



# **RUNNER GUIDE**



**DECEMBER 28, 2023 - JANUARY 3, 2024  
CAMELBACK RANCH | GLENDALE ARIZONA**

**[ARAVAIPARUNNING.COM/ACROSSTHEYARS/](https://aravaiparunning.com/acrosstheyears/) FOR MORE INFORMATION**





# ACROSS THE YEARS

## WELCOME

Aravaipa Running and the folks at Camelback Ranch are so excited for runners to return to Camelback Ranch for this year's Across the Years Multi-day celebration!

We return this year to six days of running events, inviting anyone and everyone to participate in the fixed-time fun!

Please read through this guide to help you prepare for your ATY experience and feel free to contact [info@aravaiparunning.com](mailto:info@aravaiparunning.com) with any questions you may have.

Whatever the new year may bring, we are so excited to kick it off in style with you all!



## QUICK LOOK

### RACE DATE

December 28, 2023 - January 3, 2024

### RACE LOCATION

Camelback Ranch - Glendale  
10710 West Camelback Rd.  
Phoenix, AZ 85037

### BIB PICKUP & RUNNER CHECK-IN

#### DECEMBER 27TH

2:00 PM - 6:00 PM

#### DECEMBER 28 - JANUARY 2

DAILY

7:00 AM - 12:00 PM



## THE ORGANIZATION

Across the Years is organized by Aravaipa Running and permitted by the Camelback Spring Training LLC.

Aravaipa Running is a runner-driven organization that promotes trail and ultra running events across Arizona, Colorado, Nevada, and Utah.

The production of Across the Years would not be possible without the help of dedicated staff and volunteers.







# RACE LOCATION



## CAMELBACK RANCH - GLENDALE

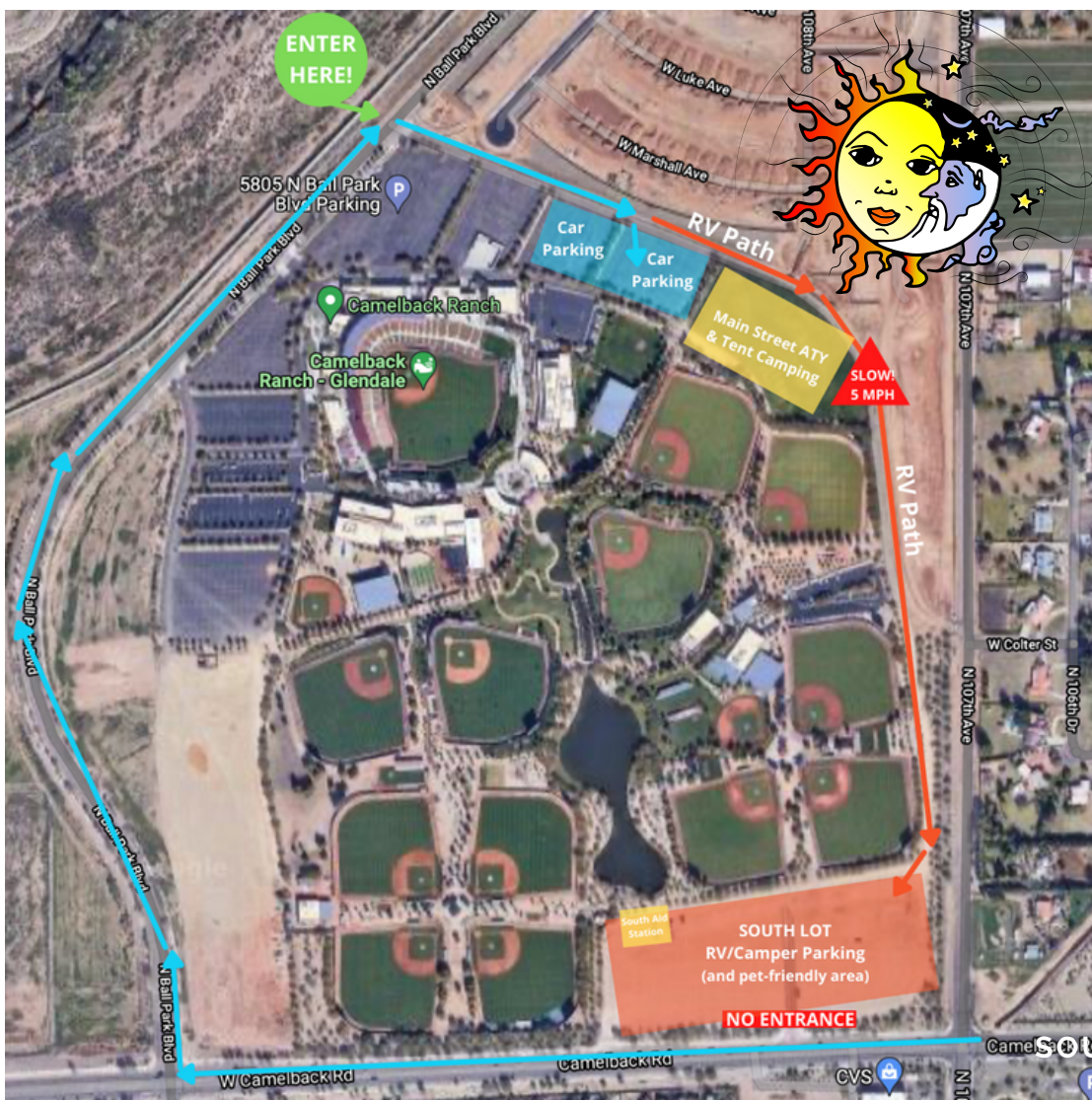
10710 West Camelback Rd.  
PHOENIX, AZ 85037

### PARKING

The parking entrance is located on the north side of the property on 111th Ave./Ballpark Blvd. north of Camelback Road. When you proceed north on 111th Ave./Ballpark Blvd. continue all the way around to the far north side of the property and follow the "Across The Years" signs to the parking area directly adjacent to the race start. Plan to give yourself enough time to park and set up your supplies. If you plan to set up in the south lot and arrive after the 28th, please drive carefully as you will be driving on the course with runners.

### SETUP

Runners are allowed to begin setting up their personal equipment on December 27th for all races. Runners may also set up cars and RVs on the south side of the course in the dirt parking lot at this time.



[DIRECTIONS TO THE ATY PARKING \(CLICK\)](#)





## EVENT SCHEDULE

### WEDNESDAY DECEMBER 27TH

- 2:00 PM South Lot at Camelback Opens to RV Campers
- 2:00 PM Camelback Ranch Open to Runners/Check-in begins
- 6:00 PM Check-in ends

### THURSDAY DECEMBER 28TH

- 7:00 AM Runner Check-In & Bib Pickup
- 8:45 AM Runner Brief: Welcome to ATY!
- 9:00 AM **Race Start: 6 Day, 72/48/24 Hour, 200 Mile, 100 Mile, Marathon Start**

### FRIDAY DECEMBER 29TH

- 7:00 AM Runner Check-In & Bib Pickup
- 8:45 AM Runner Brief
- 9:00 AM **Race Start: 72/48/24 Hour, 200 Mile, 100 Mile, Marathon Start**

### SATURDAY DECEMBER 30TH

- 7:00 AM Runner Check-In & Bib Pickup
- 8:45 AM Runner Brief
- 9:00 AM **Race Start: 72/48/24/12/6 Hour, 200 Mile, 100 Mile, Marathon Start**

### SUNDAY DECEMBER 31ST: NEW YEAR'S EVE

- 7:00 AM Runner Check-In & Bib Pickup
- 8:45 AM Runner Brief
- 9:00 AM **Race Start: 72/48/24/12/6 Hour, 100 Mile, Marathon Start**
- **Start 12:00PM Race Start: Last Person Standing Start**
- 6:00 PM Pizza at Main Street Aid Station
- 11:45 PM Runner's gather at startline for New Year's Celebration

### MONDAY JANUARY 1ST

- 12:00 AM New Year's Celebration & Champagne Toast
- 12:10 AM Walk Across the Years! Community Lap
- 7:00 AM Runner Check-In & Bib Pickup
- 8:45 AM Runner Brief
- 9:00 AM **Race Start: 48/24/12/6 Hour, 100 Mile, Marathon Start**

### TUESDAY JANUARY 2ND

- 7:00 AM Runner Check-In & Bib Pickup
- 8:45 AM Runner Brief: Welcome to ATY!
- 9:00 AM **Race Start: Final 24 Hour Start, Marathon Start**

### WEDNESDAY JANUARY 3RD

- 9:00 AM **6 Day Race Ends & all 72/48/24 Hour Races End**
- 11:00 AM Runner Banquet & Awards





## MAIN STREET

Along the main thoroughfare at ATY you will find a host of amenities for runners participating over the six day event. A good point of reference will be the Main Street Aid Station, where all food, drink and aid will be hosted under a large tent.

Next to Main Street Aid Station will be the medical tent, staffed by EMTs 24/7 for the duration of the event. Across from the medical tent find our ATY Store and Registration which will be the first stop at ATY for bib pickup and tent check-in.

Next to the store you will find a large heated tent we call Town Hall - a community tent to sit, rest, eat, and share throughout the event.

## TOWN HALL

Town Hall is a 20 foot by 30 foot warming tent available for runners on Main Street ATY. A chance to get out of the cold, it's a great place for runners to sit and rest a while, chat with their fellow runners, drink a hot cup of coffee, and charge their phones or music devices.

Town Hall will be situated across from Main Street Aid Station. There will be chairs and tables in this shared community space. Cots, sleeping bags, camping tents and camping gear are not allowed in this tent. Race officials reserve the right to remove these items if found.



An adjacent tent/separate room at Town Hall will be another 20 foot by 20 foot warmed napping area with cots. This is another shared community space and will serve runners on a first come first serve basis. The napping area will have a limited number of cots available for runners to get out of the cold and lay down to sleep for a few hours as needed.

Please observe the three hour maximum nap time so others may utilize the space. We ask that runners refrain from bringing any personal items inside the tent including luggage, camp gear, tents, and bedding. Runners may be allowed to utilize their sleeping bag or rent a sleeping bag from the store but we ask once the runner vacates their cot to remove their sleeping bag.

Race officials reserve the right to remove any personal items left behind. We ask also that runners please refrain from using the space as a changing area.

## SHOWERS

Shower facilities will be available from approximately 7:00 am to 12:00 pm each day. Showers are located a couple hundred meters west of the main start/finish area. Separate facilities for men and women will be used, and showers are community style. Showers will not be available at the race site outside of this time frame.

## PETS

Dogs are allowed in the south lot and must be on leash at all times. Dogs are not allowed in the interior of Camelback Ranch or on course.





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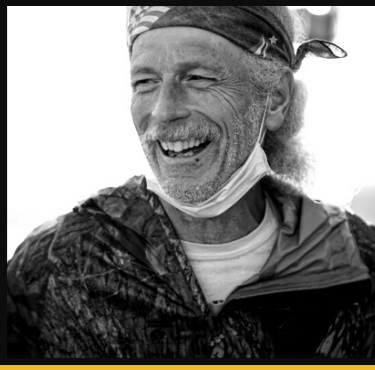
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# AID STATION

## MAIN AID

Our Main Street Aid Station will be operated 24/7 around the clock. We will be serving several meals throughout the morning, afternoon, and evening.



## EXPRESS WATER LINE

An express water-fill station will be located just outside the main aid station for participants who need to fill their water bottles and wish to avoid the possible congestion of the main aid tent. Please use this at your convenience.

## DIETARY OPTIONS

We do have vegan and vegetarian options for almost all meals, but it may not always be displayed. Please ask.

We also are sensitive to gluten free diets as well. Runners will need you to communicate with our aid station team any major allergy or dietary need and we will do our best to ensure a positive race experience.

The menu board at the main aid station is updated daily. We advise all runners to prepare supplemental foods or snacks for additional nutritional needs for restrictive diets.

## SOUTH LOT WATER STATION

In addition to our main aid station along the course, we will have a secondary water station at the half way point on the loop with just water. You are free to refill your water bottles or cups or leave a cup here to refill during the race.

To cut down on waste at ATY, we WILL NOT have cups at this water only aid station on the south lot, so please plan on carrying a bottle or reusable cup if you would like to refill here. Reusable cups are available for purchase at the store in the main staging area.





## PARKING PASS

In order to allow easy entry and exit from Camelback Ranch, each runner and spectator vehicle will need to have an Across the Years parking pass. Please pick up your parking pass at registration and place it on your dash for the duration of the race.

Parking passes are also available to print from a link in your runner email.

## STAGING AREA

The race staging area is a 170,000 square foot grassy field, where runners can set up tables, tents, and personal items for the race. It is a perfect area to sleep during the race.

An additional dirt lot on the south side of the course is available for runners to park their cars, trucks, campers, or RV's along the course for quick access during the race.

If you have reserved a tent, please check in to receive your camping tags at the registration tent.

## TIMING CHIPS & BIBS

Each participant will be issued a timing chip and bib; both should be worn at all times during your event. The timing transponder should be worn around your ankle at all times during your race. You must wear your chip in order to have your laps counted for the race. If you proceed to the track without a chip the timing system cannot count those missed laps.

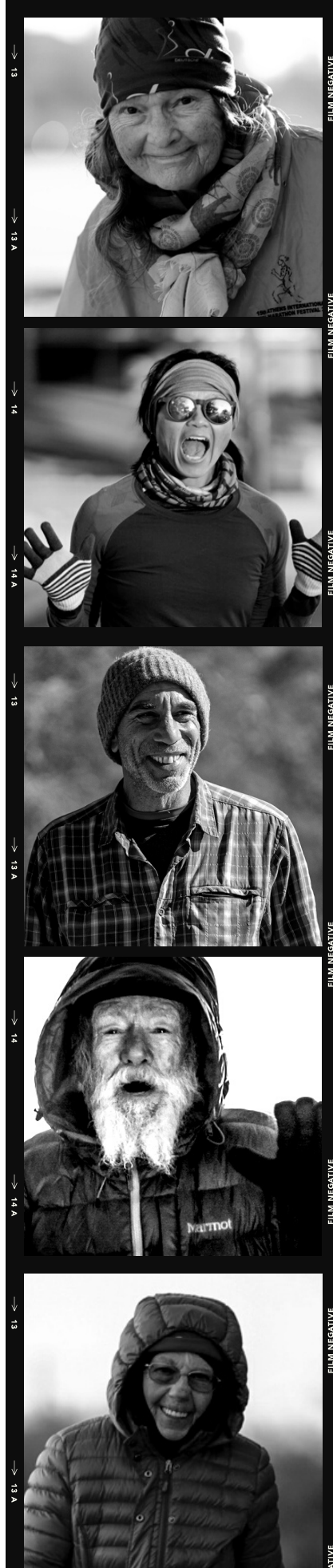
These timing chips are valued around \$135 and you will be responsible for that cost if you do not return your chip at the conclusion of your race. If you plan to stop early, please turn your chip into the timing tent to officially drop from the race.

A secondary timing system will be placed halfway around the track to verify laps completed. Up-to-date lap totals will be displayed instantaneously when runners cross the start line, and a leader board will be available with places and totals for all runners on a separate monitor. Additionally, updates will be broadcast to the race Web site every few seconds during the race. Invite your friends to watch your progress online during your run!

\*If you believe that you might set a state, national or international record, we ask that you please inform race management prior to the race and when you are nearing your mark.

## SWITCHING DIRECTIONS

At the start, you will begin circling the course. Thereafter, you will change direction every four hours (at 1:00 PM, 5:00 PM, etc.). You may leave the track at any time. When you return, resume travel at the same place you left and continue in the direction you were traveling before, even if others are traveling the opposite direction. When you pass the main timing point at the start line, continue in the same direction as the rest of the competitors. Please do not leave the track near the start line, to avoid the timing system picking up a false lap.







## GOOD TO KNOW

### GUEST BIBS

Camelback Ranch limits who can enter their gates to the interior of the complex only to those participants who are wearing official race bibs.

The "Guest Bib" will be available from 6:00 am until midnight each day and may be checked out by family and friends to do one (1) lap with their runner so they can see the interior of the complex. There will be a total of ten (10) Guest Bibs.

### OVERNIGHT GUEST BIBS

The "Night Bib" will be available from Midnight to 6:00 am each night which will also allow a spectator or guest to run or walk laps with a runner. There is no pre-determined limit on the number of laps between this time period, but we will limit the number of Night Bibs to 30. If there are other spectators waiting for a Night Bib we will ask someone to trade in their bib. These two bibs will be available for check-out at the timing tent at the start finish line and spectators must sign them out and check them back in. (The full guest lap & pacer policy can be found on the website). \*Per USATF and IAU regulations, runners attempting a record cannot have a guest accompany them at any time.

### MEDICAL

We will be joined again by MedStar Solutions. Their team of EMT's and paramedics will be available throughout the event in the first aid tent located next to the main aid station.

These trained professionals are experienced and familiar working endurance events.

If you experience any medical issues please visit the medical tent. In a case of emergency please phone the medical team directly: **480-269-4126**



Please DO NOT call 911. The MedStar staff will have advanced life support services on site and need only to be alerted to the situation.

In addition to providing life support services, they will be handling blister care during the event if you should need some assistance.







## COURSE

### **CAMELBACK RANCH INTERIOR TRACK**

The area inside of the Camelback Ranch gates will be reserved to participants in Across the Years only. Spectators, family, friends and crews stay outside of the gates at all times.

There will be a spectator tent near the start finish line and another in the south lot for friends and family to cheer and observe their runners.

### **NARROW SECTION**

There is one section of the course in the interior of the complex that winds around a small lake. This is the narrowest part of the course and something that has become quite congested during peak times of the day.

Please run or walk single file through this section unless passing. This will help keep the flow and allow all athletes a clear and easy path.

### **COURSE SUMMARY**

The race route is a USATF certified loop measuring 1.686218 kilometers and consisting of 85% dirt paths and 15% asphalt/concrete. The one mile track averages 10-20 feet in width, with a minimum width of 8 feet. Gaiters are recommended.

### **COURSE PREVIEW**

A video preview of the course can be found [HERE](#).







# CELEBRATE



## AWARDS

All runners will receive a glass mug finisher award (even if you leave your event early!). Runners achieving distance standards will additionally receive a belt buckle. For example, complete 100 miles and receive a 100 mile buckle; 200 miles will receive a 200 mile buckle, etc.

First place winners will receive a piece of art sculpted by ATY runner Burke Painter. The 2nd & 3rd place overall male & female in each race (fixed time and fixed distances) will also receive a custom award crafted and designed by Aravaipa Artworx.

As we have since 2004, ATY will continue to present progressive achievement awards to runners who have accumulated 1000, 2000, 3000, and 4,000 (+) miles total over all the ATY races in which they have participated.

Fixed-Distance and short timed runs will recognize podium winners shortly following the conclusion of these specific events:

- 100 Mile
- 12 Hour
- 6 Hour
- Last Person Standing

## AWARD BANQUET

An awards banquet will be held shortly following the end of the races at 11:00 am on January 3rd for 24/48/72 hour and 6-day events.

We share our stories and our personal wins and revelations with each other. Be there; we welcome everyone.

The banquet will be held in the main stadium grandstands (west of the runner area) by the North dugout with a catered meal for runners and crews. There is no fee and everyone is welcome!

Runners finishing on days prior to the scheduled ceremonies may pick up their finisher glass and buckle when they finish their race. All runners are encouraged to attend the awards ceremonies for the overall awards and recognition of each runner.

## QUESTIONS?

For more info please visit the [website](http://www.aravaiparunning.com) or email us at [info@aravaiparunning.com](mailto:info@aravaiparunning.com).

