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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 17th – Columbia Sportswear & Trail Running Escapes will be hosting the community driven "Beer Run" at 5 PM. 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! Try out some new KONO Featherweight sneakers on your run.

FRIDAY, APRIL 18th – Bib Pickup will be from 12 Noon to 4:30 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 here. If you would like someone else to pick up your bib, please email us at: trailrunningescapes@gmail.com prior to pick up.
Join us at Arabella hotel, our Host hotel, at 5:00 PM where Jason Melvin ~ Trail Running Escapes Ambassador and Columbia will host a "shake out" run at the "Arabella "Knoll" behind the hotel. A short run on a breathtaking trail, with an optional sunset Yoga session and "Intension setting" for Saturday's big day from 5:30-7:00 PM! Sunset is at 7:04 PM.

SATURDAY, APRIL 19th – 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 10 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. You must be 21 years of age to receive your complimentary beer. A food truck will be on site for your complimentary meal. Friends and family may purchase additional food as well.
The post-race gathering will be at Red Wall Lounge (check out our Post Race Festivities page) from 6-9 PM. "VUE" specialty drinks and a cozy firepit to share your trail stories. You don't want to miss this fireside camaraderie with one of the best views in Sedona! #EnjoytheVUE

RUNNER INFORMATION

1. **This is a cup-less race.** Which means you must carry a handheld water bottle or hydration pack while on course. The first 200 runners to pick up their bibs will receive a *Naked Sports Innovation* "Speed Cup" to use 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, creek crossings 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 should download the app from the App Store first, then RSVP. 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 Dawa TH Aid Station located at Miles 15.5 & 20.5 for the 34 & 50 Milers and a second drop bag location at the Girdner TH Aid Station located at Mile 34 & 42 for the 50 Milers. Please label your bag with your Name and Bib number on it AND "Dawa" or "Girdner". This way we know which drop bag goes to which Aid Station. 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 each Aid Station closes. If you plan to finish earlier, you will need to make arrangements to return for your bag later in the day. Any bag not picked up on race day will be available Sunday morning after 9 AM at the Hike House. This is where bib pickup is on Friday.

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/Virus precautions will be taken at all Aid Stations and Finish lines**. 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 ~ APRIL 19th

There is NO RUNNER PARKING at the race start. Please read this information thoroughly.
No runners will be allowed to park at the race start. These spaces are reserved for volunteers, drop offs and our "Vendor Village" area. Runner parking is located off of Cultural Park Place in the dirt lots and off Navoti Drive (please read posted street parking signs).

Cultural Park Trailhead is located at: 77 Cultural Park Place ~ Sedona, AZ 86336

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

Restrooms are located at the race start. You may leave a bag here, if you'd like to wear a jacket or layer up before starting.
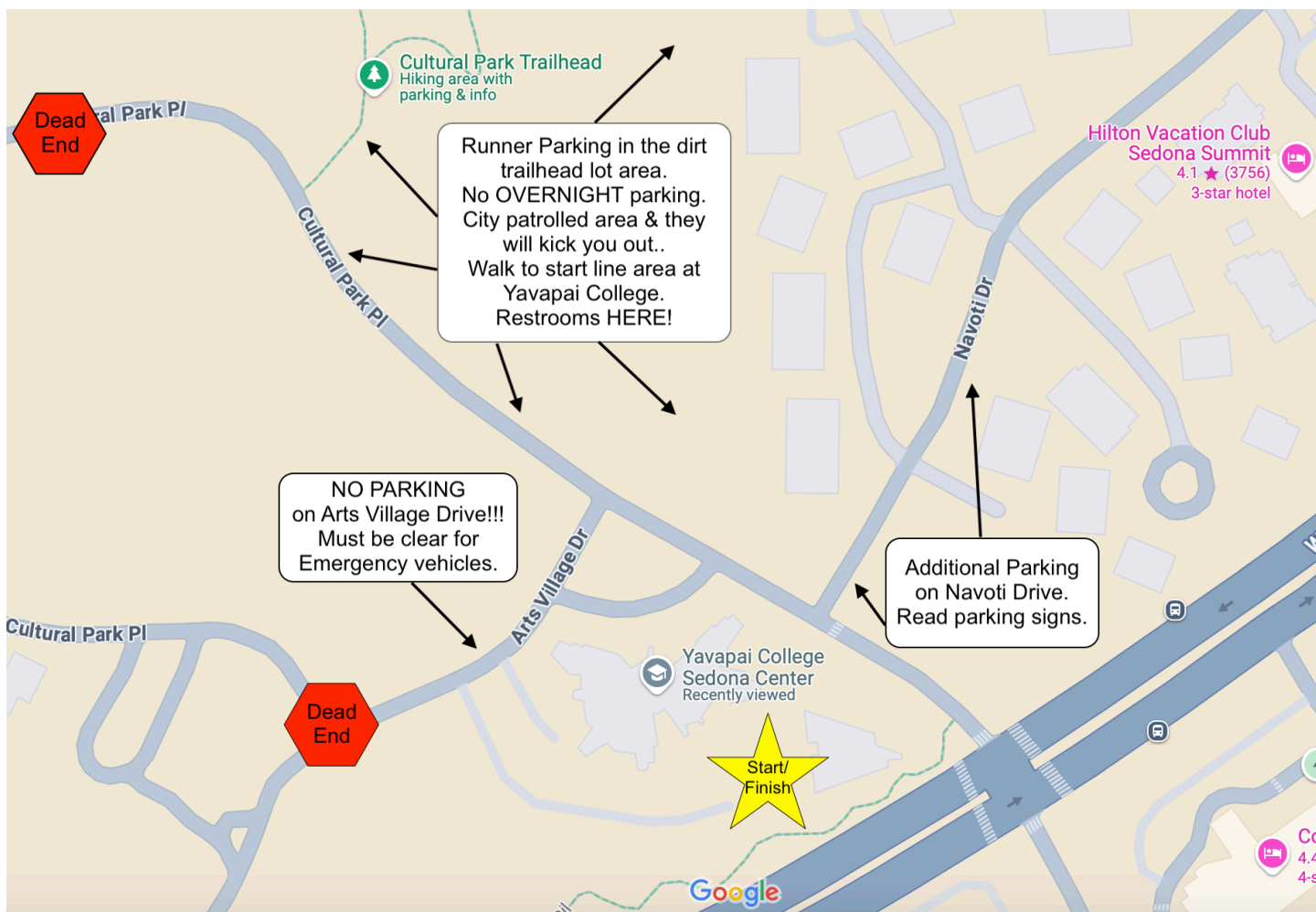
SATURDAY – APRIL 19, 2025
50 MILE RACE
START TIME: 6:00 AM
COURSE CLOSES: 6:30 PM

CUT OFFS: <mark>**4.5 HOURS FROM START**</mark>
10:30 AM; Dawa AS @ 15.5 Miles
(If you miss this cutoff, you have 2 options. Continue on the 34M course or the 21M course.)
<mark>**8.5 & 10.5 HOURS FROM START**</mark>
2:30 PM; Girdner AS @ 34 Miles
4:30 PM; Girdner AS @ 42 Miles

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 TH – Miles 15.5 and 20.5   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.
<mark>DROP BAGS HERE!</mark>

AS # 4 – Aerie TH – Miles 27   Restrooms here!

AS # 5 – Girdner TH – Miles 34 & 42.5   NO restrooms here!
(cut off here at 2:30 PM for 34M & 4:30 PM for 42.5M)
If you miss the cutoff at 2:30 PM, you must return to the start/finish with a DNF. Please plan your race accordingly, so you make this cutoff. <mark>DROP BAGS HERE!</mark>

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

#EnjoytheVUE

TURN BY TURN DIRECTIONS WILL BE AVAILABLE ONCE YOU RECEIVE THE "RIDE WITH GPS" EVENT INVITATION.
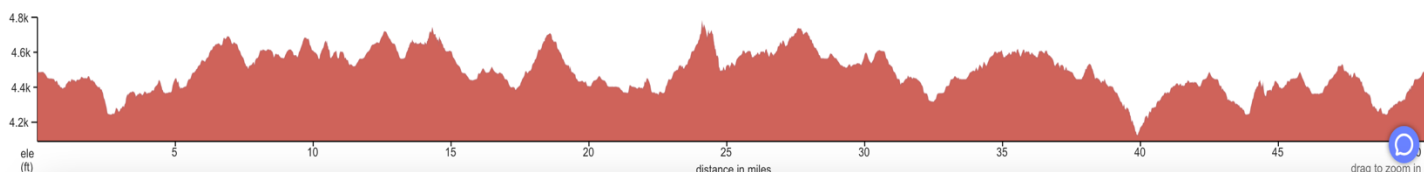
SATURDAY – APRIL 19, 2025
34 MILE RACE
START TIME: 6:00 AM
COURSE CLOSES: 6:30 PM

CUT OFF: <mark>**4 .5 HOURS FROM START**</mark>
10:30 AM
Dawa 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 TH – Mile 15.5 and 20.5   Restrooms here!
(cut off here at 10:30 AM for 15.5M)
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.
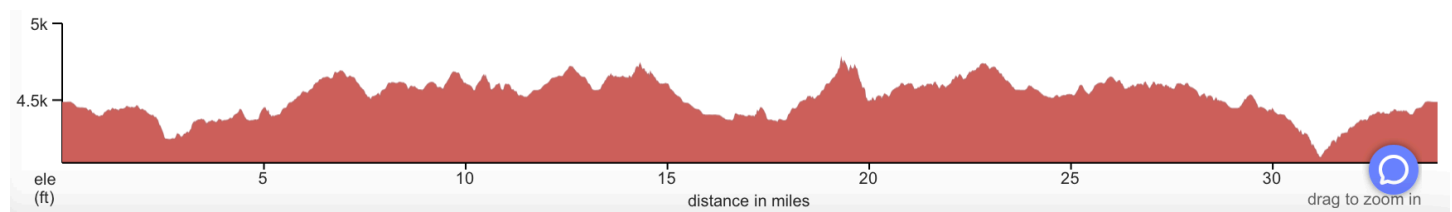<mark>DROP BAGS HERE!</mark>

AS #4 – Aerie TH – Miles 27   Restrooms here!

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

#EnjoytheVUE

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

SATURDAY – APRIL 19, 2025
21 MILE RACE
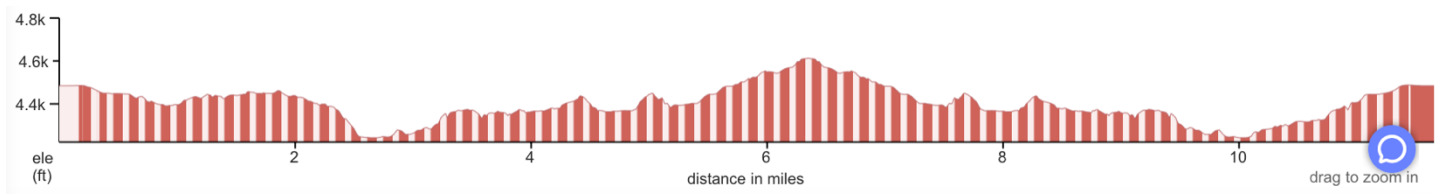**START TIME: 7:00 AM**
COURSE CLOSES: 6:30 PM

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 TH – Mile 15.5   Restrooms here!

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

#EnjoytheVUE

TURN BY TURN DIRECTIONS WILL BE AVAILABLE ONCE YOU RECEIVE THE "RIDE WITH GPS" EVENT INVITATION.
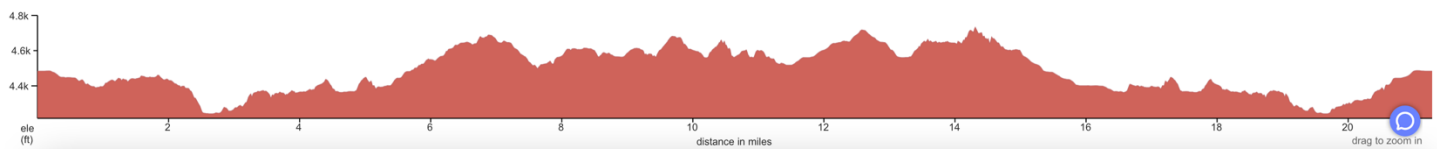
SATURDAY – APRIL 19, 2025
12 MILE RACE
**START TIME: 7:00 AM**
COURSE CLOSES: 6:30 PM

AID STATION LOCATIONS

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

#EnjoytheVUE

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

SATURDAY – APRIL 19, 2025
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, GU gels, water and electrolytes available at the start line to take on course.

Please take enough water and fueling for 4 Miles.

#EnjoytheVUE

TURN BY TURN DIRECTIONS WILL BE AVAILABLE ONCE YOU RECEIVE THE "RIDE WITH GPS" EVENT INVITATION.
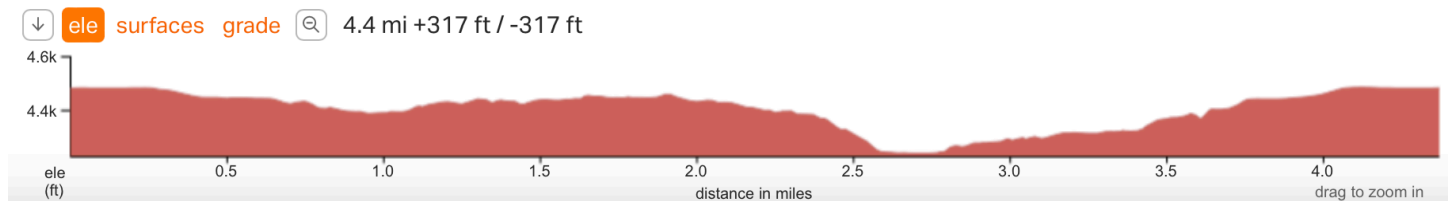
AID STATIONS

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 course GPX files. 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 Pepsi, Mountain Dew 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, GU 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 marked with pin flags at junctures to confirm you are on the correct trail. White pin flags with a black "X" will denote a trail NOT on course. Do not take this trail. It is your responsibility to know the color of the pin flag for your race distances. Here are the colors for each race distance pin flags: 50M – BLUE; 34M – YELLOW; 21M – PINK; 12M – GREEN and 4M – PURPLE. However, you cannot rely on pin flags alone. You will need to download a GPX file. In the past, we have had trail markings removed, so we need to ensure you can find your way.

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.

There is a great video our Team made pinned to the top of our Vortex Ultra Instagram page to help get you familiar with the app. Some of the dates may not be accurate on the video, because we made this video last year. However, all the information is accurate.

1. Go to the App Store on your phone. Search for **Ride with GPS** and download it for free. Do this 1ˢᵗ.
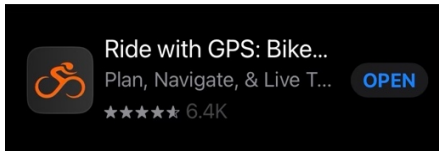
2. You will receive an email inviting you to "the VUE" event. Once you RSVP "yes" you will have access to all (5) race courses. The screenshot below is just a sample view. Your screen will have the 50M, 34M, 21M, 12M and 4M courses. Below is a sample screen from a different event.
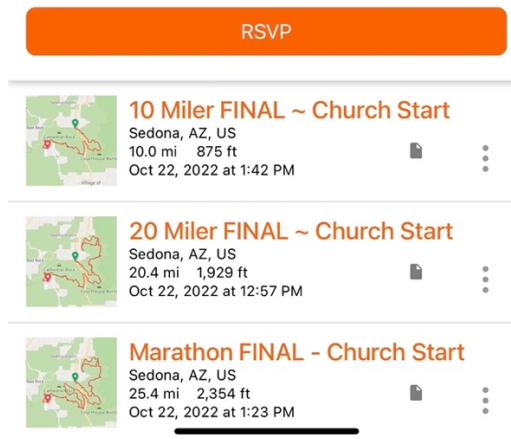

3. Online you can view the courses, elevation profiles, turn by turn cues, change the map view (Satellite, TOPO, Ride with GPS, etc.), add/remove POV and mile markers plus more... To export a TCX or GPX file to your personal device NOT using the Ride with GPS app on your phone, select which race you would like to view. Once it is open, select the "More" tab in the upper left-hand corner.
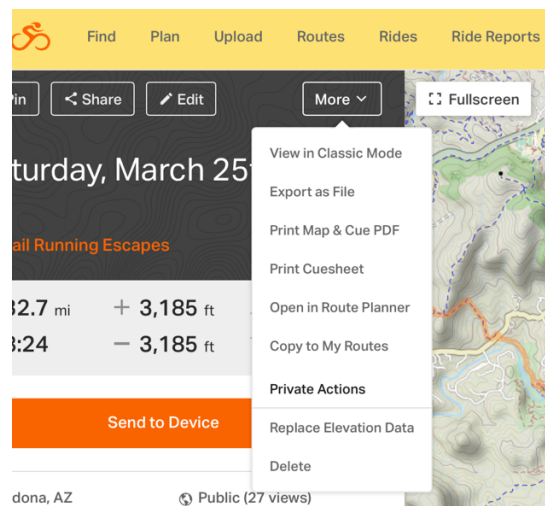
4. Select "Export as File". Use the arrows on the right-hand side of the screen to expand the format you would like to learn more about. Most devices will accept the TCX Course file. Be sure to read about your device beforehand. Once you've decided which format is best for your device, click the Download "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.).
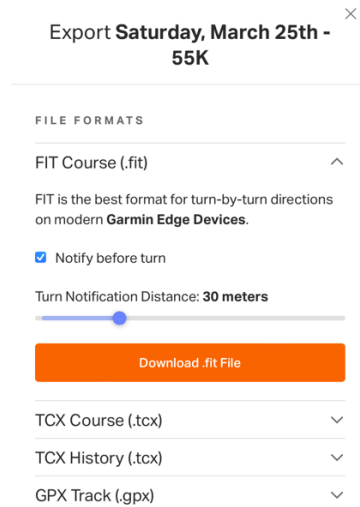

5. If you choose to use the Ride with GPS app on your phone (we highly recommend this), you can simply download whichever race course you are doing and navigate it offline to save your battery. First click the "Save" button on the bottom of the screen. Then click "Download for Offline". Once it has finished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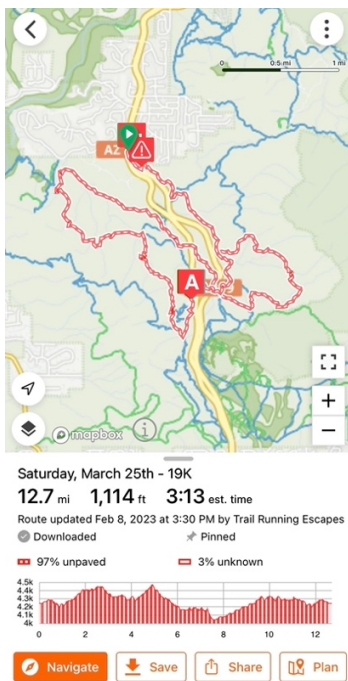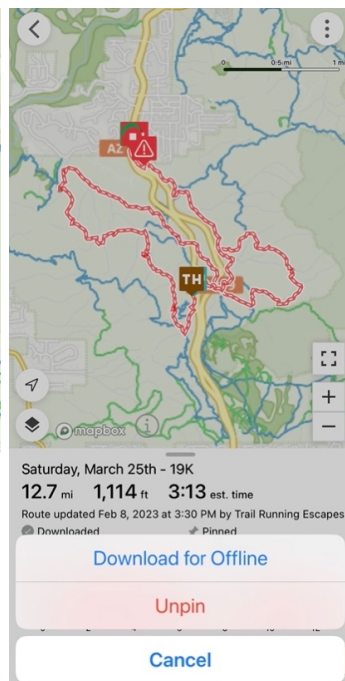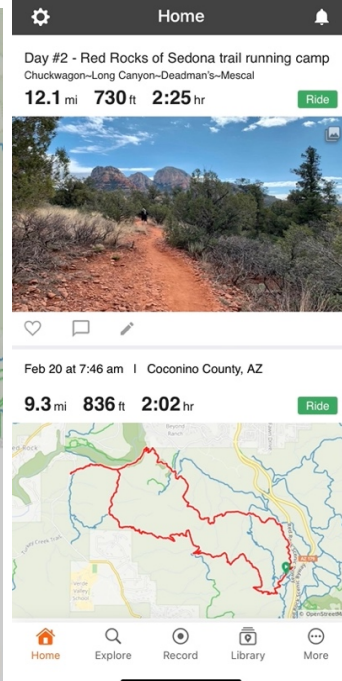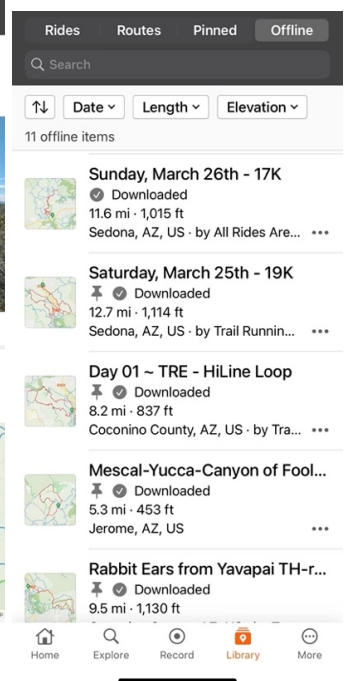
Save   Download   Library   Offline

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. 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.
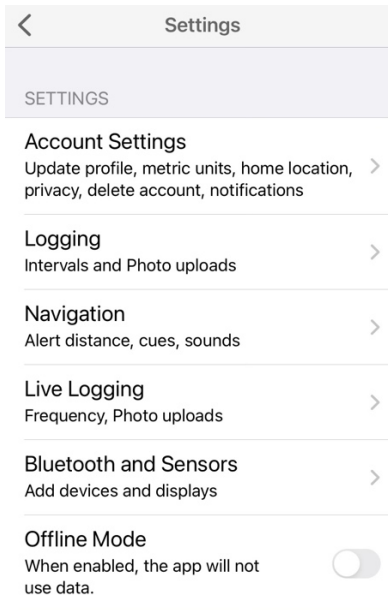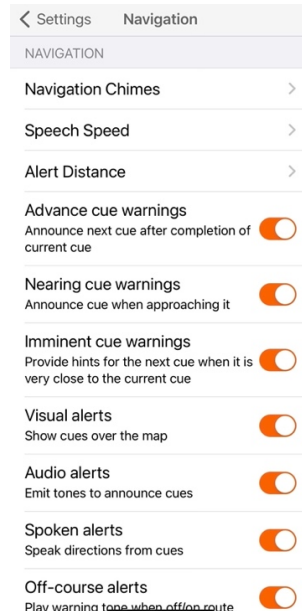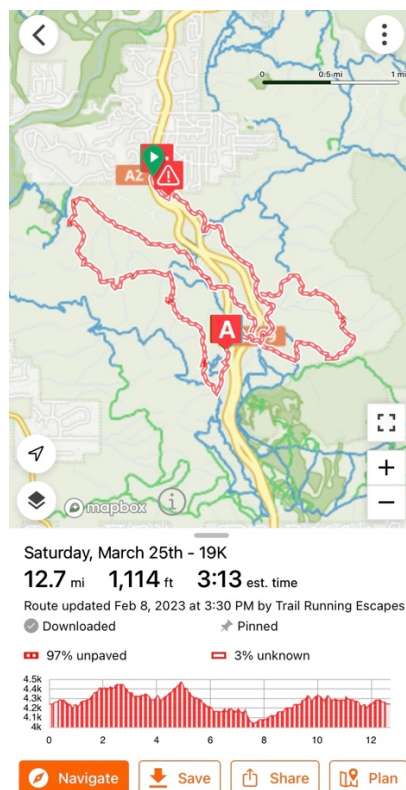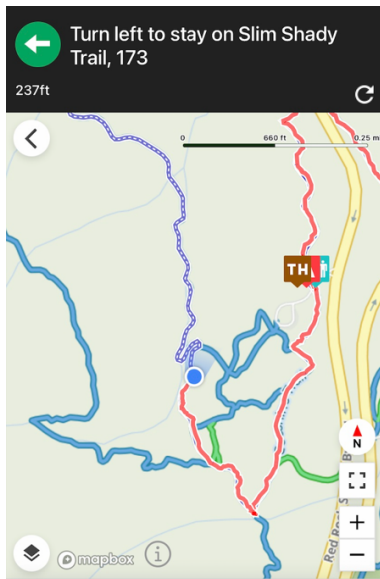

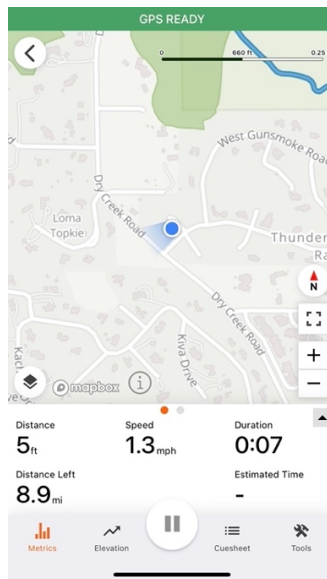More   Navigation   Cues

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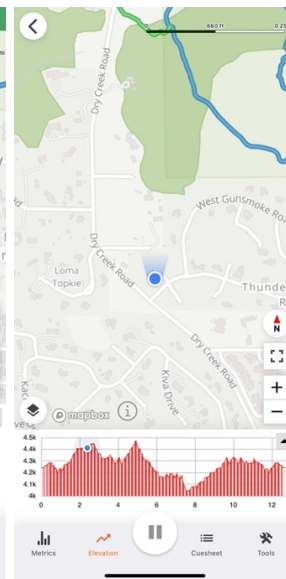

Saturday, March 25th - 19K
12.7 mi   **1,114** ft   **3:13** est. time
Route updated Feb 8, 2023 at 3:30 PM by Trail Running Escapes
⊘ Downloaded   📌 Pinned
▭▭ 97% unpaved   ▭▭ 3% unknown

[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. 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.
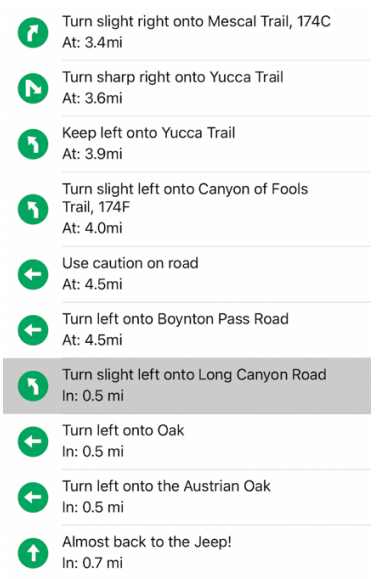
| Blue Dot | Metric | Elevation | Cue sheet |

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.
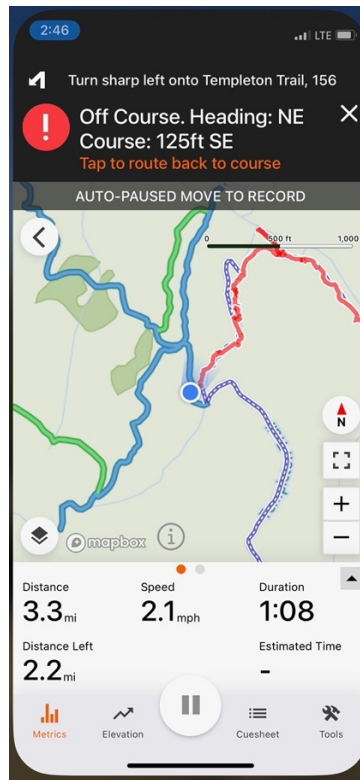
Off Course

10. ********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 small external USB battery on Amazon and you'll find many inexpensive options.

11. ***IMPORTANT***If the Ride with GPS app 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: 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 manually 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", EVENING FESTIVITIES & VENDOR VILLAGE

Join us post-race on Saturday, April 19th from 10 AM – 6 PM to celebrate your victories.
Sponsored by Trail Running Escapes and Arielle's Light ~ stop by the "back patio" of Yavapai College (that's where the race starts/ends) and grab your complimentary beer! 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! Additional food is available for purchase for family and friends.
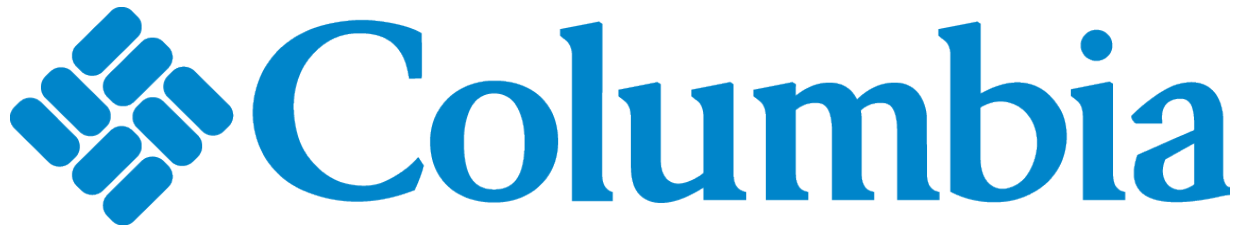
Performance Recovery will be on site for post-race IV options (services cost money, so bring some moola) and Good Medicine will be on site for complimentary post-race massages.

Vendor Village will be bustling with many of our Partners: Columbia, Skratch Labs, Wild Tonic, Sedona Red Rock Trail Fund, Squirrel's Nut Butter, Findlay Toyota Flagstaff, Pindrop Travel Trailers, Arielle's Light 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 and hats. Bring cash or Venmo. Limited supplies available.

Evening festivities? You bet! Red Wall Lounge will be hosting our evening gathering! Come as you are and share your stories around the fire pit from 6-9 PM with friends and family. Red Wall Lounge will be curating a specialty drink for the VUE Margarita!!!! #enjoytheVUE

Huge thank you to our amazing community of Partners!!!!
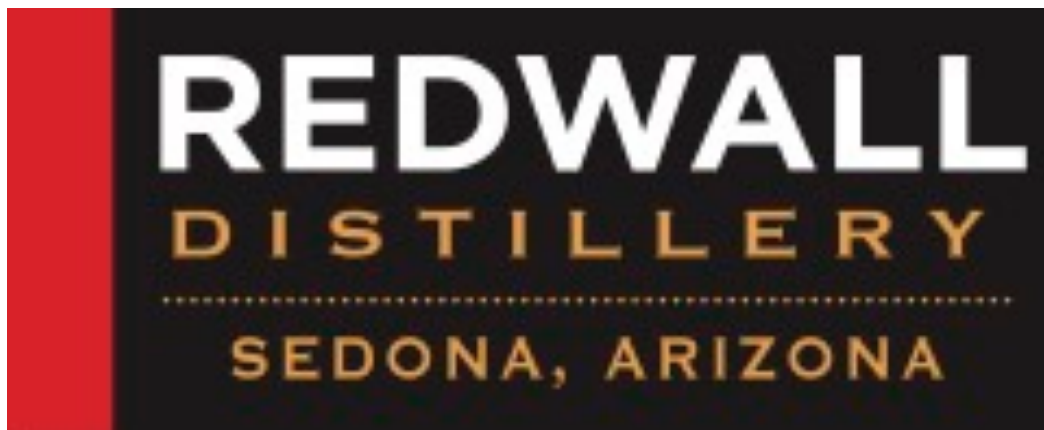
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