

BLACK CANYON

ULTRAS
100k & 60k
PRESENTED BY



CREW MANUAL

WELCOME TO THE 2019 BLACK CANYON ULTRAS

GREETINGS CREW!

We want to welcome you to the 6th Annual Black Canyon Ultras! We've put together this crew manual to make your race day experience go as smooth as possible. This race has some great features for crews which should make taking care of your runner easy and fun. We will cover some basics of the course layout, which aid stations you can access, aid station directions, and ask that you follow our safety rules at aid stations. Each aid station does have an aid station captain who is ultimately in charge if there are any questions on race day.

The Black Canyon Ultras take place on approximately 62 miles of the Black Canyon Trail from north to south, paralleling the Interstate 17 freeway on a combination of single track and old jeep trail. Both the 100K & 60K races will start at Arcosanti in Spring Valley, AZ. The 60K race will finish at the Black Canyon City Aid Station while the 100K runners will continue to their finish at the Emery Henderson Trailhead in New River, AZ.

Crews will travel down a series of dirt roads that crisscross the run course and the I-17 freeway to access aid stations. The dirt roads are accessible by passenger car, but please exercise caution on these roads.

Crew-accessible aid stations at Bumble Bee Ranch and Table Mesa are located on sections of the Black Canyon course that cross the dirt roads you will be driving on. We ask you exercise extreme caution as you travel along these roads and look for signs and aid station volunteers cautioning traffic of the crossings.

IMPORTANT: We ask that all crew vehicles park in the areas indicated and highlighted on the maps below. There will be ample parking at both Bumble Bee Ranch and Table Mesa. Please do not park on the side of the road as this will help keep the road as clear as possible for other traffic and emergency vehicles on race day.

The Black Canyon City aid station will be located in the dirt parking lot behind Rock Spring Café. This will allow crews much easier access to this aid station, better amenities, and a larger area to spread out and help crew your runner. **Please DO NOT park at the Black Canyon Trailhead** and follow the directions to the main crew and 60K finish line area.

There are dining options in Black Canyon City at the Black Canyon City Aid Station (Rock Springs Café) as well as Anthem near the finish line. Each finish line will also feature Freak Brother's wood-fired pizza!

The finish location for the 100K will again be hosted at the Emery Henderson Trail head. However, race management in cooperation with the Bureau of Land Management has restricted parking at the finish by any crew, runner, or spectators.

NO PARKING will be available at the 100K finish line at Emery Henderson or on New River Road for crew. FREE Shuttles are provided to all crew, spectators and runners. All crew wishing to attend the event at 100K finish line must park at the Anthem Outlet Mall in the event designated parking area to board the buses traveling to Emery Henderson. **THERE ARE NO EXCEPTIONS.** Any crew found parking in the Emery Henderson Parking Lot or on the road on race day risks the disqualification of their runner, parking tickets, and towing.

Shuttles are FREE for all crew and will operate for the duration of the event. Please plan ahead to bring any baggage, runner aid, coolers, chairs along with you on the shuttles. Pets are not allowed on the shuttles or at the finish line unless they are certified service animals.

If you have any questions or need further information not found in this guide, the runner guide or on the website, please email me directly.

See you at Black Canyon!

Sincerely,

Jubilee Paige
Race Director
jubilee@aravaiparunning.com

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CREW RULES

Crewing is a privilege not a right at this race. We ask that you follow these simple rules to help keep our race safe and enjoyable for everyone. Breaking any of these rules may result in the disqualification of your runner.

1. Crews are permitted ONLY at the following aid stations (plus the start & finish):

- Bumble Bee Aid (Mile 19.2)
- Black Canyon City Aid (Mile 37.4) (60K Finish line)
- Table Mesa Aid (Mile 50.9)

2. Crews must follow the instructions of the aid station captains and be respectful of aid station staff / volunteers.

3. Please park in the designated parking areas for crew highlighted in the maps below for each aid station. Do not park in or alongside the road. This will keep the road open for traffic, emergency vehicles and provide a safe and visible crossing for runners.

4. **SLOW** down when approaching the aid stations at Bumble Bee and Table Mesa (5 MPH). Runners WILL be crossing the road at these junctions. Please be aware of this when you see special event & caution signage on the roadway and follow direction from volunteers with traffic control vests and Yavapai County Sherriff deputies.

5. Please be self sufficient on race day. Aid station snacks and supplies are for runners only. You may fill your runner's pack and bottles with ice and water from our aid station, but please ask the aid station captain first for assistance.

6. Parking will not be allowed by any crew at the 100K finish line at Emery Henderson Trailhead. This extends to the road leading to the trailhead. Any crew found parking along the side of New River road risks the disqualification of their runner.

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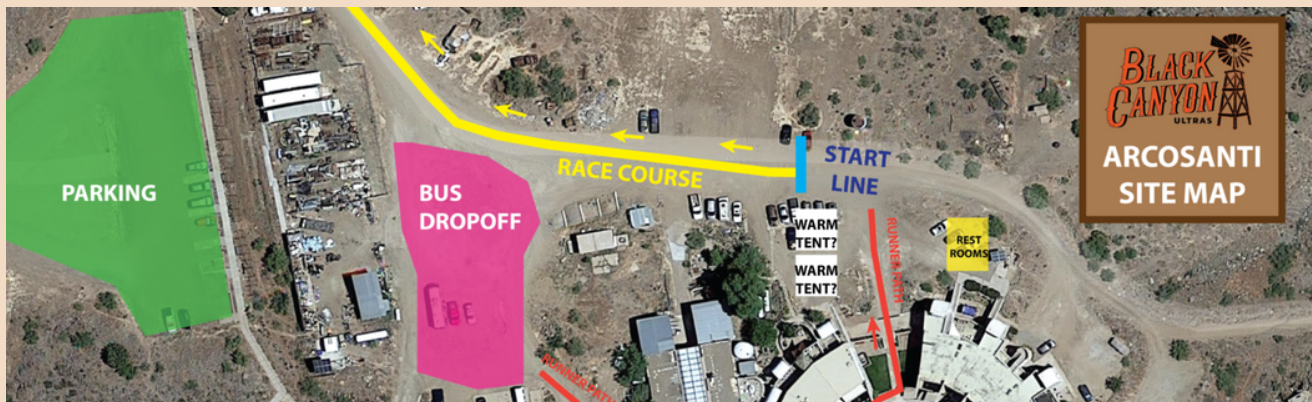
DRIVING DIRECTIONS

ARCOSANTI

Directions from The Outlets at Anthem to (shuttle location)
Arcosanti Urban Laboratory (Race Start), Spring Valley, AZ
20.9 Miles | 30 Minutes

1. Head North on I-17 N for 33.2 Miles
2. Take the Arcosanti Road/Exit 263
3. Turn right onto Arcosanti Road
4. Turn left onto S Cross L Road
5. Turn right onto Scenic Loop Road and arrive at Arcosanti

****PARKING IS HIGHLIGHTED IN THE MAP BELOW****



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DRIVING DIRECTIONS

BUMBLE BEE RANCH AID

Directions from Arcosantil (Mile 0) to
Bumble Bee Ranch Adventures (Mile 19.2)
20.9 Miles | 30 Minutes

1. Return to I-17 Freeway via Arcosanti Road
2. Head South on I-17 for 13.7 Miles
3. Take exit 24B toward Bumble Bee
4. Turn right onto Bumble Bee Rd/Crown King Road
5. Travel 4.7 miles on mixed paved and grave road. Please drive SLOW!
6. Turn right into Bumble Bee Ranch Adventures: 23925 Bumble Bee Rd, Mayer AZ 86333

****PARKING IS HIGHLIGHTED IN THE MAP BELOW****



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DRIVING DIRECTIONS

BLACK CANYON CITY AID

Directions from Bumble Bee Ranch Aid (Mile 19.2)
to Black Canyon City Aid (Mile 37.4)
11.8 Miles | 20 Minutes

1. Return to I-17 Freeway via Bumble Bee Rd/Crown King Road and continue southbound on I-17.
2. After 6.1 miles take exit 242 towards Rock Springs / Black Canyon City
3. Turn right at the stop sign onto Velda Road Road
4. Turn left at the next stop sign onto the Old Black Canyon Highway
5. Turn right into a large dirt parking lot. This is the overflow parking lot for Rock Spring. Please **DO NOT** park at the Black Canyon City Trailhead as we need the road clear for emergency vehicles. There are dining options and a General Store in Rock Springs and some more options a couple miles north on the Old Black Canyon Highway in Black Canyon City as well as a gas station

****PARKING IS HIGHLIGHTED IN THE MAP BELOW****



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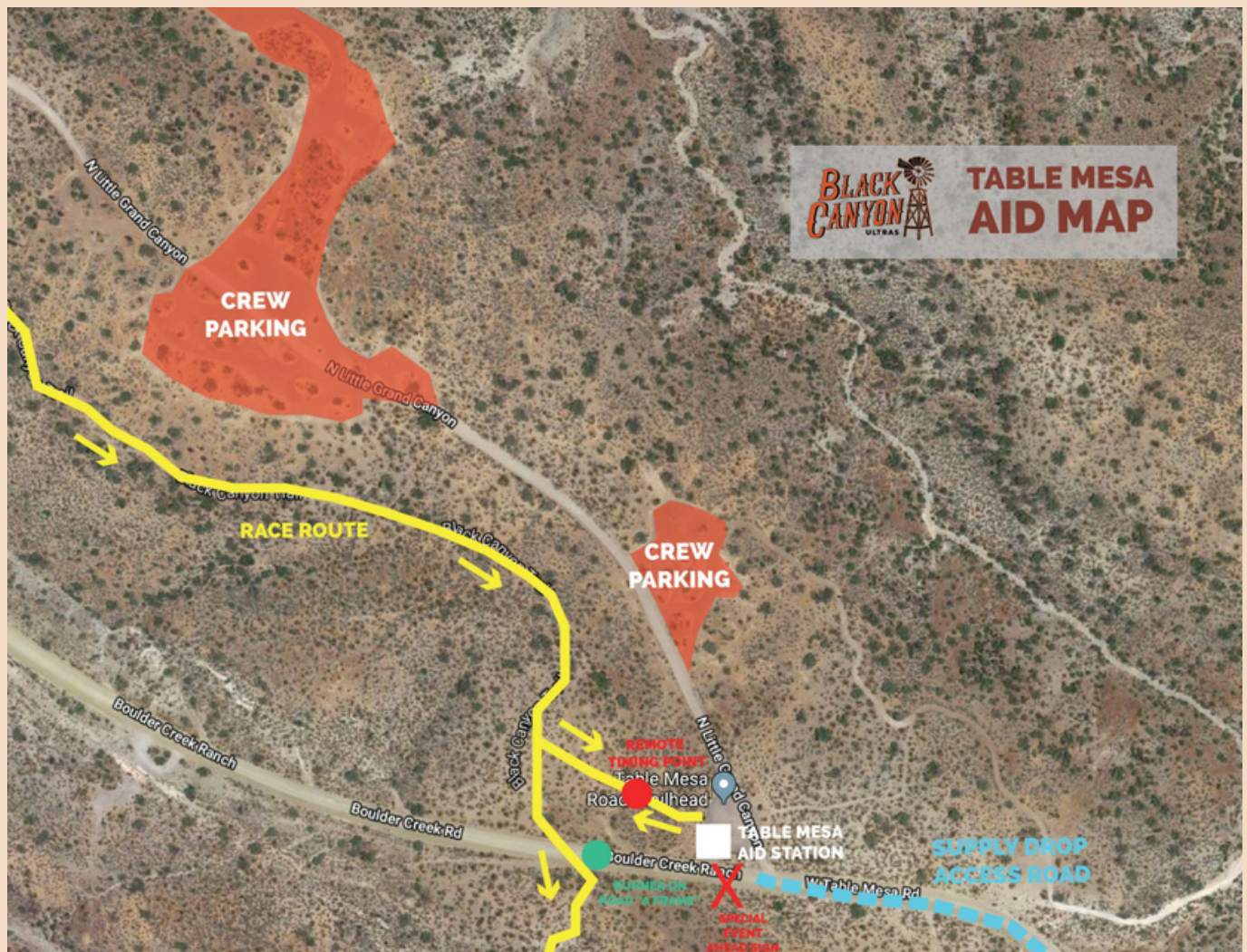
DRIVING DIRECTIONS

TABLE MESA AID STATION

Directions from Black Canyon City (Mile 37.4)
to Table Mesa Aid (Mile 50.9)
10.0 Miles | 19 Minutes

1. Return to I-17 Freeway and head south towards Phoenix
2. Drive south for 6.0 miles and take exit 236 for Table Mesa Road
3. Continue 0.3 miles around curve and take first left onto Table Mesa Road (Do not cross over highway)
4. Continue 1.7 miles ahead to "Y" intersection and take the left fork staying on Table Mesa Road
5. Continue 1.4 miles until you reach the Table Mesa Trailhead. Park in the parking lot on the right side and watch for runners crossing the road.

****PARKING IS HIGHLIGHTED IN THE MAP BELOW****



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DRIVING DIRECTIONS

OUTLETS AT ANTHEM

Directions from Table Mesa Aid Station to
Outlets at Anthem Shuttle Pickup
11.4 Miles | 16 Minutes

1. Return 3.4 miles to I-17 Freeway via Table Mesa Road
2. Take I-17 South towards Phoenix for 6.5 miles
3. Take Exit 229 for Anthem Way and turn right.
4. Continue on W Anthem Way and turn right into the outlets via N Summit Walk Ct. Follow the map below to the Northwest corner parking lot.

****PARKING IS HIGHLIGHTED IN THE MAP BELOW****



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NEED TO KNOW

PACING

Pacing is permitted in the 100K starting at the Black Canyon City Aid Station at Mile 37.9 through the finish. Pacers may also start or switch out at Table Mesa Aid Station at mile 51.2. We ask that pacers be on foot and you only use one at a time. "Muling" or carrying of the runner's equipment, food, water or other supplies is not permitted.

RACE DAY TRACKING

Live result tracking will be made available on our main website under "Results" or at Ultracast.tv. We will do our best to keep our live tracking active during the course of the event but please note that due to the remote nature of this course, online tracking may experience delays. Our radio communications team is tracking all runners at every aid station and we will do our best to inform crew members at an aid station of any situations that arise.

RESTROOMS ON COURSE

We will have portable restrooms that will be available at the start line, Antelope Canyon, Gloriana, Bumble Bee Aid, Black Canyon City Aid, Table Mesa Aid & the Finish line. There are also permanent restroom facilities at the start, Black Canyon City Aid and the finish at Emery Henderson Trailhead.

FOOD & WATER

We ask that you bring your own food, water and other supplies for your personal use on race day. We will only be providing water, ice and food for our registered runners and pacers on race day. There is food available in Black Canyon City and around the Anthem Outlets.

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NEED TO KNOW

CUTOFF TIMES

Runners must clear the following aid stations by the following times to continue on with the race. These will be strictly enforced by our aid station captatins.

AID STATION	MILEAGE	100K	60K
Antelope Mesa	7.8	9:15am	10:45am
Hidden Treasure Mine	12.5	10:45am	12:15pm
Bumble Bee Ranch	19.2	12:45pm	2:15pm
Gloriana Mine	23.7	2:30pm	4:00pm
Soap Creek	31.2	5:00pm	6:30pm
Black Canyon City	37.4	7:00pm	8:30pm
Cottonwood Gulch	46.2	10:00pm	-
Table Mesa	50.9	11:30pm	-
Doe Spring	58.6	2:00am	-
Emery Henderson	62.2	3:00am	-

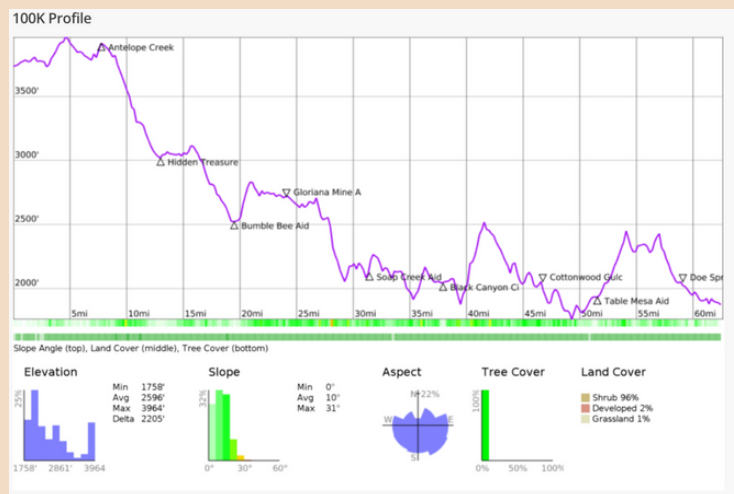
AID STATIONS

- Antelope Mesa (NO CREW)
- Hidden Treasure Mine (NO CREW)
- Bumble Bee Ranch
- Gloriana Mine (NO CREW)
- Soap Creek (NO CREW)
- Black Canyon City
- Cottonwood Gulch (NO CREW)
- Table Mesa
- Doe Spring(NO CREW)
- Emery Henderson Trailhead (NO CREW PARKING)

RACE MAPS

Course maps and GPX files may be downloaded and printed from our race website here:

<https://caltopo.com/m/DU2U>





ORGANIZATION

The Black Canyon Ultras is organized by Aravaipa Running and permitted by the Bureau of Land Management, The State of Arizona, and Yavapai County.

Aravaipa Running is a locally owned, runner-driven organization that produces over 30 trail and ultra running events across Arizona, Colorado, and Utah throughout the year.

The production of the Black Canyon Ultras would not be possible without the help of over 200 staff and volunteers, including local sheriffs, medical, HAM radio operators, various running clubs, teams, families, and friends, who all play a huge role in creating a premier running experience for each and every runner.

2019 SPONSORS

We want to thank our sponsors for their support of the 2019 Black Canyon Ultras!



We are so excited to have ALTRA FOOTWEAR once again as our presenting sponsor for the Black Canyon Ultras for 2019. Aravaipa running is thrilled to partner with a company who cares about maintaining the competitiveness, culture, and spirit of Trail and Ultra Running by investing in its future.

What Altra shoes will you be sporting at Black Canyon this year?

2019 SPONSORS



We are so excited to have rabbit hop aboard Black Canyon for the 2019 event! Every runner, staff, and volunteer will receive their signature ez tee as this year's official Black Canyon race shirt. Made in the USA, rabbit apparel is specifically designed and created for runners by runners!



Lighting the way with their adventure belts, Kogalla joins Aravaipa Running and the Black Canyon Ultras to illuminate runners on the brightest lights in running. Be sure to stop by their booth at the expo and on race day at the 100K finish line!

Squirrels Nut Butter will host our Bumble Bee Aid Station on course again this year! Their all-natural anti-chafe and restorative skin salve will be made available at all of our aid stations. This salve prevents chafing and allows you to get the most out of your adventures. It may just save your booty on race day! Visit their booth at the expo!



Welcome GU too! Runners can enjoy a varied selection of GU gels and GU Brew at our aid stations along the course. Fuel your race with a mix of gels and



Freak Brothers Pizza will be on site at both the 60K and 100K finish line cooking made-to-order wood-fired pizzas! Fresh ingredients, 100% organic, and full of high-vibe freaky goodness, enjoy a delicious freshly made pizza at the finish line with your family, friends, and runners!

A photograph of two trail runners on a rocky, dirt path in a desert canyon. The runner in the foreground is a woman wearing a blue t-shirt, black shorts, a blue hydration vest, and a blue and white patterned visor. She has a race bib with the number 132 and the name 'Sofiana Rodenbusch' on it. She is smiling and looking towards the camera. The runner in the background is a man with a beard, wearing a blue and white patterned visor, sunglasses, a black sleeveless shirt, and blue shorts. He has a race bib with the number 251. The background shows a rocky, hilly landscape under a clear blue sky.

SEE YOU ALL AT BLACK CANYON

QUESTIONS? EMAIL JUBILEE@ARAVAIPARUNNING.COM