Red Rocks of Sedona Trail Race

Mountain Marathon ~ 20 Mile ~ 10 Mile

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RACE START LOCATION
United Methodist Church
110 Indian Cliffs Road
Sedona, AZ 86336
(No Runner Parking here.
ONLY runner drop offs.
See Page 5 for more details.)

RACE FINISH LOCATION
Verde Valley School
3511 Verde Valley School Road
Sedona, AZ 86351
(No Runner Parking here. ONLY
runners who were dropped off at
the start can be picked up here.
Limited Parking. See Page 5 for
more details on where to park to
take the shuttle.)

RUNNER PARKING LOCATION/POST RACE "KICK-BACK"
The Collective Sedona
7000 AZ 179
Sedona, AZ 86351

RACE WEEKEND SCHEDULE

THURSDAY, OCTOBER 17th – Trail Running Escapes & Altra Running sponsored community beer run at 5 PM ~ Sedona Beer Company Basecamp. Located at 70 Dry Creek Road Sedona, AZ 86336. Parking is available across the street at the Sedona Public Library. Please park here and allow 5 minutes to walk across the street to the start at Basecamp. Join us for a popular Strava segment run in a local "westside" neighborhood of Kachina Village. Afterwards, grab a beer and hang with fellow racers and locals to share stories and snag some giveaways!

FRIDAY, OCTOBER 18th – Bib Pickup will be from 12 Noon to 4:30 PM. Located at the Hike House: 431 State Route 179 Sedona, AZ 86336. Pickup your bib and grab a coffee at the Energy Café and any last-minute things you need to race. Say hi to our sponsors and be sure to visit *Let's Wander Photography* for your FOMO bib photo. Everyone wants one! Be sure to tag us when you post it:
#trailrunningescapes #rrs #bethebuddha
If you would like someone else to pick up your bib, please email us at: erica@trailrunningescapes.com prior to pick up. Opening ceremony & shake out run start at 5PM. Location TBD. Ask us at Bib pickup!

SATURDAY, OCTOBER 19th – Races start at 7:45 AM (please refer to your race page under the Table of Contents for your specific start time). If you were unable to pick up your bib on Friday, you may pick up your Bib starting at 6:30 AM at the race start. Saturday's race start is at the United Methodist Church. Located at: 110 Indian Cliffs Road 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 2:30 PM.
IMPORTANTSaturday's race start is in a residential neighborhood, 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 at the start line. Please be considerate of the Church's neighbors. We thank you in advance for your cooperation.

Post-race festivities!!! We will be celebrating your victories from 10 AM – 3 PM at **the Collective Sedona** where you parked your car in the morning and grabbed the shuttle. If you got dropped off at the race start, please see below for the Collective's address and be sure to stop by to celebrate! *Rotten Johnny's & the Village Chophouse* will be whipping up some tasty food and pouring some local beer on the grassy lawn. Snag a spot; grab some food and drink and share your stories from the trail. Food and beer are complimentary. Cheers to you! Cash bar available inside the Village Chophouse.

The Collective Sedona is located at: 7000 AZ 179 Sedona, AZ 86351

Be sure to stop by Vendor Village at the finish line while you wait for the shuttle. Altra, Performance Recovery, Good Medicine, Wild Tonic, Natalie's Organic Juices and Athletic Brewing will all be on hand to say hi!

The return shuttle will run from 10am – 3pm from the finish line area to the Collective Sedona.

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 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 10-15.

6. **Bags may be left at the start area and retrieved after the race**. If you want to wear an extra layer or jacket on the shuttle, we'll have a car at the race start you can throw it into and we'll transport them to the finish line. If you are bringing a bag, please label it.

7. **Restrooms will be located at the start/finish and parking locations**. Portable restrooms will be on course at both Aid Station locations. Please refer to your specific race for exact mileage.

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 page. 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. **If you leave the course and decide NOT to finish**, please text or call us and let us know. Every year, we have runners who decide to call it a day and have their friends/family pick them up at an Aid Station and do not tell us. Then we wait around at the Finish Line looking for you. <mark>Please call or text us at: (805) 807-8022 Simply let us know your name & bib number. Thank you!</mark>

11. **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.

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.

PARKING INFORMATION

SATURDAY ~ OCTOBER 19th

There is NO RUNNER PARKING at the race start. You may ONLY be dropped off at the start and picked at the finish if you do not take the shuttle. Please read the paragraph below thoroughly. If you have any questions regarding parking, please email us at: erica@trailrunningescapes.com prior to race day.

No runners will be allowed to park at the race start. These spaces are reserved for volunteers and drop offs ONLY. **If you purchased a "Shuttle Pass" you will be taking one of the shuttles from the post-race festivities/parking area to the race start at the United Methodist Church**. Shuttles will run between **6AM and 7AM (or as needed).** Once a shuttle is full, it will depart from **the Collective Sedona** (post-race festivities/parking area) and drive to the United Methodist Church for drop off. Once everyone has deboarded, the shuttle will return for the next trip. We will have several shuttles operating and NO ONE will be left behind. We will be in communication with our volunteers and shuttle drivers to know when the last runner has departed from the parking area to the race start line.

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 popular trailheads, many tourists try to park on their streets. Residents on Indian Cliffs Road and adjacent streets have a zero-tolerance policy for non-permitted cars parked on their streets and they will call the police.

Runner Parking location: **The Collective Sedona 7000 AZ-179 Sedona, AZ 86351**
(Please drive around the back of the stores for parking; follow signs.)
Restrooms here!

SATURDAY – OCTOBER 19, 2024
MOUNTAIN MARATHON RACE
START TIME: 7:45 AM
COURSE CLOSES: 2:30 PM

CUT OFF: 4 HOURS FROM START
==11:45 AM==
==Yavapai Vista Point AS==
==14.8 Miles==
(If you miss this cutoff, you will be directed to the finish and receive a time for the 20M race.)

AID STATION LOCATIONS

AS # 1 - Mystic Trailhead – Mile 7
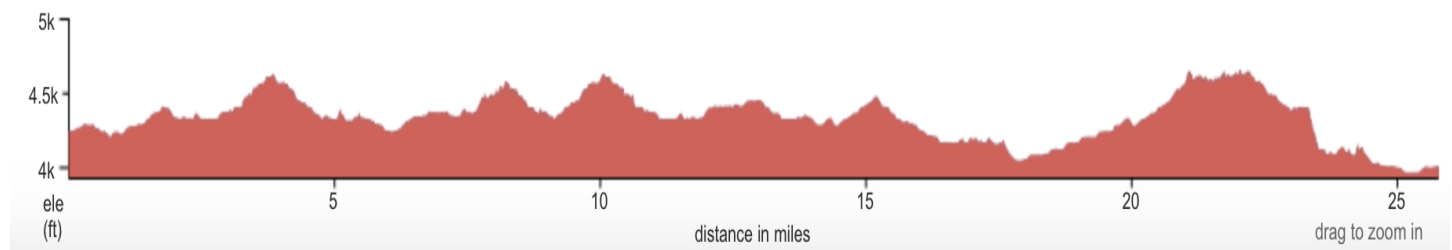
AS # 2 – Yavapai Vista Point TH – Mile 14.8
==(cut off here at 11:45 AM)==

AS # 3 - Yavapai Vista Point TH – Mile 20

Restrooms at Mystic & 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 WILL BE AVAILABLE ONCE YOU RECEIVE THE "RIDE WITH GPS" EVENT INVITATION.

SATURDAY – OCTOBER 19, 2024
20 MILE RACE
START TIME: 7:45 AM
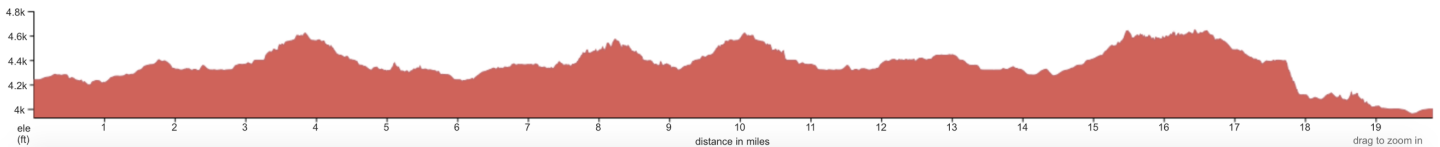**COURSE CLOSES: 2:30 PM**

AID STATION LOCATIONS

AS # 1 - Mystic Trailhead – Mile 7

AS # 2 – Yavapai Vista Point TH – Mile 14.8

Restrooms at Mystic & 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 WILL BE AVAILABLE ONCE YOU RECEIVE THE "RIDE WITH GPS" EVENT INVITATION.

SATURDAY – OCTOBER 19, 2024
10 MILE RACE
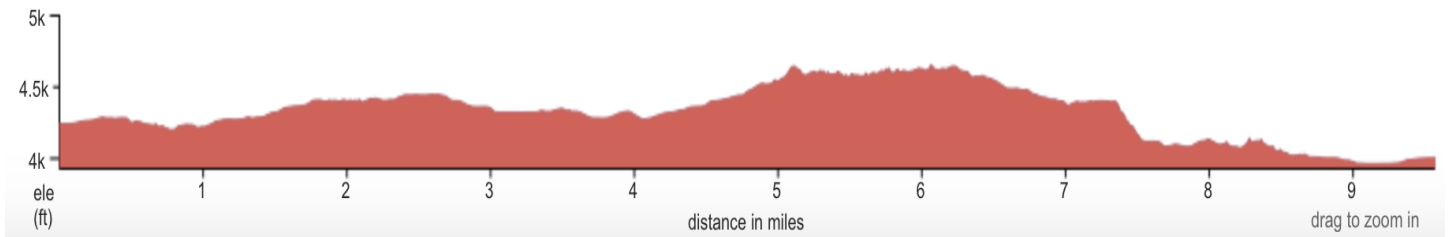**START TIME: 8:00 AM**
COURSE CLOSES: 2:30 PM

AID STATION LOCATIONS

AS # 1 – Yavapai Vista Point TH – Mile 4.5

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 WILL BE AVAILABLE ONCE YOU RECEIVE THE "RIDE WITH GPS" EVENT INVITATION.

AID STATIONS

There will be two Aid Stations on course. Please refer to your specific race's "Course Info" page for exact locations. Marathoners will visit Yavapai Aid Station twice. Some locations are better for friends and family to park and see you along the course. Yavapai Point Vista Trailhead is an excellent location as well as the Finish Line.

All Aid Stations will have water and Skratch electrolyte mix, 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. All food will be individually wrapped.

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 pin flags at intersections to confirm you are on the correct trail. Marathon is yellow; 20M is blue; 10M is pink. 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. Often they are removed. 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.

1. Go to the App Store on your phone. Search for **Ride with GPS** and download it for free. Do this 1st.
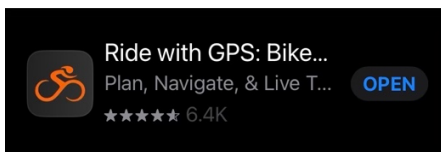
2. You will receive an email inviting you to the Red Rocks of Sedona Trail Race event. Once you RSVP "yes" you will have access to all (3) race courses.
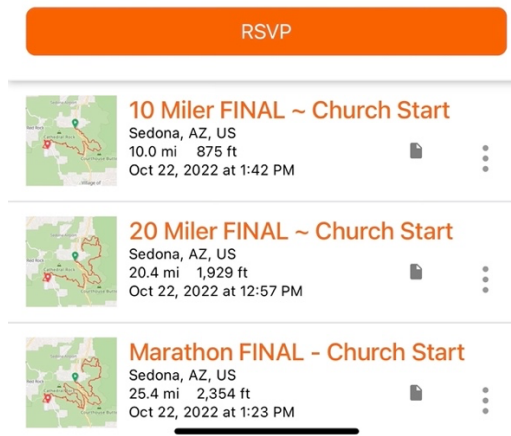
3. On line you can view the courses, elevation profiles, turn by turn cues, change the map view (Satellite, TOPO, Ride with GPS, etc.), add/remove POV and mile markers plus more... To export a TCX or GPX file to your personal device, select which race you would like to view. Once it is open, select the "More" tab in the upper left-hand corner.
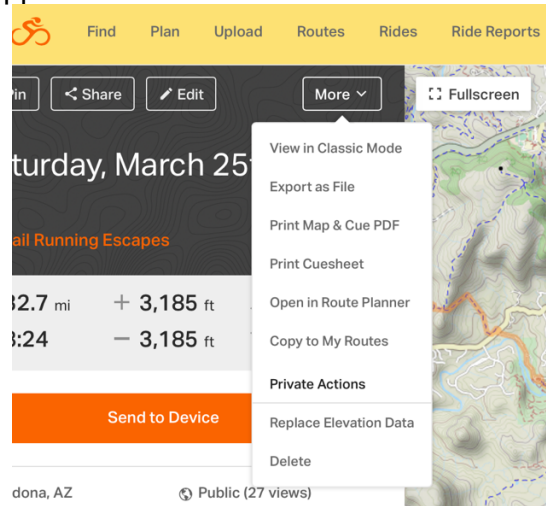

4. Select "Export as File". Use the arrows on the right-hand side of the screen to expand the format you would like to learn more about. Most devices will accept the TCX Course file. Be sure to read about your device beforehand. Once you've decided which format is best for your device, click the Download "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.
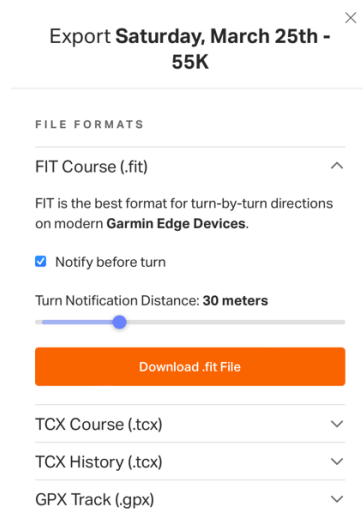

5. If you choose to use the Ride with GPS app on your phone (we highly recommend this), you can simply download whichever race course you are doing and follow it offline to save your battery. First click the "Save" button on the bottom of the screen. Then click "Download for Offline". Once it has finished 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
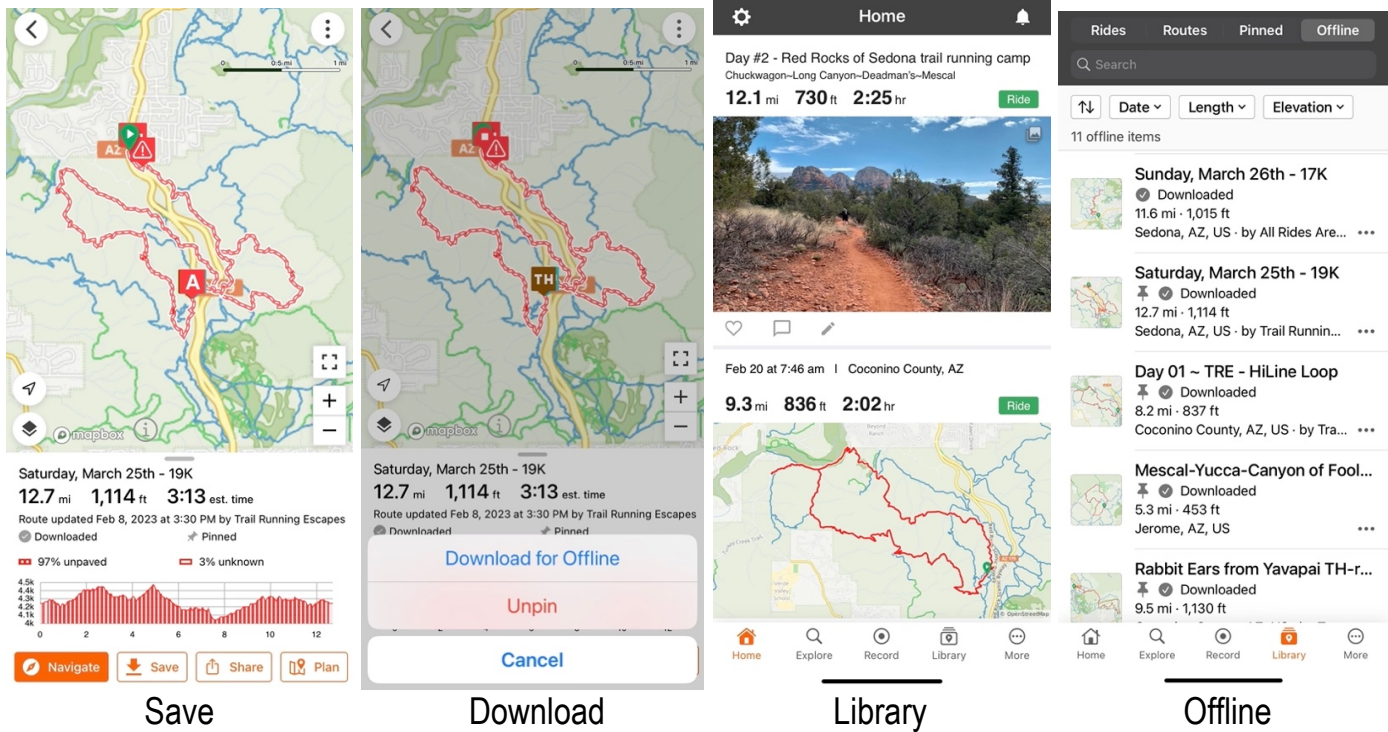
Offline

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 (some may need another step; select "Settings"). 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.
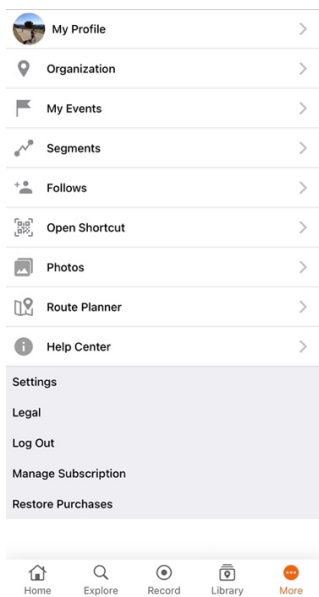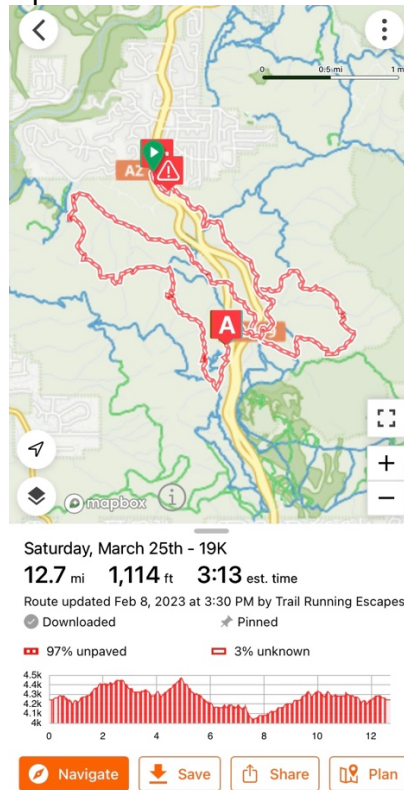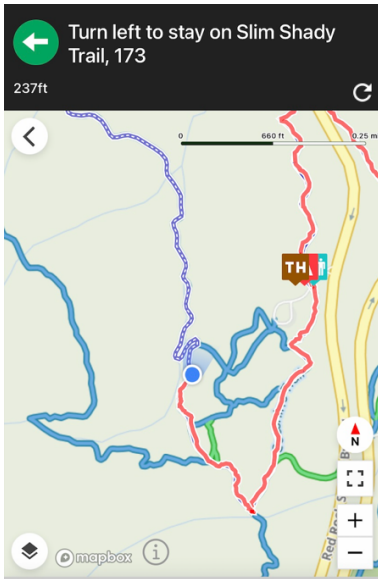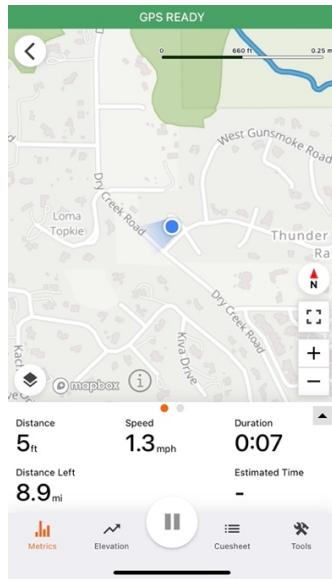

More
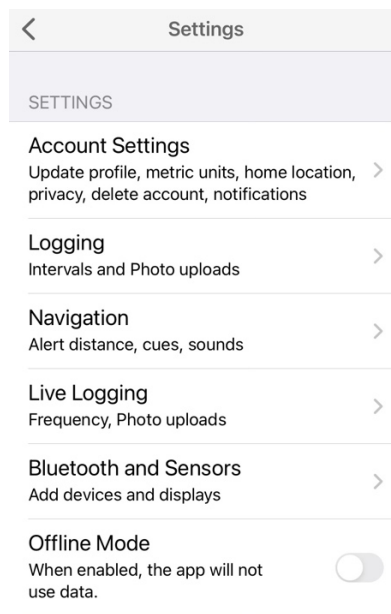
Navigation
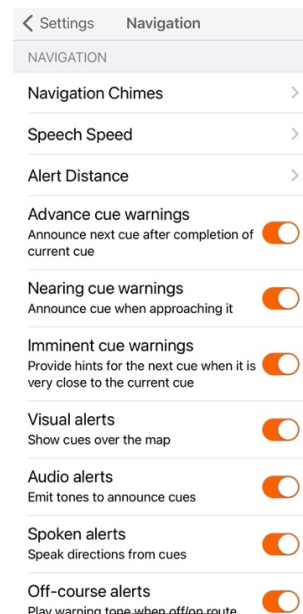
Cues

7. To start navigating a course, simply click the orange "Navigate" button once you have selected your race course from the offline Library. Click "Tools" (bottom right) and tap the Volume icon. Be sure your volume is all the way up!!!
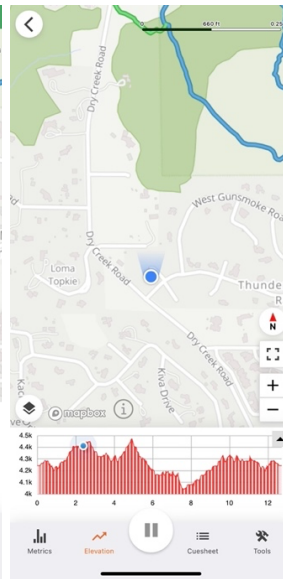

Saturday, March 25th - 19K
12.7 mi **1,114** ft **3:13** est. time
Route updated Feb 8, 2023 at 3:30 PM by Trail Running Escapes
⊘ Downloaded 📌 Pinned
▭ 97% unpaved ▭ 3% unknown

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.
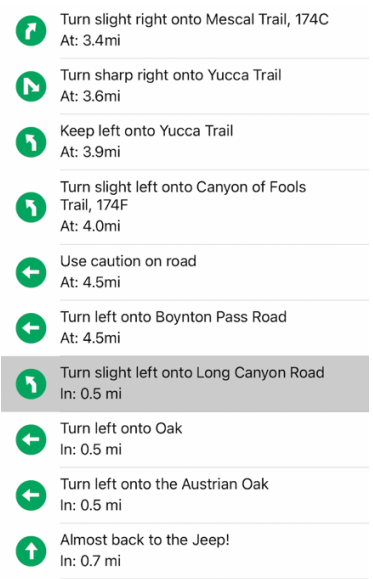
Blue Dot

Metric

Elevation

Cue sheet

Cue sheet entries:

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: 0.5 mi

Turn left onto Oak
In: 0.5 mi

Turn left onto the Austrian Oak
In: 0.5 mi

Almost back to the Jeep!
In: 0.7 mi

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.
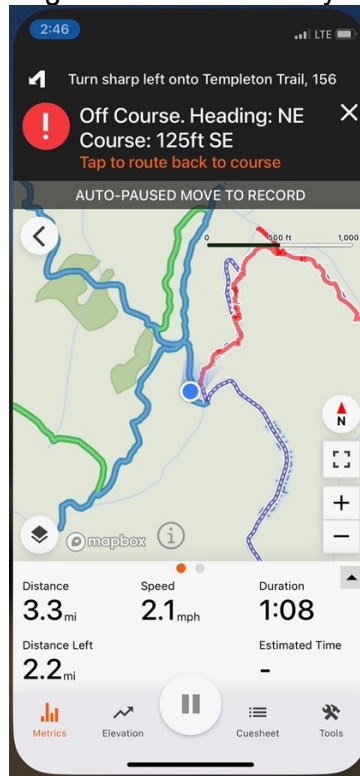
Off Course

10. ********Marathon 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. You will be the blue dot on course.

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

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: https://s3.amazonaws.com/rwgps/screenshots/22-404025033.png). 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 Garmin Connect or the Connect IQ app will not transfer POI. Ride with GPS has instructions about manually syncing files here - https://support.ridewithgps.com/hc/en-us/articles/12212969301147-Manually-Sync-your-Garmin.

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 manually upload 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.
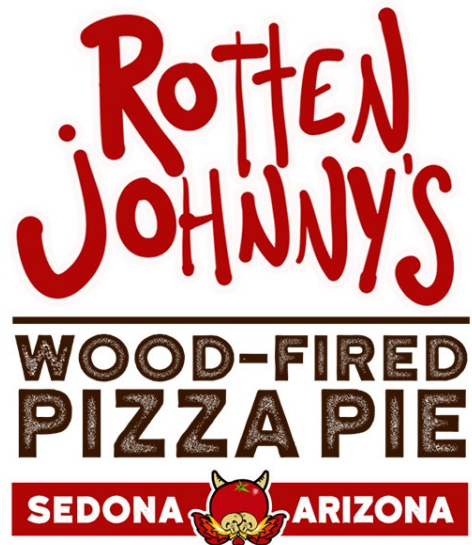
Ride with GPS hasn't specifically tested Coros devices to see if they support our POI, but users will be able to export a GPS file from Ride with GPS and then upload that file as a trackline to follow on a Coros watch. In looking at Coros's documentation, it looks like some of their devices do support "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: https://s3.amazonaws.com/rwgps/screenshots/22-404025033.png) 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" at the COLLECTIVE SEDONA

Join us post-race on Saturday, October 19th from 10 AM – 3 PM to celebrate your victories. Sponsored by Trail Running Escapes and Rotten Johnny's & the Village Chophouse. All registered participants will receive complimentary beer and food. Cash bar available inside the Village Chophouse. Cheers!

Huge thank you to our amazing Sponsors & Partners!!!!

It takes a Village ☺

MOONCHILD

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Northern Arizona Trail Runners

Run Sedona

PERFORMANCE RECOVERY

Purely SEDONA

SEDONA Trail Champions
EST. 2023

RF
RUN FLAGSTAFF

SPRING™
ENERGY