



# 2023 Race Manual

# Quick Info

What: 100 & 50 Mile circumnavigation Prescott

When: 5:00am Sept 30 (both races)

Where: Fairweather Social Club

Start/Finish 222 N Cortez St Prescott [Google Maps](#)

## Schedule

**Friday:** 2:00pm-6:00pm: Packet Pickup at Race Start /Finish  
6:00pm: Highly Recommended Course Briefing and Race Meeting

**Saturday:** 4:00am: Procrastinators Check In  
5:00am: Race Start both 100 and 50 Mile  
10:00pm: 50 Mile Finish (Willow Lake) Cutoff (17 hours)

**Sunday:** 3:00pm: 100 Mile Finish (Downtown) Cutoff (34 hours)

## Rules

In short be an adult. Take care of yourself and don't be a burden on others around you. This is not a road half marathon, where childish behavior is tolerated.

Run the correct course in the allotted amount of time. If you cheat I will know it and you will be banned from ultrarunning.

If you are rude to the staff or volunteers in any way I will pull you from my race zero exceptions. This race is not possible without the volunteers and they are taking days out of their lives to help you run 100 miles to end up in the same place you started. Don't be a dick.

Outside aid from humans, gas stations, any other source is fine. I actually encourage you to interact with other users of the trail and stop at the gas station at mile 46 and get a hot dog and an Icee (bring \$20)

Dogs: Follow county and City guidelines.

Don't litter.

If you drop gear or clothing on the trail expecting a sweeper to pick them up for you, you will be disappointed.

## **Gear Requirements**

I hate races with mandatory gear. With that said YOU WILL BE REQUIRED TO CARRY A GPS capable CELL PHONE. In this phone you will have two phone numbers.

Michael Versteeg (Race Director) 9285338191  
Mary Buchanan (Medical Director) 9288990585

**These phone numbers will also be written on the back of your bib as well as the address for the start/finish line.**

You will also be required to carry a device (watch or phone) capable of downloading and following the GPX of your race. (See course description section for GPX files and directions).

This is both a safety measure and a practical necessity. Our course follows 100 miles of high use trails around Prescott running through some extremely high use sections (Downtown, Granite Dells, Lynx and Goldwater Lakes, etc) on a Saturday in Prescott in the Fall. These 100 miles are splattered in the middle of over 500 miles of single track trail surrounding Prescott. While the course will be marked well, we are predicting and assuming some sections WILL GET TAMPERED WITH. If you get lost the first thing I will ask you is if you have your watch or phone with the course map on it.

Bring it. No excuses.

The second and last piece is a headlamp. You will not succeed without appropriate lighting even with the full moon. Markers are marked with reflective but only work if they have something to reflect!



Runner starting UTMB

## **Minimum Pace Times and Cutoffs**

3 miles per hour. Period. See the aid station chart for exact times. **THESE TIMES ARE WHEN YOU NEED TO HAVE LEFT THE AID STATION.** Zero exceptions, and extremely strict. If you get to the aid station before the cutoff and haven't left by said time you will be pulled.

## **Pacers**

Pacers are allowed in the 100 mile only starting at mile 50.

## **Shuttles**

We will shuttle all 50 mile runners that need it from the 50 mile finish back downtown to the 100 mile finish in crew vehicles.

## **Parking**

There is no weekend regulation of parking in Downtown Prescott on the weekends. You can park anywhere Friday night or Saturday morning and pick up your vehicle by Sunday night or Monday morning.

Don't leave vehicles at the 50 mile finish Willow Lake.

## **Crew**

Crews are allowed at most Aid stations with the exception of Highway 69 and currently Granite Basin Lake (we are working on access). On top of the official aid stations you can access the water and gel drops as well.

As a crew member you are an extension of your runner so follow the same rules and be considerate of other users (not limited to race participants). You absolutely can get your runner disqualified with inappropriate behavior.

## **Aid Stations**

There are ten aid stations. Due to health department regulations we are not allowed to cook food. Your crew and or volunteers can if they choose to. To offset this we will be allowing drop bags at every aid station. We also will stock the aid stations with the most elaborate single serving aid station you will have ever seen. Expect all your typical stuff here but with extra single serving meals and high-density caloric stuff. We will get creative to make sure every runner has what they need.

There are also 3 water and gu only pit stops to offset the longer distances between aids. Don't forget about the gas station at mile 46.

Aid Station	Total Mileage	Miles from Previous	Crew	Drop Bags	Cutoffs (3mph)	Notes
Start Fairweather Space	0	0	Yes	Yes	5:00am	Remember your way out of town as this will also be your way back into town at mile 99
Spruce Aid	10.75	10.75	Yes	Yes	8:45am	Ample Parking & NF restrooms
Homestead TH (Walker Rd)	18.65	7.9	Yes	Yes	11:15pm	Limited Parking, Crews be considerate.
Ranch TH (Walker Rd)	26	7.35	Yes	Yes	1:40pm	Load up on Nutrition and water, long stretch to next aid
Highway 69 Aid	37.25	11.25	No	Yes	5:30pm	No Crew! Crew can access runners at the Peavine TH
Peavine Water and Gel	42.25	5	Yes	No	n/a	Water & Gu Station only
Watson Boat Ramp	45.75	3.5	Yes	Yes	8:15pm	Entry Fee \$3.00 to access Watson Lake Recreation Area
Gas Station	46.15	0.4	Yes	No	n/a	Bring \$20 for a slurpee and monster dog
Willow Boat Ramp	49.45	3.3	Yes	Yes	10:00pm	Entry fee \$3.00 to access Willow Lake Recreation Area
Williamson Valley TH	58.45	9		Yes	1:00am	
Granite Basin Lake	67.25	8.8	?? see note	Yes	4:00am	Gates are locked dusk till dawn preventing access. Stay tuned as we try and figure this out. As for now assume no crew access at night.
Skyline Rd	76.25	9	Yes	Yes	7:00am	Limited Parking, Crews be considerate.
White Rock Water and Gel	83.55	7.3	Yes	No	n/a	Water & Gu Station only
lookout	88.25	4.7	Yes	Yes	11:00am	Last full aid station till finish
White Spar Water and Gel	96.65	8.4	Yes	No	n/a	Water & Gu Station only
Finish Fairweather Space	99.95	3.3	Yes	Yes	3:00pm	Cowabunga

## **Drop Bags**

As noted in the Aid Station section, we are allowing drop bags at every official aid station so plan your race however you wish. The relatively easy access to aid stations allows us to offer this. **All drop bags need to be dropped off Friday night before 7pm to guarantee delivery to the aid stations.** We will also be accepting drop bags the morning before the start but cannot guarantee delivery to the first couple of aid stations on time. All drop bags will be returned to the start finish by Sunday afternoon. We will not be mailing out left dropped bags so if you leave it you will never see it again.

## **Medical and Emergencies**

Non emergency situations please call the numbers you have saved in your phone and on the back of your bibs. Shit happens, I get it. Do not call 911 if you need to drop in between aid stations or aren't feeling good. 99% of the time situations can be resolved without involving the feds.

In the case of a life threatening or dangerous emergency, call 911 and the numbers on your bib and inform the race what is going on.

## **Weather**

Expect highs in the mid 70s and lows in the 40s.. This is Fall in Northern Arizona so don't trust in averages too much. It can snow and be 85 in the same day. In short, be prepared for it all!

Don't forget about the full moon!!!

## **Course Marking**

The entire course will be marked with pink flags with reflective tape for night time running. Junctions will also have arrow and wrong way signs when necessary. As stated earlier, we are anticipating some course tampering due to the high use nature of many of these trails. Bring your phone, have the route enabled with a gps device. I have been the course marker at Zion, Antelope, and Bryce 100 for many years so for those of you who have run one of those it will be the same. For those of you who haven't anticipate dreaming of pink ribbons for days after the race.

# Course Maps, GPX, and Descriptions

## 100 Mile

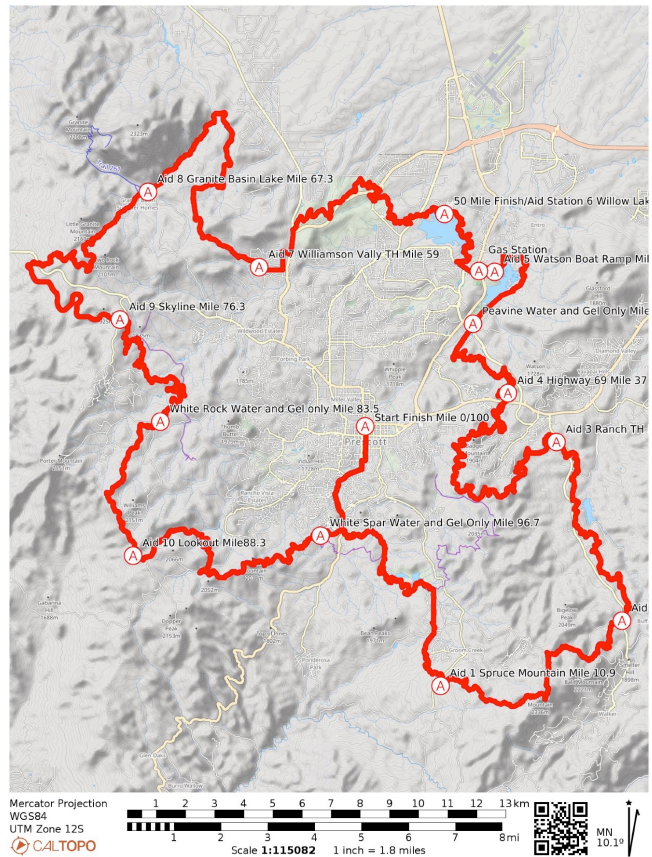
<https://caltopo.com/m/FFBUG/5N E5J83108U8SG9D>

### Download Directions (Desktop)

1. Click export under map objects
2. Select GPX under format.
3. Download.
4. Open Gaia or other GPS app
5. Import route from Download folder.

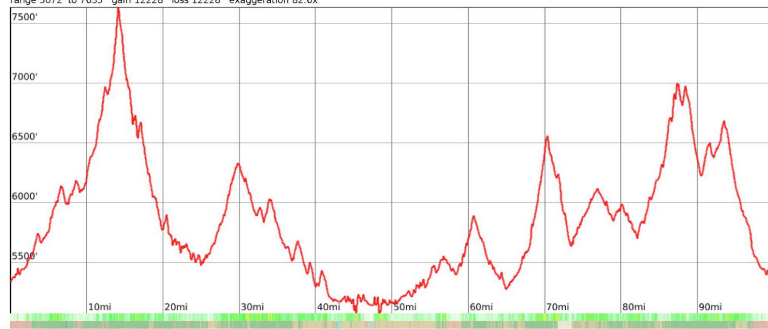
### Cell Phone

1. Click folder icon in upper left toolbar (below the ruler)
2. Click export
3. Select GPX under format
4. Download
5. Same as above



### Saddles 100 Mile Course

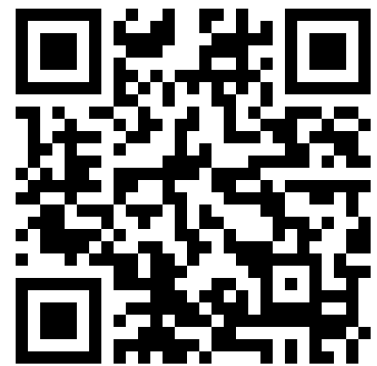
range 5073' to 7635' gain 12228' loss 12228' exaggeration 82.6x



Slope Angle (top), Land Cover (middle), Tree Cover (bottom)



## CalTopo Map

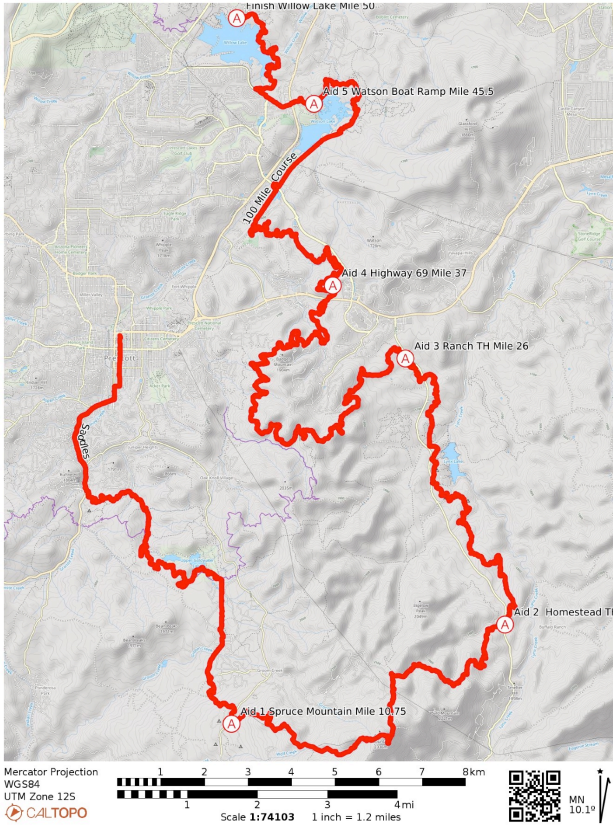


FFBUG - Read

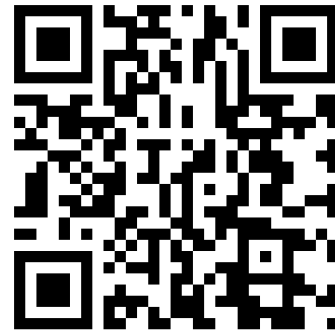
# 50 Mile

<https://caltopo.com/m/652LA/BNSC2Q96QVLGMR3M>

See download instructions in 100 mile section



CalTopo Map



652LA - Read

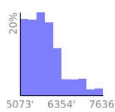
## Saddles 100 Mile Course

range 5072' to 7635' gain 6207' loss 6378' exaggeration 41.0x



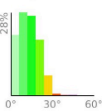
Slope Angle (top), Land Cover (middle), Tree Cover (bottom)

### Elevation



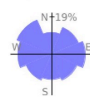
Min 5073'  
Avg 5839'  
Max 7636'  
Delta 2563'

### Slope

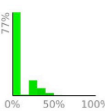


Min 0°  
Avg 13°  
Max 43°

### Aspect



### Tree Cover



### Land Cover

Forest 61%  
Shrub 26%  
Developed 12%  
Wetland 1%



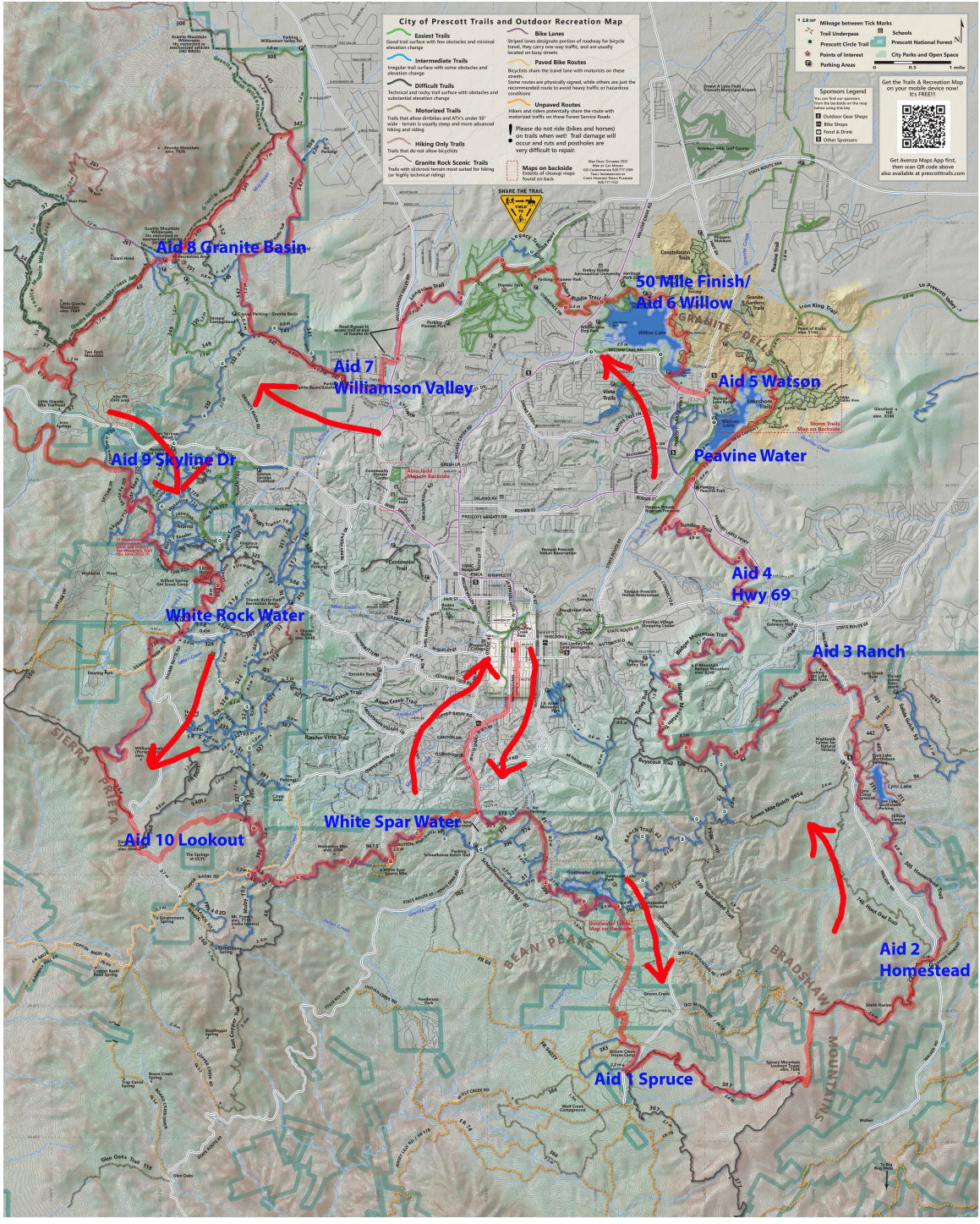
**Both Courses broken into Segments between Aid Stations**

<https://caltopo.com/m/H117D/7UVT71BL1MJT8UVL>

CalTopo Map



H117D - Read



Sponsors

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## **A Final Note**

This race has been a dream of mine for about a decade. What I have done is created a race that *I* would want to run. Not direct. For those looking for a Western States or UTMB experience, this will never be that. **I am not here to sell you a product** but to bring you in for an experience. This is a shit kicking , gun shooting, toilet paper finish line, grassroots trail run that you will need to be capable and self reliant to complete. Inaugural years are special, and I commend you all for taking on the challenge.

See you at the Harvest Moon.

