

Flagstaff Crest

Section by Section Course Description



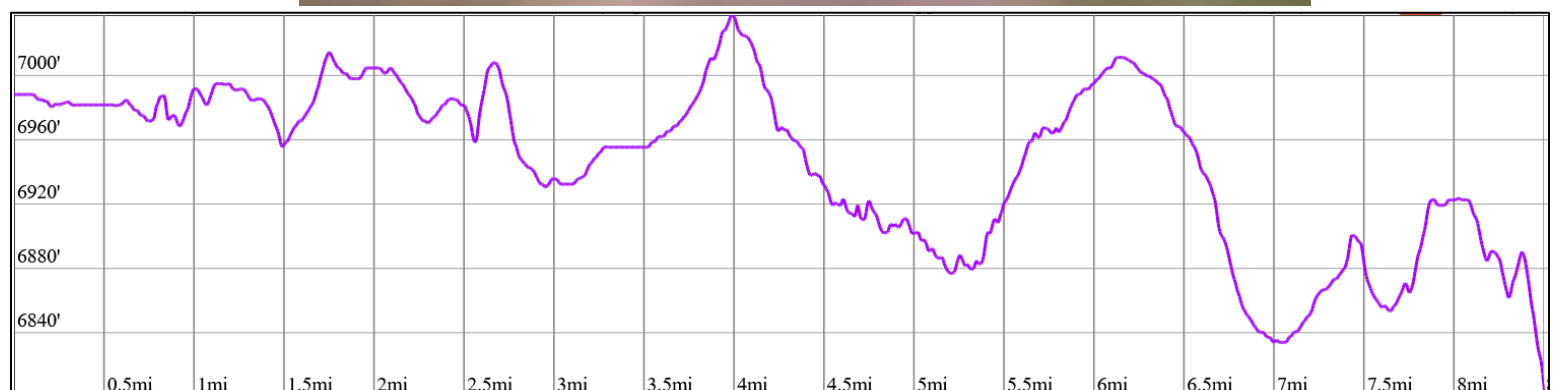
This document contains Section by Section descriptions for the Flagstaff Crest distance. See the website for Section by Section descriptions for the other distances.

Updated 4/3/25

This document will not be updated with course changes within 2 weeks of the event.

Start Line at Fort Tuthill (0.0) to Bow&Arrow Aid Station (9.2) (9.2 miles w/ +705' & -889')

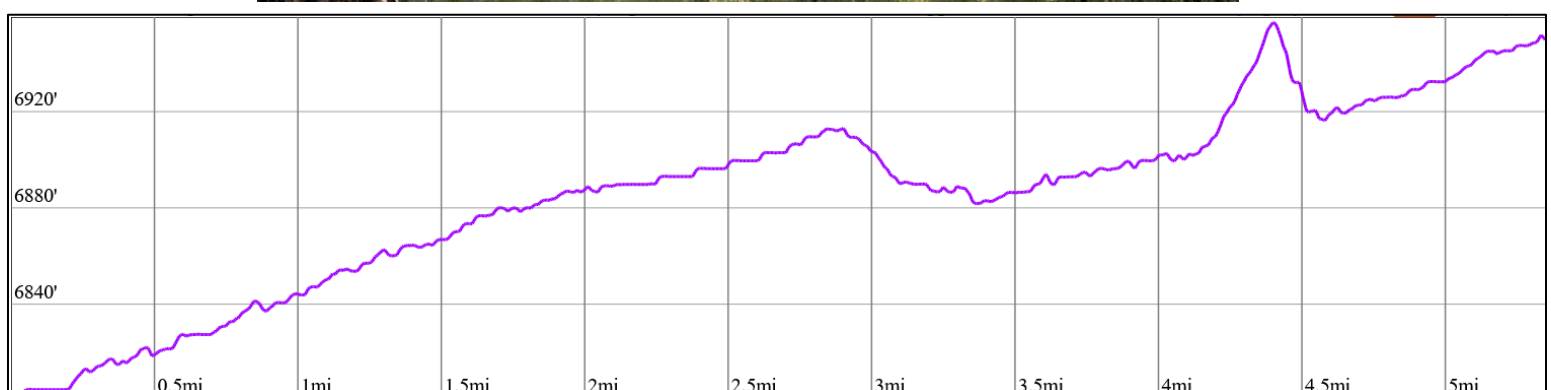
Start your race in the Quad of Fort Tuthill which is also an aid station for the 250 and 125 mile distances. Make a few turns to head northeast out of the park, and get on the Soldier Trail. A ¼ mile later, the 125 course stays straight but you and the 250 milers will take a right turn to go under I-17. Pay attention to the distances specific signage. After the underpass, turn left to climb out of the wash and cross Pulliam Rd, **watching for traffic**. The next 1.5 miles weave through a number of wide cinder running paths. Pay attention for numerous turns through this section as you work your way around the airport on the Flagstaff Loop Trail. Cross Lake Mary Road, again **looking for traffic**, and continue along YX Ranch Road for a ¼-mile before turning right onto the Flagstaff Loop Trail. A quick succession of turns (L, R, L) takes you into Skunk Canyon where the 250 course turns right to go into Walnut Canyon and your course takes a left to head up the storied Arizona Trail (The AZT spans 800 miles South-to-North across the entire state of Arizona from Mexico to Utah). Here the course rollercoasters up and down for a mile before dropping you to the banks of Rio de Flag as it's path leaves Flagstaff. A left turn onto the Bow and Arrow Trail brings you to the... you guessed it, Bow&Arrow Aid Station.



Bow&Arrow Aid Station (9.2) to Sinclair Wash Aid Station (14.7) (5.5 miles w/ +292' & -136')

Leave the aid station and continue up the Bow and Arrow trail as it gently climbs a shallow ravine. This section of the course is very beautiful, the trail is good quality buffed out single-track, and it is so quiet and peaceful. You'd never guess that flagstaff is just over the hill to your right. After a mile of single-track bliss, you pop out of the forest at the Lone Tree Road where you'll cross the street, turn right, and then look for an immediate left to get on a wide cinder path and continue southwest on the Bow and Arrow Trail. In ½ a mile, exit the cinder path and continue southwest on Zuni Drive all the way to Bow and Arrow Park where the road bends right but you'll continue straight, enter the park, and bear right onto a cute little single-track to cut through the park towards Lake Mary Road. Hang a right to join the wide paved running path along Lake Mary Road, pass under I-17, and turn left after crossing Beulah Blvd to get on the Sinclair Wash section of the FUTS trail. The (Flagstaff Urban Trail System) FUTS, is a network of over 50 miles of non-motorized trails through Flagstaff that connect different areas of town and the surrounding trailheads. If we haven't stated what a cool trail town Flagstaff is, please let us do so now.

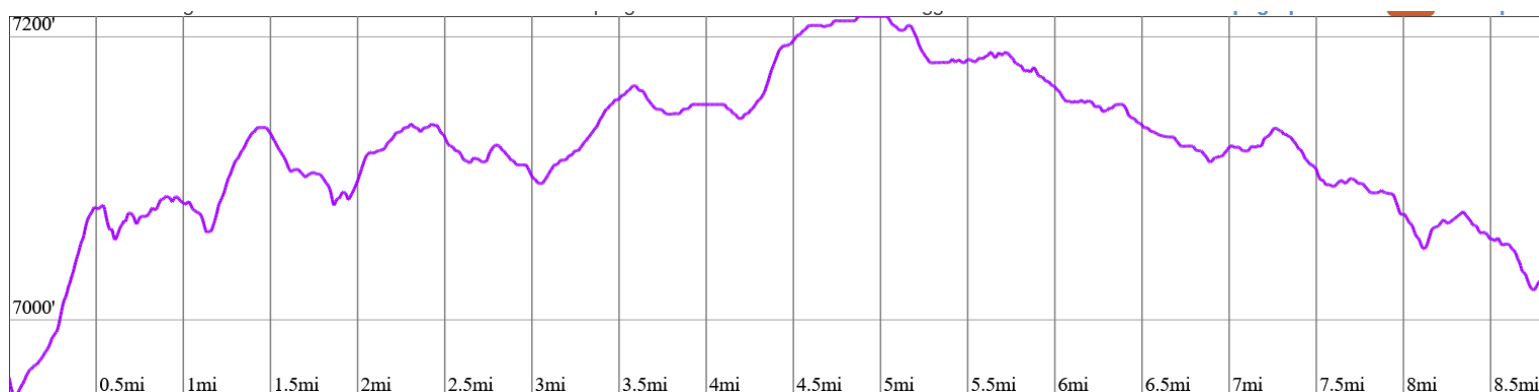
The Sinclair Wash trail starts out as a paved path, then quickly turns into a sweet section of urban forested single-track. The trail crosses a couple of dirt roads, turns to a wide cinder path, and pretty soon, you will roll up to the Sinclair Wash Aid Station. We really are creative with these aid station names!



Sinclair Wash Aid Station (14.7) to Woody Mountain Aid Station (23.5) (8.8 miles w/ +624' & -562')

U-Turn out of the Sinclair Wash Aid Station, cross the cinder path you came in on, and head due west on the Soldier Trail. This is where the 125Milers join back onto the 39Miler course and the trail turns to technical chunky trails of Fort Tuthill County Park. Yep, you are back at Fort Tuthill, just north of where you started. Go through a few trail junctions and after 3 miles, turn right off of the single track for a smooth wide dirt road cruiser. This is where you officially leave Fort Tuthill and after a couple of miles, a right turn puts you back onto single-track. You are now at your half way point. Celebrate with 4 miles of the fun flowy semi-technical single-track of the Rogers Lake Connector Trail. Just after mile 23, the 125Milers take a left fork and the 39Miler course takes a right fork to arrive at the Woody Mountain Aid Station.

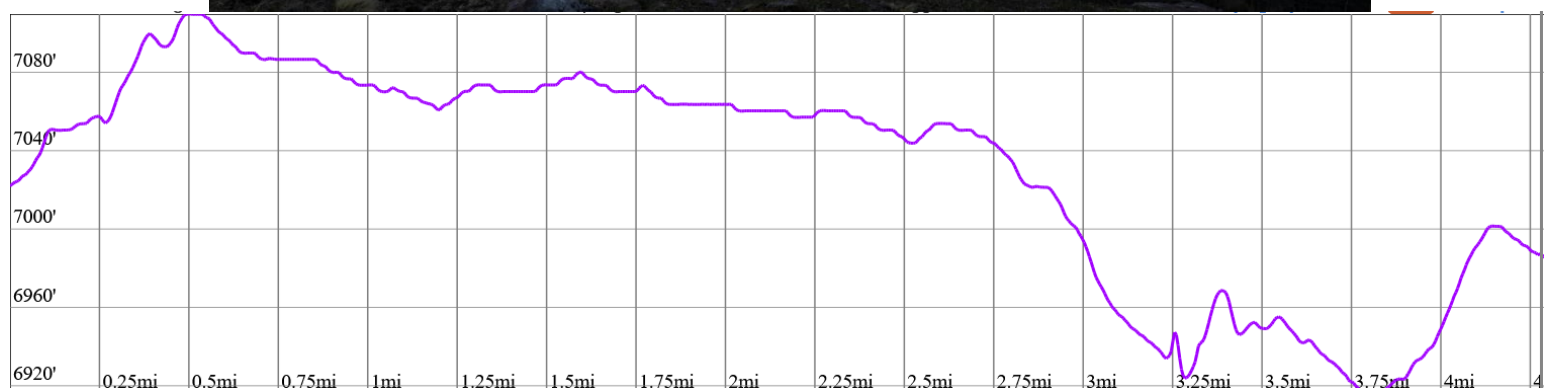
Notes – You'll have access to drop bags at the Woody Mountain Aid Station.



Woody Mountain Aid Station (23.5) to FAC Aid Station (28.1) (4.6 miles w/ +301' & -383')

Leave the trailhead area of the Woody Mountain Aid Station, turn left on a dirt road and rejoin with the 125Mile course. Then take a right onto Woody Mountain Road at the 4-way intersection followed shortly after by a right turn that puts you onto the DeMiguel Connector single-track, a chunky little 1-mile section that drops you onto a powerline corridor trail where you'll take a left. You'll be looking straight ahead at Mars Hill, your next destination, and the peaks of the Kachina Peak Wilderness beyond. At the end of the powerline corridor, the course turns right to take you out of the forest and into the University Heights neighborhood. Stay on the sidewalk and drop under the I-40 underpass on the Southwest Crossing section of the FUTS trail. A couple of turns on sidewalk lead you to the final aid station of your adventure, the FAC (Flagstaff Athletic Club) Aid Station.

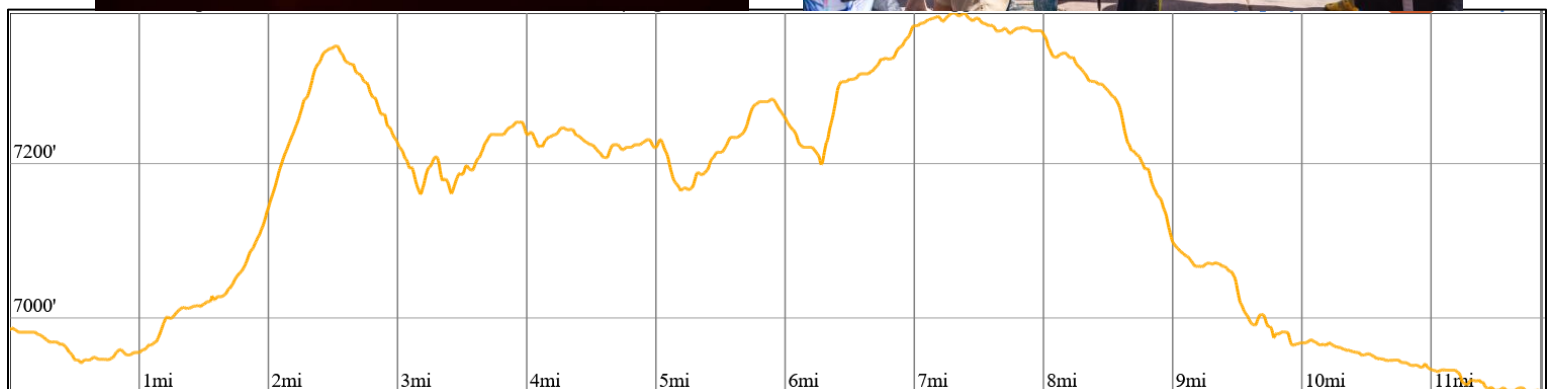
Notes – **GEAR CHECK mandatory for all runners leaving the FAC Aid Station AFTER 4:00pm.** If you leave FAC before 4:00pm, mandatory gear will not be required or checked. After 4:00pm, if you do not have the gear, you can't leave FAC. You'll have access to pacers, crew, and drop bags at FAC.



FAC Aid Station (28.1) to FINISH at Heritage Square (39.6) (11.5 miles w/ +1,111' & -1,190')

Leave FAC on sidewalk and make a few turns through West Flagstaff, including crossing historic Route 66 (please do so in the crosswalks and with the traffic signal). After 1 mile of pavement, a left puts you onto the Tunnel Hill section of the FUTS trail. This trail runs behind a residential area for a short distance before turning right to go under the BNSF rail line. The Burlington-Northern San Francisco Railway is the largest rail network in North America with over 33,000 miles of track. Thank goodness this race isn't 33,000 miles long! The next 8-miles are some pretty great single-track as you climb up and over Mars Hill or Observatory Mesa, home to the Lowell Observatory. Established in 1894 originally to look for life on Mars, astronomers at the Observatory have made some great contributions to astronomy, including the discovery of the expansion of the universe around 1910 and the "planet" Pluto in 1930. It is open to the public and is an interesting place to visit, but maybe save that for after you finish.

The views as you work your way around Mars Hill are out of this world. HA! First you gaze off to the east across town to Walnut Canyon, then northeast towards Mount Elden and the cinder cones of the last volcanic eruptions in the area 1,000 years ago, and finally north with your closest view of the San Francisco peaks you've been seeing periodically since the start line. After dropping down the north side of Mars Hill, you hit the Karen Cooper section of the FUTS trail follows Rio de Flag as it brings you into downtown. Rio de Flag originates in the San Francisco peaks and was the center around which the city of Flagstaff was founded. In our opinion, this is the best way to enter downtown Flagstaff and end your adventure. Leave the trail with a left onto Cherry Ave, a right on Beaver Street to join the 250 course. Then take the famous **LEFT ON BIRCH** and a right into Cocodona Alley. You are a Flagstaff Crest finisher. And. You. Are. Done. Congrats!



Happy running!