



**We did it! Although the cards were against us,
we're ready to run in the mountains!**

**Congratulations to everyone who stuck it out, trained hard (or just
trained), and made it to the start line! The tough part is over, now it's
time to do the thing.**

**I'm so pumped that the stars aligned and we're able to explore these
beautiful mountains. The courses may be different, but they're still
VERY challenging, and their beauty will still take your breath away.**

See you all at the start, and again at the finish!

-Aaron Barber, RD

Location

[Eagle Point Resort - Skyline Lodge](#)

150 S W Village Cir
Beaver, UT 84713

Race Start Times

5:00 AM - **100K Start** at Eagle Point Resort
6:00 AM - **70K Start** at Eagle Point Resort
6:30 AM - **Marathon Start** at Eagle Point Resort
7:30 AM - **Half Marathon Start** at Eagle Point Resort

Bib/Shirt Pickup & Meal Tickets

Friday, July 26

4:00 - 7:00 PM - Bib pickup & Required Gear Check at Start/Finish
4:00 - 9:30 PM - Pasta Dinner at Skyline Lodge

Saturday, July 27

4:15 - 7:30 AM - Bib pickup at Eagle Point Skyline Lodge (Start/Finish)

Timeline

4:15 AM Packet Pickup & Race Day Registration
5:00 AM 100K Start
6:00 AM 70K Start
6:01 AM Begin Civil Twilight
6:30 AM Marathon Start
6:26 AM Sunrise
7:30 AM Half Marathon Start
8:48 PM Sunset
9:13 PM End Civil Twilight
5:00 AM Final Cutoff for all races

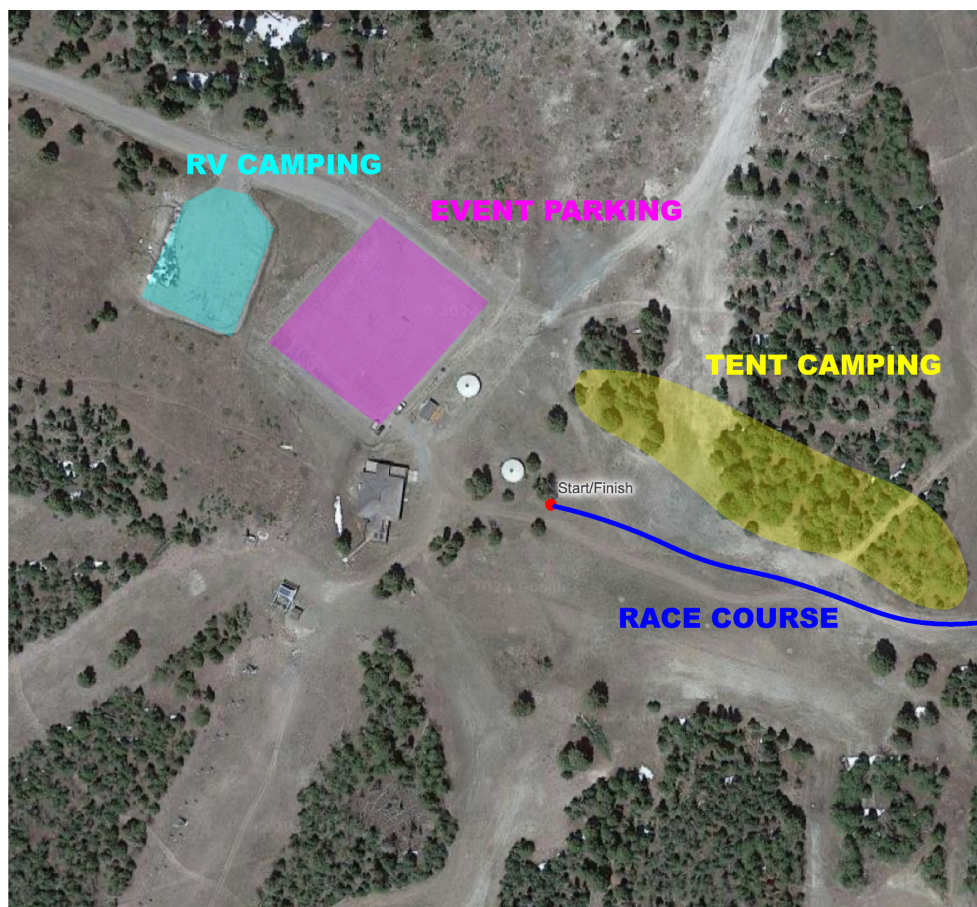
Parking

There is parking (no fee) near the Skyline Lodge where the start/finish line is located. Overflow parking can be found closer to the Canyonside Lodge. Please arrive early to ensure you are on time.

Camping - Tents, Cars, RVs

A separate email will go out to all who purchased a camping pass with more details. You can purchase a pass when you pick up your bib.

With another dry season hitting the Tushars, there are NO vehicles allowed on the grass. AT ALL. Not to unload, not to turn around, none. The parking is very close to the camping so it shouldn't be much of an issue but please keep this in mind!



Meal Tickets

A pasta dinner & salad bar will be provided by the Eagle Point Resort staff. The resort will also be making food on Saturday at the finish area

(breakfast burritos, burgers, brats, southwest chicken hoagies, quesadilla builder bar, etc.) for your post-race meal beginning at 9am for breakfast burritos and 10am for the other meals. You may purchase a meal ticket for \$13 during bib pickup.

Food will be \$13 through the resort and is available to spectators and crews. If you pre-paid for a meal during the registration process, you will receive a ticket(s) when you pick up your race packet. Hand the ticket to the cashier in the lodge and you will be able to get your meal.

NOTE: These items as provided by the Eagle Point resort are for purchase and not included in your registration. Our main aid station at the finish line will include our typical snacks and drink items.

Required Gear List

Given that this is a true mountain race in the middle of the summer, we are instilling a mandatory gear list that consists of:

- Emergency/Space Blanket
- Rain Jacket
- Cell Phone/ GPS Device*
- Whistle
- Reusable Cup
- It's also HIGHLY recommended to have a water filter or purification tablets.

You will not be able to pick up your race packet (race bib) until you have shown us these items so, please bring them with you to packet pickup or on race morning.

*Our intent here is to have all participants running with their course on their phone and/or a GPS device such as a watch. We will mark the course as well as we can but over the last few years, we have seen wildlife and cattle eat or trample our ribbons and pin flags. Storms have played a role too. Having the track on you at all times can be an important peace of mind if you come to spot on course where you're unsure of where to go.

Example for phone: Gaia app (free, works in airplane mode)

If you are using your watch for a GPS track, we highly recommend also carrying a phone in case of an emergency.

There is no required gear list for the Half Marathon. However, we do recommend some sort of water resistant jacket.

Pacers: Please make sure you have the GPX track on your phone/watch, carry a rain jacket, and have an emergency blanket.

Race Rules & Trail Etiquette

Under no circumstances is it OK to yell at or be rude to a volunteer or staff member. Do not rely on volunteers, photographer's or other staff persons to direct you on your course. It is YOUR responsibility to know your course and follow the course signs. If we get word of this occurring, we reserve the right to apply a time penalty or DQ you from the race. These people are volunteering their free time to assist you in reaching the finish line and are doing everything they can to get you there. Thank them and keep moving.

- All runners are expected to follow their course as marked by race officials. In the event you find yourself off course, it is your responsibility to return to the spot where you left the course and continue on. Failure to finish the course as directed will result in a DQ or significant time penalty at the discretion of the RD.
- No cutting switchbacks.
- There are no “drop-downs” in distance once you have started..
- Trekking poles are allowed. Please be conscious of where you’re swinging them.

Remember to always remain on designed trails, no short cutting. If you decide to use headphones, please be respectful of runners behind you attempting to pass. Also, remove ear buds as you approach aid stations or a road crossing.

This course includes some legit singletrack. If you are fast and attempting to pass, please alert the runner in front of you before flying past them. Likewise, if you hear a runner approaching you from behind, attempt to find a spot to allow the runner to pass.

As a general rule, when passing a runner, announce, “on your left.” Uphill runners/hikers have the right of way to downhill runners. Remain in control as you descend and respect the other runners. Everyone is after the same goal here so let’s be respectful of each other’s races and have fun. Please.

Trail Running & Trash

Help be a steward of the trails. Please respect the trails and the beauty of these mountains by disposing of any trash at one of our aid stations. This includes the little tabs that you take off your gels! We will have little bins for your bars and gels wrappers.

Race Timing & Results

We will be utilizing a chip/bib timing system at this event to record your time at the finish. You will be provided with a timing chip attached to the back side of your race bib. It is important to not crease, or fold the timing chip to ensure your finish time is read. We will also have a limited number of remote timing points on course that should allow crews and family to better track your progress during the race.

Visit live.aravaiparunning.com to follow along. NOTE: This course is very remote and it is quite possible that the online timing points will not post immediately or at all during the race. Thank you for your patience.


Weather

This race can have anything from sunny skies to thunderstorms, hail storms and cold, fog, and windy summits- all in one afternoon. Please come prepared for it all! Typical temperatures range from lows in the 40s to highs touching the 90s. Nearly every year since Aravaipa took over this race we have had staff hunker down for an extended period of time course marking in a thunderstorm. You will be exposed during sections of this course. Remember, safety first- then continue. [Forecast for Eagle Point Resort, UT.](#)

The Course

As you definitely know, the routes are significantly altered this year.

- Half Marathoners have a rolling out and back with some AMAZING singletrack. The most notable feature is the STEEP, off-trail climb to City Creek Peak.
 - Note that you HAVE TO do the short out and back to Lake Stream Aid on both your outbound and inbound trips.
- Everyone else will head directly to Skyline Aid after the start. From here, you'll complete a series of (different) loops. It's imperative that you know the flow of the course. We will have a staff member (Adam) at Skyline to answer any questions and direct traffic. Skyline will also have GIANT informative signs.
- 100K: Red, Blue, Yellow
- 70K: Red, Blue
- Marathon: Red





100K

RED LOOP
MILES 4.8 - 22.1
17.3 miles, 4314 feet ascent
(15.6 miles to Big John Flat Aid)

BLUE LOOP
MILES 22.1 - 31.3
9.2 miles, 2409 feet ascent
(7.5 miles to Big John Flat Aid)



YELLOW LOOP
MILES 31.3 - 42.6
11.3 miles, 2371 feet ascent
(9.6 miles to Big John Flat Aid)



70K


RED LOOP
MILES 4.8 - 22.1
17.3 miles, 4314 feet ascent
(15.6 miles to Big John Flat Aid)

BLUE LOOP
MILES 22.1 - 31.3
9.2 miles, 2409 feet ascent
(7.5 miles to Big John Flat Aid)



MARATHON

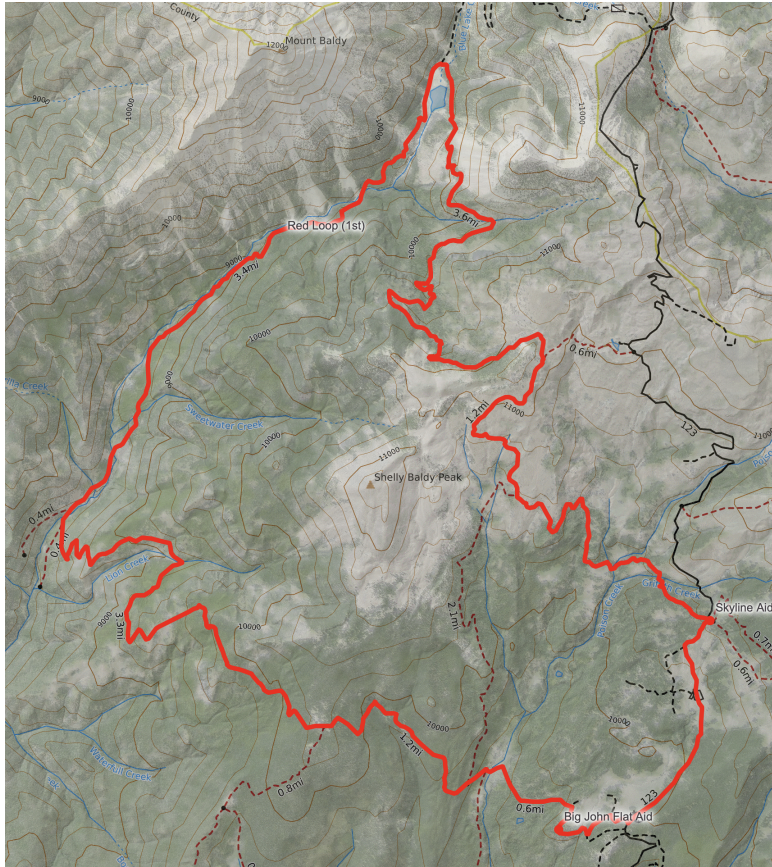
RED LOOP
MILES 4.8 - 22.1
17.3 miles, 4314 feet ascent
(15.6 miles to Big John Flat Aid)



Course Marking

- Half Marathoners follow the purple distance specific signs the entire way.
- Everyone else will have distance specific signs EXCEPT when they're on the looped section (west of Skyline Aid).
 - Example: 100K runners will follow the white signs until Skyline Aid. Then they'll follow signs for Red, Blue, and Yellow Loops. After leaving Skyline for the last time (to go to Lake Stream Aid), they'll once again follow 100K signs.
 - While you're running the loops, you won't see signage for 100K, 70K, or Marathon. I didn't want there to be trail junctions with six different colors of signs.
 - There is a critical junction 1.9 miles after leaving Skyline Aid where the loops diverge. These signs are larger than most and have the mile marker on them so you know where to navigate.
 - We will also have orange ribbon (correct), blue/white ribbon (wrong way), wrong way signs, critical turn signs, pin flags and reflectors.





Red Loop:

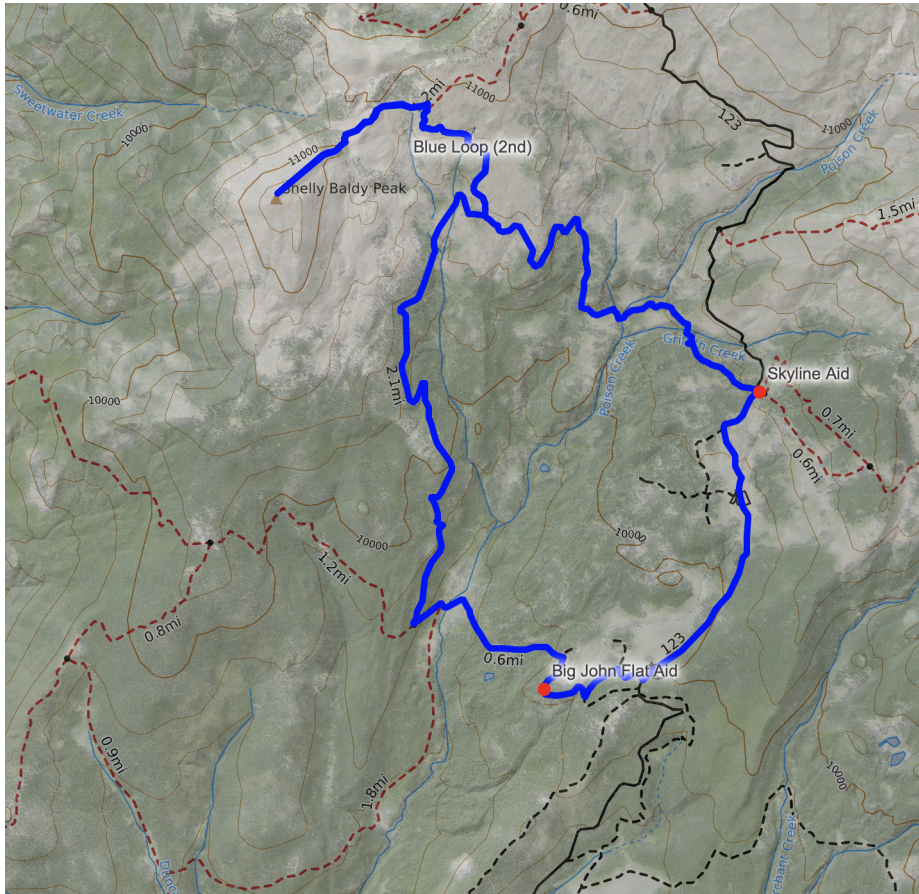
This one is a doozy. You'll be traveling almost 16 miles on your own and without aid.

MAKE SURE YOU ARE STOCKED UP LEAVING SKYLINE AID.

The Red Loop starts by climbing past Shelly Baldy Peak. Get a good look at it. You won't need to tackle it on the Red

Loop, but you do go up on your next (Blue Loop). You'll cross a few streams near Mud Lake before making the BEAUTIFUL descent to Blue Lake. New for this year, we'll be running around Blue Lake and heading SW on Bosman Trail. This trail follows a creek for the entire way. Having a filter is highly recommended.

Leaving the creek, you'll start your 3.5 mile, 1900 ft climb... which four time finisher, Damon Chavez calls, "an endless sum b*tch". After the climb, you have one more water crossing before hitting Big John Aid and the subsequent crew zone. Follow the road back to Skyline for the Blue Loop (100K, 70K), or back to the finish (Marathon).



Blue Loop:

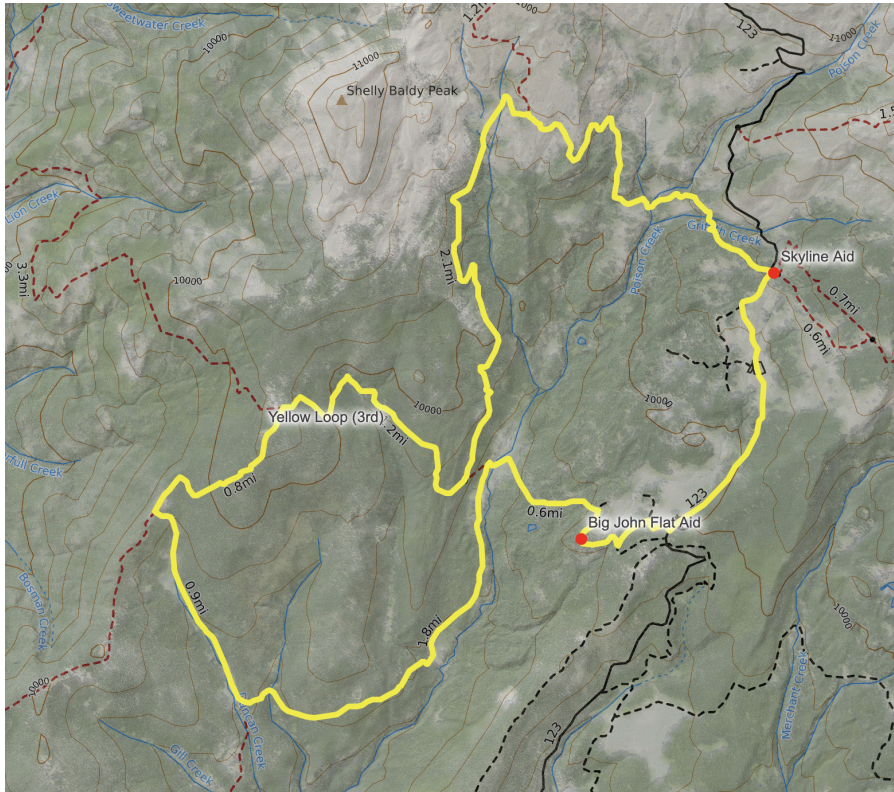
The feature of this loop is the ascent of Shelly Baldy Peak.

You'll start out the same way you did on the Red Loop, but this time, you'll make a left turn (off trail) and climb Shelly Baldy Peak.

The push to the peak is quite steep and very rocky, but not insanely loose (this is a mountain race after all). At the top of Shelly Baldy, you'll grab a silicone wristband (as opposed to punching your bib), and head back down. I'd suggest relaxing at the top for a minute to take it all in. This is one of the best views in the entire range.

After the descent, you'll head south on the Blue Lake trail, cross Poison Creek for the second time, and head to Big John Aid and the crew zone.

Then you take the same road back to Skyline. 70K runners get to continue east on Skyline Trail, while 100K runners have one more (Yellow) loop to go.



Yellow Loop:

The Yellow Loop starts out very similar to the Blue Loop, minus the Shelly Baldy climb.

After heading southbound on Blue Lake Trail, you'll turn right instead of left.

This will lead you to the Duncan Creek Trail. Take in some more spectacular views before crossing Poison Creek for the third and final time.

You should have the next part memorized by now... you'll once again run back to Big John Aid, through the crew zone, and up the road to Skyline Aid. But now you're done with the loops!

Time to head southeast on Skyline before you get some more vert!

The East Side of the Course

Marathon runners head directly back to the finish after a single Red Loop.

100K and 70K runners proceed directly from Skyline Aid to Lake Stream Aid.

Half Marathoners head directly to Lake Stream Aid from the start.

To access Lake Stream Aid, you'll have to climb over Mt Holly saddle. It's not a bad climb in this direction... it definitely feels worse on the way back. The short out-and-back to Lake Stream Aid is beautiful and follows a small creek (or maybe a stream?). Leaving Lake Stream Aid outbound, all runners will head to the top of City Creek Peak. This is another off-trail climb, but nowhere near as technical as Shelly Baldy. Think big, grassy, avalanche chute. After tagging the peak and grabbing another wristband, head down the same way you came up.

70K & Half Marathon runners will take a right and go back to Lake Stream Aid after City Creek Peak, and then proceed to the finish. While 100K runners turn left to go to Big Flat Aid.

100K runners... when you reach Big Flat Aid, all you have to do is turn around, proceed to Lake Stream Aid, and continue to the finish.

Super easy.

Aid Stations, Crews, Drop Bags & Pacers

	Aid	Segment Dist	Total Dist	Segment Ascent	Segment Descent	Total Ascent	Total Descent	Crew?	Pacer?	Drop Bag?	Cutoff
100K	Start	0.0	0.0	0	0	0	0			Y	
	Skyline 1	4.8	4.8	1087	-995	1087	-995				
	Big John Flat 1	15.6	20.4	3751	-4317	4838	-5312	Y		Y	
	Skyline 2	1.7	22.1	563	-32	5401	-5344	Y			
	Big John Flat 2	7.5	29.6	1836	-2360	7237	-7704	Y		Y	
	Skyline 3	1.7	31.3	573	-33	7810	-7737	Y			
	Big John Flat 3	9.6	40.9	1798	-2337	9608	-10074	Y	Y	Y	
	Skyline 4	1.7	42.6	573	-33	10181	-10107	Y	Y		9:00PM
	Lake Stream 1	4.7	47.3	1128	-1065	11309	-11172		Y	Y	
	Big Flat	6.0	53.3	1394	-1598	12703	-12770	Y	Y		1:30AM
	Lake Stream 2	5.3	58.6	1142	-938	13845	-13708		Y	Y	
Finish	3.9	62.5	827	-964	14672	-14672			Y	5:00AM	
70K	Start	0.0	0.0	0	0	0	0			Y	
	Skyline 1	4.8	4.8	1087	-995	1087	-995				
	Big John Flat 1	15.6	20.4	3751	-4317	4838	-5312	Y		Y	
	Skyline 2	1.7	22.1	563	-32	5401	-5344	Y			
	Big John Flat 2	7.5	29.6	1836	-2360	7237	-7704	Y	Y	Y	
	Skyline 3	1.7	31.3	573	-33	7810	-7737	Y	Y		9:00PM
	Lake Stream 1	4.7	36.0	1129	-1065	8939	-8802			Y	
	Lake Stream 2	6.9	42.9	1849	-1838	10788	-10640			Y	
	Finish	3.9	46.8	828	-976	11616	-11616			Y	5:00AM
Marathon	Start	0.0	0.0	0	0	0	0			Y	
	Skyline 1	4.8	4.8	1087	-995	1087	-995				
	Big John Flat 1	15.6	20.4	3751	-4317	4838	-5312			Y	
	Skyline 2	1.7	22.1	563	-32	5401	-5344				9:00PM
	Finish	4.9	27.0	1026	-1083	6427	-6427			Y	5:00AM
Half Marathon	Start	0.0	0.0	0	0	0	0			Y	
	Lake Stream 1	3.8	3.8	959	-824	959	-824				
	Lake Stream 2	6.9	10.7	1847	-1848	2806	-2672				
	Finish	3.8	14.5	826	-960	3632	-3632			Y	5:00AM

Please note that the chart denotes there is crew access at Skyline and Big John Aid... this is mostly true. The actual Crew Zone is the area **BETWEEN** the two aid stations. No crews in/near the actual aid stations please.

Big Flat Aid (100K) has plenty of room and crews are welcome at the aid station.

100K - Please reserve pacer access at Lake Stream Aid for emergencies only. I'd prefer if pacers hopped in/out at Skyline or Big Flat. The road to Lake Stream Aid is extremely narrow and not suitable for two way traffic. But if you NEED a pacer to help you get up and down City Creek Peak, they're welcome to hop in here.

Aid Station Menu

Skyline

5 am to 10 am = traditional offerings for the first half of the morning,

10 am to 9 pm = Add Turkey & cheese, hummus & avocado Roll-ups.

After 5 pm = Hot offerings

Big John

8 am to 12 noon = Traditional offerings for the morning.

12 noon to 8:30 = chicken salad sandwich & chickpea salad sandwich.

After 5 pm = Hot offerings in the evening.

Lake Stream

7:30 am to 12 noon = traditional offerings.

12 noon to Sunday, 3:30 am = Pasta offerings.

After 5 pm = Hot offerings.

Big Flat

2 pm to Sunday, 1:30 am = traditional offerings, quesadillas.

After 5 pm - Hot offerings & potato soup.

Finish

4:00 am = Breakfast options

9:00 am = Grilled cheese, quesadillas and tomato soup

Sunday, 12 am = Hot dogs

Sunday, 3 am = adding pancakes

Medical & Emergency Contacts

We will have a local EMT operation with an ambulance at our start/finish headquarters for the duration of the race, located near the Ski Patrol building and Yurt. All of our aid stations include a basic first aid kit for minor injuries.

A lot of what we will see at Tushars is cramping from dehydration, headaches/dizziness/nausea-likely from stages of altitude sickness, overt exhaustion, and rolled ankles or knee twists. Many of these can be remedied on course, with a little time and basic resources and would not require Search & Rescue involvement.

The main Aravaipa Staff contacts throughout the 24 hour event are:

Race Director, Aaron Barber: 616-560-2465

Director of Events, Noah Dougherty: 480-518-6731

Event Operations Manager, Mike Santos: 480-694-8600

*These numbers are for race day ONLY, please do not call them for general race inquiries leading up to race day.

We also ask that, if possible, inform an aid station person or Noah/Aaron/Mike BEFORE contacting the local authorities as they have limited resources as well and depending on the issue, our team can handle basic incidents. Info needed for our staff are the runner's bib number and specific or at least general area on the course.

Of note, extraction from some of these aid stations can take upward of 90 minutes to two hours- one way. In some cases, it would be faster to hike back if you're able to.

If there is a **serious emergency**::

Beaver County Sheriff: 435-438-2862

Drops/ Withdrawing from the Race

Don't drop. Seriously, you're stronger than you give yourself credit for and you can keep going. However, we also understand that things happen that say otherwise. You **MUST** inform an aid station captain before leaving the course so that we are not waiting for you to arrive at the next aid station.

Keep Going. You've got this.

I can't wait to see you all tackle this course!

