



Howdy mountain runners!

Your training is done and it's time to run. We've got some new courses on tap this year, and I'm incredibly excited to see what you all think. You'll be traversing some GORGEOUS sections of the range, but it's going to be tough. You've got this.

There will be times when your legs are dead, your feet hurt, and you're staring at another big climb. Remember, this is why you're here. Enjoy some time in the range, take in the spectacular views, and push yourself like you never have before!

-Aaron Barber, Race Director

Location

[Eagle Point Resort - Skyline Lodge](#)

150 S W Village Cir
Beaver, UT 84713

Race Start Times

5:00 AM - **100K Start** at Eagle Point Resort
6:00 AM - **70K Start** at Eagle Point Resort
6:30 AM - **Marathon Start** at Eagle Point Resort
7:30 AM - **Half Marathon Start** at Eagle Point Resort

Bib/Shirt Pickup & Meal Tickets

Friday, July 25

4:00 - 7:00 PM - Bib pickup & Required Gear Check at Start/Finish
4:00 - 9:30 PM - Pasta Dinner at Skyline Lodge

Saturday, July 26

4:15 - 7:30 AM - Bib pickup at Start/Finish

Timeline

4:15 AM Packet Pickup & Race Day Registration
5:00 AM 100K Start
6:00 AM 70K Start
6:01 AM Begin Civil Twilight
6:30 AM Marathon Start
6:26 AM Sunrise
7:30 AM Half Marathon Start
8:48 PM Sunset
9:13 PM End Civil Twilight
5:00 AM Final Cutoff for all races

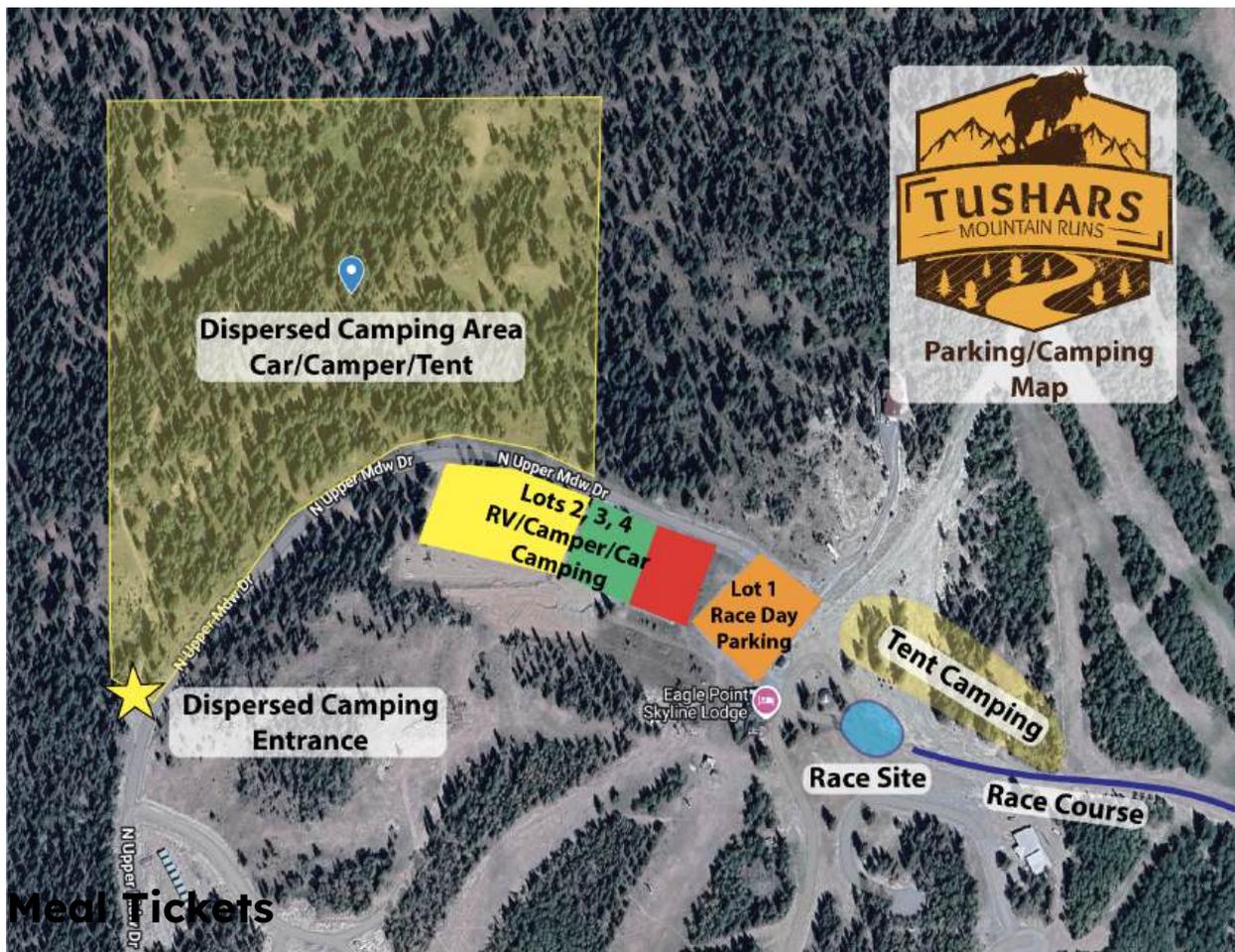
Parking

There is parking (no fee) near the Skyline Lodge where the start/finish line is located. Please arrive early to ensure you are on time.

Camping - Tents, Cars, RVs

A separate email will go out to all who purchased a camping pass with more details. You can purchase a pass when you pick up your bib.

With another dry season hitting the Tushars, there are NO vehicles allowed on the grass. AT ALL. Not to unload, not to turn around, none. The parking is very close to the camping so it shouldn't be much of an issue but please keep this in mind!



A pasta dinner & salad bar will be provided by the Eagle Point Resort staff. The resort will also be making food on Saturday at the finish area (burgers, brats, southwest chicken hoagies, quesadilla bar, etc.) for your post-race meal beginning at 10am. You may purchase a meal ticket for \$13 during bib pickup.

If you pre-paid for a meal during the registration process, you will receive a ticket(s) when you pick up your race packet. Hand the ticket to the cashier in the lodge and you will be able to get your meal.

NOTE: These items as provided by the Eagle Point resort are for purchase and not included in your registration. Our main aid station at the finish line will include our typical snacks and drink items.

Required Gear List

Given that this is a true mountain race in the middle of the summer, we are instilling a mandatory gear list that consists of:

- Emergency/Space Blanket
- Rain Jacket
- Cell Phone/ GPS Device*
- Whistle
- Reusable Cup
- It's also HIGHLY recommended to have a water filter or purification tablets.

You will not be able to pick up your race packet (race bib) until you have shown us these items so, please bring them with you to packet pickup or on race morning.

*Our intent here is to have all participants running with their course on

their phone and/or a GPS device such as a watch. We will mark the course as well as we can but over the last few years, we have seen wildlife and cattle eat or trample our ribbons and pin flags. Storms have played a role too. Having the track on you at all times can be an important peace of mind if you come to spot on course where you're unsure of where to go.

Example for phone: Gaia app (free, works in airplane mode)

If you are using your watch for a GPS track, we highly recommend also carrying a phone in case of an emergency.

There is no required gear list for the Half Marathon. However, we do recommend some sort of water resistant jacket.

Pacers: Please make sure you have the GPX track on your phone/watch, carry a rain jacket, and have an emergency blanket.

Race Rules & Trail Etiquette

Under no circumstances is it OK to yell at or be rude to a volunteer or staff member. **Do not rely on volunteers, photographers or other staff persons to direct you on your course.** It is YOUR responsibility to know your course and follow the course signs. If we get word of this occurring, we reserve the right to apply a time penalty or DQ you from the race. These people are volunteering their free time to assist you in reaching the finish line and are doing everything they can to get you there. Thank them and keep moving.

- All runners are expected to follow their course as marked by race officials. In the event you find yourself off course, it is your responsibility to return to the spot where you left the course and continue on. Failure to finish the course as directed will result in a

DQ or significant time penalty at the discretion of the RD.

- No cutting switchbacks.
- There are no “drop-downs” in distance once you have started..
- Trekking poles are allowed. Please be conscious of where you’re swinging them.
- If you choose to DNF, you MUST inform Aravaipa Staff.

Remember to always remain on designed trails, no short cutting. If you decide to use headphones, please be respectful of runners behind you attempting to pass. Also, remove ear buds as you approach aid stations or a road crossing.

This course includes some legit singletrack. If you are fast and attempting to pass, please alert the runner in front of you before flying past them. Likewise, if you hear a runner approaching you from behind, attempt to find a spot to allow the runner to pass.

As a general rule, when passing a runner, announce, “on your left.” Uphill runners/hikers have the right of way to downhill runners. Remain in control as you descend and respect the other runners. Everyone is after the same goal here so let’s be respectful of each other’s races and have fun. Please.

Trail Running & Trash

Help be a steward of the trails. Please respect the trails and the beauty of these mountains by disposing of any trash at one of our aid stations. This includes the little tabs that you take off your gels! We will have little bins for your bars and gels wrappers.

Race Timing & Results

We will be utilizing a chip/bib 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. We will also have a limited number of remote timing points on course that should allow crews and family to better track your progress during the race.

Visit live.aravaiparunning.com to follow along. NOTE: This course is very remote and it is quite possible that the online timing points will not post immediately or at all during the race. Thank you for your patience.

Weather

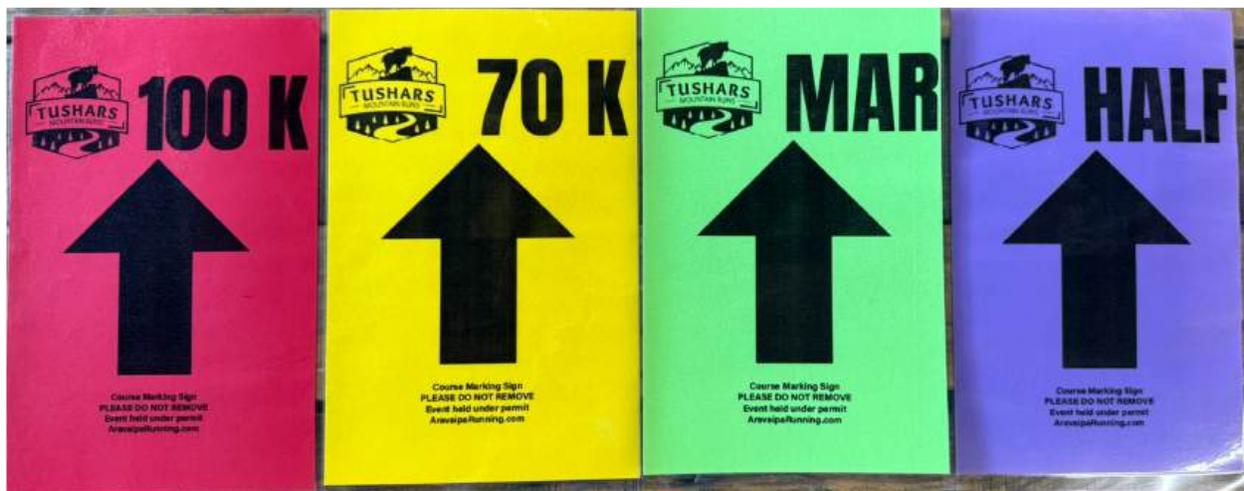
This race can have anything from sunny skies to thunderstorms, hail storms and cold, fog, and windy summits- all in one afternoon. Please come prepared for it all! Typical temperatures range from lows in the 40s to highs touching the 90s. Nearly every year since Aravaipa took over this race we have had staff hunker down for an extended period of time course marking in a thunderstorm. You will be exposed during sections of this course. Remember, safety first- then continue. [Forecast for Eagle Point Resort, UT.](#)

Course Marking

All courses will be marked with **ORANGE** pin flags, **ORANGE** ribbon, and reflectors (where necessary). The color **ORANGE** denotes the correct way.

WRONG WAY signage and/or **BLUE/WHITE** ribbon denote wrong ways.

Major junctions will be marked with the distance specific signage shown below.



Critical junctions (where courses deviate from each other) will have full page signs and the race mileage will be included. There will also be CRITICAL TURN signs as you approach these major junctions.

Aid Stations, Crews, Drop Bags, Pacers, Cutoffs

	Aid	Segment Dist	Total Dist	Segment Ascent	Segment Descent	Total Ascent	Total Descent	Crew?	Pacer?	Drop Bag?	Cutoff
100K	Start	0.0	0.0	0	0	0	0	Y		Y	
	Lake Stream I	3.8	3.8	961	-825	961	-825				
	Big Flat	6.4	10.2	1395	-1765	2356	-2590	Y			
	Lake Stream II	9.8	20.0	2602	-2216	4958	-4806				
	Alunite Ridge	4.7	24.7	1431	-1071	6389	-5877				2:30PM
	Bullion Pasture I	7.2	31.9	2347	-2224	8736	-8101	Y	Y	Y	5:00PM
	Copper Belt I	2.8	34.7	25	-1080	8761	-9181				
	Copper Belt II	6.6	41.3	1803	-1807	10564	-10988				
	Bullion Pasture II	2.8	44.1	1082	-20	11646	-11008	Y	Y	Y	9:40PM
	Mud Lake	6.7	50.8	1701	-1662	13347	-12670				12:30AM
	Big John Crew Zone (mile 56.7 - 57.9)									Y	
	Skyline	7.9	58.7	1724	-2323	15071	-14993				3:15AM
	Finish	4.8	63.5	1014	-1092	16085	-16085	Y		Y	5:00 AM
70K	Start	0.0	0.0	0	0	0	0	Y		Y	
	Lake Stream	3.8	3.8	961	-825	961	-825				
	Alunite Ridge	4.7	8.5	1429	-1074	2390	-1899				
	Bullion Pasture I	7.2	15.7	2347	-2224	4737	-4123	Y		Y	5:00PM
	Copper Belt I	2.7	18.4	20	-1057	4757	-5180				
	Copper Belt II	6.6	25.0	1801	-1806	6558	-6986				
	Bullion Pasture II	2.8	27.8	1088	-24	7646	-7010	Y	Y	Y	9:40PM
	Mud Lake	6.6	34.4	1704	-1667	9350	-8677				12:30AM
	Skyline	5.1	39.5	1129	-1822	10479	-10499				3:15AM
	Finish	4.8	44.3	1007	-987	11486	-11486	Y		Y	5:00 AM
Marathon	Start	0.0	0.0	0	0	0	0	Y		Y	
	Lake Stream	3.8	3.8	961	-825	961	-825				
	Alunite Ridge	4.7	8.5	1429	-1074	2390	-1899				
	Bullion Pasture	7.2	15.7	2347	-2224	4737	-4123				
	Mud Lake	2.5	18.2	559	-495	5296	-4618				
	Skyline	3.7	21.9	510	-1107	5806	-5725				
	Finish	4.8	26.7	1007	-1088	6813	-6813	Y		Y	5:00AM
Half Marathon	Start	0.0	0.0	0	0	0	0	Y		Y	
	Lake Stream I	3.8	3.8	959	-824	959	-824				
	Lake Stream II	6.9	10.7	1847	-1848	2806	-2672				
	Finish	3.8	14.5	826	-960	3632	-3632	Y		Y	5:00 AM

Cutoffs

The cutoff times are based on a 24 hour finish for the 100K (roughly 22:30/mile elapsed time). Since the 100K does a large loop to the south to start the race, 100K runners will likely be behind most of the marathon and 70K runners.

All cutoff times are when runners need to be LEAVING the aid stations. These are also HARD cutoffs.

Pacers

- Pacers can join/leave the course at Bullion Pasture I & II or Big John Flat Crew Zone (100K only).
- Pacers need the same required gear as runners.
- They will not need a bib.
- Pacers are welcome to food/water at aid stations.
- Only one pacer at a time and they must be on foot.
- No muling (carrying runner's pack, equipment, food, etc)

Crews

- Crews are welcome at...
 - Start/Finish
 - Big Flat (100K only)
 - Bullion Pasture (100K & 70K)
 - Big John Flat Crew Zone (100K only)
- Crews are absolutely prohibited from non-crewable aid stations. These aid stations have very limited parking and we'll need the space for race vehicles.
- Crews cannot provide aid outside of crew zones.
 - Spectating is welcome as long as crews are not parking in non-crewable zones and they aren't providing aid.
 - For example, a crew could park at Bullion Pasture and provide aid. If they want to hike down the trail to see their runner, that's totally fine, as long as no aid is provided.

Drop Bags

- 100K & 70K runners can have a drop bag at Bullion Pasture
 - This aid is hit twice
- All runners can have a drop bag or warm clothes bag at the Start/Finish
- Drop Bags can ONLY be dropped off on race morning.
 - No Friday dropoff as they won't be secure.
- There will be a table near the Start/Finish for Bullion Drop Bags. This is where you'll drop your bag. Make sure it's labeled with your name, bib number, and location.
 - White tape and sharpies will be available at the drop off point.
- Do not bring large duffle bags, garbage bags, suitcases, or rigid plastic bins
- Soft-shelled dry bags are a great option
 - All 100K and 70K runners will receive one at packet pickup.
- After you are finished with your drop bag, please place it in the "FINISHED DROP BAG" pile so we can transport them.
 - Make sure you don't put it in this pile until your second time through Bullion Pasture.
- We will try our best to get drop bags back in a timely manner. Placing your bags in the "finished" pile really helps this.
 - Please note that our vehicles' priority will be transporting dropped runners and aid station re-supply runs. We will grab drop bags from Bullion when we can, but there is no set schedule for when they'll be back at the Start/Finish.

Aid Station Menu (Subject to Change)

All aid stations will offer a mix of sweet and salty snacks, water, electrolytes, and soda. In addition to the traditional fare, we'll be offering...

Lake Stream - Turkey/Cheese & Bean Rollups

Big Flat - *Traditional offerings only*

Alunite - Chicken Salad & Chick Pea Salad

Bullion Pasture - Turkey Cheese & Bean Rollups, Pasta

Copper Belt - *Traditional offerings only*

Mud Lake - Potato Soup, Ramen

Skyline - Potato Soup, Waffles (overnight/early morning)

The Course

Wrist Bands (for Summits)

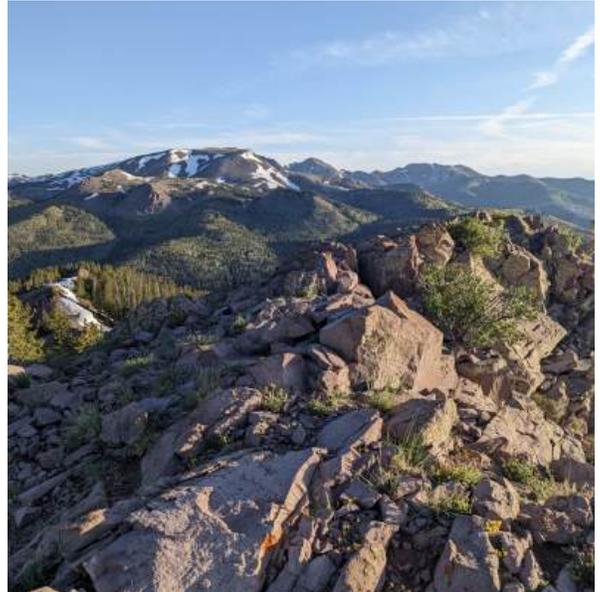
We'll once again be using silicone wrist bands as proof you've tagged your peaks (but why would you want to skip them?). They'll be in a dry bag at the top of City Creek Peak, Copper Belt, and Shelly Baldy. Grab a wrist band, stash it in your vest or on your wrist, take in the view and head off to the next peak.

Start to Lake Stream

Departing Eagle Point Resort, you'll be on ski runs for the first mile or so. Once you hit singletrack, it's beautiful and smooth all the way to Lake Stream Aid. You'll climb over the saddle between Mt Holly and Lake peak. This climb is just a warm-up though. The meadow on the backside of Mt Holly is absolutely stunning.

South Course (City Creek Peak, Big Flat, Tushar Ridge Trail)

The Half Marathon and the 100K head south to tackle City Creek Peak. Skyline Trail is very smooth and constantly rolling. There are great views to the east and west. The climb to City Creek Peak is off trail. It's steep, but not very technical. The Half Marathon returns to Lake Stream Aid while the 100K continues south to Big Flat Aid.



After Big Flat Aid, the 100K has a wonderful descent. Very smooth singletrack for 2.5 miles. But what goes down must climb again! After crossing a forest road, runners begin their LONG ascent up the Tushar Ridge Trail.

Lake Stream to Alunite

This section traverses the back side of Mt Holly. Halfway through this section, there's a really cool area with some stone benches. It's a great spot to have a snack and admire the mountains. As runners approach Alunite Ridge, there are a few (small) water crossings and the trail can be tough to follow. It will be daylight and we'll mark it well.

Alunite to Bullion Pasture

Leaving Alunite Aid, there is a short two-track climb before descending into the most remote section of the course. Here runners will enter an area I've coined "the jungle gym". There are a LOT of large blowdowns. I'll do my best to clear a path, but runners will likely have to climb over/under some logs. It's all part of the fun!



After that, it's time for The Pocket... an absolutely gorgeous section of the course. After crossing Bullion Creek, runners start the climb up to Bullion Pasture Aid. Note that there are multiple creek crossings in this section so dry shoes in a Bullion drop bag might be a good idea.

Copper Belt Out and Back

Leaving Bullion Pasture for the first time, 100K and 70K runners have a nice downhill stretch on FS123 before departing the road for more singletrack. Runners will cross Beaver Creek and then traverse a talus slope before hitting the turnaround at the Copper Belt saddle.



Bullion Pasture to Mud Lake (Marathon)

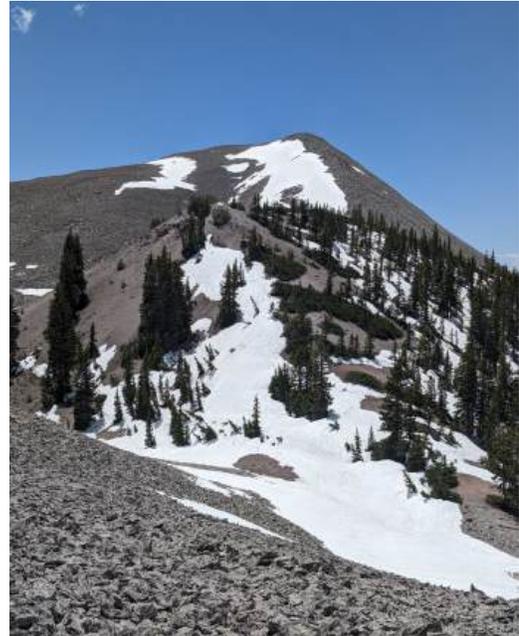
The marathon runners head straight to Mud Lake via FS123 (south). This is a short road stretch, but the views are incredible. This is also the high point of the marathon course at 11,500ft.

Bullion Pasture to Mud Lake (100K & 70K)

100K and 70K runners leave Bullion Pasture for the second time and descend down to Blue Lake. The descent is on an old mining road so it's not that technical. Then runners will begin their climb UP the Blue Lake Trail. If you're a Tushars veteran, this trail has always been used as a descent. The climb is long, but the views are great.

Mud Lake to Skyline

100K and 70K runners leave Mud Lake Aid and start their last off-trail climb to the top of Shelly Baldy Peak. This climb is quite rocky and very slow on the way up and down. A lot of runners will be tackling this at night. The string of headlamps illuminating the ridge to the summit will surely be a sight!



After summiting Shelly Baldy Peak, the 70K runners head straight to Skyline Aid via Skyline Trail. This trail primarily sits in the meadow between Shelly Baldy and Delano peaks. It's mostly smooth singletrack, but there's one last climb up to Skyline Aid. (Marathoners take this route from Mud Lake, but skip Shelly Baldy)

100K runners head south on the Blue Lake Trail after Shelly Baldy. This is a fast descent! There's one last creek crossing before hitting Big John Flat and seeing your crew. Runners will follow FS123 for the last 1.5 miles to Skyline Aid.

Skyline to Finish

The last section of the course is quite smooth. The trail is rolling, but it's net downhill. As runners enter Eagle Point Resort, they'll once again be on ski slopes. There's a downright NASTY climb up the ski slope all the way to the finish. Cross the finish line, swear at me, and take a well earned rest!

Medical & Emergency Contacts

We will have a local EMT operation with an ambulance at our start/finish headquarters for the duration of the race, located near the Ski Patrol building and Yurt. All of our aid stations include a basic first aid kit for minor injuries.

A lot of what we will see at Tushars is cramping from dehydration, headaches/dizziness/nausea-likely from stages of altitude sickness, overt exhaustion, and rolled ankles or knee twists. Many of these can be remedied on course, with a little time and basic resources and would not require Search & Rescue involvement.

The main Aravaipa Staff contacts throughout the 24 hour event are:

Race Director, Aaron Barber: 616-560-2465

Director of Events, Noah Dougherty: 480-518-6731

*These numbers are for race day ONLY, please do not call them for general race inquiries leading up to race day.

We also ask that, if possible, inform an aid station person or Noah/Aaron BEFORE contacting the local authorities as they have limited resources as well and depending on the issue, our team can handle basic incidents. Info needed for our staff are the runner's bib number and specific or at least general area on the course.

Of note, extraction from some of these aid stations can take upward of 90 minutes to two hours- one way. In some cases, it would be faster to hike back if you're able to.

If there is a **serious emergency**::

Beaver County Sheriff: 435-438-2862

Drops/ Withdrawing from the Race

Don't drop. Seriously, you're stronger than you give yourself credit for and you can keep going. However, we also understand that things happen that say otherwise. You **MUST** inform an aid station captain before leaving the course so that we are not waiting for you to arrive at the next aid station.

Keep Going. You've got this.

I can't wait to see you all tackle this course!



-Aaron Barber, Race Director