

2019 RUNNER GUIDE

APRIL 13, 2019

PRESCOTT, ARIZONA

CHEERS TO YOUR ADVENTURE



WELCOME RUNNERS!



Welcome to the 4th annual Whiskey Basin Trail Runs presented by Salomon! We are so excited to host an amazing day at Watson Lake Park and on the beautiful high desert trails of Prescott, Arizona.

Please take time to look through this guide to learn more about the event and better prepare yourself for race day.

More information may be found on our website or you may email us with questions you are unable to answer from these resources:

info@arvaiparunning.com

Presented by



salomon

88KM | 60KM | 33KM | Half-Marathon | 10KM

Saturday April 13, 2019

Watson Lake Park

3101 Watson Lake Park | Prescott, AZ 86301



SCHEDULE OF EVENTS



Thursday, April 11th

Early Bird Bib Pickup

Hike Shack | 4:00-6:00pm | 104 N. Montezuma Prescott, AZ 86301

(928) 443-8565



Friday, April 12th

Bib Pickup

Watson Lake Park | 3:00-6:00pm

Saturday, April 13th

RACE DAY

4:30am - Bib pickup / Race day registration begins at Watson Lake Park

5:00am - 88K Race Start

5:33am - Begin Civil Twilight

5:58am - Sunrise

6:15am - 60K Shuttle Bus leaves Watson Lake

7:00am - 60K Start at Thumb Butte Day Use Recreation Area

7:15am - 33K Shuttle Bus leaves Watson Lake

8:00am - 33K Start at Goldwater

9:00am - Half-Marathon Start at Watson Lake

9:30am - 10K Start at Watson Lake

9:00pm - Overall cut-off at Watson Lake / Races End

10:00pm - Night out at Whiskey Row in downtown Prescott!



RACE RULES



Littering is Strictly Prohibited (this includes organic waste, i.e. banana/orange peels and toilet paper). This is grounds for disqualification.



NO pets are allowed on course with runners.



Runners must complete the course as marked. Deviating from or cutting the course results in disqualification.



NO outside aid may be provided to runners along the course including muling by pacers and aid from crew outside crew-permitted areas. This is grounds for disqualification.



Cutoffs will be enforced based on gun time. All results posted will also be based on gun time.



Trekking poles are allowed for all races on the Prescott Circle Trail.



Music/Headphones are allowed on course. However, if you choose to use headphones please be respectful of runners behind you attempting to pass. Remove earbuds as you approach aid stations. Do not listen to music without headphones.



Please be respectful of all volunteers, race staff, public trail users, and forest service personnel.

CUPLESS RACE & TERRA CYCLING

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, the 2019 Whiskey Basin Trail Runs will be a cupless event.

What does that mean? There will be no paper cups at the aid stations at this race. 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: Also new to this year we have paired with the Terracycle company to help collect and recycle gu packets, energy bar wrappers, and other generally non-recyclable materials that we find every day in the running community. Look for our terracycle containers at each aid station.

"LNT"

This race is permitted by multiple land agencies. Please allow this event to continue for many more years by carrying your trash to the next aid station. Leave no trace. There will portable toilets along the way at three designated Aid Stations: Goldwater Aid, Copper Basin, and Iron Springs. We will also have portable restrooms at the start/finish next to the park facilities at Watson Lake.

NEED TO KNOW



THE COURSE

The 88K race course is a point to point endurance foot race along Prescott Circle Trail in Prescott, Arizona, featuring a perfect mix of desert trails, pines and juniper and will take runners completely around the City of Prescott. The course will be well marked with orange plastic ribbons with black polka dots and trail junctions and turns will be marked with colored laminated signs. Please pay attention to these signs at each junction as there are multiple race distances and race courses!

In addition, blue and white checkerboard plastic flagging will be hung to designate non-race or "WRONG WAY" trails. We will be marking the course Thursday before the race; while we hope that course vandalism is not an issue, please familiarize yourself with the circle trail logo that permanently marks the trail. We also recommend carrying a course map. All runners are responsible for understanding the layout of the course. Please note there have been changes to the Prescott Circle Trail since 2017—the new Badger mountain bypass will now replace the Turley/Boyscout trail. Follow the marked course.

Shorter point to point options, the 60K and 33K, will also follow segments of the Prescott Circle Trail starting from

The 10K and new 1/2 marathon courses will also start and finish at Watson Lake Park. With a mix of fast single track, technical slickrock, and steep scrambles, don't expect the same easy 10K like years before. This adventure will keep you on your toes, take your breath away, and capture your heart as you circumnavigate around Watson Lake!

Our courses can now be accessed on TrailRunProject and CalTopo. Find detailed GPS/GPX information, elevations profiles, photos, and more on all the Whiskey Basin runs! Click each distance below for your maps or visit our website for updated links on all distances.

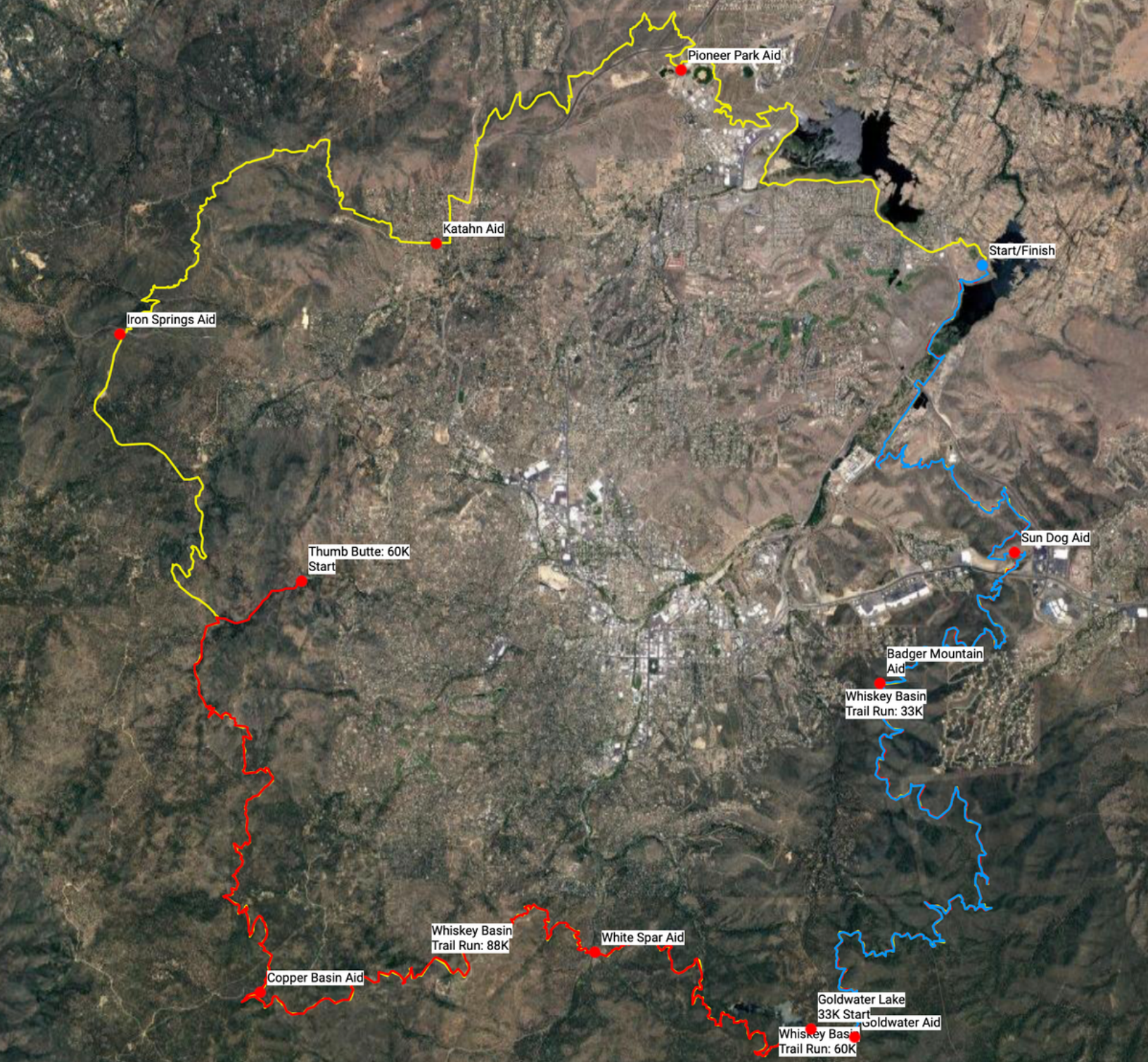


**FULL PRESCOTT
CIRCLE TRAIL MAP**

88KM 60KM

33KM

HALF 10KM



88K: Yellow, Red, Blue

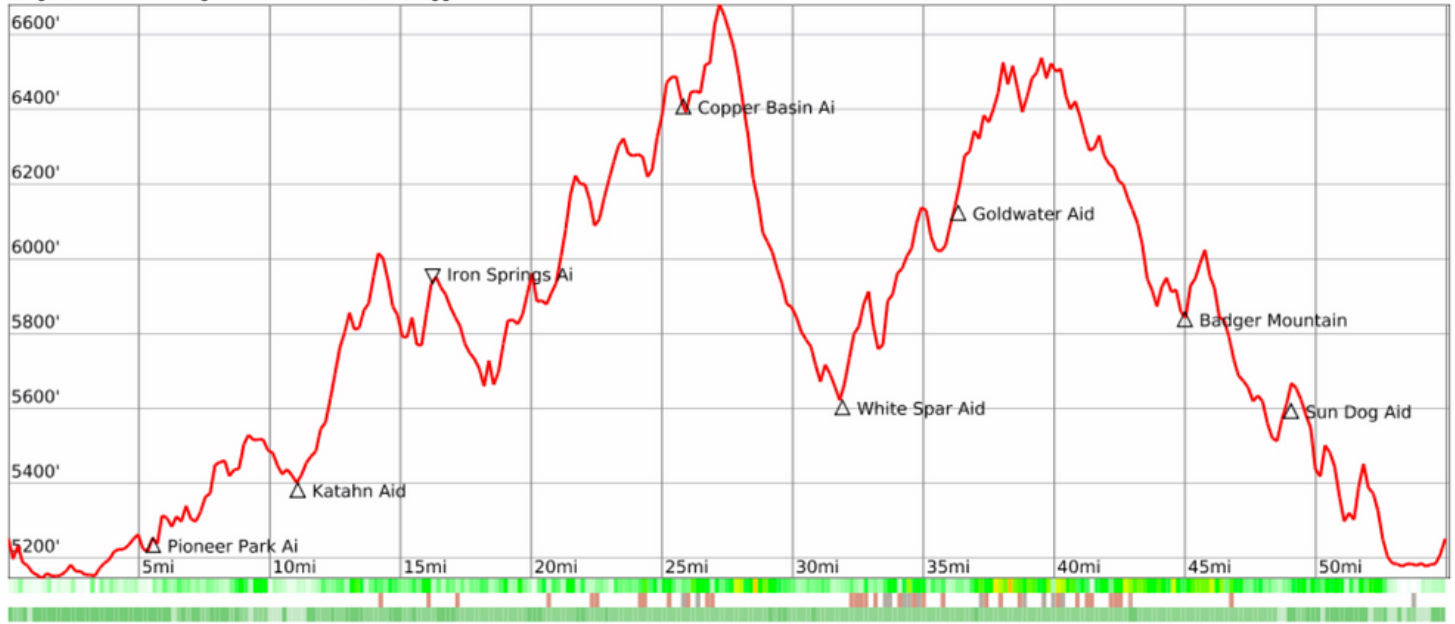
60K: Red, Blue

33K: Blue



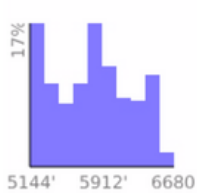
Whiskey Basin Trail Run: 88K

range 5144' to 6680' gain 5417' loss 5417' exaggeration 75.8x



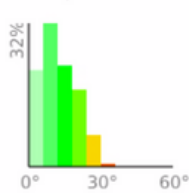
Slope Angle (top), Land Cover (middle), Tree Cover (bottom)

Elevation



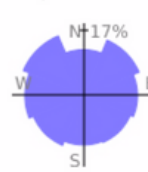
Min 5144'
Avg 5805'
Max 6680'
Delta 1536'

Slope

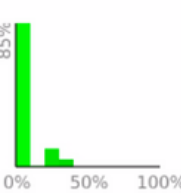


Min 0°
Avg 12°
Max 31°

Aspect



Tree Cover



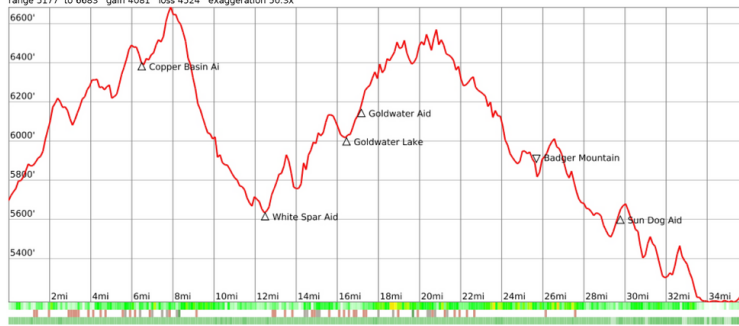
Land Cover

Forest 64%
Shrub 29%
Developed 7%

Aid Station	Segment	Total	Cutoff Times	Notes
Start: Watson Lake	0	0		88KM
Pioneer Aid	5.7	5.7		Crew
Katahn Aid	5.5	11.2		
Iron Springs Aid	5.2	16.4	10:00 AM	Drop Bag/No Crew
Copper Basin Aid	9.4	25.8	12:30 PM	Drop Bag/No Crew
White Spar Aid	6.1	31.9	2:15 PM	
Goldwater Aid	4.5	36.4	4:00 PM	Drop Bag/Crew
Badger Mountain Aid	8.9	45.3	6:30 PM	
Sundog Aid	3.8	49.1	7:30 PM	Drop Bag/No Crew
Finish: Watson Lake	6	55.1		

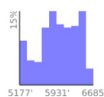
Whiskey Basin Trail Run: 60K

range 5177' to 6683' gain 4081' loss 4524' exaggeration 50.3x



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

Elevation



Min 5177'
Avg 5971'
Max 6685'
Delta 1507'

Slope



Min 0°
Avg 14°
Max 30°

Aspect



Tree Cover



Forest 81%
Shrub 16%
Developed 3%

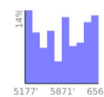
Whiskey Basin Trail Run: 33K

range 5174' to 6562' gain 1939' loss 2690' exaggeration 29.9x



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

Elevation



Min 5177'
Avg 5873'
Max 6565'
Delta 1388'

Slope



Min 0°
Avg 16°
Max 37°

Aspect



Tree Cover



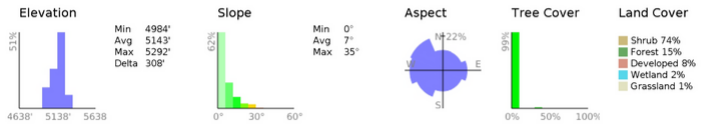
Forest 71%
Shrub 21%
Developed 8%

Whiskey Basin Half Marathon

range 4984' to 5289' gain 1122' loss 1125' exaggeration 89.0x



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



HALF MARATHON



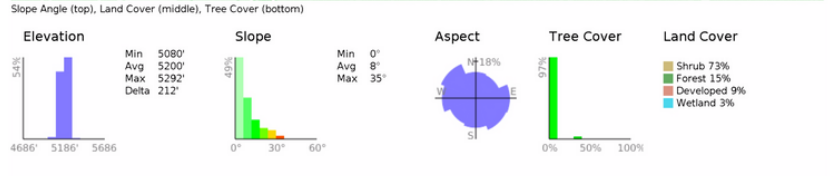
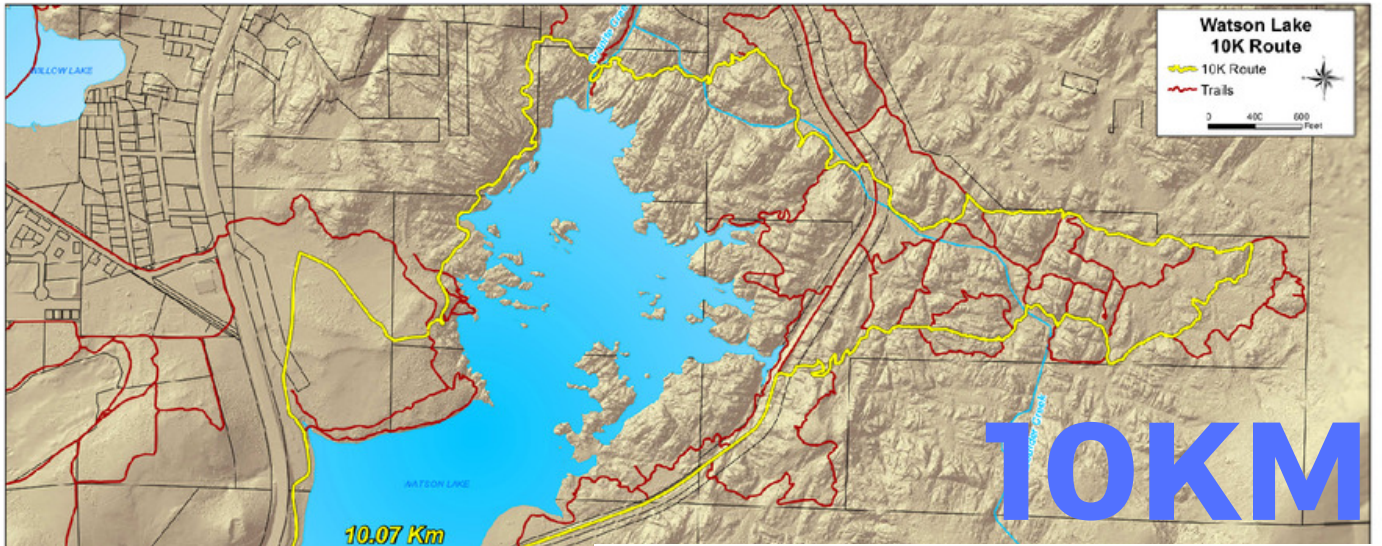
Whiskey Basin Half Marathon



Start/Finish

Aid Station





AID STATIONS & CUTOFFS



Aid Stations every 4 to 9 miles. Please plan to run with at least one bottle of water. The 10K and 1/2 Marathon courses will have two aid stations.

Most aid stations will be stocked with Gatorade, Soda, Water, Ice, salty and sweet snacks, peanut butter & jelly sandwiches, and more. Please pack any specific race nutrition you require with you or in your drop bag. Please note there is minimal aid at Badger Mountain (water and minimal nutrition).

We will be checking runners in and out of each aid station on the courses. Please keep your bib number clearly visible to our communications volunteers and aid station captains. 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 captains.

Aid Station	Segment	Total	Cutoff Times	Notes
Start: Watson Lake	0	0		10KM
Peavine Aid	4.6	4.6		
Finish: Watson Lake	1.6	6.2		
Start: Watson Lake	0	0		Half-Marathon
Peavine Aid	4.6	4.6		
Checkpoint/Turnaround	3.4	8		
Peavine Aid	3.4	11.4		
Finish: Watson Lake	1.6	13		
Start: Goldwater Lake	0	0		33KM
Goldwater Aid	0.6	0.6		
Badger Mountain Aid	8.9	9.5		
Sundog Aid	3.8	13.3		
Finish: Watson Lake	6	19.3		
Start: Thumb Butte Day Use	0	0		60KM
Copper Basin Aid	6.6	6.6	12:30 PM	
White Spar Aid	6.1	12.7	2:15 PM	
Goldwater Aid	4.5	17.2	4:00 PM	Drop Bag
Badger Mountain Aid	8.9	26.1	6:30 PM	
Sundog Aid	3.8	29.9	7:30 PM	Drop Bag
Finish: Watson Lake	6	35.9		

RUNNER TRACKING: <http://ultracast.tv>

Finish line results will be available race day on Aravaipa's website listed under "Live Tracking" on our results page (linked above). 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 have the Yavapai Amateur Radio Team out to ensure we are tracking runners for safety but times and locations of runners may not be available online at each checkpoint.

NEED TO KNOW



PARK ENTRY FEE

The park charges a \$3 park entry fee per vehicle. This fee is included in your registration this year so to accommodate a smooth entry by all runners on race day we will handle all parking permits for race day. You may pick up your park pass at packet pickup on Thursday or Friday at bib pickup. Saturday morning you may park your car get park pass at registration. The park will have car counters at the park so please make sure you have the pass displayed in your window. Carpool to save!

PARKING / START AREA / SHUTTLE

The finish line for all races and parking for shuttle buses will be at Watson Lake Park. 88K, 10K and 1/2 Marathon runners will also start and finish at Watson Lake Park.

For those running at the 60K or 33K, there will be a shuttle bus available at the start. We encourage ALL runners to park at the finish and shuttle in to the start. You may be dropped off by a crew member at the starts but vehicles are not allowed to be parked for the duration of the race at either Thumb Butte Day-Use area (60K start) or Goldwater Lake (33K start).

DROP BAGS

Drop bags will be allowed at: Iron Springs Aid | Copper Basin Aid | Goldwater Aid | Sundog Aid.

Label your bags! Please bring your drop bags to the start line on race morning with the aid station name, your name and bib number on them.

All DROP BAGS must be at the START at WATSON LAKE before the start of your race or before your shuttle bus leaves. 60K and 33K Runners: DO NOT take your bags on the bus!

PACERS / CREWS

Crews are welcome to support runners at the finish line, Pioneer Park and Goldwater Lake. Goldwater Lake has a \$2 parking charge and will require any crew to hike a 1/2 mile to meet runners at the aid station.

Pacers are allowed for the 88K only, starting at Goldwater Lake aid station (mile 35.5). Pacers will need to pay \$2 to park at Goldwater Lake and hike a 1/2 mile to meet their runner on the course.





NEED TO KNOW

DROPPING FROM THE RACE

If you are thinking of dropping, take a breath, embrace the suck, and keep going.

However, if you decide you do need to drop from the race, you must do so at an aid station. We need you to let the aid station captain and/or the radio communications volunteers (wearing a colored vest). They must record your bib number and that you are dropped from the race. We cannot guarantee a timely ride at all aid stations and depending on where you drop you will be taken to the finish line at Watson Lake Park.

MEDICAL

We will have medical personnel stationed at the start finish with the ability to dispatch to aid stations along the course. For anything requiring medical attention at an aid station with no medical personnel please inform the aid station captain or communications team so they can call for either the medical teams.

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
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

ROAD CROSSINGS

The Prescott Circle Trail crosses several county roads along the race course. 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 traffic along these roads. Major crossings to be especially watchful at will be at Iron Springs, Copper Basin, White Spar, Goldwater Aid (Senator Hwy).

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.

THANK YOU TO OUR SPONSORS



salomon

