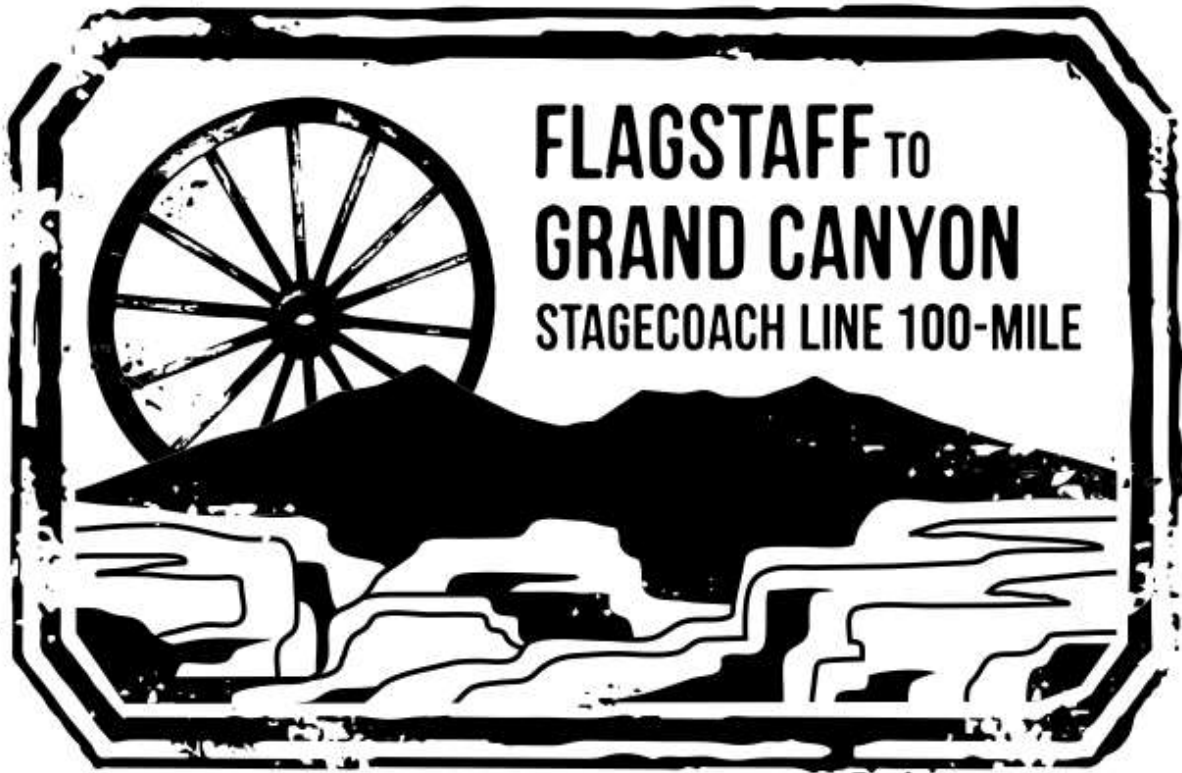


# *Runner Participant Manual*



## *Flagstaff to Grand Canyon Stagecoach Line 100-Mile and 55K Run*

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*Flagstaff, Arizona  
September 17-18, 2022  
7AM*

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*Presented by Babbitt Ranches*



## **Table of Contents**

<b>Welcome</b>	<b>3</b>
<b>Sponsors</b>	<b>4</b>
<b>Brief Course Description</b>	<b>5</b>
<b>Race Options</b>	<b>5</b>
<b>Qualifying</b>	<b>5</b>
<b>Start Times</b>	<b>6</b>
<b>Time Limits &amp; Cut-Offs</b>	<b>6</b>
<b>Race Day Parking</b>	<b>6</b>
<b>Post-Race Transportation</b>	<b>6</b>
<b>Flagstaff, AZ</b>	<b>7</b>
<b>Tusayan, AZ</b>	<b>7</b>
<b>Travel</b>	<b>8</b>
<b>Accommodations</b>	<b>8</b>
<b>Race Weekend Weather</b>	<b>9</b>
<b>Our Partners</b>	<b>10</b>
<b>Awards</b>	<b>12</b>
<b>Race Weekend Agenda</b>	<b>14</b>
<b>Course Marking</b>	<b>15</b>
<b>Aid Stations</b>	<b>16</b>
<b>Drop Bags</b>	<b>16</b>
<b>Recommended Gear</b>	<b>17</b>
<b>Last Minute Supplies</b>	<b>17</b>
<b>Social Media</b>	<b>17</b>
<b>Aid Station Matrix: Distances and Services</b>	<b>18-19</b>
<b>Runner Rules</b>	<b>20</b>
<b>Pacer Rules</b>	<b>22</b>
<b>Crew Rules</b>	<b>23</b>
<b>Aid Station Driving Directions</b>	<b>25</b>
<b>Recommended Purchases</b>	<b>29</b>
<b>Detailed Course Description</b>	<b>30</b>

**COVID NOTICE:** During race weekend we will adhere to any/all local, state, and federal mandates that revolve around the COVID pandemic. Participants will be expected to follow said protocols that might include masking, proper hygiene, social distancing, etc.

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*photos by Melissa Ruse*

## **Race Management**

**Race Director**

**Race Director who does everything**

**Mountain Bike Co-Race Directors**

**Medical Directors**

**Coconino County Sheriff's SAR Coordinator**

**Coconino Amateur Radio Club Coordinator**

**Timing & Tracking**

**Ian Torrence ([itgoes@aol.com](mailto:itgoes@aol.com))**

**Emily Torrence**

**Dana & Jen Ernst**

**Eric True & Scott Bajer**

**Bart Thompson**

**Janice Enloe**

**Run Flagstaff and UltraLive.net**



## **Brief Event Description**

The event begins a few miles north of Flagstaff, Arizona, at the Flagstaff Hotshots Ranch off Snowbowl Road and finishes in Tusayan, Arizona, the entrance of the Grand Canyon National Park. A majority of the Stagecoach course follows the Arizona Trail and the historic Flagstaff to Grand Canyon Stagecoach Line route used by adventure seeking tourists between 1897 and 1901. Many of today's race-day aid stations are located at the original stage line rest stops and watering holes.

Course footing varies between single-track, two-track and maintained forest dirt roads. Runners pass from heavily vegetated ponderosa pine and alpine aspen forests to sparsely vegetated pinion-juniper grasslands and back again. The 100-mile course starts at 7,400' (Hotshots Ranch), reaches a maximum elevation of 8,800' (at Aspen Corner, mile 6), finishes at 6,600' (Tusayan) and has approximately 7,000' of climbing.

Runners traverse over a shoulder of Arizona's highest mountain, Humphrey's Peak, through the high alpine meadows of the Hart Prairie Preserve, across 422-square mile Babbitt Ranches, and along the Coconino Rim where views of the Grand Canyon, Painted Desert, and Navajo Mountain await.

## **Race Options**

- 55K solo (finishes at Cedar Ranch)
- 100 Mile solo (finishes at the Tusayan Greenway Path parking lot)

## **Qualifying**

There are no qualifying standards for the Stagecoach races. We trust you, as an athlete, to know your own abilities and to be the best judge of your fitness. **We caution:** We highly recommend that you have a few ultra events under your belt before toeing this starting line for the 100-mile solo distance. Much of the event takes place above 7,000 feet. Expect all types of weather: wind, rain, hail, lightning and snow. The terrain is mountainous and rocky, and trail conditions may be wet and slippery. You will encounter wild animals and/or cattle. A large portion of the event occurs at night. **We promise:** You will be greeted with a well-marked and challenging mountain run through alpine vegetation, spectacular autumn scenery, terrific aid stations and an opportunity for you, your family, and your friends to visit one of the greatest places in America — Northern Arizona, home of the fantastic town of Flagstaff and the Grand Canyon, one of the seven natural wonders of the world.

## **Start Times**

In order to alleviate congestion on the narrow Arizona Trail in the early miles of the race, 100-mile and 55K runners will start in waves.

### **Saturday Start Times:**

100-Mile and 55K Runners: 7:00AM in To Be Determined Waves

## **Time Limits & Cut-Offs**

### **Time Limits:**

100-mile solo runners: 31-hours  
55K solo runners: 9-hours and 30-minutes

### **Cut-Offs for all running events:**

Kelly Tank (mile 21): 1:00PM Saturday  
Cedar Ranch (mile 33): 4:30PM Saturday  
Chapel Mountain (mile 42): 7:00PM Saturday  
Boundary (mile 55): 12:00AM Sunday  
Russell Tank (mile 68): 4:00AM Sunday  
Hull Cabin (mile 80): 8:00AM Sunday  
Watson Tank (mile 88): 10:30AM Sunday

## **Race Day Parking**

We cannot leave any vehicles parked at Hotshots Ranch (the start line). If you plan on leaving your vehicle at the start, you must use the race morning shuttle vehicle. Park your vehicle at the Snowbowl parking lot at the northeast corner of Highway 180 and Snowbowl Road (about a mile from the start). You'll then be shuttled to the start. The gate to the ranch will be locked after the event begins. Shuttle will run between 5:15am and 7am Saturday morning. Please allow an additional 20 minutes for this process. You can have a drop bag for your warm-ups. Make sure your name, bib number, delivery location, and race distance is on that bag. We'll transport it to the 100-mile or 55k finish line for you.

## **100 Mile and 55K Post-Race Transportation**

**100 Miler Runners:** There will be a shuttle, for those who don't have their own transportation arrangements, from the finish line in Tusayan to the Snowbowl parking lot at the northeast corner of Highway 180 and Snowbowl Road (about a mile from the start) at 2PM Sunday. If you suspect you'll be waiting for the shuttle, be sure to have a finish line drop bag with warm clothes, maybe get a hotel room in Tusayan (the finish line is within walking distance of everything in Tusayan), and whatever else you'll need to keep you happy while you wait.

**55K Runners:** There will be a shuttle, for those who don't have their own transportation arrangements, from the finish line at Cedar Ranch to the Snowbowl parking lot at the northeast corner of Highway 180 and Snowbowl Road (about a mile from the start) at 4:30PM Saturday. If you suspect you'll be waiting for the shuttle, be sure to have a finish line drop bag with warm clothes and whatever else you'll need to keep you happy while you wait.

## **About Flagstaff, Arizona**

Often referred to as "The City of Seven Wonders," 45-minutes North of Sedona and 90-minutes South of the Grand Canyon, lies Flagstaff, AZ. Permanently settled in 1876, the Atlantic and Pacific Railroad reached Flagstaff in 1882. In 1894, Lowell Observatory was built. In 1899, the University of Northern Arizona was founded. Flagstaff became the first night sky city, a movement started in 1958 to celebrate, promote and protect the dark skies of Flagstaff and northern Arizona. Flag's estimated population stands at over 70,000 within city limits.

For several years, Flagstaff has been a training mecca for Olympians and aspiring athletes of many sports, but especially for running. In addition to the visiting athletes here for training camps, Flagstaff boasts its own year-round running community of all ages and ability levels. At the youth level, [Kids Run Flagstaff](#) and Flag's high schools have stout programs with impressive participation numbers. [Northern Arizona University \(NAU\)](#) runners compete well at the collegiate level. Two resident elite training groups also call Flagstaff home. [Northern Arizona Elite](#), led by Ben Rosario, has been a force to be reckoned with on the national level. Team Run Flagstaff's own [Team Run Flagstaff PRO](#) features a unique blend of elite road and ultrarunners. While the elite teams are impressive, they wouldn't be possible without a strong running community behind them. Here are the organizations that complete Flagstaff's running stronghold:

- Northern Arizona Trail Runners Association (NATRA) <http://www.natra.org/>
- Team Run Flagstaff (TRF) <http://www.teamrunflagstaff.com/>
- Flagstaff Ultra Club (FUC) <http://www.facebook.com/groups/178260948898834/>

## **About Tusayan, Arizona**

Tusayan, AZ, the "gateway to the Grand Canyon," was originally privately owned in the early 1900's by Forest Service ranger George Reed before the Grand Canyon was designated a National Park in 1919. Tusayan is located a mile south of the Grand Canyon National Park entrance and sits at an elevation of 6,612 feet. It has an estimated population of 600. Recently, Tusayan, bordered by the Kaibab National Forest, became an official gateway community for the Arizona National Scenic Trail. This town hosts the finish line of the Stagecoach 100 Mile.

## **Travel to Flagstaff**

- Fly directly to Flagstaff's Pulliam Airport (FLG): <http://www.flagstaff.az.gov/1541/Flagstaff-Airport>
- Fly into Phoenix, AZ at Sky Harbor International Airport (PHX) (a 2.5-3 hour drive north to Flagstaff): <http://skyharbor.com/>
- Use Arizona Shuttle from Sky Harbor International Airport to Flagstaff (reservations recommended): <http://arizonashuttle.com/>
- Fly into Las Vegas, NV at McCarran International Airport (3.5 to 4 hour drive to Flagstaff): <http://www.mccarran.com/>

## **Accommodations in Flagstaff**

- Base Camp at Snowbowl – Located less than a mile from the start line and ~7 miles from Downtown Flagstaff - <https://www.snowbowl.ski/basecamp/>
- Drury Inn and Suites - <http://www.druryhotels.com/PropertyHotelServices.aspx?property=0139>
- Fairfield Inn by Marriott - <http://www.marriott.com/hotels/travel/flgfi-fairfield-inn-flagstaff/>
- Embassy Suites - <http://embassysuites3.hilton.com/en/hotels/arizona/embassy-suites-flagstaff-FLGESES/index.html>
- La Quinta Inn and Suites - <http://www.laquintaflagstaff.com/>
- Budget Inn - <http://www.budgetinnflagstaff.com/>
- Knights Inn - <http://www.knightsinn.com/hotels/arizona/flagstaff/knights-inn-flagstaff/hotel-overview>
- Weatherford Hotel – <http://weatherfordhotel.com/>
- Hotel Monte Vista - <http://www.hotelmontevista.com/>

## **Accommodations in Tusayan**

- Best Western Premier Grand Canyon Squire Inn - <http://www.grandcanyonsquire.com/>
- Red Feather Lodge - <http://www.redfeatherlodge.com/>
- Holiday Inn Express & Suites Grand Canyon - <http://www.ihg.com/holidayinnexpress/hotels/us/en/grand-canyon/gcnaz/hoteldetail>
- The Grand Hotel at the Grand Canyon - <http://www.grandcanyongrandhotel.com/>
- Canyon Plaza Resort - <http://www.grandcanyonplaza.com/>



## **Race Weekend Weather**

The average high in northern Arizona in mid-September is ~70 degrees. The average low is ~35. Temperatures will be cooler at higher elevations so be prepared! Sunrise is approximately 6:20 am and sunset is 6:20 pm. There could be wind, rain, snow, hail, and thunderstorms. Always dress accordingly and be prepared for the weather to change at a moment's notice. Check the latest weather reports as race day approaches.



## **Our Partners**

There are several groups and organizations that we are indebted to that have made Stagecoach a reality.

### **1) Arizona Trail Association**

The Arizona Trail Association (ATA) is the nonprofit organization whose mission is to build, maintain, promote, protect and sustain the Arizona Trail as a unique encounter with the land. Established in 1994, the ATA has been the driving force behind the vision, construction, and protection of the Arizona Trail.

Spanning the entire state of Arizona from Mexico to Utah, the Arizona Trail travels through some of the most breathtaking landscape in the West – from the grasslands of the southern part of the state, up and down the sky island mountain ranges, through Saguaro National Park, climbing up the Mogollon Rim, across the Colorado Plateau, through Flagstaff and along the base of the San Francisco Peaks, through the heart of Grand Canyon and across the Kaibab Plateau to the Utah state line, the Arizona Trail offers unparalleled adventure for hikers, runners, backpackers, mountain bikers and equestrians. It was designated as a National Scenic Trail in 2009.

The majority of the Arizona Trail was constructed by volunteers, and the organization relies on thousands of volunteers each year to maintain the trail. Funds raised through membership, donations, special events, business partners and grants provide the majority of funding for trail projects. The Arizona Trail is a grassroots movement and you are invited to be part of it.

In addition to participating in this Ultra, please explore more of the Arizona Trail (no permits are needed unless you're camping overnight in one of the National Parks) and get involved with the ATA. Together, we can sustain this amazing trail into the future.

Find out more and how you can become a member at: <http://www.aztrail.org/>

### **2) Babbitt Ranches**

Babbitt Ranches is the producer of AQHA quarter horses, sold every July in the annual Hashknife horse & colt sale, and is home to the Coconino Plateau Natural Reserve Lands. The ranch lands, near Flagstaff, Arizona and the Grand Canyon, host a variety of wildlife and grazing for quarter horses and cattle. Established in 1886, Babbitt Ranches practices ecological ranching while maintaining western traditions. Roughly 20 miles of the course crosses Babbitt Ranches land on the Arizona Trail. Learn more at: <http://babbitranches.com/>

### **3) Hart Prairie Preserve**

Surrounded by thousands of acres of cool forest and meadows, the 245-acre preserve is home to uncommon wildflowers, old-growth ponderosa pine, a rare grove of Bebb willows, herds of elk and deer, porcupine, prairie dogs, and more than 40 species of birds. The first aid station of this event is within the Preserve.

A local family donated Hart Prairie Preserve, with its historic lodge and charming guest cabins, to The Nature Conservancy in 1994, when they discovered that their property held a globally rare community of Bebb willow trees.

Much of the work at the preserve focuses on the Bebb willow community, the largest known in the world. Conservancy staff work closely with partners at the U.S. Forest Service, U.S. Geological Survey, and various departments at Northern Arizona University on ecological restoration activities in the surrounding National Forest. Learn more at: <http://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/arizona/placesweprotect/hart-prairie-preserve.xml>

### **4) Kaibab and Coconino National Forests**

The Kaibab National Forest truly offers something for everyone! If you are anywhere near Northern Arizona, you won't want to miss the chance to visit this Forest. The Kaibab surrounds the Grand Canyon on the north and south. From canyons to prairies, peaks to plateaus, the Kaibab National Forest offers layers of opportunity for peace, solitude, and discovery. Find out more at: <http://www.fs.usda.gov/kaibab>

The Coconino National Forest is one of the most diverse National Forests in the country with landscapes ranging from the famous red rocks of Sedona to ponderosa pine forests, to alpine tundra on the summits of the San Francisco Peaks. Explore mountains and canyons, fish in forest lakes and wade in lazy creeks and streams. Find out more at: <http://www.fs.usda.gov/coconino>

### **5) Coconino County Search and Rescue**

The Coconino County Sheriff's Search and Rescue Unit is a volunteer arm of the Sheriff's Office involved in performing the Sheriff's statutorily mandated function of conducting or coordinating search and rescue operations within the county. CCSAR members will be strategically placed along the course and provide SAR and first aid services for the event. A deputy assigned as the Search and Rescue Coordinator supervises search and rescue operations. The Unit is trained by the Sheriff's Office to provide vital search and rescue services to the second largest county in the nation, which encompasses approximately 18,600 square miles of diverse and sometimes very remote rugged terrain. Learn more at: <http://coconinosar.org/sarhome.html>

## 6) Coconino Amateur Radio Club

The Coconino Amateur Radio Club (CARC) include members in the city of Flagstaff, Coconino County, and Northern Arizona. This volunteer group will be stationed at various aid stations along the course and providing runner tracking and race day communication for our event. Find out more at: <http://www.cocoradio.club>

## Race Awards

### 100-Mile Awards:

- Locally made copper belt buckles for all finishers under the 31-hour cut-off.
- Special “Champion” buckles for the overall women and men winners.
- Babbitt Ranches Pendleton blankets for overall winners.
- Special awards for the men and women masters (over-40) winners.

### 55K Awards:

- Special finisher medals and awards for all 55K finishers supplied by Babbitt Backcountry.
- Special prizes for overall and masters (over-40) 55K winners.

We'll also have other random giveaway prizes brought to you by Babbitt Ranches, Babbitt Backcountry, the Arizona Trail Association and Run Flagstaff.



**Top left:** 55K finishers award

**Bottom left:** 100-mile finisher copper buckle

**Right:** Michelle Hawk and Mark Hammond with their buckles and Babbitt Ranches Pendleton Blanket

## **Race Weekend Agenda**

**Tuesday September 13<sup>th</sup> – Virtual Meeting with race management to answer your questions. An invitation will be sent out a few days beforehand.**

**Friday, September 16<sup>th</sup> – In front of [Run Flagstaff](#) - 204A East Route 66 Flagstaff, AZ 86001 (Next to Absolute Bikes) (928) 774-2990**

**4:00PM-6:00PM –**

- 100 Mile and 55K Packet Pick-up and Check-in
- 100 Mile and 55K Drop bag drop-off
- 100 Mile Pacer Check-In

**Saturday, September 17<sup>th</sup>:**

**6:15AM-6:50AM – At the Flagstaff Hotshots Ranch (Start Line)**

- 100 Mile and 55K Check-In & Packet Pick-Up.
- 100 Mile and 55K Drop Bag drop-off
- 100 Mile Pacer Check-In

**6:50AM – Mandatory** pre-race informational briefing at the start line for 100-mile and 55K runners.

**7:00AM – 100-Mile and 55K Runners Start in Waves**

**4:30 PM – 55K Course Closes at Cedar Ranch**

**Sunday, September 18<sup>th</sup> – At the Tusayan Greenway Path parking lot (Finish Line)**

**12:00 AM – First 100-mile solo finisher expected**

**2:00 PM – Last 100-mile solo finisher and **course closes****



## **Course Marking**

The entire 100-mile and 55K courses will be marked well. Marking will be more plentiful at turns and intersections. Confidence markers will be placed every quarter to half-mile when the trail is obvious. Remember much of the course follows the Arizona Trail. Reflective tape & diamonds, orange ribbon, pin flags and arrow signs will be used. The use of a headlamp in the dark hours will be important so that you see the reflective material.

## **Aid Stations**

Stagecoach offers 11 fully stocked and volunteer led aid stations. Though we wish we could, we cannot accommodate every runner's need. Be prepared by using your own crew and drop bags to provide yourself with the items you require. Aid station fare will include:

- [Tailwind Nutrition](#)
- [Squirrel's Nut Butter](#)
- Water
- Coke
- Ginger Ale or 7-Up
- Electrolyte pills
- Fruit (oranges, bananas)
- Boiled potatoes
- Various sandwiches (PB & J, ham, cheese)
- Potato Chips
- Candy
- Soup (vegetable broth, chicken noodle, tomato)
- Salt
- First aid kits

## **Drop Bags**

1) 100-mile runners may place drop bags at these locations only:

- Kelly Tank (mile 21)
- Cedar Ranch (mile 32)
- Boundary (mile 55). New this year: Mandatory drop bag. Every 100-mile runner must have tights, a cold-weather jacket and knit cap at Boundary. This will be verified at check-in.
- Russell Tank (mile 68)
- Hull Cabin (mile 80)
- Tusayan Finish

2) 55K runners may place drop bags at these locations only:

- Kelly Tank (mile 21)
- Cedar Ranch Finish (mile 32)

3) Drop bags must be labeled with:

- Runner's name
- Bib number (we will have your number, duct tape and markers for you at check in)
- Race distance (100 mile or 55K)
- Aid station name

4) Do not use paper drop bags as they will disintegrate when wet.

5) As we have many bags to transport, please keep your bag relegated to the approximate size of large shoebox (8" x 8" x 16"). However, 100-mile and 55K Finish Line drop bags can be the size of a backpack to accommodate warm weather clothing, sleeping bags and/or tents.

6) 100-mile runners may retrieve their drop bags at the finish line in Tusayan after the event at 2PM Sunday. 55K runners may retrieve their drop bags at Cedar Ranch after the event at 4PM Saturday. If you wish your drop bag mailed home, there is an additional, optional charge during registration to make this so.

## **Recommended Gear**

- Lightweight wind and water proof jacket and pants
- At least 2 flashlights and/or headlamps and new spare batteries
- Cell phone for emergency purposes (there is reception on much of the course)
- Warm gloves and hat
- Course [maps](#) and [turn book](#)
- Adequate hydration system that can carry the above equipment

## **Last Minute Supplies**

Did you forget something? Our local running store and gear shop have it all.

- Run Flagstaff: <http://www.runflagstaff.com/> (928) 774-2990
- Babbitt's Backcountry: <http://babbittsbackcountry.com/> (928) 774-4775

## **Social Media**

**Please tag us during your training and racing at:  
#stagecoach100**

Stagecoach's event web site: <http://www.aztrail.org/ultrarun/>

Stagecoach's Instagram: <http://www.instagram.com/stagecoach100/>

Stagecoach's Blog: <http://flagstaff100andrelay.blogspot.com/>

Stagecoach's Twitter: <http://twitter.com/Flagstaff100M/>

Stagecoach's Facebook: <http://www.facebook.com/FlagstaffStagecoachLine100Mile>

Stagecoach's Flickr Photo Albums from past years:

<http://www.flickr.com/photos/152789721@N04/albums>



## Aid Stations, Distances & Amenities

Checkpoints	Distance	Segment Distance	Crew	Drop Bags	Pacer	Amenities	Cut-Offs
Hotshots Ranch	0	0	YES	NO	NO	Start	
Hart Prairie	9	9	NO	NO	NO	Full Aid	
Fern Mountain	10	1	YES	NO	NO	Crew aid only	
Kelly Tank	21	10.5	YES	YES	NO	Full Aid	Sat. 1:00pm
Missouri Bill	27	6	NO	NO	NO	Full Aid	
Cedar Ranch	34	7	YES	YES	NO	Full Aid	Sat. 4:30pm
Chapel Mountain	42	8	YES	NO	YES	Full Aid	
Boundary	54	12	YES	YES, Mandatory	YES	Full Aid	Sun. 12am
Moqui	59	5	NO	NO	NO	Full Aid	
Russell Tank	66	7	YES	YES	YES	Full Aid	Sun. 4am
Coconino Rim	69	3	NO	NO	NO	Full Aid	
Hull Cabin	80	9	YES	YES	YES	Full Aid	Sun. 8am
Watson Tank	88	8	YES	NO	YES	Full Aid	Sun. 10:30 am
Tusayan Greenway Path Parking Lot	100	12	YES	YES	YES	Finish	Sun. 2pm

## **100-Mile and 55K Runner Rules**

The purpose of the rules are to ensure the event's integrity, make certain that this is a test of individual performance, and provide an equal playing field for all. The guiding principles are simple: play fair, be safe, and respect the land.

### **All Runners:**

1. Each runner's official bib number must be worn prominently on the front of the body and must be easily visible at all times.
2. Race management will track each runner. Do not cut or alter your bib. Please display it prominently on your front. Make sure we know you're passing through.
3. Runners must follow the marked route at all times. Any runner departing from the official course must leave and return to the point of departure **on foot** before continuing.
4. Except in case of medical emergency, runners may not accept aid or assistance in any form from anyone between checkpoints and aid stations.
5. Runners may not store supplies of any kind along the trail.
6. Runners are responsible for the actions of their crews and pacers. Everyone associated with the event must comply with all event rules (Runner Rules, Pacer Rules, Crew Rules) and regulations issued by the race director in pre-race memos and at the pre-race briefing on Saturday morning. All parking and access instructions must be followed as well or risk disqualification of the runner.
7. Each runner must be checked IN and checked OUT of checkpoints and aid stations.
8. All cut-off times will be strictly enforced. Runners must be checked OUT of the checkpoint BEFORE the cut-off time. Runners returning to the checkpoint after the cut-off time will be pulled from the race.
9. There is no pre-race weigh-in or medical exam. However, all runners *may* undergo brief medical examinations at designated checkpoints. Additional monitoring of individual runners may be required at the discretion of medical personnel. Refusal by the runner to cooperate fully may result in immediate disqualification. Medical personnel and the race director have complete authority to evaluate the condition of any runner at any time and to determine whether the runner may continue.
10. In addition to information provided by the runner in the race application's medical questionnaire, each runner must fully disclose to medical personnel at the pre-race check-in any changes to existing medical conditions and all prescription medications being taken.
11. Injection of fluids or drugs (intravenous, intramuscular, subcutaneous) during the event may result in immediate disqualification.
12. The Stagecoach Line 100 Mile and 55K is committed to keeping ultrarunning a clean, drug-free sport. Use of performance-enhancing drugs or blood doping as defined by the US Anti-Doping Agency is forbidden.
13. Littering of any kind is prohibited. Please respect the natural beauty of our trails and the right of everyone to enjoy them. Littering will threaten our continued use of the Arizona Trail, Hart Prairie Preserve, Babbitt Ranch, and US Forest Service Lands.

14. Bad sportsmanship will not be tolerated.
15. Smoking is not permitted at any of the checkpoints or along the trail.
16. Any runner who is unable to finish the race must **personally** inform the aid station captain of the nearest checkpoint of his/her decision to withdraw. Runners who leave the course without notifying a race official will be classified as "lost," thereby activating the Coconino County Sheriff's Search and Rescue Unit. Time spent searching for any such runner will be billed to the runner, a VERY expensive proposition.
17. Runners crossing the finish line after the end of race cutoff will not be listed as official finishers.



## **100-Mile Pacer Rules**

1. A pace runner, or pacer, is defined as a “trail companion” who may accompany a runner along designated sections of the trail.
2. Pacers should be experienced trail runners in excellent physical shape and conditioned adequately to run the distance they are to pace. Pacers should be adequately supplied with flashlights, food, and water. They may partake in all the aid station amenities like the registered runner they are pacing.
3. 100-mile runners may begin to use pacers at Boundary Aid Station (mile 54). 55K runners will NOT be allowed pacers unless there are extenuating circumstances.
4. *However, 100-mile and 55K runners over 60 years of age or those with certain medical conditions or handicaps may have a pacer from start to finish. Examples include seizure or vision issues.*
5. One pacer at a time may accompany each 100-mile runner from the Chapel Mountain (mile 42), Boundary (mile 54), Russell Tank (mile 67), Hull Cabin (mile 80) or Watson Tank (mile 88) aid stations to the finish.
6. Pacers may be switched at Boundary, Russell Tank, Hull Cabin and Watson Tank only.
7. For those runners who are paced for the entire 100 mile distance, pacer changes can be made at: Kelly Tank, Cedar Ranch, Chapel, Boundary, Russell Tank, Hull Cabin and Watson Tank.
8. Each pacer MUST sign a release form and pick-up a pacer bib at race check-in on Friday, the start line, Chapel, Boundary, Russell Tank, Hull Cabin or Watson Tank aid stations before they begin pacing.
9. Each pacer must wear the official identifying pacer bib. One pacer number is provided per entrant. The official pacer bib must be transferred between pacers if duties for one runner are to be shared.
10. All pacers must clearly identify themselves when passing through checkpoints. It is extremely important that personnel know exactly who is on the trail and where.
11. Pacers must stay with their runners at all times, except in the case of an emergency. If the runner withdraws from the race, and the pacer wishes to continue, she must remain at the aid station until another runner enters the aid station and requests the services of a pacer. The pacer may not continue on without an official race participant.
12. Pacers must enter and leave each aid station WITH their runners. They may assist with the re-filling of water bottles or replenishment of supplies while in the station. “Muling” (carrying gear or supplying aid outside of aid station line of sight) is prohibited.
13. No mechanical or physical assistance may be given by the pacer to the runner at any time.
14. *Pacers must remain behind their runner. Let the runner find their way.*
15. Please respect the trails; littering of any kind is strictly prohibited.

## **100-Mile and 55K Crew Rules**

100-mile and 55K crews must follow all of the rules and regulations of the race, including the Runner Rules, Pacer Rules, and the following Crew Rules and any supplementary instructions issued in any pre-race memos or at the Saturday morning briefing. All crew members must willingly comply with all instructions from race personnel, volunteers and race management at all points along the trail and its access routes, including parking regulations, or risk disqualification of their runner.

1. A crew member is defined as any individual who provides material support to a runner in the event.
2. Crews may meet runners or assist them only at those aid stations specifically designated for crews.
3. Crews must adhere to instructions of all aid station personnel and volunteers, including requests to vacate a certain area of the checkpoint.
4. **Crews are NOT allowed at the following checkpoints: Hart Prairie Preserve, Missouri Bill, Moqui Stage Station, and Coconino Rim.**
5. You may NOT crew your runner at non-aid station locations.
6. PLEASE!!! Crews must always drive at safe speeds! No matter how fast your runner may be it is possible for crews to arrive at all the major checkpoints without exceeding the posted speed limits. Speed limits are rigidly enforced. Slow speeds will also keep dust down.
7. Crews must never park in such a way as to block traffic, access to the trail or checkpoint, or other parked cars. Vehicles will be towed at the owner's expense, and their runner may be immediately disqualified.
8. NO SMOKING WILL BE ALLOWED AT ANY OF THE CHECKPOINTS OR ALONG THE TRAIL.
9. Littering of any kind at any checkpoint, along the trail, or at the finish line is strictly prohibited.

### **Aid Station Access:**

- Access roads must remain open at all times for emergency vehicles.
- Drive slowly and carefully. Beware of runners on FR 307 to Hull Cabin, FS301 (runners cross the dirt road) north of the Boundary aid station, and FR 417 when arriving to Cedar Ranch as cars and runners/bikers share the course. Please, driving slow here will keep the dust down!
- Allow plenty of time for travel.
- Cooperate with traffic control and parking officials.

### **Plan To Take Care of Yourself:**

- Eat regular meals and hydrate regularly.
- Wear appropriate clothing and pack proper bedding and shelter.

## Flagstaff to Grand Canyon 100

- Have headlamps at the ready as many of the race's miles will be covered at night.
- We recommend four-wheel drive or all-wheel drive vehicles for this event.
- Cell service is available along much of the course.



## **Start, Finish & Crew Driving Directions:**

Driving Directions GPX route: [http://runazt.org/wp-content/uploads/2020/06/Stagecoach Relay Driving Routes.zip](http://runazt.org/wp-content/uploads/2020/06/Stagecoach_Relay_Driving_Routes.zip)

### **To Start (Flagstaff Hotshots Ranch):**

35.284667, -111.724177

1. From downtown Flagstaff, take Highway 180 North approximately 7 miles (from the intersection of Humphreys Street and Route 66) to Snowbowl Road.
2. Take a right onto Snowbowl Road.
3. Drive one mile. If you reach the right hand curve in the road you've gone about 100 meters too far.
4. Turn left onto dirt road (look for the blue Hotshots sign).
5. Follow the dirt road back and follow the parking monitors instructions.

### **To Fern Mountain:**

1. From Hotshots Ranch (the Start), turn right (south) on Snowbowl Road and drive one mile back to Highway 180.
2. Turn right (north) on Highway 180 and drive ~8 miles.
3. Turn right (east) on FR 794.
4. Take FR 794 ~2.4 miles to a large clearing on your left. Park in this field.
5. Continue to the exchange by walking east on FR 794 another 0.3 miles to its intersection with FR 151. This is the exchange and crew point.

### **To Kelly Tank (sponsored by the [Arizona Trail](#)):**

35.419430, -111.703900

1. From the Hotshots Ranch (Start), drive south on Snowbowl Road, back to Highway 180.
2. Turn right (north) on Highway 180 and drive ~13.5 miles.
3. Turn right on FR 514 (just before the White Buffalo buildings - now burnt remains) in the middle of wide-open Kendrick Park.
4. Continue 3 miles on dirt road to the Kelly Tank aid station.

### **To Cedar Ranch (sponsored by [Babbitt Ranches](#)):** 35.547330, -111.782920

1. From Kelly Tank aid station return to Highway 180 and turn right (north).
2. Travel 13.1 miles. Just past mile marker 248 (If you reach the Kaibab USFS sign you've gone about a quarter mile too far) to FR 417 and turn right. Travel 5.2 miles on dirt FR 417 and arrive at the Cedar Ranch aid station. Do not drive up the hill to the buildings, stay left and low at the intersection to get to the aid station. There is very weak cell service here, however, there is good reception a few miles back on FR 417. **Note: You'll be sharing the road/course with runners and bikers for the last 2 miles of 417. Please drive slowly and with great care!!! Keep your dust down.**

**To Chapel Mountain (sponsored by [Babbitt's Backcountry Outfitters](#)):** 35.624721, -111.801105

From Cedar Tank take FS 9008A north to Tub Ranch in 4.0 miles. Turn left (west) on dirt road and up ridge via switchbacks. Follow the road for 4.1, through a gate (please close gate) and arrive at aid station.

**To Boundary Aid Station (sponsored by [Squirrel's Nut Butter](#)):**

35.745120, -111.817270

***NOTE: For the drive to this aid station we highly recommend the use of a four-wheel drive or all wheel drive vehicle. The dirt ranch roads are rough. There are some tight turns, deep ruts, and rocks that may need negotiating. You will make it safely, but care and the optimal vehicle will make your life and ours much easier.***

1. It is roughly 17 miles from Chapel Mountain to Boundary Aid Station.
2. Retrace the 4.1 miles back to Tub Ranch.
3. From Tub Ranch turn left (north) on the dirt ranch road for 5.5 miles to the large electric lines.
4. Drive under the power lines and continue north for 7.5 miles through Lockwood Canyon on a dirt road that will eventually become Forest Road 301 to Boundary Aid Station.

**To Russell Tank (sponsored by [Ornery Mule Racing](#)):**

35.873170, -111.881000

From Boundary Aid Station:

1. It's roughly 12 miles to Russell Tank Aid Station from Boundary.
2. Continue north on Forest Road 301.
3. In roughly 4.5 miles you'll pass Moqui Aid Station on your right (east).
4. In another half mile you'll pass under another set of powerlines. Stay north on FR301.
5. 3 miles further north on FR301 you'll intersect with FR320.
6. At FR 320, turn right (east).
7. In a mile turn left (north) on FR 311, near the Bucklar Landing Strip. Do not turn at the first intersection onto FR301. Continue on a little further to FR311.
8. Continue north on FR 311 for 3.3 miles and turn right onto FR 311A to Russell Tank. The turn is signed.

From Cedar Ranch Aid Station:

1. Return to Highway 180.
2. Turn right (north) and proceed to State Route 64. This intersection is in the town of Valle, AZ (there is a reliable gas station here).
3. Go north on SR-64/US-180 for 11 miles to FR 320 (mile marker 224). This turn is also located ~11.5 miles south of the town of Tusayan and 56.0 miles north of Flagstaff.
4. Turn right (east) onto FR 320.
5. Continue east on FR 320 for ~17 miles to its intersection with FR 311 near the Bucklar Landing Strip.
6. Turn left (north) on FR 311.



7. Continue on FR 311 for 3.3 miles and turn right onto FR 311A to the Russell Tank. The turn is signed.

Access to Russell Tank Aid Station is also available through Grand Canyon National Park, but an entrance fee must be paid (\$35).

1. From the Grand Canyon South Entrance Station follow state Route 64 east toward Desert View.
2. Two miles past Grandview Point, turn right onto a gravel road (there are usually a few large dumpsters here).
3. This road becomes FR 310 at the park/forest boundary line.
4. Pass the Grandview Fire Tower and follow FR 310 (Coconino Rim Road) for 8.3 miles from the boundary to FR 311.
5. Turn right and drive 1.7 miles to the left turn into Russell Tank indicated by signs.

**To Hull Cabin (sponsored by [Northern AZ Trail Running Association](#)):**

35.968099, -111.946278

1. From Russell Tank Aid Station head north on FR 311 for 1.7 miles to the Coconino Rim Road (FR 310).
2. Turn left (north) on FR 310.
3. Travel 6.5 miles to FR 307.
4. Turn right (east) on FR 307.
5. Continue on FR 307 (down the hill) for 1.5 miles to Hull Cabin's driveway (past Hull Tank).
6. Turn left into the driveway by following the signs, through a gate and onto the cabin at the end of the driveway.

Access to Hull Cabin is also available through Grand Canyon National Park, but an entrance fee must be paid (\$35).

1. From the Grand Canyon South Entrance Station follow state Route 64 east toward Desert View.
2. Two miles past Grandview Point, turn right onto a gravel road (there are usually several large dumpsters located here).
3. This road becomes FR 310 at the park/forest boundary line.
4. Pass the Grandview Fire Tower and follow FR 310 (Coconino Rim Road) for less than a half-mile and turn left (east) on FR 307.
5. Continue on FR 307 down the hill for 1.5 miles to Hull Cabin's driveway.
6. Turn left and follow the signs for Hull Cabin.

**To Watson Tank: 35.959800, -112.028160**

1. From Hull Cabin Aid Station, return to FR 310 via FR 307.
2. Turn left or south on FR 310.
3. Travel ~1.3 miles south on FR 310 and turn right (west) on FR 302.
4. Follow FR 302 for ~8.75 miles to FR 303.
5. Turn right (north) on FR 303.
6. Follow FR 303 ~2.8 miles to the Watson Tank Aid Station.

From Tusayan:

1. Find FR 302 located just north (and on the east side of SR-64/US-180) of the southern most roundabout in town.
2. Take FR 302 (dirt road) for ~5.5 miles east to the second FR 303.
3. Turn left or north on FR 303 for ~2.8 miles to the Watson Tank aid station.

**To Finish (Tusayan Greenway Path Parking Lot):**

35.977126, -112.126558

1. From Hull Cabin Aid Station take FR 307 back to FR 310.
2. Turn right on FR 310 (north) and drive to State Route 64 (you're now in the Grand Canyon National Park).
3. Turn left (west) on SR-64.
4. Travel 10.7 miles to US-180 (South Entrance Road).
5. Travel south on South Entrance Road 6 miles to the first roundabout traffic circle in Tusayan. Turn right (west) into the parking lot. Enter slowly and be careful of pedestrians.

From Watson Tank Aid Station:

1. Travel south on FR 303 for ~2.8 miles.
2. Turn right (west) on FR 302.
3. Continue on FR 302 5.5 miles to Tusayan and SR-64. Take a right (north) on SR-64 through town.
6. Drive through town (about 0.6 miles) to the roundabout traffic circle at the north end of town. Turn left (west) into the lot. Enter slowly and be careful of pedestrians.

## **Recommended Purchases**

Here are a few apps, maps and books that will help you find your way.

We **HIGHLY** recommend downloading and using the Arizona Trail App:

<http://aztrail.org/explore/maps/mobile-app/>

Emmitt Barks Cartography Flagstaff Trails Map:

<http://www.emmittbarks.com/maps.htm>

Coconino National Forest Map:

<http://www.fs.usda.gov/main/coconino/maps-pubs>

Kaibab National Forest Map:

<http://www.fs.usda.gov/main/kaibab/maps-pubs>

*The Arizona National Scenic Trail Guidebook:*

<https://aztrail.org/product/the-guidebook/>

You can also download maps and information for free at:

<http://www.aztrail.org/passages/passages.php>



## **Detailed Course Description:**

- We highly suggest that you print out, get familiar with and use (in conjunction with the [course maps](#)) the [race's turn book](#).
- 100-Mile Run [GPX Route](#).
- Also we HIGHLY suggest that you download and utilize the Arizona Trail App: <http://aztrail.org/explore/maps/mobile-app/>

### **Miles 0-20 - Hotshots to Kelly Tank:**

The course leaves Hotshots ranch on two-track that quickly becomes a rough rarely used game trail. This game trail will be well marked, lasts for less than a half-mile, but takes you to the well-maintained Arizona Trail (AZT). Turn left at the AZT and head north and uphill towards the Grand Canyon. This is the longest climb of the race. In 4 miles you'll gain ~1,300'. Once at Aspen Corner turn left and run downhill past Alfa Fia Tank, through a few fences (close all gates) to Forest Road (FR) 151.

Once at the well-used and maintained FR151, turn right and north. Take FR151 to Hart Prairie Preserve. Enter the Preserve (on the right) run to the aid station located at the lodge and then reverse direction back to FR151. Back on FR151 turn right (north), pass the Fern Mountain crew location and continue on to FR627 to Bismark Lake. Turn right on FR627. The road ends at a parking area, continue straight on the trail to Bismark Lake and the AZT. Turn left (north) on the AZT and enjoy the long downhill sweeping switchbacks through the spruce, fir, ponderosa and aspens. Cross FR418 and continue downhill to Kelly Tank aid station.

For photos of this section please refer to the race's blog link here:

<http://flagstaff100andrelay.blogspot.com/2013/08/course-preview-miles-0-20.html>

### **Miles 21-60 - Kelly Tank to Moqui Stage Station:**

Leave Kelly Tank, cross FR514 and follow the AZT north. The trail will parallel FR514 until it swings more northerly, crosses 523 and joins FR416. Follow FR416 north and leave the large ponderosa trees behind you as you enter pinion and juniper forests. FR416 will descend, gently at first and then more steeply and rockier later, to Babbitt Ranch. Missouri Bill Aid Station is located roughly 6 miles north of Kelly Tank. Once on the flat grasslands below turn left on FR417 and follow the rough two-track road to the Cedar Ranch aid station. 55K runners finish at Cedar Ranch.

Head west from Cedar Ranch on well maintained FR417. After roughly 2 miles on FR 417 turn right (north) near Babbitt Lake on FR 9007. After 2 miles on FR9007 you'll pass through a gate and begin single-track. In about 2 miles you'll arrive at the Chapel Mountain

Aid Station. Here you'll cross the road and continue on AZ Trail single-track, that you'll follow for 12 miles to Boundary Aid Station.

Continue north from Chapel Mountain on the AZT single-track trail. Climbs are small, the trail winds in out of pinion and juniper, and the terrain mostly flat. Follow the AZ Trail to Boundary Aid Station. Just before arriving at Boundary, you'll turn right, leaving the AZT, on a short out-and-back to get to the aid station.

Leave Boundary by retracing your steps back to the AZT. Head north on the AZT. This section has some rough footing and passes over several small juniper and pinion ridges. Cross over FR301 and continue north to the very short out-and-back to Moqui Stage Station aid station. The turn is well signed. Turn left and go the quarter-mile to Moqui aid station.

For photos of this section please refer to the race's blog link here:

<http://flagstaff100andrelay.blogspot.com/2013/08/course-preview-miles-20-59.html>

**Note:** The course now follows single-track after Cedar Ranch, not dirt roads, through Babbitt Ranches as the blog link portrays.

### **Miles 60-80 – Moqui Stage Station to Hull Cabin:**

Leave Moqui aid station and return to the AZT and go left and north. Cross FR313, continue north on smooth two-track, cross FR320. Close all gates. Continue north on the AZT. The two-track becomes single-track; the pinion-juniper gives way to large ponderosa trees and leads to the Russell Tank aid station. The deep Russell Tank will be on the right and the aid station on the left.

Leave Russell Tank and continue north on the AZT. Cross FR310 (Coconino Rim Road). One mile further take the bike detour route (don't descend steeply into the canyon) and you'll then arrive at the Coconino Rim Aid Station. After Coconino Rim Aid, the AZT traverses across the top rim of the Coconino Rim. If it's light out, the Painted Desert, Grand Canyon, and Navajo Mountain are visible at times. This is a gently rolling section of trail—little ups and little downs and always winding following the contours and in between ponderosa pine trees. Please close all gates in this section. Arrive at FR307. Important! Turn right on FR307, run downhill a mile, pass Hull Tank on the left, and then turn left to the Hull Cabin aid station.

For photos of this section please refer to the race's blog link here:

<http://flagstaff100andrelay.blogspot.com/2013/08/course-preview-miles-59-80.html>

**Note:** The newly added Coconino Rim Aid Station about 4 miles north of Russell Tank.

### **Miles 80-100 - Hull Cabin to Tusayan Greenway Path Parking Lot:**

Leave Hull Cabin and return to the AZT the way you came, uphill on FR307. Turn right (north) on the AZT, pass along a small interpretive trail and under the Grand View Fire Tower. Pass through a small parking lot and across FR310 to the single track AZT on the

other side. Follow the AZT to signed Watson Tank, join a dirt road and follow the AZT signs and course markings another half-mile to the Watson Tank aid station.

Leave Watson Tank aid station following the AZT, veer right off of FR303 on the marked AZT (keep your eyes peeled, this is a tough turn to see). This next section of course follows the AZT entirely, but can be hard to follow due to sharp turns and obscure trail. It will be marked well on race day. Keep your heads up and pay attention at all intersections. Follow course markings and AZT markings. Eventually the AZT will join the Tusayan Bike Trails. Be sure to follow the AZT trail signs and arrows and course marking. Follow the AZT through limestone-cliff lined Coconino Wash.

Soon the lights and sounds of Tusayan will be visible. However, 2.5 miles still remain. Begin the final and short climb of the race. Stay on and follow the AZT and pass through the tunnel under Highway 64. Once through the tunnel take an immediate left on the paved bike path. You'll no longer be on the AZT after this turn. Follow the paved path south towards Tusayan across a dirt road and then turn right into the paved Tusayan Greenway Path parking lot and finish line.

For photos of this section please refer to the race's blog link here:

<http://flagstaff100andrelay.blogspot.com/2013/09/course-preview-miles-80-100.html>

**Note:** We no longer finish at the IMAX but the Greenway Path Parking area about 600 meters to the north. Reed Tank aid station no longer exists.