinners will be able to at least have some options for all.

20. **Questions and Answers:** You can reference the website at www.coppercanyons.com for the FAQ, you can email us at info@coppercanyons.com or luisescobar150@gmail.com. Also we will be having a special Zoom meeting hosted by Race Director Luis and Race Coordinator Michael this coming Tuesday the 14th and everyone is invited to join. Please log into <https://us02web.zoom.us/j/8420553231> Ask your questions, tell your stories, and learn Spanish and Raramuri in one day!

COPPER CANYONS ENDURANCE RUNS - COME RUN FOREVER!

