

# BLACK CANYON

ULTRAS  
PRESENTED BY



# RUNNER GUIDE





# WELCOME



Welcome runners to the 8th annual Black Canyon Ultras presented by HOKA.

The Black Canyon Ultras will take place on the beautiful Black Canyon National Recreation Trail that stretches from Spring Valley to New River, Arizona. The 100K race starts Saturday, February 13 followed by the 60K on Sunday, February 14.

We are so excited to host the 2021 100K again as a Western States qualifier and Golden Ticket Race!



Due to concerns over rising cases of COVID-19 in Yavapai County, there are significant changes to this year's race so please read through the following participant guide prior to race weekend to make the best of your race experience, and contact us with any questions.

## QUICK LOOK

### RACE DATE

100K | Saturday February 13, 2021

60K | Sunday February 14, 2021

### START LOCATION

Mayer High School  
17300 E Mule Deer Dr  
Mayer, AZ 86333

### CUTOFF TIMES

100K Cutoff: 20 Hours

60K Cutoff: 12 Hours

WSER Q Cutoff: 17 Hours (100K only)

### FINISH LOCATION

#### 100K Finish

Emery Henderson Trailhead  
N New River Road  
Phoenix, AZ 85087

#### 60K Finish

Rock Springs Cafe  
35900 S Old Black Canyon Hwy  
Black Canyon City, AZ 85324

### BIB PICKUP

#### THURSDAY 3 PM - 7 PM

Aravaipa Running HQ  
2401 S 24th St  
Phoenix, AZ 85034

#### FRIDAY 10 AM - 7 PM

Aravaipa Running HQ  
2401 S 24th St  
Phoenix, AZ 85034

### RACE DAY PICKUP

Mayer High School  
17300 E Mule Deer Dr  
Mayer, AZ 86333





# EVENT SAFE



## RUN SAFE

**If you read nothing else, read this!**

Below are the procedures put in place in order to operate under our permits granted by Yavapai County to ensure your safety and the safety of all participating. Failure to comply may result in disqualification or a ban from future events.

Aravaipa Running is dedicated to keeping our participants, volunteers and community safe in our return to trail and ultra events.

In our preparation we collaborated with local county health leaders, an alliance of race directors, and other professionals in our industry and developed our:

### Event Safe Guidelines

We have put a lot of care into these protocols and advise all participants to read through the guidelines before attending the event.

Thank you in advance for your cooperation and participation.

- Participants agree NOT to attend the event if they have been exposed to someone testing positive for COVID-19, or displaying symptoms, within 14 days of the event.



- Participants agree NOT to attend the event if they display any COVID-19 symptoms within 14 days of the event. Symptoms include fever, cough, difficulty breathing, headache, body aches, loss of taste, sore throat, runny nose, nausea/vomiting, and diarrhea.
- All participants will have a contactless temperature check before entering race headquarters. Anyone with a temperature above 100.4 degrees will not be allowed in the race area.
- All participants will wear a mask covering nose and mouth UNLESS running or eating. This also applies to all crew in or around the race start/finish.
- Participants will maintain a 6 foot social distance whenever possible.
- All participant interactions will be modified to be as contactless as is feasible. This includes aid stations, packet pickup, and finish lines.

- Runners will plan to be more self sufficient in terms of water and nutrition. Volunteers and staff will wear gloves when handling any food or beverages. Surfaces will be disinfected at regular intervals.
- Pre-assigned wave starts will be used, with 30 runners starting every 15 minutes. Waves assigned are final.
- We will have a marshal at race headquarters to ensure all participants follow these guidelines. Any runner not adhering will be disqualified. Runners are responsible for their spectators/crew.

## ARAVAIPA RUNNING EVENT SAFE OPERATIONS



[CLICK TO READ](#)





## TICKET TO WESTERN

The 2021 Black Canyon 100K is proud to be a 2022 Western States 100 qualifier. Runners must complete the entire 100K distance under 17 hours in order to be eligible for the Western States Lottery.

The 2021 Black Canyon 100K is also a Golden Ticket Race for the Western States 2021 race presented by HOKA.

The top two (2) female and top two (2) male finishers in each individual race will automatically qualify for entry into the 2021 Western States 100 event. All runners are eligible to contend for the golden ticket as the top two times 'overall' will win regardless of starting wave.

In the case that the first, or second place participant is already in Western States (or decides to opt out), the automatic bid will slide to third place, fourth place, and subsequently down to fifth place as needed (no places below fifth will be accepted).



**2021 QUALIFYING RACE**

Runners will receive their invitation via email and have two weeks from the qualifying race to complete the registration, including paying the entry fee. There are no deferments or transfers.

Black Canyon Ultras will again offer UTMB points.

**100K is 4 Points**  
**60K is 2 Points**





# RACE RULES



## THE BASICS

- This is a closed course. Follow the course as marked in the direction of the race. Cutting or deviating from the course results in disqualification. If you get off course, you must retrace back to the last known marker and continue from there.
- Please observe trail etiquette during the race. This course will see public use on the weekend. Please alert other users of your intent to pass. Uphill runners/hikers have the right of way to downhill runners. Remain in control as you descend and respect the other runners.
- Pets are not considered pacers and may not be allowed on course with runners.
- Littering is strictly prohibited (this includes organic waste, i.e. banana peels, orange peels, toilet paper). This is grounds for disqualification
- Trekking poles are allowed.
- Be respectful of volunteers, officers, public trail users, park rangers, and race staff and each other.
- Finish what you started: 100K runners who drop at 60K 'finish' at BCC may not switch distances to receive a 60K finish time. All drops receive a DNF.
- Cutoffs are enforced based on gun time for your wave start. Example: 7:00 AM start = 3:00 AM overall cutoff; 8:15 AM = 4:15 AM etc.
- Official finish time is based on gun time per wave.
- Buckles will be awarded based on chip time.

## TRAIL RUNNING & TRASH

Please respect the trails and the beauty of the desert by disposing of any trash at one of our aid stations.

## CUPLESS RACE

We are so lucky to make the outdoors our passion and we want to continue to keep the beautiful trails we enjoy beautiful and free from trash. In our continued effort to reduce our races footprint and preserve the trails we love, Aravaipa events are cupless.

What does that mean? Runners will be responsible for carrying their own container to refill along the way. UltrAspire reusable cups may be purchased with registration or on race day OR we encourage you to bring your own! Grab a cup, a hydration vest, pouch, or water bottle and we will fill it at each aid station along the way. We ask you to help us in our efforts by preparing for a cup-free race day and thank you in advance for being good stewards of the trails!

## TERRA CYCLING

We will have our Terracycle containers at each aid station to collect and recycle GU packets, energy bar wrappers, and other generally non-recyclable materials. Look for our terracycle containers at each aid station. Ask if you don't see one!



## RUNNER HEALTH & SAFETY 2021

At Aravaipa Running, your safety and health is our utmost priority.

Due to concerns over the Coronavirus outbreak, we will be modifying our aid station practices.

While this is still a cupless race, any loose food items will be served in paper cups. Other items (sandwiches, potatoes, etc) will be served in a manner that prevents cross contamination. Extra hand sanitizer or hand washing stations will also be available.

All runners are required to wear masks in the race village and in other common areas like aid stations. Please keep each other safe. Failure to comply with any of these mandates may result in disqualification.

Have questions or concerns?  
Please contact us at  
[info@aravaiparunning.com](mailto:info@aravaiparunning.com).





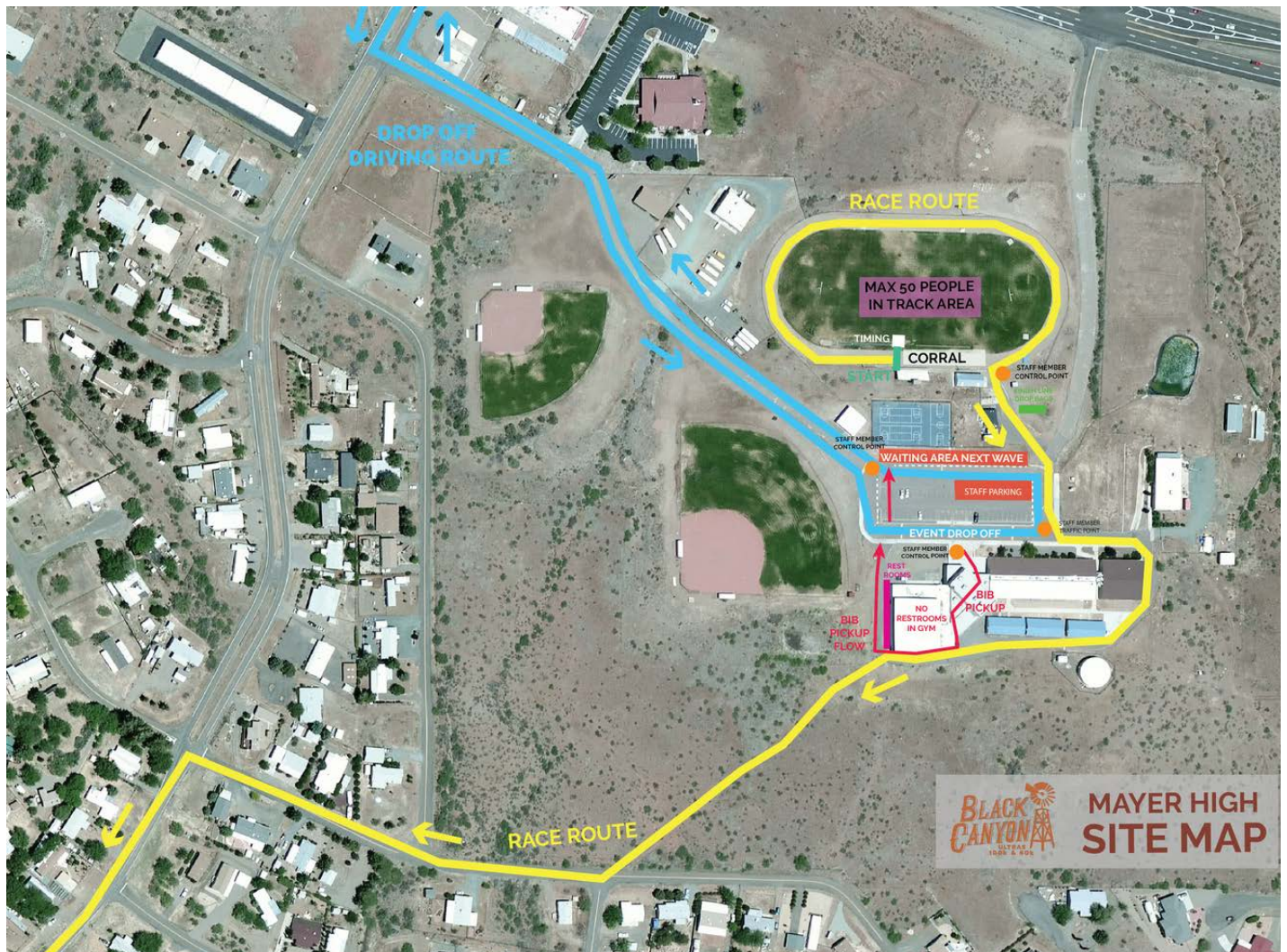
# START LINE

## Mayer High School

17300 E Mule Deer Dr | Mayer, AZ 86333

100 KM | Saturday, February 13 | Waves Starting @ 7 AM

60 KM | Sunday, February 14 | Waves Starting @ 7 AM







# START LINE

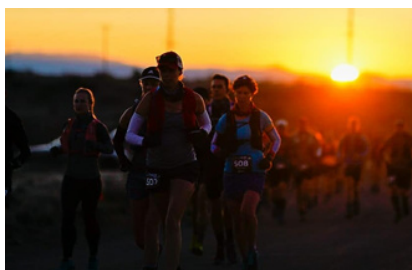
## START LOCATION

The starting location for Black Canyon Ultras will be at Mayer High School, in Spring Valley, Arizona. There will be no parking at the start. Runners may pick up their bib in the cafeteria inside the high school. Runners are not allowed to utilize the gym or school as a waiting area for the 2021 race due to covid restrictions. Participant waiting area will be outdoors in the main parking lot (see map).

Portable restrooms will be located on the east side of the main building -- there is no access to indoor school restrooms.

## NO PARKING/DROP OFF ONLY

There will be no parking available at Mayer High School for the 2021 race. Runners may either ride the shuttle or elect to be dropped off by their crew. Please note there are no crews or spectators allowed at the start line. Runners please inform your crews, friends and family. Violation of these rules may result in disqualification of a runner on race day.



## WAVES

Waves are limited to a 30 runner max and will start in 15 minute increments. Runners will receive a colored wristband in their packet that will correlate with their wave assignment.

Prior to the wave, runners will be called to the corral/waiting area in the main parking lot. Runners will submit to a health check before continuing to the track. Ten minutes before the start of their assigned wave, runners will be called to the school track/start line.

Runners at the start will be spaced 6ft apart and will be required to wear a mask while in the starting corral. We ask that all runners maintain their spacing until they exit the school boundary.

## WAVE STARTS

Runners are assigned a wave prior to race day. These waves allow us to maintain county mandated capacity for our event and allows a safe spread of the field on the single track course.

Waves are finalized before race day and can be found here:

## 2021 WAVE ASSIGNMENTS

Please start in your assigned wave. Runners who do not start in their wave will be flagged and a one hour time penalty will be added.

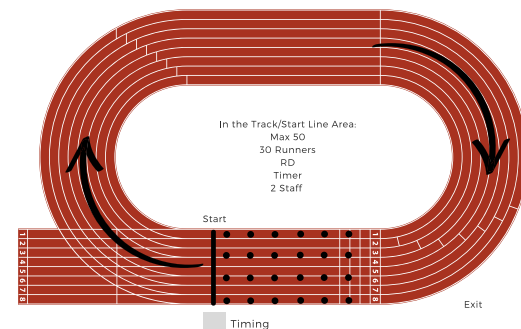


## 100 KM Saturday 2/13/21

WAVE	Arrival	Corral	START	ON COURSE
Wave 1	6:40 AM	6:50 AM	7:00 AM	30
Wave 2	6:55 AM	7:05 AM	7:15 AM	60
Wave 3	7:10 AM	7:20 AM	7:30 AM	90
Wave 4	7:25 AM	7:35 AM	7:45 AM	120
Wave 5	7:40 AM	7:50 AM	8:00 AM	150
Wave 6	7:55 AM	8:05 AM	8:15 AM	180
Wave 7	8:10 AM	8:20 AM	8:30 AM	210
Wave 8	8:25 AM	8:35 AM	8:45 AM	240
Wave 9	8:40 AM	8:50 AM	9:00 AM	270
Wave 10	8:55 AM	9:05 AM	9:15 AM	300
Wave 11	9:10 AM	9:20 AM	9:30 AM	330
Wave 12	9:25 AM	9:35 AM	9:45 AM	360
Wave 13	9:40 AM	9:50 AM	10:00 AM	390
Wave 14	9:55 AM	10:05 AM	10:15 AM	420
Wave 15	10:10 AM	10:20 AM	10:30 AM	450
Wave 16	10:25 AM	10:35 AM	10:45 AM	480

## 60 KM Sunday 2/14/21

WAVE	Arrival	Corral	START	ON COURSE
Wave 1	6:40 AM	6:50 AM	7:00 AM	30
Wave 2	6:55 AM	7:05 AM	7:15 AM	60
Wave 3	7:10 AM	7:20 AM	7:30 AM	90
Wave 4	7:25 AM	7:35 AM	7:45 AM	120
Wave 5	7:40 AM	7:50 AM	8:00 AM	150
Wave 6	7:55 AM	8:05 AM	8:15 AM	180
Wave 7	8:10 AM	8:20 AM	8:30 AM	210
Wave 8	8:25 AM	8:35 AM	8:45 AM	240





**100 KM**

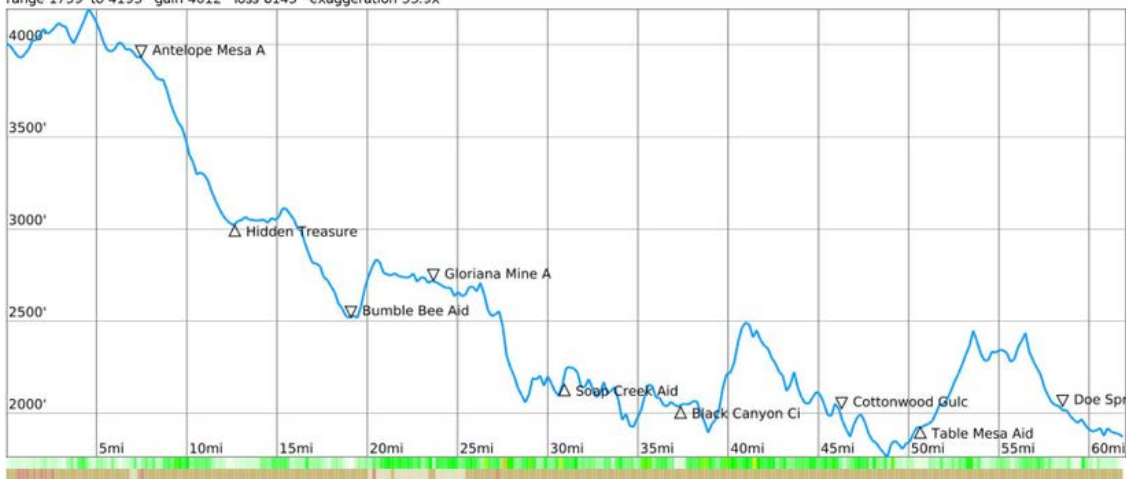


[DOWNLOAD 100K GPX](#)

**ELEVATION PROFILE**

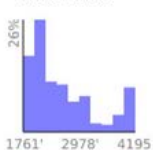
**Black Canyon 100K**

range 1759' to 4193' gain 4012' loss 6145' exaggeration 53.9x



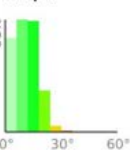
Slope Angle (top), Land Cover (middle), Tree Cover (bottom)

**Elevation**



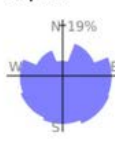
Min 1761'  
Avg 2615'  
Max 4195'  
Delta 2434'

**Slope**

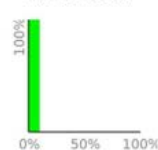


Min 0°  
Avg 11°  
Max 31°

**Aspect**



**Tree Cover**



**Land Cover**

Shrub 89%  
Grassland 8%  
Developed 3%

**WAVE START TIMES & CUTOFFS**

START	Antelope	Hidden	Bumble Bee	Gloriana	Soap Creek	BCC	Cottonwood	Table Mesa	Doe Spring	Finish
7:00 AM	9:15 AM	10:45 AM	12:45 PM	2:30 PM	5:00 PM	7:00 PM	10:00 PM	11:30 PM	2:00 AM	3:00 AM
7:15 AM	9:30 AM	11:00 AM	1:00 PM	2:45 PM	5:15 PM	7:15 PM	10:15 PM	11:45 PM	2:15 AM	3:15 AM
7:30 AM	9:45 AM	11:15 AM	1:15 PM	3:00 PM	5:30 PM	7:30 PM	10:30 PM	12:00 AM	2:30 AM	3:30 AM
7:45 AM	10:00 AM	11:30 AM	1:30 PM	3:15 PM	5:45 PM	7:45 PM	10:45 PM	12:15 AM	2:45 AM	3:45 AM
8:00 AM	10:15 AM	11:45 AM	1:45 PM	3:30 PM	6:00 PM	8:00 PM	11:00 PM	12:30 AM	3:00 AM	4:00 AM
8:15 AM	10:30 AM	12:00 PM	2:00 PM	3:45 PM	6:15 PM	8:15 PM	11:15 PM	12:45 AM	3:15 AM	4:15 AM
8:30 AM	10:45 AM	12:15 PM	2:15 PM	4:00 PM	6:30 PM	8:30 PM	11:30 PM	1:00 AM	3:30 AM	4:30 AM
8:45 AM	11:00 AM	12:30 PM	2:30 PM	4:15 PM	6:45 PM	8:45 PM	11:45 PM	1:15 AM	3:45 AM	4:45 AM
9:00 AM	11:15 AM	12:45 PM	2:45 PM	4:30 PM	7:00 PM	9:00 PM	12:00 AM	1:30 AM	4:00 AM	5:00 AM
9:15 AM	11:30 AM	1:00 PM	3:00 PM	4:45 PM	7:15 PM	9:15 PM	12:15 AM	1:45 AM	4:15 AM	5:15 AM
9:30 AM	11:45 AM	1:15 PM	3:15 PM	5:00 PM	7:30 PM	9:30 PM	12:30 AM	2:00 AM	4:30 AM	5:30 AM
9:45 AM	12:00 PM	1:30 PM	3:30 PM	5:15 PM	7:45 PM	9:45 PM	12:45 AM	2:15 AM	4:45 AM	5:45 AM
10:00 AM	12:15 PM	1:45 PM	3:45 PM	5:30 PM	8:00 PM	10:00 PM	1:00 AM	2:30 AM	5:15 AM	6:15 AM
10:15 AM	12:30 PM	2:00 PM	4:00 PM	5:45 PM	8:15 PM	10:15 PM	1:15 AM	2:45 AM	5:30 AM	6:30 AM
10:30 AM	12:45 PM	2:15 PM	4:15 PM	6:00 PM	8:30 PM	10:30 PM	1:30 AM	3:00 AM	5:45 AM	6:45 AM
10:45 AM	1:00 PM	2:30 PM	4:30 PM	6:15 PM	8:45 PM	10:45 PM	1:45 AM	3:15 AM	6:00 AM	7:00 AM







**60 KM**



[DOWNLOAD 60K GPX](#)

**ELEVATION PROFILE**

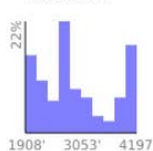
**Black Canyon 60K**

range 1906' to 4196' gain 2297' loss 4262' exaggeration 34.6x

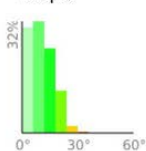


Slope Angle (top), Land Cover (middle), Tree Cover (bottom)

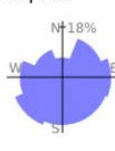
**Elevation**



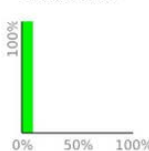
**Slope**



**Aspect**



**Tree Cover**

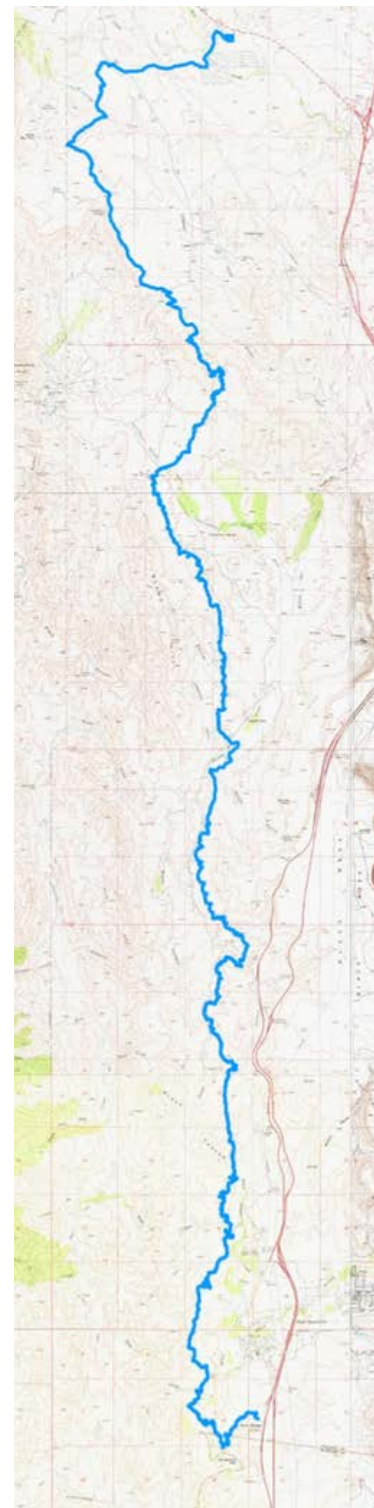


**Land Cover**

- Shrub 80%
- Grassland 12%
- Developed 8%

**WAVE START TIMES & CUTOFFS**

START	Antelope	Hidden	Bumble Bee	Gloriana	Soap Creek	BCC
7:00 AM	9:15 AM	10:45 AM	12:45 PM	2:30 PM	5:00 PM	7:00 PM
7:15 AM	9:30 AM	11:00 AM	1:00 PM	2:45 PM	5:15 PM	7:15 PM
7:30 AM	9:45 AM	11:15 AM	1:15 PM	3:00 PM	5:30 PM	7:30 PM
7:45 AM	10:00 AM	11:30 AM	1:30 PM	3:15 PM	5:45 PM	7:45 PM
8:00 AM	10:15 AM	11:45 AM	1:45 PM	3:30 PM	6:00 PM	8:00 PM
8:15 AM	10:30 AM	12:00 PM	2:00 PM	3:45 PM	6:15 PM	8:15 PM
8:30 AM	10:45 AM	12:15 PM	2:15 PM	4:00 PM	6:30 PM	8:30 PM
8:45 AM	11:00 AM	12:30 PM	2:30 PM	4:15 PM	6:45 PM	8:45 PM







# THE COURSE



## THE COURSE

The first three miles of the route is a combination of paved and dirt roads leading out of Spring Valley. Runners will then quickly connect to the Black Canyon Trail single track just off Antelope Creek Road where you will remain on the BCT for the duration of the race.

The trail frequently switches between single track trail and jeep road, so keep an eye on these junction points. The trail generally heads south, but winds back and forth quite a bit. Please take care to follow the course markings as described below. There is a 0.9 mile out and back section going to the Black Canyon City aid station. You will be taking a left to head down to the aid station, turn around and then stay left again to continue southbound on the Black Canyon Trail. There are a few creek crossings on the route, the biggest being at Mile 34.

Depending on rainfall, the crossings may or may not have water in these areas. We've marked a route around to the right where you can rock hop across without getting your shoes wet if needed. For some runners, if you do find water along the course you may want to take a dip to cool off or at least wet your hat, shirt, bandana or head wrap. Keeping wet is the best way to avoid heat illness in the desert.

Do not let the elevation profile mislead you. The first 20 miles of this course is fun, fast, and downhill and many runners make the mistake of going out too fast and the rest of their race suffers. Save something for the final stretch after Black Canyon City. 100K runners will find the majority of climbing, steep descents, and rocky technical terrain in the final miles of the course! It's harder than you think!

## COURSE MARKINGS

The trail will be marked with orange ribbon with black polka-dots and orange pin flags.

Wrong ways will be marked with blue and white checkered ribbon.

Additionally, the Black Canyon National Recreation Trail has permanent trail signs installed that will also guide your course. Laminated signs will also indicate major junctions or turns along the course.

There are two checkpoints during the race that will divert from the Black Canyon Trail. Please take care to follow the course markings at these checkpoints.

The first deviation will be at Bumble Bee Ranch. Runners will leave the Black Canyon Trail to enter the aid station at Bumble Bee Ranch and will reconnect with the trail through the ranch.



There is also an out and back portion of the trail at Black Canyon City aid station; 100K runners, do not skip this out and back checkpoint.

## RACE STRATEGY

This is a net downhill course but it is anything but flat and easy especially in the second half of the race. Due to the fact that the first half of the race is relatively flat and downhill, it will be easy to go out too fast. Keep in mind that between miles 28 and 45 you will be crossing back and forth across the Black Canyon numerous times. Even after that, there are still some major climbs and technical downhill in the route. It is recommended to take it easy the first half of the race as the second half is significantly more challenging.





## NEED TO KNOW



### ROAD CROSSINGS

The Black Canyon Trail crosses back and forth with several county roads along the race course, many times directly at aid stations. We will be signing these crossings, but vehicle traffic is not required to stop. It is YOUR RESPONSIBILITY to look both ways before safely crossing any road along the course. Please be careful, as there could be a fair bit of jeep, truck and ATV traffic.

Major crossings to be especially watchful at will be at Antelope Mesa, Hidden Treasure, Bumble Bee Ranch, Gloriana, and Table Mesa.



### GATES

There are numerous gates along the course you will pass through during the race. We ask that you please close all gates behind you and keep cattle in their areas.

### SHOOTING RANGES

Make no mistake, this is the wild west. There are several shooting ranges located on BLM land near Bumble Bee and Table Mesa. You may hear guns firing for miles at Table Mesa--please note that while this recreational shooting may sound close, ranges are located/pointed away from the Black Canyon Trail.

### RUNNING IN THE DARK

Sunset is at 6:11 pm. If you plan on finishing in the 18-20 hour range, we recommend placing a flashlight or headlamp in your drop bag at Bumble Bee Ranch. If you plan on finishing in the 14-18 hour range, we recommend placing a flashlight or headlamp at the Black Canyon City Aid Station drop bag. If you plan on finishing in the 11-14 hour range, please have a light at Table Mesa. You may want to place one in multiple locations just in case.

### DROPPING FROM THE RACE

If you decide to drop from the race you must do so at an aid station. Please inform the aid station captain. They must record your bib number and that you are dropped from the race. **DO NOT WALK OFF COURSE!** Due to the remote nature of this race, we cannot guarantee a timely ride back to the finish line and you may have to wait until the aid station closes down if you drop at one of our more remote stations.

### WEATHER

Race morning will be cold with anticipated temperatures dipping into the 30s. Please prepare to dress in warm layers before your start. If you have a jacket or warm layers to discard before your start, you may place the items in a warm-up bag and drop it at the start. We will shuttle these bags to the finish for you.

Please be sure to check the weather prior to race day. It is not uncommon to see cold mornings, afternoon heat, a surprise chance of thunderstorms and/or snow during this time of year.

### MEDICAL



Our Medical Team is run by MedStar Solutions. If you encounter an emergency on the trail or any medical question, please call the phone number **480-269-4169** (please call this number instead of 911 for medical emergencies during the event). This number is also printed on your bibs. It would be helpful to program this number into your phone before race day.

IN CASE OF AN EMERGENCY

**PLEASE CALL  
480-269-4169**

**OUR MEDICAL PERSONNEL ARE  
ON STANDBY FOR THIS RACE AT  
ALL TIMES AND WILL RESPOND  
FASTER THAN LOCAL FIRE & PD.**

**DO NOT CALL 911**

We will have medical personnel stationed along the course and at major aid stations with the ability to dispatch along the course.





# RACE INFO



## DROP BAGS

Runners have the option to bring their drop bags to the drive thru packet pickup at Aravaipa Running HQ or race morning.

Label each bag with the aid station name, your name, and bib number. Please limit the size of your drop bag. Any bag deemed unreasonably large (i.e. suitcase or large tote) will not be transported to the aid stations. Drop bag locations on course:

- o Bumble Bee Ranch
- o Black Canyon City/60K Finish
- o Table Mesa
- o Emery Henderson/100K Finish

All drop bags must be at the start before your wave to ensure prompt delivery to the remote aids. Our staff and volunteers will shuttle bags in rounds after each wave to ensure delivery to early aid stations.

## CREWS

There are no crews allowed within Yavapai County limits (50 miles). Crews are only allowed to see their runner at Table Mesa aid.

Crews are encouraged to utilize runner tracking to better anticipate arrival at Table Mesa. There is limited parking at this aid station -- do not arrive more than 30 minutes before your runner arrival.



## PACERS

Only 100K runners may pick up a pacer at Table Mesa (mile 51). There are no shuttles for pacers to or from Table Mesa. Please plan accordingly. All pacers must sign a pacer waiver and wear a 'pacer' bib on course.

## PACER RULES

- All race rules also apply to pacers
- Only one pacer per runner
- Pacers must be human and on foot (no pets and no bicycles)
- No muling or carrying runner gear or supplies

## RACE TIMING

We will be utilizing a chip 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.

For friends and family to follow along, have them visit [live.aravaiparunning.com](http://live.aravaiparunning.com) for live tracking of the event.

Click on the race name "Black Canyon," and search via bib number or name to see the latest update.

NOTE: Due to the remote nature of the course live tracking may experience delays.



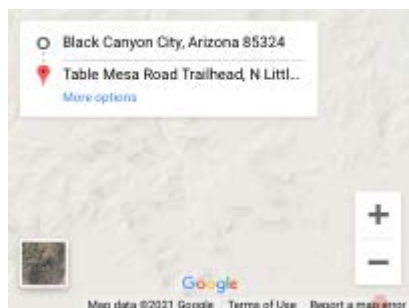




### CREWING AT TABLE MESA

Table Mesa is the only crew accessible aid station along the course for the 2021 Black Canyon Ultras (100K Only). This is mile 51 and may be accessed via the Little Grand Canyon county road (dirt road) by any passenger vehicle.

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



### 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 Table Mesa. Crews camping at Bumble Bee Ranch cannot crew their runner regardless of being on site.

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

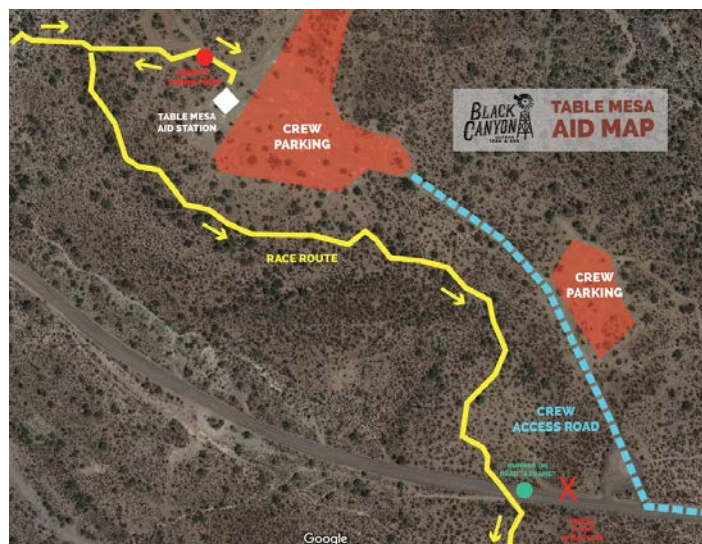
3. Please park in the designated parking areas for crew highlighted in the maps below for each aid station. Do not park in or alongside a road. This will keep the road open for traffic, emergency vehicles and provide a safe and visible crossing for runners.

4. SLOW down when approaching the aid station. Runners WILL be crossing the road at these junctions.

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. Do not arrive to crew more than 30 minutes before your runner. Live tracking is available to aid in estimated times. Parking is limited and open to the public. (Time table for estimated arrivals based on data from past events).

Wave Start	Crew Arrival @ Table Mesa
7:00AM	12:30PM
7:15AM	1:15PM
7:30AM	2:45PM
7:45AM	3:30PM
8:00AM	4:30PM
8:15AM	5:00PM
8:30AM	5:30PM
8:45AM	6:15PM
9:00AM	6:45PM
9:15AM	7:15PM
9:30AM	8:00PM
9:45AM	8:30PM
10:00AM	9:00PM
10:15AM	9:30PM
10:30AM	10:30PM
10:45AM	11:15PM



[HTTPS://LIVE.ARAVAIPARUNNING.COM/#/](https://live.aravaiparunning.com/#/)





# RACE INFO



## AID STATIONS

Nine aid stations spaced 5-9 miles apart along the course will support runners during their race. GU Energy will be providing GU Roctane and an assortment of GU Energy Gels at all aids stations. Gatorade and S! Caps will also be available.

Many food items will be prepackaged or prepared in single serve portions to avoid touch points and cross contamination. Food provided will include fruit, sweet snacks, salty snacks, chips, soda, potatoes, bean burritos, PB&J, and soup. Additional meals including sandwiches will also be available at the main aid stations.

We do our best to have nutrition available to all dietary needs including gluten free and vegan options. If you have specific nutrition or hydration needs, you

may supplement your aid by utilizing our three drop bag locations at Bumble Bee, Black Canyon City and Table Mesa.

All runners are asked to please wear a face covering while coming into the aid stations. Please allow our volunteers to serve you. Volunteers will wear masks and gloves throughout the race as they help runners this year.

AID STATION	SEGMENT	MILE	CREW/DROP BAGS
Antelope Mesa	7.7 Miles	Mile 7.7	No Crew/No Drop Bag
Hidden Treasure	5.2 Miles	Mile 12.9	No Crew/No Drop Bag
Bumble Bee Ranch	6.5 Miles	Mile 19.4	No Crew/Drop Bag
Gloriana Mine	4.6 Miles	Mile 24.0	No Crew/No Drop Bag
Soap Creek	7.5 Miles	Mile 31.2	No Crew/No Drop Bag
Black Canyon City	6.2 Miles	Mile 37.4	No Crew/Drop Bag
Cottonwood Gulch	8.8 Miles	Mile 46.2	No Crew/No Drop Bag
Table Mesa	4.7 Miles	Mile 50.9	Crew/Drop Bag
Doe Spring	7.7 Miles	Mile 58.6	No Crew/No Drop Bag
Emery Henderson	3.6 Miles	Mile 62.2	No Crew/Drop Bag/Finish



## AID STATION HELPERS

We cannot produce these trail runs without the help of our amazing volunteer team. Please be gracious and remember to thank your volunteers for supporting your race.

If you would like to join our volunteer team, we are looking for help with event setup, aid station captains, aid station helpers, timing,

photography, videography, social media and event breakdown. Volunteer perks include a piece of Aravaipa merchandise or race goody and Aravaipa race credits. For the 2021 race as there are no crews allowed along the course, volunteering can be a great way to see your runner during the race.

Volunteer opportunities can be found on our main website.





# SHUTTLE INFO



**PARK AT ANTHEM:** [Click for directions](#)

## START LINE SHUTTLE

Runners taking advantage of the shuttle from the Outlets at Anthem to Mayer High School, please park in the SW corner of the Outlets (shown on map). Please **ONLY** park in the southwest parking lot (right behind the Chevron gas station).

A bus schedule for your wave is provided below.

We are grateful to have Deer Valley Unified School District provide transportation for our runners this year. Per DVUSD all runners will be given a KN95 mask to wear at all times while on board the bus.

The bus will start a schedule of rounds that coordinate with your wave. This begins at 6:00 AM. A shuttle schedule is provided below. Please do not miss your shuttle! If you miss the shuttle, you will need to drive up to the start yourself.

There is no parking at the high school. There are no shuttles returning to Mayer High School from the finish line at Emery Henderson. Please plan accordingly.

## 60K SHUTTLE SUNDAY

All 60K runners please park at Rock Springs Cafe in the morning and take the shuttle bus to the start at Mayer High School. Once you finish, you will be at your car.



## SHUTTLE BUS SCHEDULE

SATURDAY					
		Leave's Anthem	Arrival @ Mayer		
Wave 1	Bus 1	5:50 AM	6:30 AM	Wave 1	
Wave 2				Wave 2	
Wave 3	Bus 2	6:20 AM	7:05 AM	Wave 3	
Wave 4				Wave 4	
Wave 5	Bus 3	6:50 AM	7:30 AM	Wave 5	
Wave 6				Wave 6	
Wave 7	Bus 4	7:20 AM	8:05 AM	Wave 7	
Wave 8				Wave 8	
Wave 9	Bus 1	7:50 AM	8:30 AM	Wave 9	
Wave 10				Wave 10	
Wave 11	Bus 2	8:20 AM	9:05 AM	Wave 11	
Wave 12				Wave 12	
Wave 13	Bus 3	8:50 AM	9:30 AM	Wave 13	
Wave 14				Wave 14	
Wave 15	Bus 4	9:20 AM	10:05 AM	Wave 15	
SUNDAY					
		Leave Rock Springs	Arrival @ Mayer		
Wave 1	Bus 1	6:00 AM	6:25 AM	Wave 1	
Wave 2				Wave 2	
Wave 3	Bus 2	6:30 AM	6:55 AM	Wave 3	
Wave 4				Wave 4	
Wave 5	Bus 3	7:00 AM	7:25 AM	Wave 5	
Wave 6				Wave 6	
Wave 7	Bus 4	7:30 AM	7:55 AM	Wave 7	
Wave 8				Wave 8	

## FINISH LINE SHUTTLES

**NO PARKING** will be available at the 100K finish line at Emery Henderson or on New River Road. Shuttles are provided to all runners to return to the Outlets at Anthem. Crews may meet their runner in the designated parking area at the Outlets.

Shuttles to Anthem from the finish line are **FREE** for all runners and will operate for the duration of the event starting at 3:00 pm.

We encourage all 100K runners without crew to shuttle to the start and leave a vehicle at the Anthem Outlet Mall for convenience.

There are no return shuttles to Mayer High School or the Table Mesa Aid.





**THANK YOU**



**THE 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 promotes trail and ultra running events across Arizona, Colorado, and Utah. The production of the Black Canyon Ultras each year would not be possible without the help of dedicated 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.



The 2021 60K medals and 100K and 60K podium awards were designed & created by Aravaipa Artworx.

Visit them at the 60K finish line and customize your finish medal with your name and finish time!



**KEEPERS OF THE TRAIL**

The Black Canyon Trail Coalition was organized to promote and facilitate the creation and use of the Black Canyon Trail system.

The purpose is to enhance the quality of life for trail users by providing a world-class trail experience in a natural desert mountain setting.

The Coalition of equestrian, mountain bicycling, hiking and off-highway vehicle organizations work in cooperation with government agencies such as the Bureau of Land Management, the National Park Service and the National Forest Service to accomplish this mission.



The Coalition is an Arizona non-profit corporation with Federal 501(c)(3) tax-exempt status. Contributions to the Coalition are deductible from your Federal income tax return. Since the Coalition is an all-volunteer organization with no overhead expenses, 100% of all contributions are used for the construction, maintenance and promotion of the Black Canyon Trail system.



Please help us continue our work on this trail system by volunteering your time to help with construction and maintenance, or by sending your check or money order to:

**The Black Canyon Trail Coalition,  
P.O. Box 315  
Black Canyon City, Arizona 85324**

You will receive a tax deductible receipt.







**THANK YOU**



**TIME TO FLY™**



A BIG Thank You to our amazing supporting sponsors who help create an incredible race experience for all the participants of the Black Canyon Ultras.

**PRESENTED BY**



**EVERYONE IS AN ATHLETE**

We are so excited to welcome HOKA as the presenting sponsor of the 2021 Black Canyon Ultras!

HOKA inspires people to move and empowers all athletes to act fearlessly and creatively, to drive forward with purpose and passion. They believe everyone is an athlete and Aravaipa Running is thrilled to partner with a company that aims to provide access to running, walking, fitness and the outdoors for everyone.



**SUPPORTING SPONSORS**

**GU ENERGY**



GU FOR IT! Runners can enjoy a varied selection of GU gels and hydration at our aid stations along the course. Fuel your race with a mix of gels and Roctane Drink Mix provided by one our favorite partners - GU Energy!



**RA ADVENTURE**



Lighting the way with their adventure belts, Kogalla RA Adventure Light joins Aravaipa Running and the Black Canyon Ultras to illuminate runners on the brightest lights in running.

**WE LOVE SNB**



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!





**HOKA**®

**TIME TO FLY™**