



WELCOME RUNNERS

91KM | 58KM | 32KM Half-Marathon | 10KM

April 13, 2024 Watson Lake Park

3101 Watson Lake Park Prescott, AZ 86301

Welcome to the 9th annual Whiskey Basin Trail Runs! These endurance foot races will take place along the Prescott Circle Trail and Watson Lake Trails in beautiful Prescott, Arizona. Featuring a perfect mix of high desert trails, pines, and junipers this course takes you completely around the City of Prescott on some of their best trails all while never being more than a few miles from the heart of downtown and Whiskey Row. We are so excited to host an amazing week 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 local fare to better prepare yourself for race weekend!

Feel free to email us with questions you are unable to answer from these resources: info@arvaiparunning.com





START & FINISH LOCATION

The start line and finish line for all races will be at Watson Lake Park. All runners will park in the large field parking just past the entry gate and walk to the main Ramada/Starting Area.

Watson Lake 3101 Watson Lake Park Prescott, AZ 86301

PARKING

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 Friday at bib pickup. Saturday morning park your car and get park pass at registration. The park will have car counters so please make sure you have the pass displayed in your window. There will be plenty of parking for all attendees at Watson Lake Park to the right as you pass the entry gate.

Friday, April 12, 2024 BIB PICKUP

Watson Lake Park | 3:00-6:00pm Camping Check - In Watson Lake Park | 3:00 pm

Saturday, April 13, 2024 RACE DAY

4:00am - Bib pickup

5:00 am - 91K Start

5:23 am - Civil Twilight

5:48 am - Sunrise

6:15 am - 58K Shuttle Leaves Watson Lake

7:00 am - 58K Start at White Rock Trailhead

7:15 am - 32K Shuttle Leaves Watson Lake

8:00 am - 32K Start at Goldwater Lake

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

9:30 am - 10K Start at Watson Lake

7:05 pm - Sunset

10:00 pm - Overall Cut-off at Watson Lake/Race Ends





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. Additionally, you will be required to check in to all aid stations by prominently displaying your bib number for volunteers to record. If you drop from the race you must notify race management.

AID STATIONS

Aid stations every 4 to 10 miles including water, electrolyte drink, sweet snacks, salty snacks, and fruit. Please plan to run with at least one bottle of water. Please note, the aid station at Badger Mountain is remote and minimal aid including water and a few salty/sweet snacks will be hiked up by volunteers. Please prepare accordingly.

WEATHER

Keep an eye out on the weather forecast. It is usually windy at Watson Lake. Please be prepared for the unexpected by packing an extra layer. There are course is exposed in areas so sunscreen, hat, extra water are encouraged for warmer days.

RESTROOMS

We will have portable restrooms at most remote aid stations including Iron Springs, Copper Basin, White Spar and Goldwater Aid.

TRAIL RUNNING & TRASH

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

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.

IN CASE OF AN EMERGENCY

PLEASE CALL 480-269-4126

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

DO NOT CALL 911

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 480-269-4126 (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.







THE BASICS

- Littering is Strictly Prohibited (this includes organic waste, i.e. banana peels, orange peels, 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. There are no crew permitted areas for the 2020 race. Outside aid 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.

- 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

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 Whiskey Basin Trail Runs is a cupless event. Runners will be responsible for carrying their own container to refill along the way. Reusable cups may be purchased with registration or on race day OR we encourage you to bring your own.

TERRA CYCLING

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.

LEAVE NO TRACE

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.



THE COURSE

The 91K 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.

COURSE MARKINGS

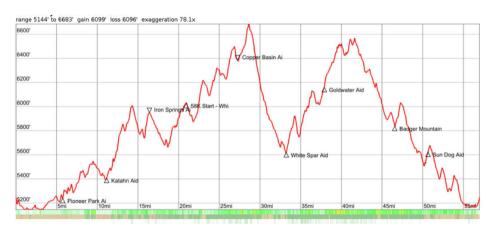
The course will be well marked with orange plastic ribbons with black polka dots and trail junctions and turns will be marked with colored laminated signs. Please pay attention to these signs at each junction as there are multiple race distances and race courses.

In addition, blue and white checkerboard plastic flagging will be hung to designate nonrace 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 every year since 2017—the new Badger mountain bypass now replaces the Turley/Boyscout trail. Follow the marked course.

Our courses can now be accessed on <u>CalTopo</u>. Find detailed GPS/GPX information on our website.

ELEVATION PROFILE



AID STATION & CUTOFF TIMES

Aid Station	Segment	Total	Cutoff Times	Notes
Start: Watson Lake	0	0		91KM
Pioneer Aid	5.7	5.7		Crew
Katahn Aid	5.8	11.5		
Iron Springs Aid	4.9	16.4	10:00 AM	
Copper Basin Aid	10.8	27.2	12:30 PM	Drop Bag
White Spar Aid	5.6	32.8	2:30 PM	
Goldwater Aid	4.6	37.4	4:00 PM	Crew/Pacer/Drop Bag
Badger Mountain Aid	8.8	46.2	6:30 PM	
Sundog Aid	4.1	50.3	7:45 PM	
Finish: Watson Lake	6.5	56.8	10:00 PM	Crew





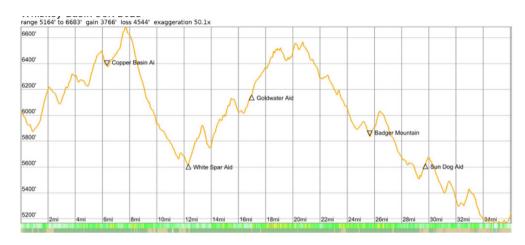
Shorter point to point options, the 58K and 32K*, will also follow segments of the Prescott Circle Trail starting from White Rock Trail Head (58K) and Goldwater Lake (32K).

The finish line for all races and parking for shuttle buses will be at Watson Lake Park.

For those running at the 58K or 32K, there will be a shuttle bus available at the start. All runners in the 58K and 32K are required to park at the finish (Watson Lake) and shuttle to the start. Buses are scheduled to leave on time so please plan accordingly.

*Distances may vary slightly each year due to ongoing updates maintenance on the Prescott Circle Trail.

58K ELEVATION PROFILE



AID STATION & CUTOFF TIMES

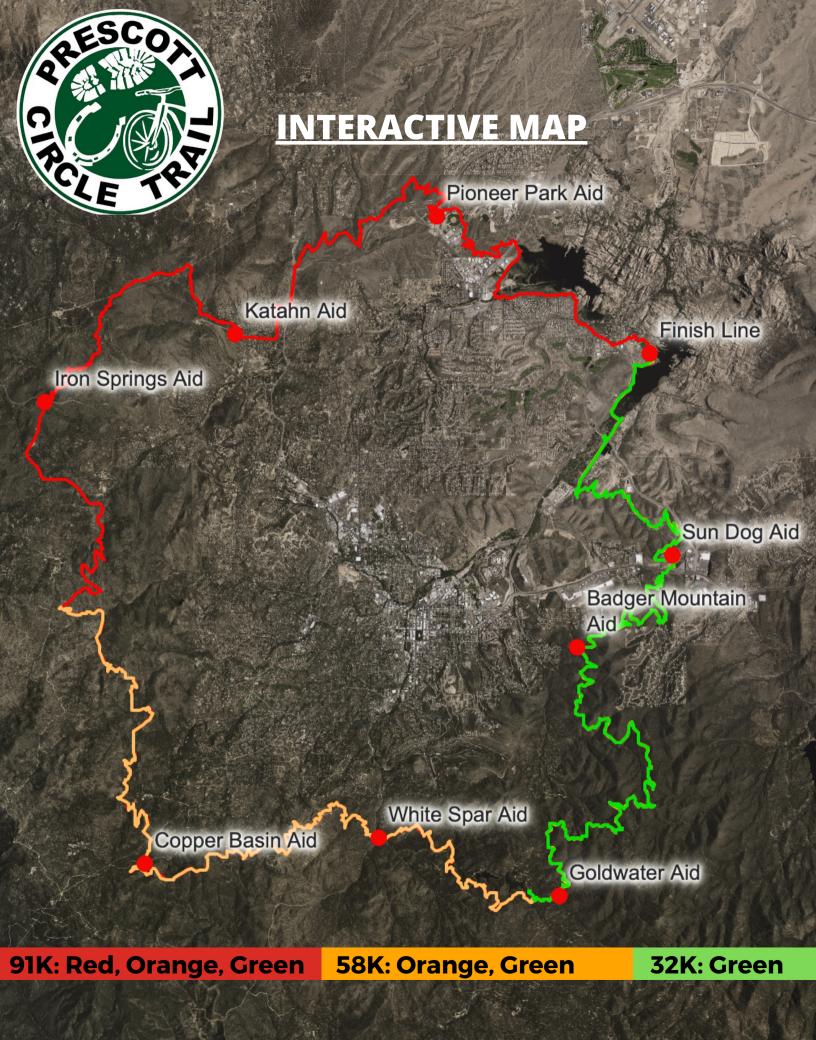
Aid Station	Segment	Total	Cutoff Times	Notes
Start: White Rock Trail Head	0	0		58K
Copper Basin Aid	6.7	6.7	12:30 PM	
White Spar Aid	5.6	12.3	2:15 PM	
Goldwater Aid	4.6	16.9	4:00 PM	
Badger Mountain Aid	8.8	25.7	6:30 PM	
Sundog Aid	4.1	29.8	7:45 PM	
Finish: Watson Lake	6.5	36.3		

32K ELEVATION PROFILE



AID STATION & CUTOFF TIMES

Aid Station	Segment	Total	Cutoff Times	Notes
Start: Goldwater Lake	0	0		32KM
Goldwater Aid	0.6	0.6		
Badger Mountain Aid	8.8	9.4		
Sundog Aid	4.1	13.5		
Finish: Watson Lake	6.5	20		





DROP BAGS

Drop bags are only allowed for the 91K at: Copper Basin Aid (Mile 27.2), Goldwater Aid (Mile 37.4) and Watson Lake (finish).

Please bring your drop bags to the start line on race morning with and label each bag detailing:

- · Aid station name
- Runner Name
- Bib Number

All DROP BAGS must be at the START at WATSON LAKE before the start of your race.

CREWS

Crews are welcome to support runners of the 91K at the finish line, Pioneer Park and Goldwater Lake. Goldwater Lake has a \$2 parking charge and will require any crew to hike a ½ mile to meet runners at the aid station.

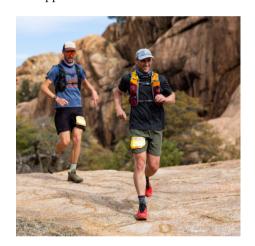
PACERS

Pacers are allowed for the 91K only starting at Goldwater Lake aid station. Pacers will need to pay \$2 to park at Goldwater Lake and hike a 1/2 mile to meet their runner on the course at the 396 Trailhead.

Please slow down when approaching the aid station at Goldwater if headed northbound to Goldwater Lake for parking (5 MPH). Runners WILL be crossing the road. Please be aware when you see special event & caution signage on the roadway and follow direction from traffic control and Yavapai County Sherriff deputies.

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



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 Prescott Circle Trail. We ask that runners please close all gates behind you.



DROPPING FROM THE RACE

If you are thinking of dropping, take a breath, remember to enjoy the process, and keep going.

If you still decide you do need to drop from the race, you must do so at an aid station. Be sure to inform the aid station captain at that aid. 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.





THE COURSES

A mix of fast single track, technical granite rock, and steep scrambles. From Watson Lake runners head out on lake trails to connect to the Peavine Trail. From the Peavine a sharp junction to the right leads into the newer Storm Trails that weave in and out of the Granite Dells. After running the perimeter of the Storm trails, runners reconnect to the Peavine and first aid station. Then fast and flat out and back to the Aqueduct Checkpoint. Return to Peavine aid before a final scramble down to the dam and up to the finish.

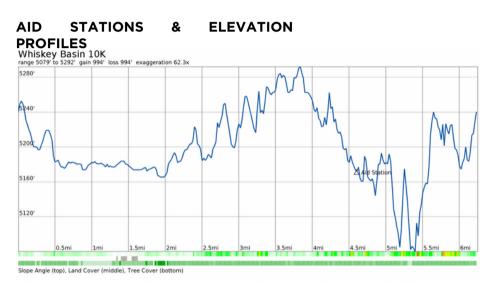
The 10K course runners will complete this same course without the out and back to the Aqueduct Aid.

COURSE MARKINGS

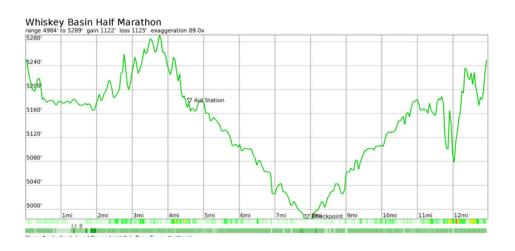
The course will be well marked with orange plastic ribbons with black polka dots and trail junctions and turns will be marked with colored laminated signs. Please pay attention to these signs at each junction as there are multiple race distances and race courses. The signs will have YOUR distance on it.

Running through the Granite Dells runners will look for white blazes (white dots) to help lead the way between the orange flagging.

Blue and white checkerboard plastic flagging will be hung to designate non-race or "WRONG WAY" trails. Please familiarize yourself with the layout of the course.

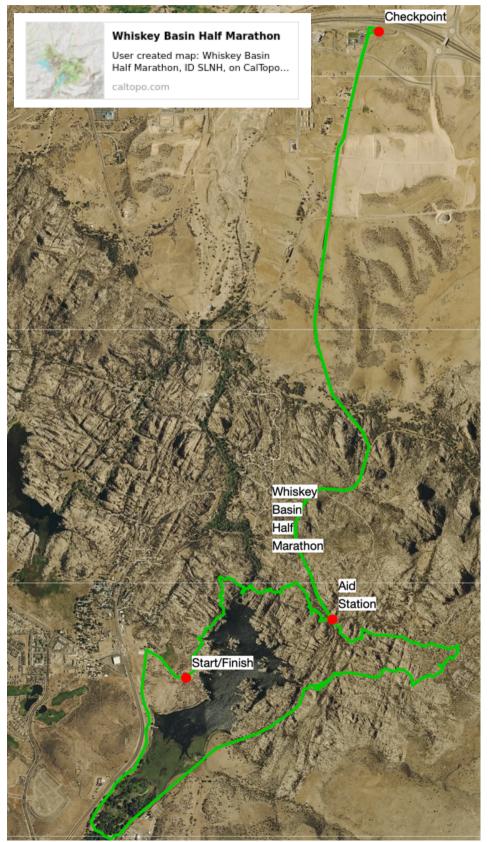


Aid Station	Segment	Total	Cutoff (from starting wave time)	Notes
Start: Watson Lake	0	0		10KM
Peavine Aid	4.6	4.6		
Finish: Watson Lake	1.6	6.2		
Start: Watson Lake	0	0		Half-Marathon
Peavine Aid	4.6	4.6		
Aquaduct Checkpoint	3.4	8		Turnaround!
Peavine Aid	3.4	11.4		
Finish: Watson Lake	1.6	13		





COURSE MAP HALF-MARATHON























CITY OF PRESCOTT



DINING

Historic Palace Saloon & Restaurant

120 S Montezuma Street Prescott, AZ 928.541.1996

whiskeyrowpalace.com

Arizona's oldest saloon



Prescott Brewing Company

130 W Gurley St. Suite A Prescott, AZ 928.771.2795

prescottbrewingcompany.com

Cheers to your run!

Raven's Cafe

142 N Cortez Street Prescott, AZ 928.717.0009

ravencafe.com

Vegan, vegetarian, & gluten free options plus craft beer

El Gato Azul

316 W Goodwin Street Prescott, AZ 928.445.1070 <u>elgatoazulprescott.com</u> Tapas cafe: RD's Favorite

Tara Thai

115 S. Cortez St. Prescott, AZ 928.772.3249

tarathaiprescott.com

Rosa's Pizzeria

330 W Gurley Street Prescott, AZ 928.445.7400 rosaspizzeria.com



LODGING

Grand Highland Hotel

Stay downtown on Whiskey Row

154 S Montezuma Prescott, AZ 928.776.9963 grandhighlandhotel.com

Pescott Pines Inn

Bed & Breakfast in the pines

901 White Spar Rd Prescott, AZ 928.445.7270 prescottpinesinn.com

The Motor Lodge

Comfy & unique stay downtown

503 S Montezuma St Prescott, AZ 928.756.0017 <u>themotorlodge.com</u>

THINGS TO DO

Thumb Butte Distillery Tour & Tasting

Each tour includes a flight of 2 gins, 2 vodkas, and 2 whiskeys produced and bottled in Prescott Arizona.

400 N Washington Ave. Prescott, AZ 928.443.8498



Walk Down Whiskey Row

Whiskey Row is full of some of Prescott's oldest history. Visit some of these historic saloons plus art galleries and local shops!

ADVENTURE IN ARIZONA

The Grand Canyon | 2 hr via AZ-89N

Sedona | 1 hr 15 min via I-17 N Red rocks and trails abound

Jerome | 1 hr via AZ-89N Ghost town with fun shops, art, and restaurants



CAMP AT WATSON LAKE PARK

We are excited to offer camping options at Watson Lake for the Whiskey Basin Trail Runs. Watson Lake Park has some amazing amenities which should make for a really great weekend including:

- Two boat launches
- Picnic ramadas
- Restrooms
- Showers for campers
- Horseshoe pits
- Barbecue grills
- Playground equipment
- Frisbee golf course
- Picnic tables
- Fishing (license required)

There are a total of 35 camping sites at Watson and will be on a first come first serve basis through the registration process.

The camping area opens Friday and we have reserved spaces for two nights through Sunday. A camping site consists of one RV and one tent or two camping tents and cost is \$35 for the weekend.

RESERVATIONS

Reservations can be made for race weekend through registration or via Ultrasignup - linked on Ultrasignup race page.

LOWER CAMPGROUNDS



UPPER CAMPGROUNDS







WHITE SPAR CAMPGROUND

Directly south of Prescott, off Highway 89, White Spar Campground is about 10 minutes from downtown and set at an elevation of approximately 5,600 feet. It offers nearby hiking and mountain biking trails in the Prescott National Forest. The picnic tables here look like tiny dollhouse furniture below the pine trees towering above. Sites are very large, and gray boulders dot the grounds. Many of the campsites look out to a tree-covered hillside. You'll find a variety of campsites big and small, some with paved parking pads, and others without. Facilities are limited to vault toilets.

White Spar is the mile 32 Aid Station for the 91KM and only a 15 minute drive to the start at Watson Lake.

RESERVATIONS

Reservations can be made online at RECREATION.GOV

LYNX CAMPGROUND

This beautiful campground on the east side of Prescott is just minutes from the city but feels like it's deep in a forest, far from civilization. The large pines trees are a welcome treat if you are coming from nearby lowland campground, located at an elevation of 5,600 feet, is set above Lynx Lake, a popular recreation area. Birds frequent the area, and a hiking trail rims the lake. Paths lead from some loops down to the shoreline. You'll also find mountain biking trails in the area. Campsites generally offer plenty of privacy and are spread out over seven loops. Tent sites are level, and all campsites are very well-kept, clean, and raked. Facilities include flush toilets, but no showers or hookups.

Lynx is only a 15 minute drive to Watson Lake/Race Start.

RESERVATIONS

Reservations can be made online at RECREATION.GOV



POINT OF ROCKS RV CAMPGROUND

Ideally situated right near beautiful Watson Lake, the Point of Rocks RV Campground has everything you need if you like to be close to the city but just far enough out to have amazing scenery and peace and quiet.



The park is actually located in the heart of the stunning Granite Dells, a unique rock formation that Prescott is famous for. Sites have all the amenities of a typical RV park, including 30/50 AMP service, Wi-Fi, water, sewer, and picnic tables, and can accommodate rigs up to 50 feet. If you like to hike, the trails of Watson Lake are a 10-minute walk away, and the Constellation Trails are only a short drive from here, and also worth investigating.

Prescott's tourist attractions and restaurants are a 10-minute drive away.

RESERVATIONS

Official site:

http://pointofrocksrvcampground.com/



The Prescott Circle Trail is a non-motorized trail that gives hikers, backpackers, horse riders, and mountain bikers a route through Prescott National Forest, City of Prescott, Yavapai County, and state lands. You will get views of Watson Lake, Willow Lake, and Goldwater Lake, cut through Granite Dells, and take in Granite Mountain and Thumb Butte.

Back in 1990, the <u>Yavapai Trails Association</u> initiated the idea of a non-motorized trail that would "circle" the city of Prescott. With many partners and volunteers, by late 2014, Prescott Circle Trail (PCT) was completed for the enjoyment of hikers, equestrians, and mountain bikers.

The topography of the trail ranges from 5140 to 6990 feet in elevation, and it passes many Prescott landmarks including Watson, Willow, and Goldwater Lakes; Thumb Butte, the mountain that towers over town, and Pioneer Park on the north side of town. There are three campsites along the trail, for those who are interested in camping along the way. The PCT is a beautiful trail that





The Whiskey Basin Trail Runs are organized by Aravaipa Running and permitted by the City of Prescott, Prescott National Forest, and Yavapai County.

Aravaipa Running is a locally owned, runner-driven organization that promotes trail and ultra running events across Arizona, Colorado, Utah, Nevada, and New Hampshire. The production of the Whiskey Basin each year would not be possible without the help of our staff and volunteers, including local police officers and 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.