Red Rocks of Sedona

STAGE RACE
2 Days ~ 6 Races

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SATURDAY START LOCATION	SUNDAY START LOCATION
United Methodist Church	**Yavapai College / Sedona Center**
110 Indian Cliffs Road	4215 Arts Village Drive
Sedona, AZ 86336	Sedona, AZ 86336
(Very limited parking here.	*(No Parking here. Parking is*
Please carpool if possible or get dropped off.	*across the street at the*
See Page 5 for more details. Not all racers park	*Red Rock HS parking lot. See*
here.)	*Page 5 for more details.)*

RACE WEEKEND SCHEDULE

FRIDAY, MARCH 24th – Bib Pickup and Expo will be open from 12 Noon to 5 PM. Located at Yavapai College / Sedona Center: 4215 Arts Village Drive Sedona, AZ 86336; this is also the start location for Sunday, March 26th. Limited parking is available on site at Yavapai College for the Bib pickup/Expo. Additional parking is available off Cultural Park Place in the dirt lot/trailhead. Pickup your bib, race sweatshirt, freebies and visit our exhibitors: Squirrel's Nut Butter, Skratch Labs, Wild Tonic, Moon Child Jewelry and Running on the Wall. Bring some cash and support our local vendors ~ Moon Child Jewelry and Running on the Wall will showcase some of their best designs.

SATURDAY, MARCH 25th – Races start at 6:30 AM (please refer to your race page under the Table of Contents for specific details). If you were unable to pick up your bib on Friday, you may pick up your Bib for the stage race and single day race starting at 5:30 AM race morning. Saturday's race start is at the United Methodist Church. Located at: 110 Indian Cliffs Road Sedona, AZ 86336. Parking is *very* limited here, so PLEASE carpool if possible or get dropped off. Please refer to Page 5 of this Runner's Guide for more information regarding Runner Parking for Saturday. All race courses close at 3:30 PM. ***IMPORTANT***Saturday's race start is in a residential neighbor, so we need to be super aware of our noise level in the early AM hours. For this reason, we will not be playing any music until after 9 AM. Please be considerate of the Church's neighbors.

SUNDAY, MARCH 26th – Races start at 6:30 AM (please refer to your race page under the Table of Contents for specific details). Bibs for the Sunday race ONLY, will be available starting at 6 AM. Sunday's race start is at Yavapai College / Sedona Center. Located at: 4215 Arts Village Drive Sedona, AZ 86336. NO PARKING is allowed on site here. All runners must park across the street at the Red Rock Jr/Sr High School. Located at: 995 Upper Red Rock Loop Road Sedona, AZ 86336. Please park in the lot closest to the highway (89A), away from the school. Do not park in the Sedona Shuttle parking lot (it's dirt). Follow the sidewalk from Stadium Drive to Upper Red Rock Loop Road. Use caution when crossing the highway (89A). Yavapai College / Sedona Center is directly across the highway. Plenty of parking at the high school for friends and family wanting to join you at the post race festivities also. All race courses close at 3:30 PM. The post-race "Kick-Back" sponsored by Trail Running Escapes and Sedona Red Rock Trail Fund will be open from 11 AM-4 PM at the back patio of Yavapai College. The beer garden will be provided by Sedona Beer Company and Athletic Brewing Company. Food will be available from *Not Your Routine Poutine* food truck. Pre-order one of their tasty dishes for pickup after your race or order on site.

RUNNER INFORMATION

1. **This is a cup-less race.** Which means you must carry a handheld water bottle or hydration pack while on course.

2. **Trail etiquette-BE KIND!** The trails on course will be open to all trail users. We have many hikers and mountain bikers that use these trails daily. (Sedona gets over 3 million visitors annually) Please be kind and courteous when attempting to pass a hiker or stepping aside for a mountain biker. We must renew our permits annually. If we get complaints from other outfitters or visitors, we will not be granted a permit next year.

3. **Headphones may be worn,** but we strongly recommend wearing only 1 in ear. As mentioned above, these trails are very popular and you want to stay aware of your surroundings.

4. **Trail conditions in Sedona are technical.** Our courses will take you on beautiful single track, slick rock plateaus, sandy washes and chunky back country trails. Please be mindful while you are running, it is very easy to catch a toe and go down.

5. **GPS information will be emailed to you in an invitation link from "Ride with GPS".** Once you RSVP to our event, you will have the option to view and download the GPX/TCX file. Whether you decide to download the TCX file or another file, you must download a file(s) to your personal device. We highly recommend downloading the "Ride with GPS" app to your phone for navigational purposes. Ride with GPS is how we map our courses and we have added dozens of personal cues along every course to help you find your way. More information on Ride with GPS is on our website under the GPS Files tab. You can download the app from the App Store. You can also read more about the app under the Course Markings and GPX Files here on pages 13-17.

6. **Bags may be left at the start area for access after the race**. We are not allowing drop bags on course however.

7. **Restrooms will be located at the start/finish of each day**. Portable restrooms will be on course at different locations. Please refer to your specific race for more details.

8. **No pacers are allowed on course.** If you have friends and family that would like to see you along the course, please refer to your specific race distance. We have added notes in the Aid Station section regarding good locations to see you.

9. **If you pick up your Bib prior to race morning and decide NOT to race**, please text us to let us know. If you pick up your bib on Friday, we assume you will be running.
   Text messages to: (805) 807-8022

10. **Covid precautions will be taken at all Aid Stations and Finish lines**. We no longer have open containers / trays of food. All food and drink will be individually wrapped. Skratch electrolyte drink mix will be pre-mixed by our volunteers in one container. We ask that you open your bottle or bladder and allow the volunteers to assist. This helps minimize the number of people touching the nozzle.

11. **Leave No Trace** ~ Please do not leave any trash behind on the trails. Trail runners leave very small footprints in nature, but sometimes our gel tops and bar wrappers escape our packs. All our fueling at the Aid Stations is portable, so you may take it on the run. If so, please be sure to secure your trash in your packs when finished.

12. **Race Photographer**, Arnold Begay will be on course BOTH days. So keep an eye out and be sure to show him what you got it!

13. **The metric race distances are slightly off due to the National Forest required re-route of courses.** Since we had opened registration prior to the re-route, we did not want to confuse runners. So ~ we kept the metric distances the same on the registration site, because they were close enough to the actual mileages. Having said that, below is a more accurate distance for each race course:

    Saturday 55K is 33 Miles. Saturday 35K is 23 Miles. Saturday 19K is 13 Miles.

    Sunday 55K is 34 Miles. Sunday 35K is 21.5 Miles. Sunday 17K is 12 Miles.

PARKING INFORMATION

SATURDAY ~ MARCH 25TH

Parking is very limited on Saturday. Please read this paragraph thoroughly.
Not all runners will be parking on site. **If you are registered for the Stage Race (meaning you are racing Saturday AND Sunday; regardless of your race distance on Saturday) you will be parking on site at the start area @ United Methodist Church-located at 3026 State Road 179 Sedona, AZ 86336. If you are racing the 55K OR 35K race on Saturday ONLY, you will also park on site at the UMC. All** *single day* **19K racers (if you are a Stage Racer racing the 19K, this does not apply to you) park at Christ Lutheran Church-located at: 25 Chapel Road Sedona AZ 86336**; a short 0.5 mile walk down the sidewalk to the start. There will be a volunteer on site starting at 6AM (please do not arrive before 6AM) to assist with where to park. The church has designated a certain area for us. If you park somewhere with assistance from the volunteer, you may be towed. This is not a punishment for choosing a single day race. It is simply to avoid a parking disaster. If you are racing the 19K, PLEASE do not try to park at the race start. We do not have enough parking spaces for everyone here and it will cause an issue that will result in delaying the races. All Stage Racers, 55K and 35K racers MUST be on site at the United Methodist Church by 6:15 AM. Parking closes at 6:16 AM prior to the first race start at 6:30 AM. If you have any questions about parking, please ask us before the race: erica@trailrunningescapes.com

We strongly encourage carpooling, no matter where your designated parking is located. If you can get dropped off, wonderful. Family and friends that want to see you start, should park at Little Horse Trailhead and walk the trail between the parking lot back to the start line area at United Methodist Church. Google Little Horse TH for directions.

Street parking is NOT allowed on Indian Cliffs Road (the start location) and adjacent streets. Please do not attempt to park on these streets, you will be towed. Due to the church's proximity to several trailhead locations, many tourists try to park on their streets. Residents on Indian Cliffs Road and adjacent streets have a zero-tolerance policy for cars parked on their streets.

SUNDAY ~ MARCH 26TH

There is plenty of parking on Sunday. No restrictions, but parking is across the street from the start location. Runner, Family & Friends parking is located at Red Rock Jr/Sr High School: **995 Upper Red Rock Loop Road & Stadium Drive Sedona, Arizona 86336**
Please park in the spaces closest to the 89A highway; away from the high school. Once parked, follow the sidewalk along Upper Red Rock Loop Road to the light at 89A. Wait for the crosswalk, cars travel at a high speed through here. USE CAUTION!

SATURDAY – MARCH 25, 2023
55K RACE (33 Miles)
START TIME: 6:30 AM
COURSE CLOSES: 3:30 PM

CUT OFF: **5.5 HOURS FROM START**
12 Noon
Yavapai Vista Point AS
20.5 Miles
(If you miss this cutoff, you will be sent back to the finish and receive a time for the 35K race.)

AID STATION LOCATIONS

AS # 1 - Mystic Trailhead – Mile 7

AS # 2 – Yavapai Vista Point TH – Mile 15

AS # 3 - Yavapai Vista Point TH – Mile 20.5***
(cut off here at 12 Noon)
<mark>*** You will NOT have aid along this 9.5 Mile section between miles 20.5 and 30. Please top off on all liquids and grab extra calories from the AS. The sections on Rabbit Ears and Little Rock trails are remote and rugged.</mark>

AS # 4 - Yavapai Vista Point TH – Mile 30

Restrooms at Yavapai Aid Station

Google Yavapai Point Vista TH for directions. This is a great location for family and friends to see you!

TURN BY TURN DIRECTIONS COMING SOON

↓ ele surfaces grade 🔍 32.7 mi +3185 ft / -3185 ft
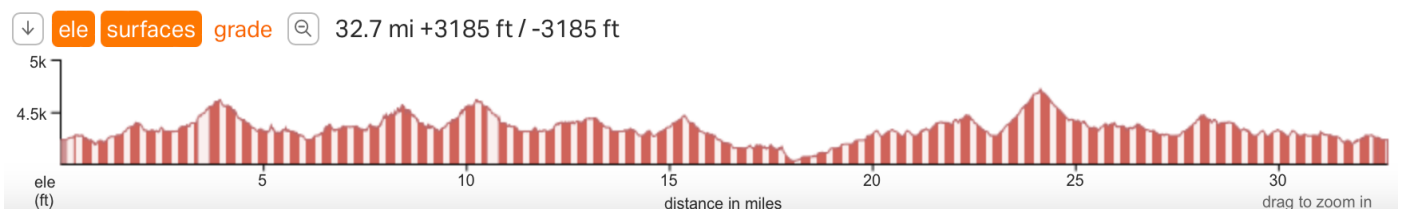
*****IF you think you may miss the cutoff at 12 Noon and unable to finish the 55K race, we strongly recommend you download the 35K race course ALSO. This way, it will be on your phone and ready to use if you drop down.

SATURDAY – MARCH 25, 2023
35K RACE (23 Miles)
START TIME: 6:45 AM
COURSE CLOSES: 3:30 PM

AID STATION LOCATIONS

AS # 1 - Mystic Trailhead – Mile 7

AS # 2 – Yavapai Vista Point TH – Mile 15

AS # 3 - Yavapai Vista Point TH – Mile 20.5

Restrooms at Yavapai Aid Station

Google Yavapai Point Vista TH for directions. This is a great location for family and friends to see you!

TURN BY TURN DIRECTIONS COMING SOON

↓ ele surfaces grade ⊖ 23.2 mi +2126 ft / -2126 ft

SATURDAY – MARCH 25, 2023
19K RACE (13 Miles)
START TIME: 7:00 AM
COURSE CLOSES: 3:30 PM

AID STATION LOCATIONS

AS # 1 – Yavapai Vista Point TH – Mile 4.5

AS # 2 – Yavapai Vista Point TH – Mile 10

Restrooms at Yavapai Aid Station

Google Yavapai Point Vista TH for directions. This is a great location for family and friends to see you!

TURN BY TURN DIRECTIONS COMING SOON
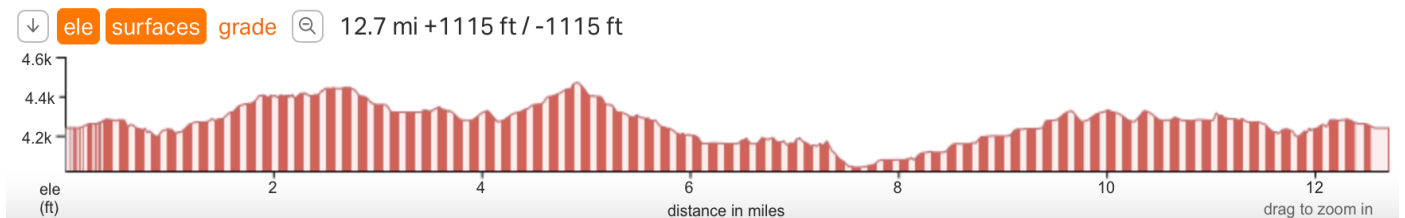
SUNDAY – MARCH 26, 2023
55K RACE (34 Miles)
START TIME: 6:30 AM   **CUT OFF: 4 HOURS FROM START**
COURSE CLOSES: 3:30 PM   10:30 AM
                                                     Boynton Canyon AS
                                                     15.5 Miles
                                                     (If you miss this cutoff, you
                                                     will be sent back to the
                                                     finish and receive a time for
                                                     the 35K race.)

AID STATION LOCATIONS

AS # 1 – Dry Creek Road – Mile 6.5

AS # 2 – Long Canyon TH – Mile 11.5

AS # 3 – Boynton Canyon OK TH – Mile 15.5
(cut off here at 10:30 AM)

AS # 4 - Aerie TH – Mile 22 & 27

Restrooms at Aerie TH Aid Station

Google Aerie TH. This is a great location for family and friends to see you!

TURN BY TURN DIRECTIONS COMING SOON

(elevation profile: 34.0 mi +3082 ft / -3082 ft)
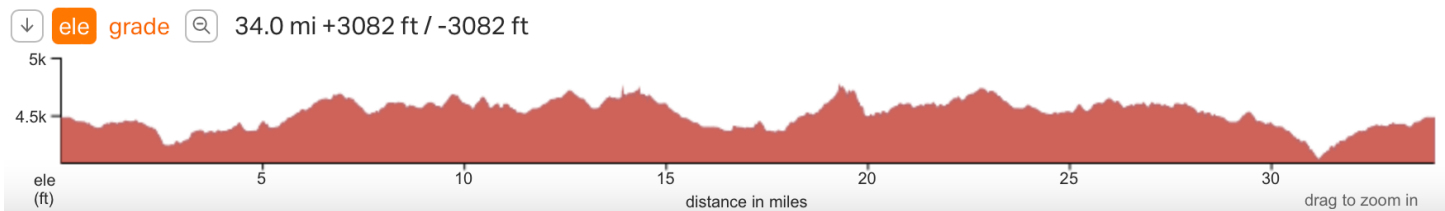
*****IF you think you may miss the cutoff at 10:30 AM and unable to finish the 55K race, we strongly recommend you download the 35K race course map ALSO. This way, it will be on your phone and ready to use if you drop down.

SUNDAY – MARCH 26, 2023
35K RACE (21.5 Miles)
START TIME: 6:45 AM
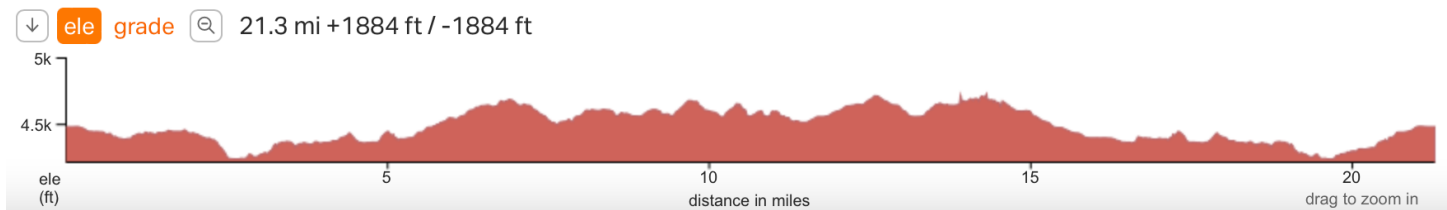**COURSE CLOSES AT 3:30 PM**

AID STATION LOCATIONS

AS # 1 – Dry Creek Road – Mile 6.5

AS # 2 – Long Canyon TH – Mile 11.5

AS # 3 – Boynton Canyon Dawa/OK TH – Mile 15.5

Google Dawa/OK TH. This is a great location for friends and family to see you!
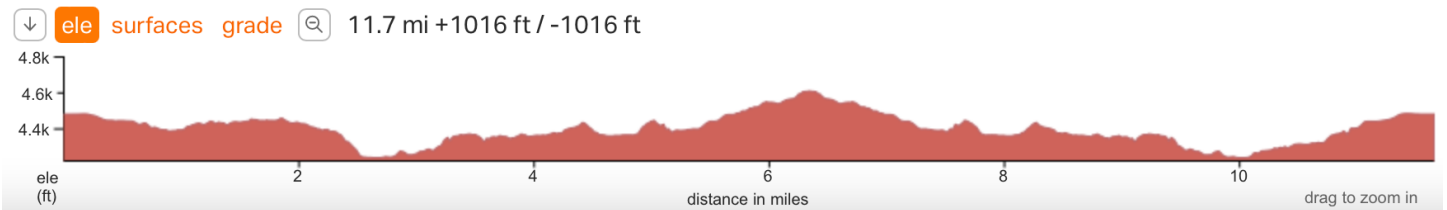

TURN BY TURN DIRECTIONS COMING SOON!

SUNDAY – MARCH 26, 2023
17K RACE (12 Miles)
START TIME: 7:00 AM
COURSE CLOSES AT 3:30 PM

AID STATION LOCATIONS

AS # 1 – Dry Creek Road – Mile 6.5

This is also your turn around point.

TURN BY TURN DIRECTIONS COMING SOON!

AID STATIONS

There will be several Aid Stations on course for every race. Some locations are better for friends and family to park and see you along the course. Please refer to your specific race page's information (See Table of Contents) for locations and more.

All Aid Stations will have water and Skratch electrolyte mix. Some Aid Stations will have Coke and Ginger Ale. ***Reminder*** This is a cup less race, so you must carry a handheld bottle or hydration pack with bladder. Please remove your bottle lid and allow the volunteers to fill your bottles. Likewise with your bladder, please open it for the volunteers so they can fill your reservoir.

All Aid Stations will have Sunscreen, Anti-bacterial wipes, Kleenex, Ibuprofen, SNB lube.

Salty snacks, fruit, gels, chews and bars will all be individually wrapped.

COURSE MARKINGS AND GPX FILES

All runners will be required to download a GPX file to follow their course. Last year we had many of our signs removed and tampered with. To help ensure your safety and keep you on course this year, we are implementing the GPX file requirement.

Race courses will be minimally marked with yellow pin flags at intersections to confirm you are on the correct trail. White pin flags with a black "X" will denote a trail at an intersection NOT on course. Do not take this trail. However, you CANNOT rely on pin flags alone to find your way. You will need to download a GPX file.

You may be asking yourself why we suggest an app called "Ride with GPS". No, you didn't register for a cycling race. We create our race maps and running camp routes with this software. After researching other apps for course navigation ~ Strava, Trail Forks and All Trails, we decided Ride with GPS was still the best app to use on race day. The primary reason being the unparalleled voice navigation. No other app offers this nor tells you when you are off course. Ride with GPS also allows family and friends to track you live.

Below you will find step by step instructions on how to install the **Ride with GPS** app, RSVP to the event and operate **Ride with GPS**. If you choose to download a TCX or GPX file to your personal device (Garmin watch, etc.) these will be available once you RSVP to the event also.

1. Go to the App Store on your phone. Search for **Ride with GPS** and download it for free.
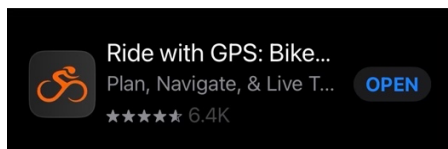

2. You will receive an email inviting you to the Red Rocks of Sedona Stage Race event. Once you RSVP "yes" you will have access to all (6) race courses.
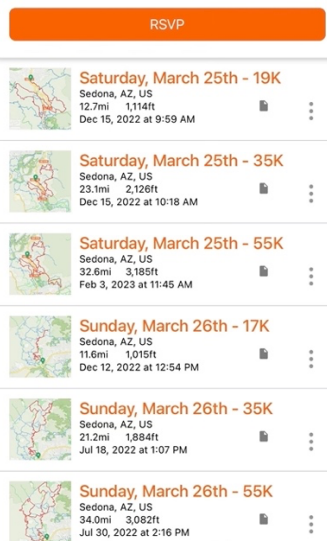
3. On line you can view the courses, elevation profiles, turn by turn cues, change the map view (Satellite, TOPO, Ride with GPS, etc.), add/remove POV and mile markers plus more... To export a TCX or GPX file to your personal device NOT using the Ride with GPS app on your phone, select which race you would like to view. Once it is open, select the "More" tab in the upper left-hand corner.
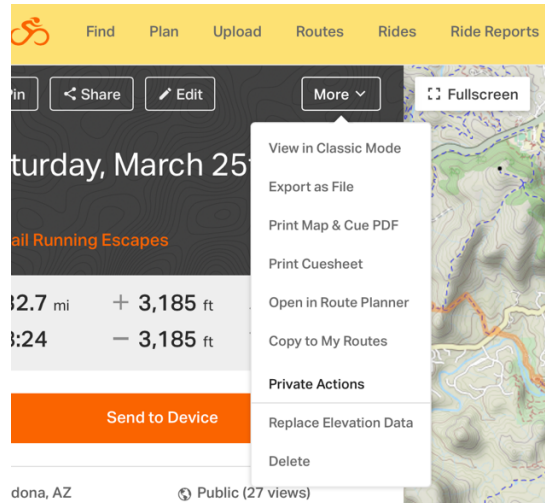

4. Select "Export as File". Use the arrows on the right-hand side of the screen to expand the format you would like to learn more about. Most devices will accept the TCX Course file. Be sure to read about your device beforehand. Once you've decided which format is best for your device, click the Download "orange bar". We strongly recommend you test your device to make sure everything downloaded properly. Be sure to download two race courses if you are doing the stage race.
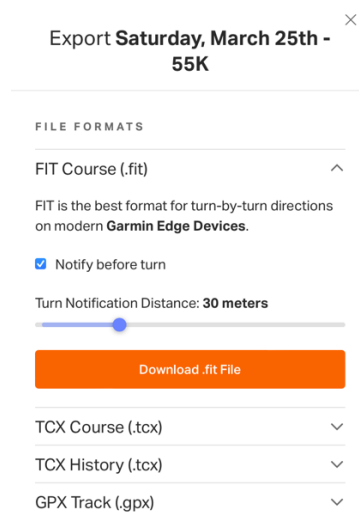

5. If you choose to use the Ride with GPS app on your phone (we highly recommend this), you can simply download whichever race course you are doing and follow it offline to save your battery. First click the "Save" button on the bottom of the screen. Then click "Download for Offline". Once it has finished downloading, it will be available in your Library. The Library tab is located on the bottom of your Home screen. Click the Library tab and it will allow you to access all routes saved "Offline". Click the "Offline" tab in the upper-right corner of the screen.

Save   Download   Library   Offline
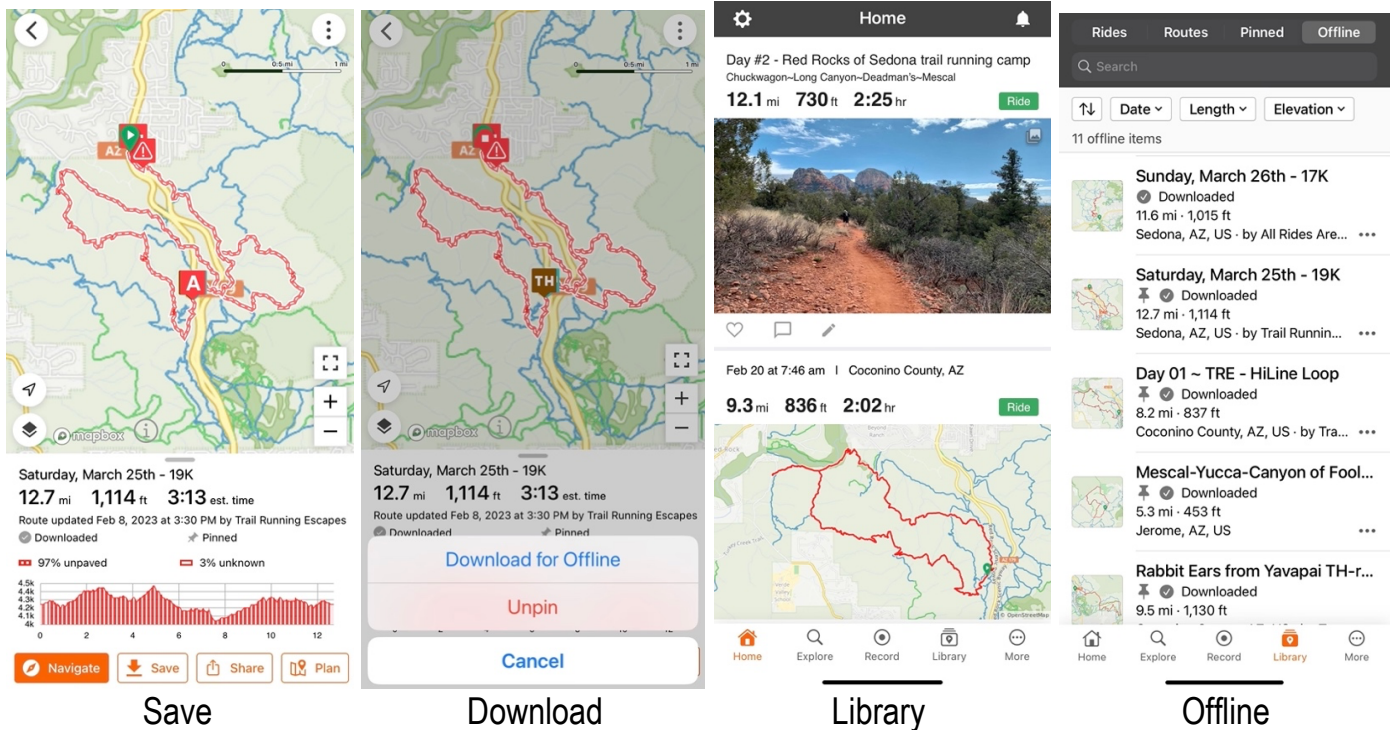
6. Once you have RSVP'd, downloaded the app and saved your courses for offline use, be sure to go to the app settings. Start by clicking on the "More" tab on the bottom right corner of the Home screen. Then select the "Navigation" menu. Once on the Navigation page, be sure to select all the "cues" so you will be notified of when to turn, when you're off course (hopefully never) and mileage alerts (if you'd like to know). Lastly, before you start your race be certain the volume on your phone is up as loud as it can go. This way you'll never miss a cue.
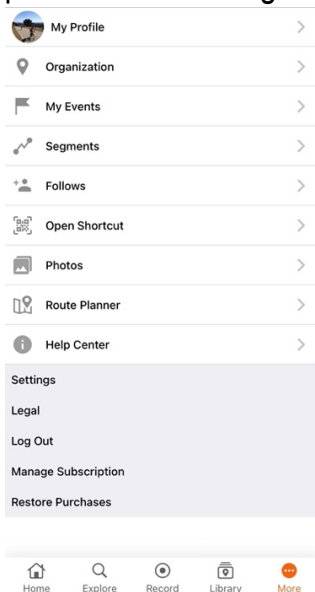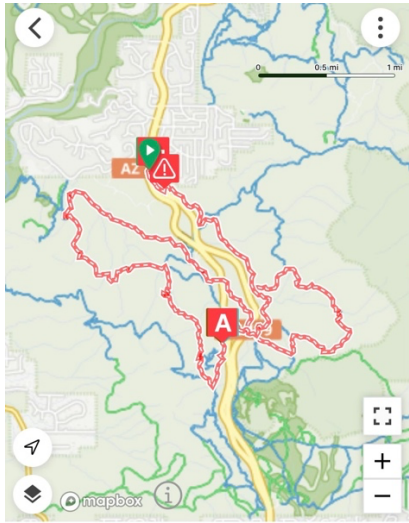

More   Navigation   Cues
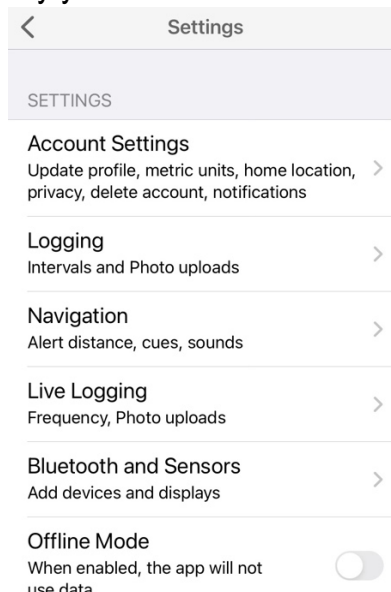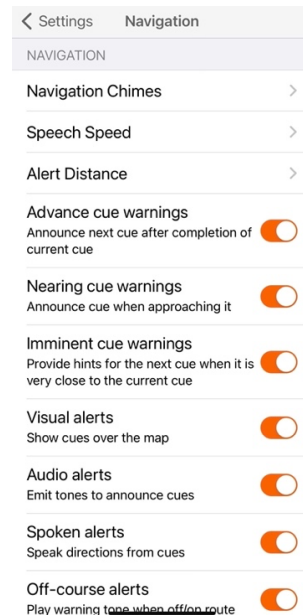
7. To start navigating a course, simply click the orange "Navigate" button once you have selected your race course from the offline Library.
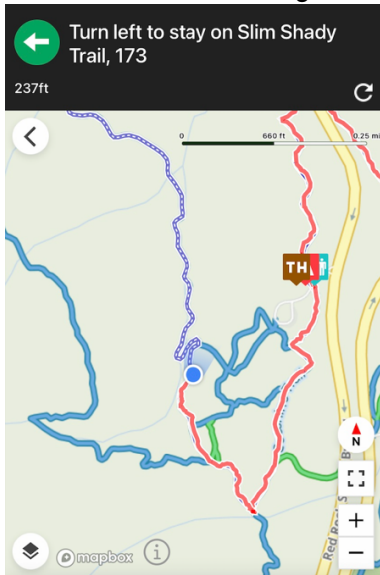
Saturday, March 25th - 19K

12.7 mi   **1,114** ft   **3:13** est. time

Route updated Feb 8, 2023 at 3:30 PM by Trail Running Escapes
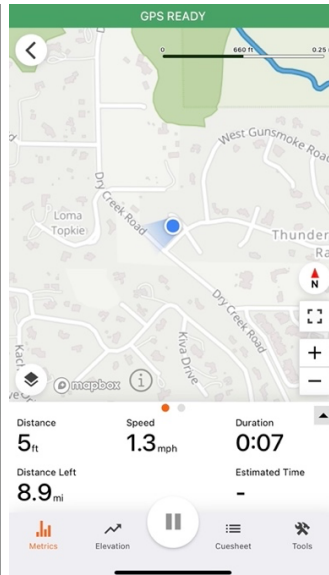
Downloaded   Pinned

97% unpaved   3% unknown
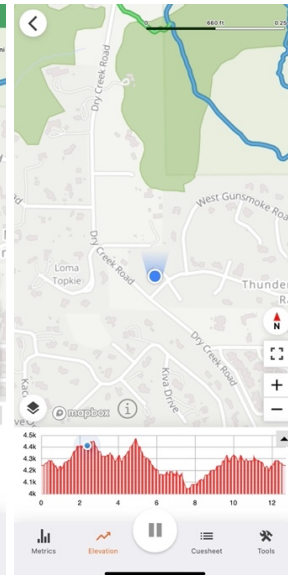
Navigate   Save   Share   Plan

8. You will appear as a "blue dot" on course. As you complete sections of the course, your route will become a solid red line once you have completed that section and the blue dashed line is what you still have to complete (what's ahead of you). On the bottom of the navigation page, you have different "view" options. The "Metric" tab allows you to see your distance, speed, duration, distance left and estimated time. Remember* this app thinks you are on a bike, so the estimated time will be MUCH faster than anticipated. You can also click the "Elevation" tab and you will appear as a blue dot on course ~ I like this feature because you can see how much more climbing you have on course. You can also click the "Cue sheet" tab. This will give you turn by turn directions in a written cue sheet. Including trail names, when to turn and which direction to turn.


Turn slight right onto Mescal Trail, 174C
At: 3.4mi

Turn sharp right onto Yucca Trail
At: 3.6mi

Keep left onto Yucca Trail
At: 3.9mi

Turn slight left onto Canyon of Fools Trail, 174F
At: 4.0mi

Use caution on road
At: 4.5mi

Turn left onto Boynton Pass Road
At: 4.5mi

Turn slight left onto Long Canyon Road
In: 0.5mi

Turn left onto Oak
In: 0.5mi

Turn left onto the Austrian Oak
In: 0.5mi

Almost back to the Jeep!
In: 0.7 mi

Blue Dot   Metric   Elevation   Cue sheet

9. If you get off course, you will hear a low two-tone alert signaling you are off course. The bar across the top of your screen will confirm you are off course too. Find yourself (the blue dot) and see where you are. The blue dashed line is the course you need to follow and complete. The solid red line is the section of the course you have already completed. Try to get yourself back on course by following your "blue dot". Every minute you are off course, the app will alert you with the low two tones until you find your way back on course. Once back on course, you will hear a "cheery" two tone alert signaling you are back on course. The bar across the top will disappear and your next cue will appear. IF you cannot find your way back on course…you can always select the "Tap to route back to course." BUT it may not get you back on course the way the race course is mapped. I would only use this feature if you have gotten so off course you are lost.
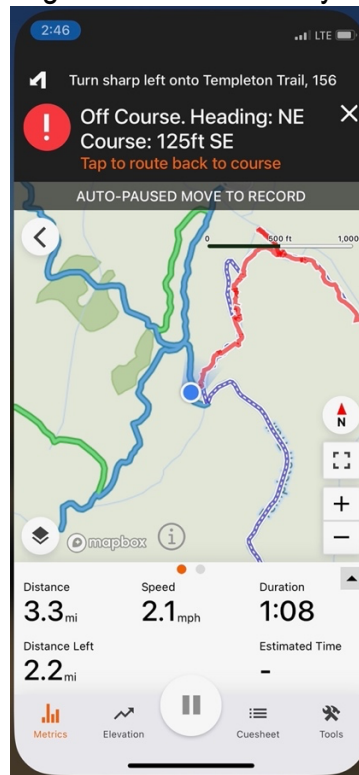
Off Course

10. *******55K runners ONLY*****If you choose to use the Ride with GPS app on your phone and you expect to be on course for more than 5 hours, you may consider bringing an external USB battery. Especially if you choose to use the Ride with GPS app to navigate and Strava to record. These two apps running simultaneously will drain your battery fast. Google small external USB battery on Amazon and you'll find many inexpensive options.

11. ***IMPORTANT***If the Ride with GPS stops working/navigating for any reason. Simply turn off/close the app. Open the app again and once it restarts, follow these easy steps: From the Home screen select "Library", then "Offline". Find your race course and select it. Then hit the orange Navigate button. Give the app a minute to find you again and start navigating.

12. The National Forest has sprayed "white dashes" on slickrock areas and rock cairns within wire mesh to help visitors find their way. These may come in handy when you do not see a flag, but need some reassurance you are on a trail. We have selected a few photos to show you what they look like.

White Dashes

White Dash (up close)

Rock Cairns

POST RACE "KICK-BACK"

Join us post-race on Sunday, March 26th from 11 AM – 4 PM to celebrate your victories.
Sponsored by Trail Running Escapes and Sedona Red Rock Trail Fund, Sedona Beer Company and Athletic Brewing Company will be served. All registered participants will receive a beer included with registration. Additional beers for sale. Friends and family are welcome and encouraged to join! The more the merrier.

Not Your Routine Poutine will be on site serving up their tasty twist on the traditional Canadian dish. Pre-order your post-race food or purchase it on site.

Huge thank you to our amazing Sponsors!!!!

It takes a Village ☺

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