## 2017 PARTICIPANT GUIDE



# Presented by Fleet Feet Sports-Tucson 

November 11, 2017<br>Colossal Cave Mountain Park 50M: 6:30 AM Start 50K: 7:00 AM Start

## TABLE OF CONTENTS

1. Welcome ..... 3
1.1 Sponsors and Volunteers ..... 3
2. The Course ..... 3
2.1 Distances ..... 6
2.2 Course Markings ..... 6
3. Race Principles ..... 6
4. Cutoff times, Dropping Out and Changing Distances ..... 8
4.1 Cutoff Times ..... 8
4.2 Dropping Out ..... 8
4.3 Early Start for 50K ..... 8
4.4 Changing Distances ..... 8
5. Pacers ..... 8
6. Drop Bags ..... 8
7. Bib Numbers ..... 9
8. Aid Stations ..... 9
9. The Environment ..... 10
9.1 Critters ..... 10
9.2 Weather ..... 11
9.3 Green Things ..... 11
10. Crew ..... 11
10.1 Directions to Aid Stations ..... 12
11. Packet Pickup ..... 13
12. Directions to Race Day Headquarters ..... 13
13. Event Schedule ..... 13

## 1. Welcome

Welcome to the fourth annual Colossal Vail 50/50 (CV50/50) presented by Fleet Feet SportsTucson. The Tucson metropolitan area is surrounded by mountain ranges and trail systems, more trails than any similar area in the continental U.S. Loosely organized trail runs in the area began in the late 1970s when Ken Young started the Arizona Mountain Runner series of events. At least one was long enough to qualify as an ultramarathon, and several took significantly longer than a road marathon. In the 1980s, an entry fee 50 -mile event, the Old Pueblo 50 Mile Endurance Run, was organized in the Santa Rita Mountains south of Tucson. At about the same time, Dale Shewalter and others began to develop the Arizona Trail, traversing the state from Mexico to Utah. The 800mile Arizona Trail was completed on December 16, 2011. It crosses the high desert to the southeast of Tucson, and a bit east of the community of Vail, where it passes through Colossal Cave Mountain Park (CCMP).

In the spring of 2014 several local ultra runners came together to discuss the possibility of using that region and some portion of the Arizona Trail to create a new ultra event that would expose runners to the area and involve the local community. With the help of the Arizona Trail Association, Pima County Natural Resources Parks and Recreation, plus other interested organizations and volunteers, we designed the CV50/50 - an event for which all proceeds benefit the Arizona Trail Association. Our first three years were a huge success and we're truly excited you've decided to join us.

### 1.1 Sponsors and Volunteers

A lot time and effort will go into creating an excellent race day. We wouldn't be able to do it without the generosity of our sponsors and volunteers. These are wonderful people who are helping to make your race day successful. Please remember to thank them for their generosity and when possible, support our business partners.

## 2. The Course

The Arizona Trail is divided into Passages. The CV50/50 uses most of Passages 7 \& 8, which link the Santa Rita Mountains south of the Tucson Basin to the Rincon Mountains on the east side of the Basin. Unlike some sections of the Arizona Trail that utilized existing trails, this was new trail built in the past 10 years. Parts of the trail skirt the east edge of the Sonoran Desert, where it is bordered by the Mexican Highlands, a transition zone to the Chihuahuan Desert, as well as some of the sky island mountain ranges of southeast Arizona. This means the plant communities change depending on where you are on the course. At the north end, you'll be running through saguaro cacti forest 1.25 miles from the boundary of Saguaro National Park. Below the Gabe Zimmerman Davidson Canyon Trailhead, the saguaros disappear and you'll run past more yuccas, with the occasional juniper at unusually low elevations for those trees. The scenery is varied and beautiful. You'll see massive mountain ranges all around you; some vistas quite spectacular. While the course is relatively flat compared to our trails in the nearby mountains, it still has a total of almost 3,000 feet of climb and the 50 -mile has an additional 1,000. Despite having few straight, completely flat sections on this course there is plenty of excellent running.

The CV50/50 starts and finishes at La Posta Quemada (LPQ) Ranch inside Colossal Cave Mountain Park (CCMP). It offers two distances, a 50 -mile and a 50 K ( $\sim 34$ miles). This is a double out-and-back course: the first out-and-back heads south to the Peaks View aid station. The 50K runners will run this stretch and call it a day. The second out-and-back heads north toward the boundary of the Saguaro National Park and is only for those who choose to run the 50 -mile. Detailed course maps and elevation profiles can be found at the links above.

From the Start/Finish near the ranch entrance, both 50 K and 50 -mile runners will go uphill 0.23 miles to intersect the actual Arizona Trail. Right turn (south) takes you up out of Posta Quemada Canyon, toward Cienega Creek. You'll cross some small canyons through some interesting limestone formations. Look for the castle up on the hill to your left (east).

The route flattens out for a bit before you will encounter another canyon crossing at the first gas pipeline. Near Cienega Creek, you'll start to get some great views of this beautiful riparian area. You'll cross under the upper railroad bridge, the first of the Three Bridges. There you'll cross Marsh Station Road just north of the vehicle bridge, proceed east and north, then turn south and drop into the bottom of Cienega Creek, the 50K course low point at 3300 feet. Follow the markers under the lower railroad bridge, proceed up Davidson Canyon, then climb out to the Gabe Z Trailhead. (Note: except for the Arizona Trail pass-through, the Cienega Creek Natural Preserve is only accessible by free permit from Pima County).


The first aid station is at the Gabe Z Trailhead (4.9 miles). From there you'll head south. Nice views of Davidson Canyon are to your left as you approach the l-10 tunnel. Do keep your eye out for the Chevy Nova in the canyon bottom. You'll pass through the red pineapple cactus forest, and after 1.6 miles go under 1-10 through the tunnel. It's dark. On the other side, you'll cross some broad rolling country with vast vistas, trending south and uphill for 2.6 miles until you cross Old Vail Road. From there you go west to Highway 83, where there's another (not so dark) tunnel.

Continue south to the Sahuarita Road crossing and aid station, where you can have a drop bag. You've come 11 miles. You'll now make a relatively straight shot south and start climbing into the foothills of the Santa Rita Mountains. To your left (east) you'll see the ridge of the Empire Mountains. You'll cross several dirt roads, and then climb a ridge which is the high point on the course at 4200 feet. As you swing around the ridge to a gate, you'll see the high peaks of the Santa Ritas in the distance. Drop off the ridge 0.8 miles to Peaks View aid station. You are now at the southern turn-around, 17 miles from the Start/Finish. On your return to the start/finish, you'll pass through the same aid stations, first Sahuarita Road and then Gabe Z Trailhead.

Upon arrival back at the ranch, the 50 K and any 50 -mile runners who wish to drop to the 50 K distance will take the spur trail to the finish line. We'll have someone directing traffic at that junction. Runners continuing to complete the 50 -miler will turn right (north) and proceed 2.6 miles ( 7.2 total from Gabe Z) to the La Selvilla Campground aid station. Unlike last year, this aid station will be open heading north and south on the course. You'll see interesting views of Agua Verde Creek at the bottom of Posta Quemada Canyon as you travel up the canyon's west flank. After about 2.1 miles the trail crosses the creek bottom and the road, then continues to La Selvilla camping area aid station. From there, you'll travel along the east flank, crossing some roads and horse trails. You'll climb up out of the canyon and see all three peaks of the Rincon Mountains-Tanque Verde, Mica, and Rincon.

You'll reach Pistol Hill Road crossing and aid station 3 miles from La Selvilla. By now, you'll have started the easy descent through the saguaro cactus forest to Rincon Creek. The trail is pretty twisty; please stay on course. At 1.7 miles, you'll cross the private X9 Ranch Road. Exercise caution as vehicles on this road tend to travel at high speed. This is not open to the public. Crew attempting to meet a runner here will result in the runner being disqualified. Look for some strange saguaros shortly after you cross X-9. That's Tanque Verde peak in the background.

From here, it's 0.9 miles to the turnaround at N Colossal Cave Place. People will be there to meet you and turn you around. They'll have limited water, so you should plan to water up at Pistol Hill. You'll be at the course low point and will have travelled 41.7 miles. Now it's just a matter of making your way back to La Posta Quemada Ranch with aid at Pistol Hill and La Selvilla. We'll see you at the finish line!


### 2.1 Distances

| Aid <br> No. | Aid Station | AKA | Cumulativ <br> $\mathbf{e}$ | Segmen <br> $\mathbf{t}$ | Latitude | Longitude |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Gabe Zimmerman | GZ | 4.9 | 4.9 | $32.01389^{\circ} \mathrm{N}$ | $110.63746^{\circ} \mathrm{W}$ |  |  |  |  |  |  |  |
| 2 | Sahuarita Road | SR | 11 | 6.1 | $32.96296^{\circ} \mathrm{N}$ | $110.67279^{\circ} \mathrm{W}$ |  |  |  |  |  |  |  |
| 3 | Peaks View | PV | 16.9 | 5.9 | $31.91140^{\circ} \mathrm{N}$ | $110.66910^{\circ} \mathrm{W}$ |  |  |  |  |  |  |  |
| 4 | Sahuarita Road | SR | 22.8 | 5.9 | $32.96296^{\circ} \mathrm{N}$ | $110.67279^{\circ} \mathrm{W}$ |  |  |  |  |  |  |  |
| 5 | Gabe Zimmerman | GZ | 28.9 | 6.1 | $32.01389^{\circ} \mathrm{N}$ | $110.63746^{\circ} \mathrm{W}$ |  |  |  |  |  |  |  |
| F |  |  |  |  |  |  |  | 50K FINISH |  | 33.9 | 4.9 | $32.05033^{\circ} \mathrm{N}$ | $110.63757^{\circ} \mathrm{W}$ |
| 6 | La Selvilla | LAS | 36.1 | 7.2 | $32.06416^{\circ} \mathrm{N}$ | $110.62236^{\circ} \mathrm{W}$ |  |  |  |  |  |  |  |
| 7 | Pistol Hill | PH | 39.1 | 3.0 | $32.09097^{\circ} \mathrm{N}$ | $110.62432^{\circ} \mathrm{W}$ |  |  |  |  |  |  |  |
| 8 | N. Colossal Cave Turn-Around | SNP | 41.7 | 2.6 | $32.11939^{\circ} \mathrm{N}$ | $110.63620^{\circ} \mathrm{W}$ |  |  |  |  |  |  |  |
| 9 | Pistol Hill | PH | 44.2 | 2.6 | $32.09097^{\circ} \mathrm{N}$ | $110.62432^{\circ} \mathrm{W}$ |  |  |  |  |  |  |  |
| 10 | La Selvilla | LAS | 47.2 | 3.0 | $32.06416^{\circ} \mathrm{N}$ | $110.62236^{\circ} \mathrm{W}$ |  |  |  |  |  |  |  |
|  | 50-MILE FINISH |  | 50.2 | 2.8 | $32.05033^{\circ} \mathrm{N}$ | $110.63757^{\circ} \mathrm{W}$ |  |  |  |  |  |  |  |



### 2.2 Course Markings

The CV50/50 course is almost entirely on the Arizona Trail. The single track will be obvious in almost all sections of the run. Both AZ Trail markers and rock cairns mark the trail. If you spot these markers, then you are on course. The race course will also be marked with orange and silver reflective flagging and the occasional orange flag attached to a wire shaft imprinted with the CV50/50 logo. All intersections will be generously marked in both approach and depart directions. On long stretches between intersections "confidence" ribbons will be placed approximately every $1 / 2$ to $3 / 4$ mile. Runners should see a ribbon every 5 to 15 minutes of running time.

If you approach an intersection that has not been flagged as described, simply retrace your steps to the previous marked intersection.

## 3. Race Principles

Okay, let's be honest - there are rules. It's our desire for you to have a wonderful and successful race. Part of making that happen is ensuring that everyone is safe and
 operating under the same assumptions. The CV50/50 organizing committee has pared it down to these essentials:

1. Running is a celebration of life! Stay positive - be kind and encouraging to runners, volunteers, and crew.
2. Each runner's official bib number must be worn prominently on the front of the body and must be easily visible at all times.
3. Littering is grounds for disqualification. Please respect the trail and all the others who enjoy its beauty. If you come across a piece of trash, do your part and pick it up. This won't make or break your race, but it will make you a better person.
4. Be aware of other trail users on the Arizona Trail, including hikers, mountain bikers, and equestrians. The trail is open to all, and continued use of this National Scenic Trail is dependent on others having positive experiences during the race. Always yield to equestrians and be courteous to everyone you encounter along the way.
5. Music players are not allowed.
6. The race director has the final say.
7. Follow the marked course at all times. If you leave the course, you need to find your way back on foot to the point where you left the course and continue from there.
8. Runners are responsible for having a light and deciding when to begin carrying it for night running. We recommend erring on the side of caution and taking a light with you if you leave Pistol Hill (mile 40) at or after $3: 30$. A seasoned ultra runner knows that nothing is entirely predictable. Remember that sunset is at 5:24.
9. Runners must check in AND out of every aid station.
10. All cutoff times will be strictly enforced. Runners must LEAVE an aid station BEFORE the cutoff time. This includes leaving after returning for any purpose.
11. Aid station captains have the authority to act on behalf of the CV50/50 run management.
12. Your participation in this race communicates consent to be pulled from the course for medical and/or safety reasons if it's determined to be in your best interest.
13. Runners must personally notify an aid station if you decide to drop. If you drop out without notifying an aid station captain, one of several entities could end up looking for you, possibly at your expense. Seeming to lose people, even if it turns out to be miscommunication, reflects poorly on the event and its chances of continuing.
14. Crew (friends, family, loved ones, members of your fan club, etc.) may access the Gabe $Z$ and Pistol Hill Aid Stations. Crew may NOT access the Sahuarita Road Aid Station, Peaks View Aid Station, La Selvilla Aid Station, the Colossal Cave Place Turn-Around, or X-9 Ranch Road. One of these is directly off a major highway, one is on state trust land (permit required) with precarious access, and the other is a private road. Attempts to access any of these areas will result in the crew's runner being disqualified.
15. Runners are responsible for the actions of their crew. Anyone participating in the race, whether a runner, crew member, or fan must comply with the Race Rules.

## 4. Cutoff times, Dropping Out, and Changing Distances

### 4.1 Cutoff Times

The 50K has one cutoff: Gabe $Z$ (mile 29) at 3:30 p.m.(8.5 hours). The 50 -mile has a race cutoff of 15 hours (9:30 p.m.) and two aid station cutoffs: The Gabe Z Aid Station cutoff (mile 29) is $3: 30 \mathrm{pm}$ ( 9 hours) and the Pistol Hill (mile 39) cutoff is $5: 30$ (11 hours). This cutoff is for runners coming through the aid station the first time, heading north toward Saguaro National Park. In order to continue on, runners must exit the aid station before the cutoff time. Runners who return to an aid station after a cutoff are assumed to be forfeiting their race.

### 4.2 Dropping Out

If you decide to drop from your race, an aid station captain must be informed of your name and bib number. Please remember this and communicate it to any person who might be crewing for you. If you leave without informing a captain, a lot of time and energy of many different entities could be required to track you down. Runners can drop at any aid station except for the SNP Turn-Around on the north leg of the course.

### 4.3 Early Start for 50K

50K runners who are concerned about making the 3:30 p.m. cutoff at Gabe Z may start the race at 6:30 a.m. with the 50 -mile runners. Any early starters are required to notify the race director of their plans prior to November 1st. In addition, early starters are not eligible for awards, and must start at the back of the 50 -mile pack. 50 K participants who do not notify staff of their early start will be disqualified.

### 4.4 Changing Distances

All 50 -mile runners will have the option to drop down from the 50 -mile race to the 50 K . Any runner who does so, however, will not be eligible for a top-three finisher award. If you decide to drop down to the shorter race it is your responsibility to notify the finish line captain of the change.

## 5. Pacers

Pacers will not be allowed unless they are registered participants.

## 6. Drop Bags

There are three drop bag locations in this race: Sahuarita Road (Miles 11 and 23), La Selvilla (mile 36 and 47 for 50-mile runners only), and Pistol Hill (mile 39 and 47 for 50 -mile runners only). Please be sure to have your lights for night-time running ready in your LAS and/or PH bags. Drop bags must be delivered to the designated area at the start/finish before the race by 6:00 a.m. for 50-mile and early-start 50K runners and 6:30 for 50K runners. Your drop bags will be returned to the start/finish area where you'll be able to pick them up later that day. Please be sure to clearly mark the bag with the location, LAS (La Selvilla), SR (Sahuarita Road), or PH (Pistol Hill), your bib
number, and your name. Do not include the aid station number. This will help our aid station volunteers access your bag and assist you as efficiently as possible.

## 7. Bib Numbers

Please wear your bib somewhere on the front of your body where the number will be clearly visible to event volunteers at all times and be ready to shout out your number as you enter and leave aid stations. We recommend wearing your bib on your shorts or pants in case you end up adding or shedding layers of clothing during the race.

## 8. Aid Stations

There are ten aid stations in this race, but because of the out-and-back nature of the course, four of the aid stations are accessed twice: Gabe Zimmerman, Sahuarita Road, La Selvilla, and Pistol Hill. Please note that crew access is no longer allowed at Sahuarita Road. Crew includes friends and family. You can find the details of each aid station listed in the tables below. All runners must check in AND out of each aid station. Please be aware of whether the person checking runners in and out was able to catch your number. This is especially important when there are multiple runners approaching and/or leaving an aid station at the same time. The north-turn around at Colossal Cave Place will only have water for emergencies. Please be sure to carry enough to get yourself from Pistol Hill to the turn-around and back. This is a limited cup race. Aid stations will only provide cups for soda. Runners are expected to carry bottles or hydration packs for water and electrolyte replacement drink. At a minimum, each aid station will have water, electrolyte replacement drink (Tailwind Nutrition), coke, mountain dew, chips, pretzels, goldfish, potatoes with salt, M\&Ms, gummy candy, cookies, bananas, oranges, peanut butter and jelly sandwiches, bean wraps, and basic first aid supplies.

If you feel that you need something specific that is not listed above, you should make special accommodations with your crew or utilize your drop bags.

## 50K Aid Stations

| Distance | Aid Station | Segment <br> Distance | Crew <br> Access | Drop <br> Bags | Cutoff <br> Times | Time <br> Elapsed |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 0.0 | Start | NA |  |  |  |  |
| 4.9 | Gabe Zimmerman (Heading South) | 4.9 | Yes | No |  |  |
| 11 | Sahuarita Road (Heading South) | 6.1 | No | Yes |  |  |
| 16.9 | Peaks View (South Turn-Around) | 5.9 | No | No |  |  |
| 22.8 | Sahuarita Road (Heading North) | 5.9 | No | Yes |  |  |
| 28.9 | Gabe Zimmerman (Heading North) | 6.1 | Yes | No | $3: 30 \mathrm{pm}$ | 8.5 hours |
| 33.8 | Finish | 4.9 |  |  |  |  |


| Distance | Aid Station | Segment <br> Distance | Crew <br> Access | Drop <br> Bags | Cutoff <br> Times | Time <br> Elapsed |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 0.0 | Start | NA |  |  |  |  |
| 4.9 | Gabe Zimmerman (Heading South) | 4.9 | Yes | No |  |  |
| 11 | Sahuarita Road (Heading South) | 6.1 | No | Yes |  |  |
| 16.9 | Peaks View (South Turn-Around) | 5.9 | No | No |  |  |
| 22.8 | Sahuarita Road (Heading North) | 5.9 | No | Yes |  |  |
| 28.9 | Gabe Zimmerman (Heading North) | 6.1 | Yes | No | $3: 30 \mathrm{pm}$ | 9 hours |
| 36.1 | La Selvilla (Heading North) | 7.2 | No | Yes |  |  |
| 39.1 | Pistol Hill (Heading North) | 3.0 | Yes | Yes | $5: 30 \mathrm{pm}$ | 11 hours |
| 42.9 | North Turn-Around (limited water) | 3.8 | No | No |  |  |
| 46.7 | Pistol Hill (Heading South) | 3.8 | Yes | Yes |  |  |
| 47.2 | La Selvilla (Heading South) | 3.0 | No | Yes |  |  |
| 50.2 | Finish | 2.8 |  |  | $9: 30 \mathrm{pm}$ | 15 hours |

## 9. The Environment

### 9.1 Critters

This run takes place in a biologically rich area. Cienega Creek and Davidson Canyon together, are a corridor between two of our sky island mountain ranges, the Rincon Mountains to the north and the Santa Rita Mountains to the south. Because of this, you could encounter any number of wild animals while on the CV50/50 course including javelina, skunks, rabbits, foxes, coyotes, deer, desert tortoises, snakes, quail, bees, black bears, coatimundi, badgers, mountain lions, 150 species of birds, 15 species of bats, and grazing cattle, to name a few. Most of these creatures pose little to no danger unless startled or threatened by a person. In addition, the foothills of the Santa Rita Mountains near Rosemont and the turnaround for the southern leg of this race, is an area where both jaguar and ocelot have recently been photographed.

Rattlesnakes: Pay attention to your surroundings and give any animals plenty of room to get out of your way - especially rattlesnakes. Rattlesnakes will not chase you and can only strike the distance of their coil. They almost always warn you with a rattle, so give them room if you see or hear one.
Bees: Individual foraging bees are not a problem, although they can sting you. But if you encounter a swarm or hive it's important to get away as quickly as possible, hopefully in the direction of the finish line.

### 9.2 Weather

The average high in the Vail area on November $11^{\text {th }}$ is 75 degrees. The average low is 47 degrees. Sunrise will be at 6:51 a.m. and sunset is at $5: 24 \mathrm{p} . \mathrm{m}$. Be sure to check the weather forecast in the days leading up the race so you can prepare accordingly. If there is a forecast of an unusual weather system coming through that day, you can expect an email from race management with additional instructions.

### 9.3 Green Things

Not only is this area an important corridor for animals, it has an outstanding variety of plant life. This is a transitional zone between the Sonoran and Chihuahuan Deserts, including numerous plant communities ranging from Saguaro-Palo Verde to Mesquite Grassland to Subtropical Riparian habitat along Cienega Creek. (Note: Arizona Trail users can cross Cienega Creek via the route traversing the bottom of Cienega and Davidson Canyons as long as they stay on the trail. The Cienega Creek Natural Preserve is accessible by free permit from Pima County. Go here: http://rfcd.pima.gov/wrd/landmgt/cienegapreserve/). In this region there are plants that make their most northern appearance and others that make their most southern stand. Some notable plants that you will see on this run are saguaro, barrel cactus, ocotillo, agave, prickly pear cactus, yucca, mesquite, palo verde, creosote and the endangered Red Pineapple cactus (look for these on both sides of the l-10 tunnel crossing). Many of these species have spines which are easily avoided by not running into the plants. If you do end up with spines stuck to you, aid station volunteers are prepared to help.

## 10. Crew/Spectators

Welcome to all runner crews! If you're new to the ultra running world, you should know that the word "crew" encompasses family, friends, members of a runner's fan club, etc. We're happy to have you at the CV50/50. You're an important part of your runner's experience. A list of crewaccessible aid stations is presented in the Aid Stations section of this guide. Here are some items we'd like you to keep in mind as you prepare and take care of your runner:

- You can visit your runner at any of the crew-accessible aid stations during the race but nowhere else.
- There is no crew access at the Sahuarita Road, Peaks View or La Selvilla aid stations; or the Colossal Cave Place North Turn-Around aid station. These locations are in high-traffic, difficult-to-access, permit-required areas. Please do not attempt to meet your runner at any of them. Failure to comply will result in your runner being disqualified.
- There is no public access to X-9 Ranch Road near the Pistol Hill aid station. Please do not drive on this road under any circumstance. Failure to comply will result in your runner being disqualified from this race.
- The aid station captains are in charge of how aid stations are run and what happens around them. Please comply with captain requests.
- Aid station food and drink are meant for runners only. Please refrain from entering the aid station area unless you are accompanied by your runner.
- The Pistol Hill aid station is located just off of Pistol Hill Road where runners will be crossing and friends and family will be waiting. Please drive with caution and be very careful crossing the road. There tends to be fast moving traffic on this road.
- Please be courteous of others and use common sense when parking. We want this to be a positive experience for everyone involved, including those who live in Vail.
- Please be aware and respectful of our race principles (listed in Section 3).


### 10.1 Directions to Aid Stations

## Directions to the Start/Finish, also known as La Posta Quemada Ranch (LPQ)

From I-10 take exit 279 and turn north on Colossal Cave Road. Follow the signs to Colossal Cave. Turn right when you get to Old Spanish Trail (about 7 miles) and drive into Colossal Cave Mountain Park. Follow the signs to La Posta Quemada Ranch.

If you're traveling through Tucson, take Broadway east to Camino Seco and turn right (south). Turn left at the first light, Old Spanish Trail. You'll stay on Old Spanish Trail until you reach Colossal Cave Mountain Park (about 17 miles). Follow the signs to La Posta Quemada Ranch.

From Start/Finish/LPQ to the Gabe Zimmerman Aid Station - after you exit Colossal Cave Mountain Park, take Old Spanish Trail about two miles and turn left on Pistol Hill Road/Colossal Cave Road (later in the 50 -mile event you will turn right on Pistol Hill to access that aid station) Stay on Colossal Cave Road about 7 miles and turn left on the Frontage Road/Old Benson Highway. After about 5 miles, Gabe Zimmerman Davidson Canyon Trailhead will be on your right.

At the trailhead, you'll see a beautiful, very green riparian area to the south. That area is the Cienega Creek Natural Preserve. If you and/or your runner are interested in visiting this spot while in the Vail area, be sure to plan ahead by purchasing a free permit (required) from Pima County.

From Gabe Zimmerman Aid to Pistol Hill Aid - turn left onto the frontage road and stay on it until you reach Colossal Cave Road (It may be faster to access the freeway). Turn right on Colossal Cave Road (which eventually turns into Pistol Hill Road) and follow it until you reach Old Spanish Trail. Cross Old Spanish Trail (Pistol Hill becomes a dirt road here). Drive with caution. The aid station will be a few miles up the road on your right. Please drive past the aid station (past the cattle guard) and park in the small dirt parking lot on your right. If this area is full, please head back south on Pistol Hill Road and park carefully on the side of the road other cars are parked on. This is a narrow, very busy road. Please exercise caution when crossing the road.

From Pistol Hill to the Finish- Take Pistol Hill south until you reach Old Spanish Trail. Take a left. Old Spanish Trail will lead you directly into the park.

## 11. Packet Pickup \& Check-In

Packet pickup will be held at Fleet Feet Sports located at 7301 E. Tanque Verde Road (520-886-7800) in Tucson on Friday, November 10th from 12 to 5 pm. Packet pickup will also be available at race headquarters beginning at $5: 30 \mathrm{am}$ on November 11th. All runners are required to check in on race day.

## 12. Directions to Race Day Headquarters

From I-10 take exit 279 and turn north on Colossal Cave Road. Follow the signs to Colossal Cave. Turn right when you get to Old Spanish Trail (about 7 miles) and drive into Colossal Cave Mountain Park. Follow the signs to La Posta Quemada Ranch.

If you're traveling through Tucson, take Broadway east to Camino Seco and turn right (south). Turn left at the first light, Old Spanish Trail. You'll stay on Old Spanish Trail until you reach Colossal Cave Mountain Park (about 17 miles) where you'll receive directions to race day headquarters.

## 13. Event Schedule

## Friday, November 10th at Fleet Feet Sports (7301 E. Tanque Verde Road)

 12 to 5:00 pm: Packet pickupSaturday, November 11th at La Posta Quemada Ranch
5:30 am: Packet pickup, runner check in, and drop bag collection
6:20 am: Cutoff for 50-mile check in and drop bag collection
6:30 am: Start of 50 -mile race
6:50 am: Cutoff for 50K check in and drop bag collection
7:00 am: Start of 50K race
9:00 am to 9:50am: Registration for Kids Run
10:00 am: Path of the Ancestors Kids Run
3:30 pm: Cutoff at Gabe Zimmerman
5:30 pm: Cutoff at Pistol Hill for 50-mile runners heading north (mile 40)
9:30 pm: Cutoff for 50-mile finish
Sunday, November 12th at Fleet Feet (7301 E. Tanque Verde Road) Noon to 5:00 pm: Drop bag pickup

Monday, November 13th at Fleet Feet (7301 E. Tanque Verde Road) 10:00 am to 6:00 pm: Drop bag pickup

## MANY THANKS TO OUR SPONSORS!



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