

Flagstaff Sky Peaks 2023 Runner Guide

**Welcome to the 2023 Flagstaff Sky Peaks Trail Runs presented by
Kahtoola!**

This year's race has returned to its original October date, so the leaves should be near peak color. The 50 mile course is once again circumnavigating the San Francisco Peaks, but this year it's on a completely new and unique route. All the distances should be in store for some great weather, and if you're coming from Phoenix, it might be downright chilly.

Prepare for some elevation as all of the distances start at 7,300ft. Every race except for the 10K will "peak out" at 9,400ft, and the 50 milers will climb above 8,700ft on three separate occasions (you're welcome).

Enjoy the weather, enjoy the miles, and make sure to have fun! We can't wait to see you in Flagstaff!

**-Aaron Barber
R.D.**

Location

Start/Finish

The start and finish for ALL distances will be located at the Flagstaff Hotshots Ranch located just a few miles from Snowbowl.

6930 Forest Service 766 Rd, Flagstaff, AZ 86001

Event Schedule

Friday, October 6, 2023

5:00-7:00PM Packet Pickup Starts at Flagstaff Hotshot's Ranch

Saturday, October 7, 2023

5:15 AM	Race Day Packet Pickup Starts at Flagstaff Hotshot's Ranch
5:59 AM	Begin Civil Twilight
6:00 AM	50 Mile Start
6:24 AM	Sunrise
7:00 AM	50K Start
7:30 AM	26K Start
8:00 AM	10K Start
10:00 PM	50 Mile Final Cutoff (16 hours)

Cutoff Times

The following cutoff times will be strictly enforced on race day. Cutoff times are designated for when a runner needs to be *leaving* the aid station.

Whitehorse Aid Station	1:30 PM (50K ONLY)
Hostetter Aid Station	1:15 PM
420 Aid Station	3:30 PM
Schultz Pass Aid Station	5:45 PM
Fort Valley Aid Station	8:45 PM
Finish at HotShots Ranch	10:00 PM (16 hours)

Crews & Spectators

50 Mile: Crews are welcome to support their runners at Snowbowl Aid (mile 5.7) and Hostetter Aid (mile 23.1). Unfortunately, the other aid stations will be limited to staff and volunteers only (as per the National Forest). Schultz Pass Aid and 420 Aid are both behind locked gates. You can see your runner at these aid stations if you volunteer. Looking for alternative spectating spots? Forest Road 418 is open to traffic between Whitehorse Aid (13.3) and Hostetter Aid (23.1). You can park off the road to spectate, but cannot provide any aid. There is **ABSOLUTELY NO PARKING/CREWING/SPECTATING** at Whitehorse Aid or the Junction of the AZT/FR418. The Forest Service was very clear on this and it may jeopardize future permits.

Both crew locations are easy to access and you do not need 4WD or High Clearance.

50K: Crews can support their runners at Snowbowl Aid (mile 11.6).

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26K: Crews can support their runners at Snowbowl Aid (mile 9.1).

10K: Crews can only support their runners at the start/finish (Hotshots Ranch).

Directions:	Start/Finish	Location
	Snowbowl Aid	Location
	Hostetter Aid	Location

Drop Bags

50 Mile: A drop bag will be available at Schultz Pass Aid (mile 37.2). Please note that it could get dark after you leave this aid station. Plan accordingly.

The 50 Mile will be the only distance where a drop bag is available on course. All distances will have the option to leave a drop bag at the start/finish. The weather in Flagstaff in October can be unpredictable. Try to use a waterproof/dry bag to assure your warm, dry clothes stay warm and dry.

Restrooms

There will be restrooms located at the start/finish, in the Snowbowl parking lot (Humphreys Trailhead), and at Schultz Pass Aid (50 mile)

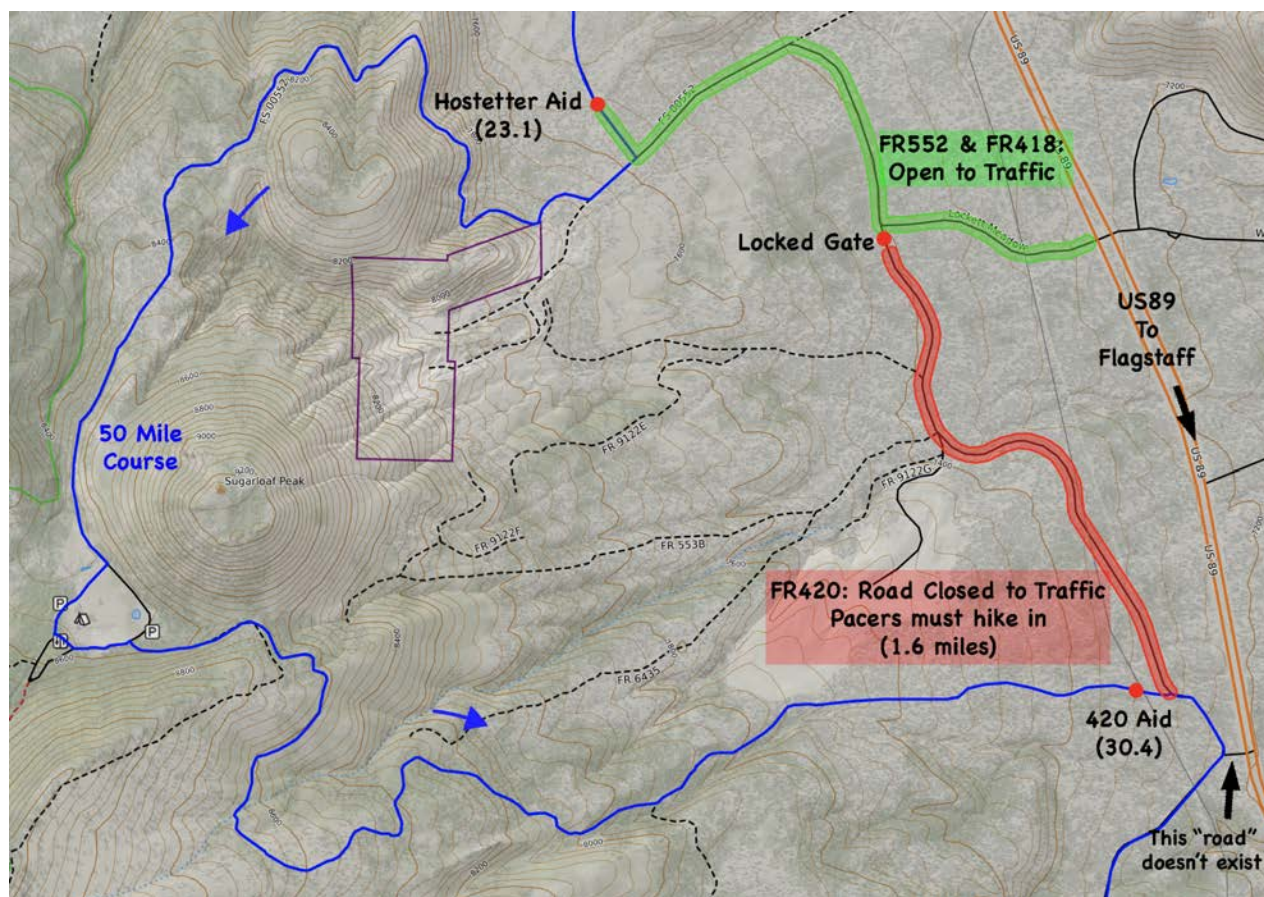
Pacers

50 Mile: Pacers can join at Hostetter Aid (mile 23.1) or 420 Aid (mile 30.4). There are no pacers allowed for the other distances.

Hostetter Aid is an easy drive, 4WD and High Clearance are not necessary. From Hostetter, pacers can run the rest of the course with their runner (27.3 miles), or drop out at 420 Aid. If a pacer chooses to drop at 420 Aid, they must run/hike the 1.6 miles back to FR552 since the 420 Aid Station is located behind a locked gate. Or they can run all the way back to Hostetter Aid via FR552 & FR418. This would make a 10.2 mile loop for the pacer where they're doing the first 7.3 miles with their runner, and the last 2.9 solo. But it opens up the option to park a single car at Hostetter and run back to it.

If pacers starting at Hostetter continue past 420 Aid Station, there is no spectator/crew access until the finish line (20 more miles).

If a pacer wants to join their runner at 420 Aid Station, they must run/hike the 1.6 miles past the locked gate to get to the aid station. After the 420 Aid Station, there is no spectator/crew access until the finish line. In other words, if you're pacing your runner starting at 420 Aid, plan to go the whole way (20 miles).



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Aid Stations

There will be fully stocked aid stations along the courses featuring water, electrolyte drink (gnarly Fuel 20), fruit and other snacks.

The 50 Mile course will have more substantial items later in the race such as Rollups at Whitehorse and Fort Valley, Sandwiches at Hostetter, and Quesadillas at Schultz.

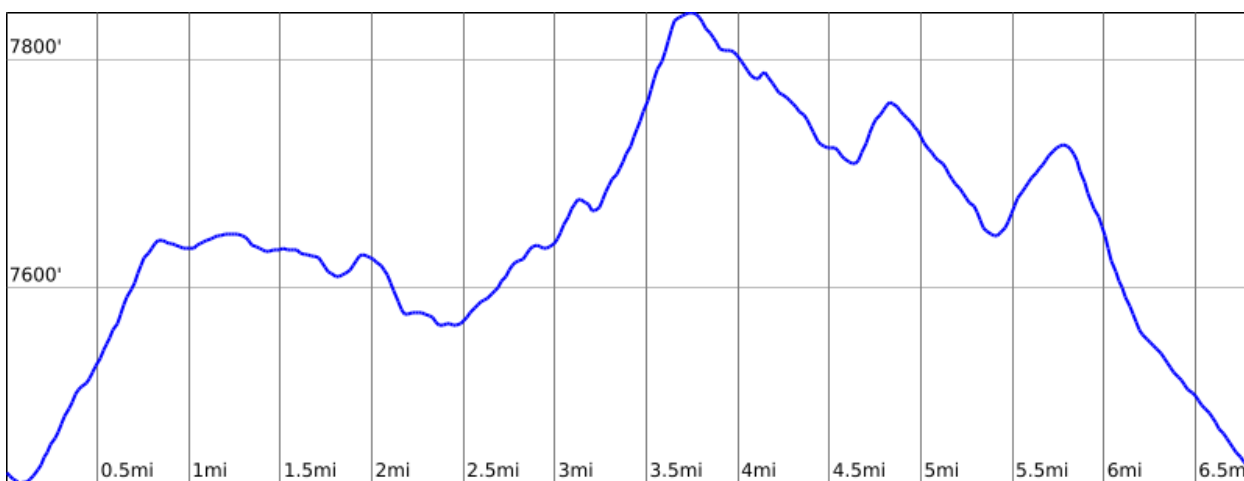
Aid Station	Segment Distance	Total Distance	Cutoff	Drop Bag	Crew	Pacer
Start: Hotshots Ranch		0				10K
Finish: Hotshots Ranch	6.8	6.8				
Start: Hotshots Ranch		0				26K
Kachina Aid	5.9	5.9				
Snowbowl Aid	3.2	9.1				
Finish	7.2	16.3	3:00 PM			
Start: Hotshots Ranch		0				50K
Kachina Aid	8.5	8.5				
Snowbowl Aid	3.1	11.6			Y	
White Horse Aid	7.7	19.3	1:30 PM			
Finish: HotShots Ranch	12.3	31.6	8:00 PM			
Start: HotShots Ranch		0				50M
Snowbowl Aid	5.7	5.7			Y	
White Horse Aid	7.6	13.3				
Hostetter Aid	9.8	23.1	1:15 PM		Y	Y
420 Aid	7.3	30.4	3:30 PM			Y
Schultz Pass Aid	6.8	37.2	5:45 PM	Y		
Fort Valley Aid	9.0	46.2	8:45 PM			
Finish: HotShots Ranch	4.2	50.4	10:00 PM			

Course Descriptions

10K: The Rocky Moto 10K will make its way around the Rocky Moto trails hopping on the Arizona Trail for a short while before returning to the Hotshots Camp to finish.

Expected Elevation Gain (with similar descent): 650 Feet

GPX files: [Caltopo](#) | [Coros](#)



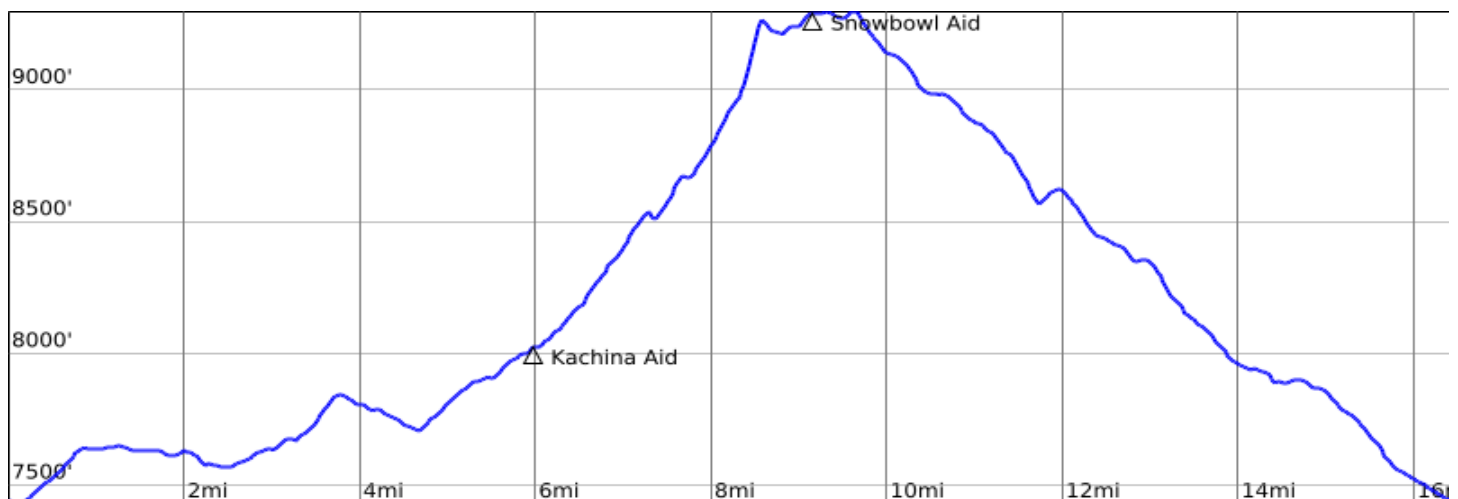
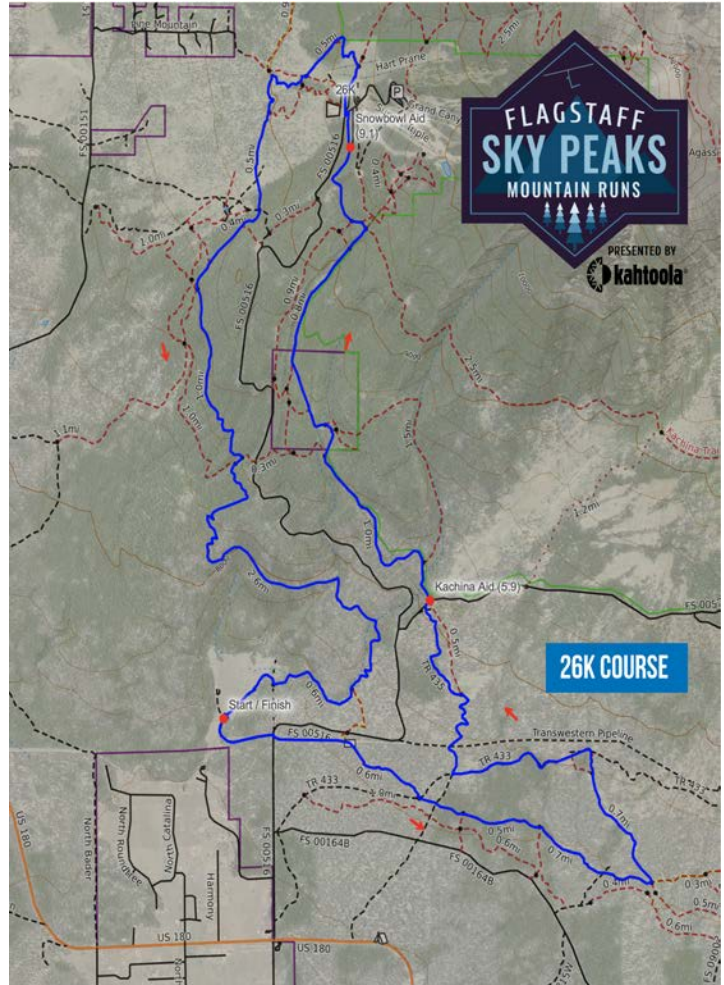
26K: Runners will start with rolling trails before climbing 1300ft over three miles from the base of Agassiz Peak to the slopes of Arizona Snowbowl Ski Resort. Cutting across the resort's base you descend through the scenic Aspen Loop trail, bombing down the western slopes of the ski resort onto the iconic Arizona Trail which spans 800+ miles from Mexico to Utah. If your quads aren't toast at this point, the 5+ mile descent to the finish line should help seal the deal!

Expected Elevation Gain: 2,385 Feet

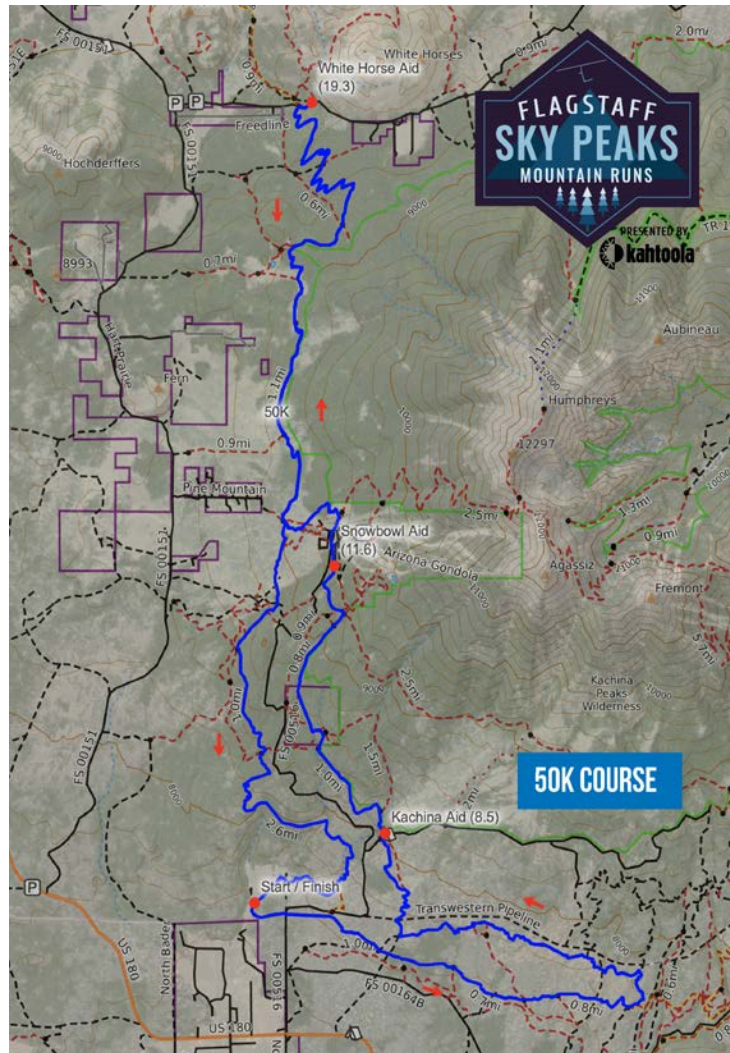
GPX files: [Caltopo](#) | [Coros](#)



Powerline climb on the way to Snowbowl



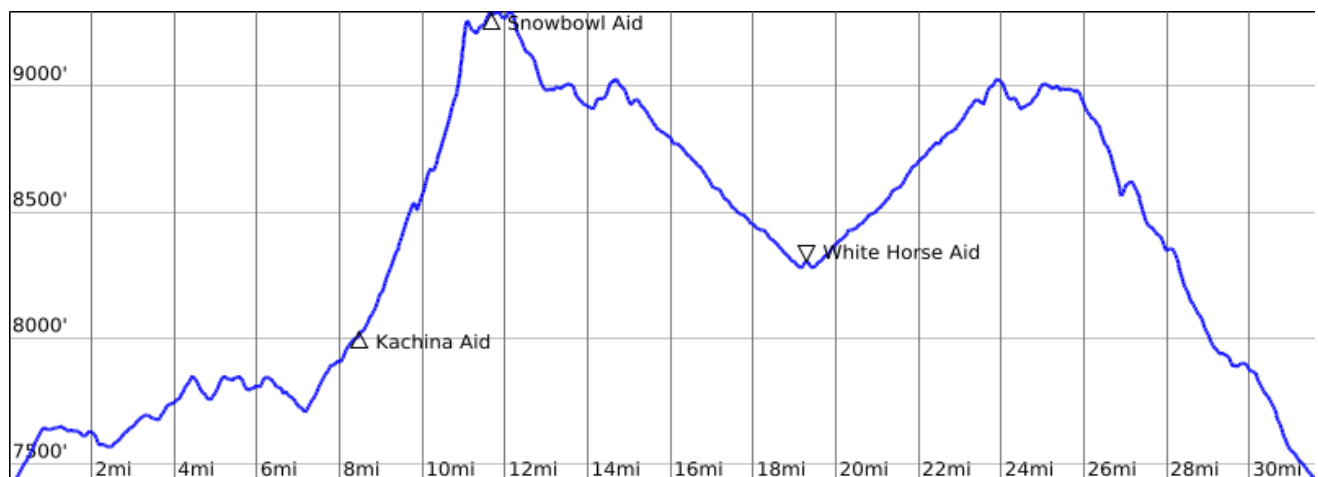
50K: You'll start heading east on the Arizona Trail for a loop around Rocky Moto and then head north on the GT Trail to Kachina Aid station. From there you'll continue north & west as you hop back on the AZT as you climb up to the base of the Snowbowl Ski Area and continue through gorgeous Aspen groves to your turn around point at White Horse. From here, it's a grindy climb and a smooth descent along the AZT to the finish.



NOTE: There is a stretch of 12 miles from White Horse Aid to the Finish line without aid. Prepare for this stretch.

Expected Elevation Gain : 3,556 Feet

GPX files: [Caltopo](#) | [Coros](#)



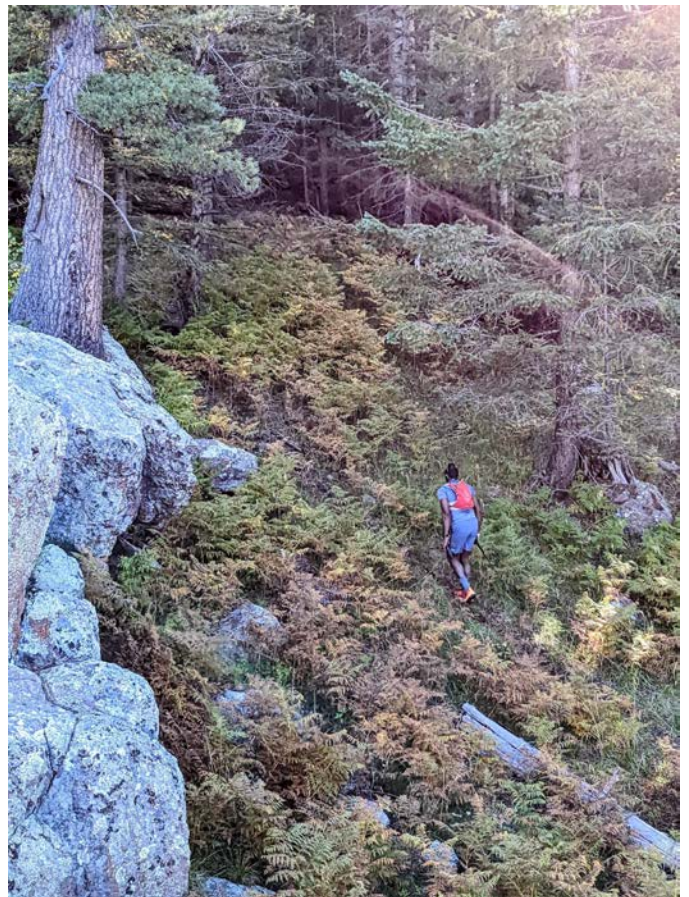
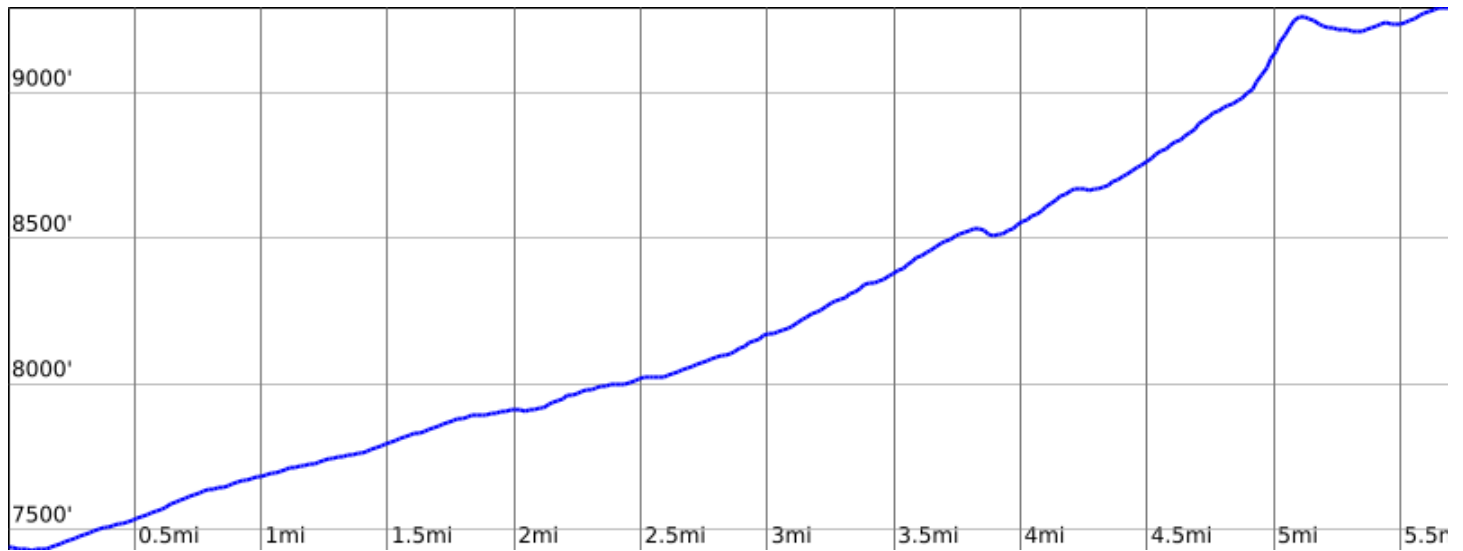
50 Mile Course & Section Breakdown

Expected Elevation Gain: 6,507 Feet

GPX files: [Caltopo](#) | [Coros](#)

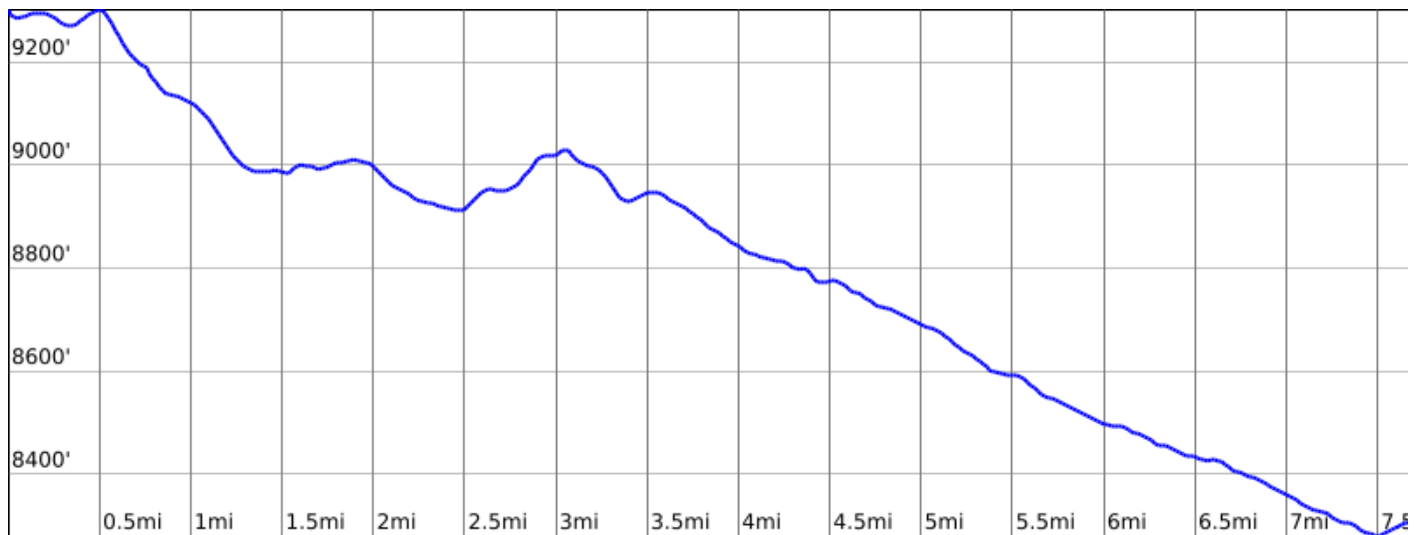


Start to Snowbowl Aid (5.7 miles): Leaving Hotshots Ranch, you'll traverse some pipelines, power lines, and trails to your first aid station at Snowbowl parking lot. This section is mostly uphill and climbs 2000ft over the course of 5.7 miles. The meat of the climbing comes on "the powerline" with 15-25% grades for around a half mile.



Powerline Climb

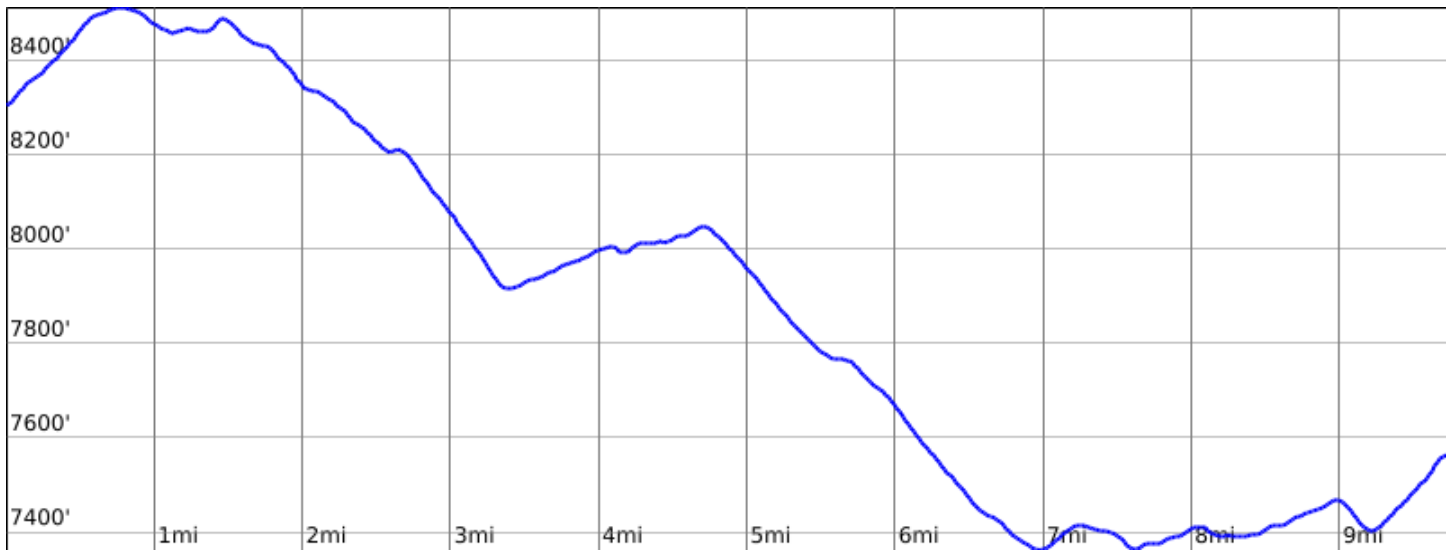
Snowbowl Aid to Whitehorse Aid (7.6 miles): Leaving Snowbowl, you'll run through the beautiful Aspen Loop before dropping down to the AZT. This section is smooth and fast. You'll drop 900ft over the course of 7.6 miles.



Aspen Groves between Snowbowl and Whitehorse Aid

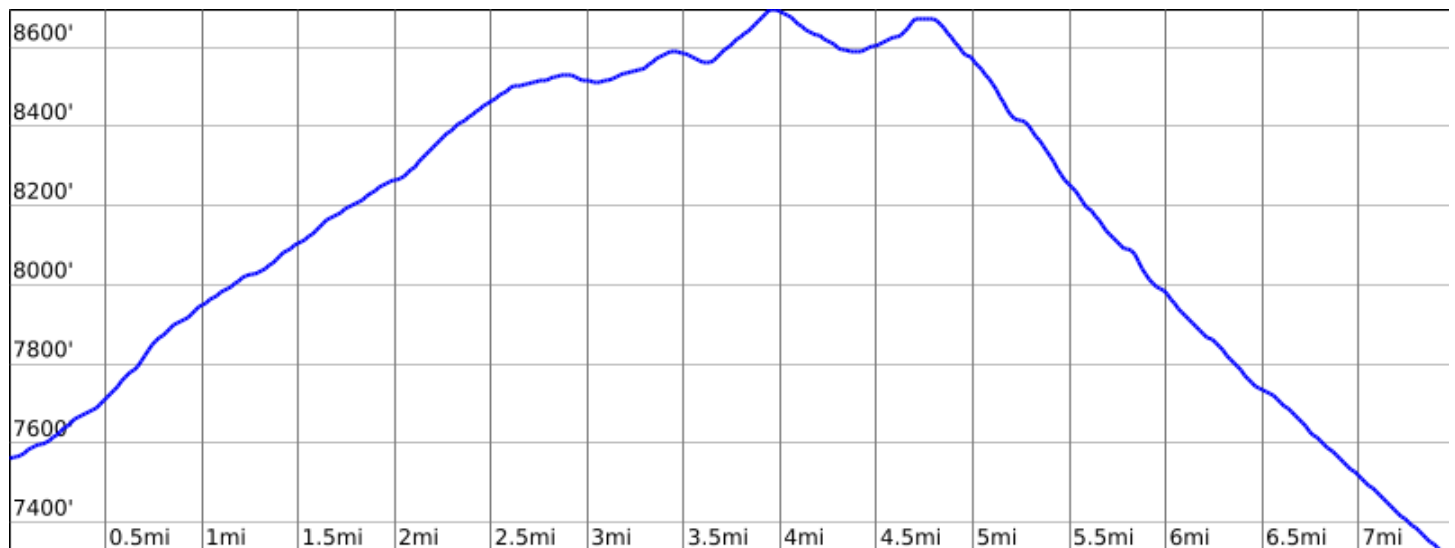


Whitehorse Aid to Hostetter Aid (9.8 miles): Here are some “recovery” miles on Forest Road 418. Even though you’re on a road, there are still some gorgeous views when you look to the north. Crews are welcome to spectate on this section, but they **CANNOT** park on the road or provide aid.



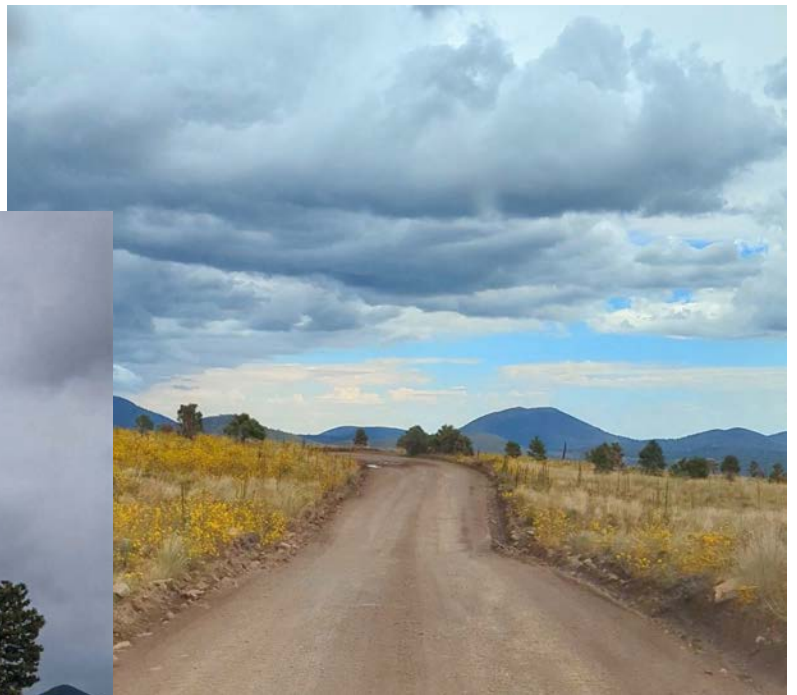
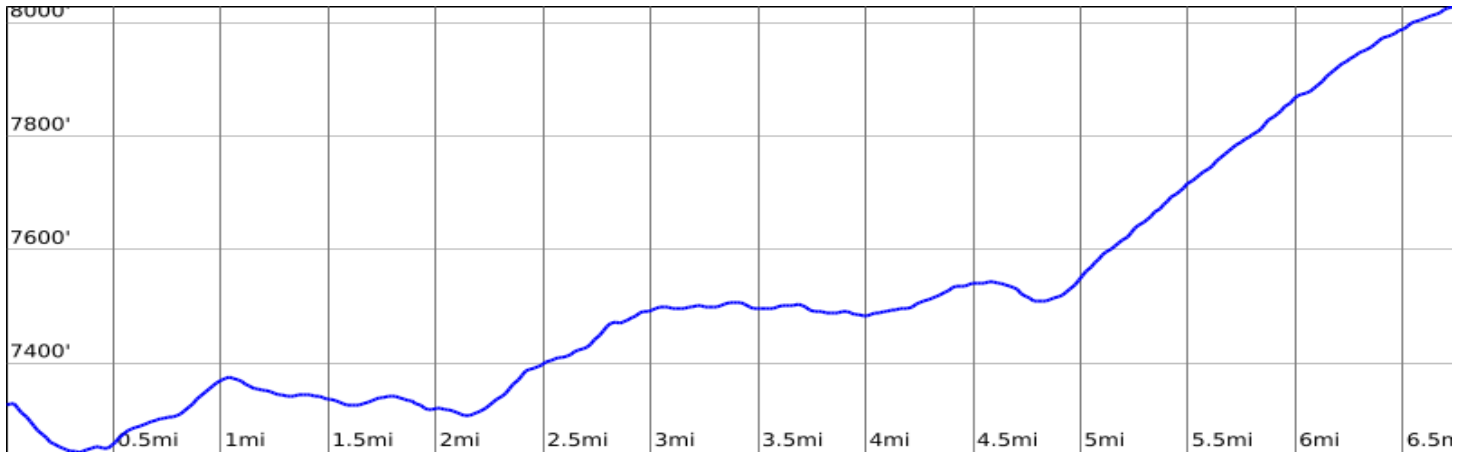
Hostetter Aid to 420 Aid (7.3 miles): Leaving Hostetter Aid, you'll begin your climb to Lockett Meadow Campground (4 miles, 1100ft). After running around the campground, you'll descend on Forest "Road" 553. This is a rocky, chunky, overgrown descent... you'll probably curse... but the views are stunning.

You drop 1400ft in 2.5 miles. After running around a giant pile of woodchips (thank you Forest Service) you'll be on a more defined road for a mile or so to 420 Aid Station.



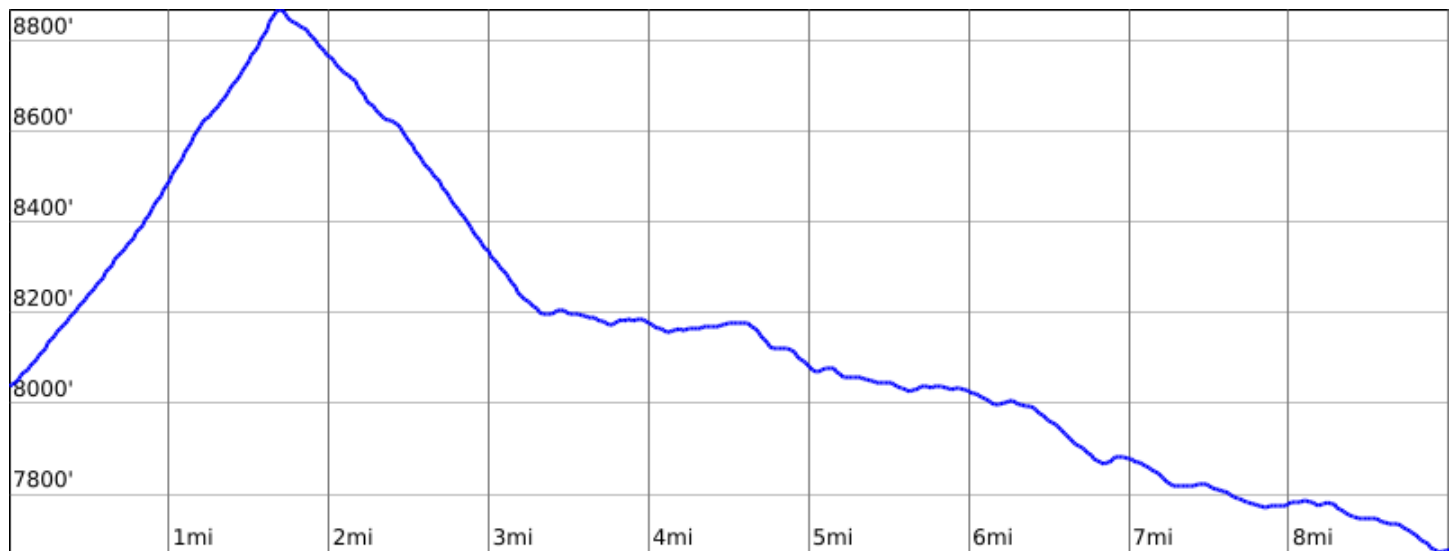
Descent down Forest "Road" 553. It's rocky. Watch your step!

420 Aid to Schultz Pass Aid (6.8 miles): This road is generally flat with some small rollers. You'll be running through high prairie with great views of the peaks. There's a gradual climb up to Schultz pass at the end of this segment. But it's nothing compared to what you've done... or what you're about to do.



Views along FR420. Mostly smooth with a few rollers.

Schultz Pass Aid to Fort Valley Aid (9.0 miles): Leaving Schultz Pass, you'll begin your final climb of the day up the stunning Weatherford Trail (1.7 miles, 800ft). You'll then descend on trails and (closed) Forest Roads until you link back up with the AZT. You'll have access to a drop bag, and you might want to think about stowing a light and some warmer clothes.



Leaving Schultz Aid



Weatherford Trail



Descending to Fort Valley

Fort Valley Aid to Finish (4.2 miles): This section is mostly flat and almost exclusively on the AZT. Grab some grub at Fort Valley Aid to power you to the finish. Enjoy it!

