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# RACE START/FINISH LOCATION

Yavapai College / Sedona Center 4215 Arts Village Drive Sedona, AZ 86336 (No Runner Parking here. ONLY runner drop offs. See Page 5 for more details.)

#### RACE WEEKEND SCHEDULE

**THURSDAY, APRIL 18**th – Altra Running & Trail Running Escapes will be hosting the community driven "Beer Run". All participants are welcome to join us if you are in town. Come run with the locals and share a beer at Sedona Beer Company "Basecamp" located at 70 Dry Creek Road, Sedona 86336. Cool giveaways and a great way to kick off the weekend of festivities! Time TBD.

FRIDAY, APRIL 19<sup>th</sup> – Bib Pickup will be from 12 Noon to 5 PM. Located at the Hike House: 431 State Route 179, Sedona 86336. Pickup your bib and shirt. We will have race branded merchandise for purchase, so be sure to bring some cash or Venmo. Several Partners will be on site to mingle with and snag freebies. Performance Recovery will also be on site with services to help you get race ready. Check them out <a href="https://example.com/here.">here.</a> If you would like someone else to pick up your bib, please email us at: <a href="https://erica@trailrunningescapes.com">erica@trailrunningescapes.com</a> prior to pick up.

Join us at Arabella hotel, our Host hotel, at 5:00 PM where Jason Melvin ~ Trail Running Escapes Ambassador and Altra Running will host a "shake out" run. A short run on a breathtaking trail, with an optional sunset Yoga session and "Intension setting" for Saturday's big day from 5:30-6:30 PM! Yogi Tea will be on site to calm your body and relax for the race. Sunset is at 7:04 PM.

**SATURDAY, APRIL 20th** – Races start at 6:00 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 starting at 5:00 AM race morning. Saturday's race start is at Yavapai College / Sedona Center: 4215 Arts Village Drive Sedona, AZ 86336. There is NO RUNNER parking here. Please refer to Page 5 of this Runner's Guide for more information regarding Runner Parking. All race courses close at 6:30 PM. 50M and 34M runners have internal cut-offs. Please refer to your specific page in the Table of Contents above for more details. From 9 AM – 6:00 PM, we'll transform the Yavapai College's back patio into our post-race "kick-back". We'll create a vendor lounge area to mingle with our Partners and snag your favorite samples. Performance Recovery will be on site again if you need a little "love" after your race. Be sure to bring ID for the beer garden and cash or Venmo for race merchandise on sale. A food truck will be on site for additional purchases, but every registered runner receives a complimentary dish. Along with your complimentary beer. Be sure to bring your ID. Yu must be 21 years of age to receive your beer. The post-race par~tay will be at Red Wall Lounge (check out our Post Race Festivities page) from 6-9 PM. "VUE" specialty drinks, Rascal catered VIP area and a live broadcast with Becoming Ultra's Season 14 participants and coaches around the fire pit. Did we mention the live entertainment? Camilla Gratton and Friends ~ all the way in from LA. You don't want to miss this fireside camaraderie with one of the best views in Sedona! #EnjoytheVUE

**SUNDAY**, **APRIL 21**<sup>st</sup> – Join us for a morning after "Recovery Roast" with Ren Tao Roasting ~ the VUE's official coffee! Enjoy a cup of coffee or tea and share your stories from the trail. Location and Time TBD.

#### **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 would like to stay in good standing with our community and the National Forest Service.
- 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 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 12-19.
- 6. **Bags may be left at the start area for access after the race**. If you would like to wear layers at the start or flip flops for after.
- 7. 50 Mile & 34 Mile Runners may have a drop bag. Access will be at the Aerie TH Aid Station located at Miles 26.5 and 35.5 for the 50 Milers and 22 and 27 for the 34 Milers. Please label your bag with your Name and/or Bib number on it. We will have tape and sharpies at the start. There will be a pickup truck at the start area with a sign denoting where to place your drop bags. They will not be brought back to the finish line until that Aid Station closes at approximately 3:30 PM. If you plan to finish earlier, you will need to make arrangements to return for your bag after that time.
- 8. **Restrooms will be located at the start/finish**. Portable restrooms will be on course at different locations. Please refer to your specific race for more details.

- 9. **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. There are several!
- 10. **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. Bibs are chipped, but if you do not plan to run telling us allows us to remove you from the race roster prior to the event beginning. Text messages to: (805) 807-8022
- 11. Covid precautions will be taken at all Aid Stations and Finish lines. All food and drink will be individually wrapped; small exception at Aerie TH Aid Station. Skratch electrolyte drink mix will be premixed 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.
- 12. **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.
- 13. **Keep Nature Wild** ~ Trail Running Escapes has teamed up with Keep Nature Wild to create a "VUE" inspired sticker to go along with their Trail Keeper Trash Pickup kit. Equipped with bag and gloves for you to do your part with trash clean up. It's Earth Day weekend and we want to do our part in leaving the trails better than we found them. For every kit sold, KNW commits to picking up 1 pound of trash. Purchase your KNW kit at Bib pickup or on race day. Limited supplies available.

#### PARKING INFORMATION

SATURDAY ~ APRIL 20th

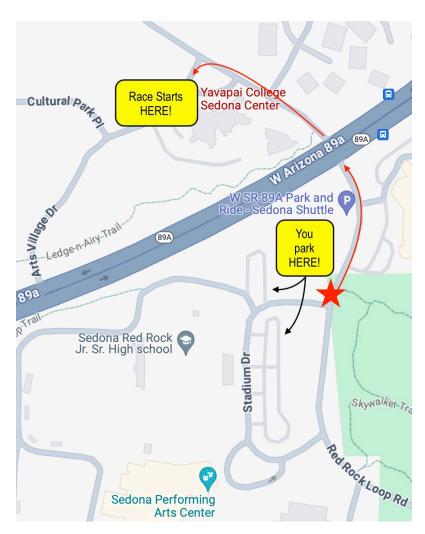
# There is NO RUNNER PARKING at the race start. Please read this paragraph thoroughly.

No runners will be allowed to park at the race start. These spaces are reserved for volunteers, drop offs and our "Vendor Lounge" area. Runner parking is located across the 89A at the Red Rock High School parking lot off of Stadium Drive. Please use the spaces closest to the 89A. Once parked, use the sidewalk along Upper Red Rock Loop Road to walk towards Yavapai College/Sedona Center. PLEASE use the crosswalk signal and wait for the right of way. Cars accelerate at high speed through here.

# Red Rock High School is located at: 995 Upper Red Rock Loop Road, Sedona 86336

# Yavapai College/Sedona Center is located at: 4215 Arts Village Drive Sedona, 86336

Restrooms are located at the race start. You may leave a bag here as well, if you'd like to wear a jacket or layer up.



SATURDAY – APRIL 20, 2024

**50 MILE RACE** 

START TIME: 6:00 AM

**COURSE CLOSES: 6:30 PM** 

**CUT OFF: 4.5 HOURS FROM START** 

10:30 AM

Boynton Canyon AS

**15.5 Miles** 

(If you miss this cutoff, you have 2 options. Continue on the 34M course or the 21M course.)

### **AID STATION LOCATIONS**

AS # 1 – Dry Creek Road – Mile 6.5

Restrooms here!

AS # 2 - Long Canyon Road - Mile 11.5

NO restrooms here!

AS # 3 – Boynton Canyon Road/Dawa-OK TH – Miles 15.5 and 20.5 (cut off here at 10:30 AM for 15.5M)

Restrooms here!

(cut off here at 10:30 AM for 15.5M)

If you make the cutoff, you may start the inner 5M loop to continue on the 50M course. You will come back to this AS after the 5M loop. Then you will head to the next AS. If you do NOT make the cutoff you have (2) options; continue on the 34M OR 21M course. We recommend downloading all 3 GPX Files, so you have options if you think you may miss the cutoff.

AS # 4 - Aerie TH - Miles 26.5 and 35.5

Restrooms here!

You will come to this AS twice.

DROP BAGS HERE!

AS # 5 – Girdner TH – Miles 42.5 & 46 (cut off here at 4:30 PM for 42.5M)

NO restrooms here!

If you miss the cutoff, you must return to the start/finish with a DNF. Please plan your race accordingly, so you make this cutoff. You will then have 2 hours to complete 8 miles.

Google Dawa/OK TH, Aerie TH & Girdner TH. These are great locations for family and friends to see you! #EnjoytheVUE



SATURDAY – APRIL 20, 2024

34 MILE RACE

START TIME: 6:00 AM

**COURSE CLOSES: 6:30 PM** 

CUT OFF: 4.5 HOURS FROM START

10:30 AM

Boynton Canyon AS

15.5 Miles

(If you miss this cutoff, you will not be allowed to continue on the 34M course. You must head back towards the start/finish following the 21M course.)

#### AID STATION LOCATIONS

AS # 1 – Dry Creek Road– Mile 6.5

Restrooms here!

AS # 2 – Long Canyon Road – Mile 11.5

NO Restrooms here.

AS #3 – Boynton Canyon Road/Dawa-OK TH – Mile 15.5 (cut off here at 10:30 AM for 15.5M)

Restrooms here!

If you miss the cutoff, you will not be allowed to continue on the 34M course. You will need to head back towards the start/finish on the 21M course and we will adjust your time. If you think you may miss this cutoff, we suggest downloading BOTH GPX files. The 34M and 21M courses.

AS #4 – Aerie TH – Miles 22 & 27 You will come to this AS twice.

Restrooms here!

**DROP BAGS HERE!** 

Google Aerie TH & Dawa-OK TH. These are great locations for family and friends to see you!

#EnjoytheVUE



SATURDAY - APRIL 20, 2024

21 MILE RACE

START TIME: 7:00 AM

**COURSE CLOSES: 6:30 PM** 

#### **AID STATION LOCATIONS**

AS # 1 – Dry Creek Road – Mile 6.5 Restrooms here!

AS #2 – Long Canyon Road – Mile 11.5 NO Restrooms here.

AS #3 – Boynton Canyon Road/Dawa-OK TH – Mile 15.5 Restrooms here!

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

#EnjoytheVUE



SATURDAY - APRIL 20, 2024

**12 MILE RACE** 

START TIME: 7:00 AM

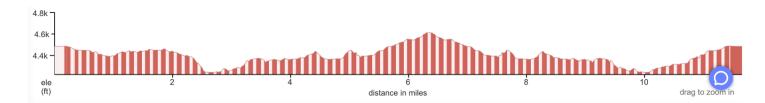
**COURSE CLOSES: 6:30 PM** 

# **AID STATION LOCATIONS**

AS # 1 – Dry Creek Road – Mile 6.5 This is your turn around point.

Restrooms here!

#EnjoytheVUE



SATURDAY - APRIL 20, 2024

**4 MILE RACE** 

START TIME: 8:00 AM

**COURSE CLOSES: 6:30 PM** 

### **AID STATION LOCATIONS**

There will be NO Aid Station on your course. We will have Skratch bars and Energy Chews, Spring Energy gels, water and electrolytes available at the start line to take on course.

Please take enough water and fueling for 4 Miles.

#EnjoytheVUE



#### **AID STATIONS**

There will be five Aid Stations on course. Not all runners will see all 5; 4 Mile runners will take their supplies with them from the Start Line area. Please refer to your race's "Course Info" page for exact locations. Some locations are better for friends and family to park and see you along the course.

Some Aid Stations have "cut offs" for the 50M and 34M runners. It is your responsibility to know when and where your cut offs are. If you think you may miss the cutoff and have to finish a different course, we suggest downloading several different race courses. For instance, if you are running the 50M but miss the 10:30 AM cutoff. You must either finish the 34M or 21M course; depending on how you feel. If you've downloaded all 3 courses. You will be set. Same with 34M runners. If you think you may miss the 10:30 AM cutoff, please download the 21M course also.

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 and SNB lube.

Salty snacks, fruit, Spring Energy gels, Skratch chews and bars.

#### COURSE MARKINGS AND GPX FILES

All runners will be required to download a GPX file to follow their course. To help ensure your safety and keep you on course, we are implementing the GPX file as a requirement for navigation.

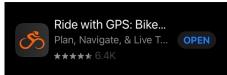
Race courses will be minimally marked with yellow pin flags to confirm you are on the correct trail. White pin flags with a black "X" will denote a trail at an intersection NOT on course. Do not take this trail. However, you CANNOT rely on pin flags alone to find your way. You will need to download a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

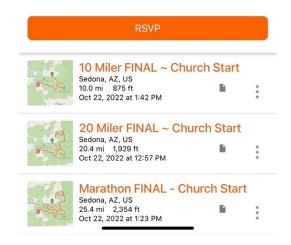
Below you will find step by step instructions on how to install the **Ride with GPS** app, RSVP to the event and operate **Ride with GPS**. If you choose to download a TCX or GPX file to your personal device (Garmin watch, Coros, etc.) these will be available once you RSVP to the event also.

We will also be hosting a LIVE broadcast on the Vortex Ultra Instagram site once courses have been emailed to you. This is a great opportunity to get familiar with the app.

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



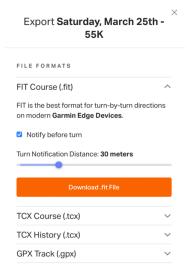
2. You will receive an email inviting you to "the VUE" event. Once you RSVP "yes" you will have access to all (5) race courses. The screenshot below is just a sample view. Your screen will have the 50M, 34M, 21M, 12M and 4M courses



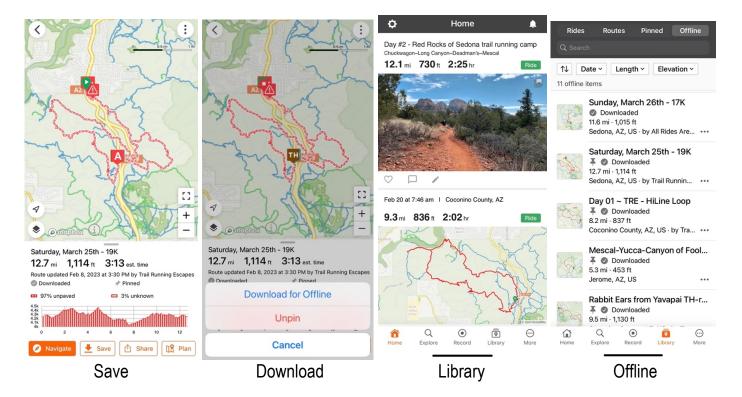
3. Online you can view the courses, elevation profiles, turn by turn cues, change the map view (Satellite, TOPO, Ride with GPS, etc.), add/remove POV and mile markers plus more... To export a TCX or GPX file to your personal device NOT using the Ride with GPS app on your phone, select which race you would like to view. Once it is open, select the "More" tab in the upper left-hand corner.



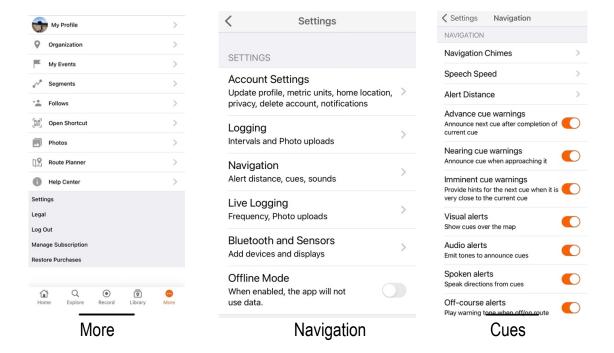
4. Select "Export as File". Use the arrows on the right-hand side of the screen to expand the format you would like to learn more about. Most devices will accept the TCX Course file. Be sure to read about your device beforehand. Once you've decided which format is best for your device, click the Download "orange bar". We strongly recommend you test your device to make sure everything downloaded properly. Be sure to download several courses if you think you may miss a cutoff (34M and 50M runners.).



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 navigate 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. Navigating your course "Offline" will help save your battery. HOWEVER, we suggest purchasing a small external battery if you are doing the 50M or 34M course.



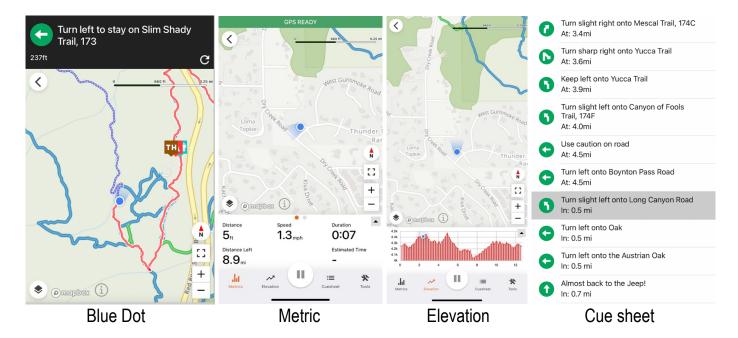
6. Once you have RSVP'd, downloaded the app and saved your courses for offline use, be sure to go to the app settings. Start by clicking on the "More" tab on the bottom right corner of the Home screen. Then select the "Navigation" menu. Once on the Navigation page, be sure to select all the "cues" so 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. Once you click "Navigate", check your volume in "Tools" (bottom right tool bar) also. Click to open and slide your volume all the way up.



7. To start navigating a course, simply click the orange "Navigate" button once you have selected your race course from the offline Library.



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. 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.



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. \*\*\*\*\*\*50M & 34M Runners\*\*\*\*\*If you choose to use the Ride with GPS app on your phone and anticipate being on course for more than 5 hours, you should 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 <a href="mailto:small external USB">small external USB</a> 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. You will be the blue dot on course.

12. Lastly, if your course map overlaps at any time and you have gotten off course...the app may think you have already done a section and route you the wrong way. If you feel it is routing you the wrong way, look at your mileage and go to the "Cues" tab on the app. Scroll until you find your mileage and start following the turn by turns from that point on. We will have large directional signage at intersections that you encounter twice. So please pause for a moment and read them if you are confused.

13. 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** 

# How to download GPX or TCX files from Ride with GPS

We strongly suggest runners download the Ride with GPS app to their phone for navigation. Things to consider if you do not use the Ride with GPS app for navigation: GPX Track files will contain POI, but they do not contain custom cues for turn-by-turn navigation. TCX files will contain the custom cues we've added, but they will not contain POI.

For any Garmin device that support waypoints, runners can import **GPX Track** files that include POI as waypoints (see image: <a href="https://s3.amazonaws.com/rwgps/screenshots/22-404025033.png">https://s3.amazonaws.com/rwgps/screenshots/22-404025033.png</a>). On Garmin devices, the POI will display as flags on your screen, not as the custom POI Ride with GPS offers on their site and app. This is a limitation on how Garmin displays all of their POI.

Runners will have to <u>manually</u> upload their GPX file to their Garmin device (via USB cord or similar) instead of using one of Ride with GPS's wireless sync options if they want to see POI. Syncing with <u>Garmin Connect</u> or the Connect IQ app will not transfer POI. Ride with GPS has instructions about manually syncing files here - <u>https://support.ridewithgps.com/hc/en-us/articles/12212969301147-Manually-Sync-your-Garmin</u>.

A **TCX Course** file will include custom cues and navigation instructions when manually uploaded to a Garmin device that supports turn-by-turn navigation. To ensure that all Custom Cues we've created for our Routes will show up on a Garmin, runners will need to <u>manually upload</u> a TCX file to their Garmin instead of transmitting it wirelessly. If you transmit the file wirelessly, some of our custom cues may be removed by Garmin's routing algorithm, but the trackline would still come over and be available with turn-by-turn navigation. Unfortunately, uploading a route as a TCX file won't include POI.

Ride with GPS hasn't specifically tested Coros devices to see if they support our POI, but users will be able to export a GPS file from Ride with GPS and then upload that file as a trackline to follow on a Coros watch. In looking at Coros's documentation, it looks like some of their devices do support "checkpoints" - https://support.coros.com/hc/en-us/articles/360055691511-How-to-use-checkpoint-features.

Without testing it out, Ride with GPS can't guarantee whether a GPX track file that has POI included as waypoints (see image: <a href="https://s3.amazonaws.com/rwgps/screenshots/22-404025033.png">https://s3.amazonaws.com/rwgps/screenshots/22-404025033.png</a>) will have POI upload as "checkpoints" on a Coros device.

Since our TCX files will not include POI or waypoints, uploading a TCX file to a Coros definitely wouldn't work to get POI on that device.

#### POST RACE "KICK-BACK", EVENING FESTIVITIES & VENDOR VILLAGE

Join us post-race on Saturday, April 20th from 9 AM – 6 PM to celebrate your victories. Sponsored by Trail Running Escapes and Sedona Beer Company ~ stop by the "back patio" of Yavapai College (that's where the race starts/ends) and grab your complimentary beer! Beer will also be for sale if you're still thirsty or if friends and family are joining you to celebrate your success. Simply bring a photo ID and we'll let you in! No ID? We will not be able to give you a wristband to drink. Our Food truck ~ Not Your Routine Poutine will be on site with your post-race complimentary food! They will be showcasing their ~ Traditional, Vegan, Barbados (vegetarian) and New Orleans Poutines. New Orleans may be made vegetarian style also. Additional food is available for purchase for family and friends.

Performance Recovery will be on site for post-race IV options (services cost money, so bring some moola) and Good Medicine will be on site for complimentary post-race massages.

Vendor Village will be bustling with many of our Partners: Skratch Labs, Wild Tonic, Natalie's Organic Juices, Sedona Red Rock Trail Fund, Squirrel's Nut Butter, Altra, Findlay Toyota Flagstaff, Yogi Tea, Pindrop Travel Trailers and the Sedona Humane Society. Please consider a donation to the Humane Society while you are there:) We will also be selling VUE branded gear ~ sweatshirts, hats and posters. Bring cash or Venmo.

We will have Keep Nature Wild kits for you to do your part in Earth Day weekend trash cleanup. For a small donation (\$5), you will receive a VUE inspired KNW sticker, gloves and trash bag in your kit. Limited supplies available.





Evening festivities? You bet! Red Wall Lounge will be hosting our evening "not fancy" soiree! Come as you are and share your stories around the fire pit from 6-9PM with friends and family. Enjoy music from Camilla Gratton and friends ~ all the way from LA. Check out the LIVE broadcast from the Becoming Ultra Team ~ highlighting their stories from the trail! You won't want to miss this evening celebration to culminate your victories around the fire pit. Rascal will be catering our VIP area and Red Wall Lounge will be curating a specialty drink for the VUE!!!!

Huge thank you to our amazing community of Partners!!!! It takes a Village 🛭





# FINDLAY TOYOTA FLAGSTAFF



# skraich























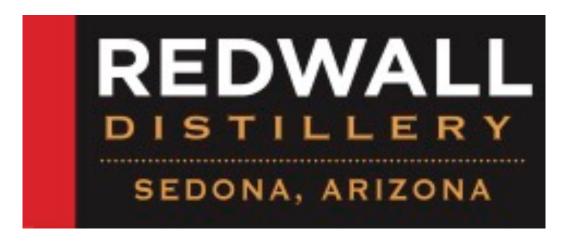






goodr









# Vavapai COLLEGE















**Proud Supporter**