



**TOP OF ZION**  
NATIONAL PARKS RELAY

2018

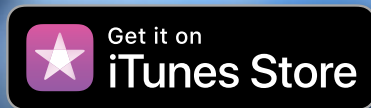
RACE  
GUIDE



AS SEEN ON  
**Forbes**

# TRACK YOUR VAN

at the Top of Zion Relay



Reduce fuel costs by



Increase productivity by



Increase operator compliance by



## PLUG IN DIRECTIONS:

All devices are ready to be plugged in.

1. Find the OBD2 Port on your vehicle.  
(reference image)

a. Location - Drivers side, on or under the dashboard.

2. Plug device into obd2 port.



## HOW TO TRACK:

1. Download the GS Trackme app from the google play store or apple app store on your mobile device. Search for GSTRACKME - Real Time Tracking.
2. Once GSTRACKME - Real Time Tracking has been downloaded. Open the app and you will use the following credentials.
  - a. Username: TopofZion
  - b. Password: TopofZion2018
3. To find your van or the van you are supporting click the 2nd tab on the bottom of the screen. (Reference Image) You will then see a list of all vehicles, search the vehicle name or scroll till you find the van you are looking for.
4. Click on the specific van/name and it will pull you to the map. Giving you the location of where your van is currently.



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# WELCOME

## TO THE TOP OF ZION NATIONAL PARKS RELAY!

**We are excited to have you join us for our 6th annual Top of Zion Relay National Parks Relay event and our 3rd Top of ZZZion Sleep Relay.**

You are about to experience an adventure of a lifetime as you and your team take on the challenge of running 195 miles from Capitol Reef National Park to Zion National Park, 100 miles from Capitol Reef to Zion minus the night run, or 60 miles from Bryce Canyon National Park Gateway to Zion National Park. Some of you will run over one or two mountains reaching elevation gains of 9600 feet and 9100 feet. You will run for one or two days and one night! You will run in the heat of the day and the cold of the night. You may even run in strong winds, rain and snow. You will run along paved roads and dirt backcountry roads. You will literally work for the incredible views that await you with each new run!!! Are you runner enough?!

### THE TOP OF ZION NATIONAL PARKS RELAY WILL HIGHLIGHT SOME OF UTAH'S WORLD FAMOUS SCENERY FEATURING 3 NATIONAL PARKS

(Capitol Reef NP, Bryce Canyon NP, and Zion NP), 2 national monuments (Grand Staircase Escalante NM and Cedar Breaks NM), 3 state parks (Anasazi SP, Escalante Petrified SP, and Kodachrome SP), 3 National Scenic Byways, 12 (Utah's only All American Road), 89 and 14,

Red Canyon and Dixie National forest 4 times.

**It is our goal to make your experience as wonderful as the scenery** that you and your team will enjoy as

you take on the challenge of becoming a Zion Warrior! We hope to improve and make it better with each new year. But we need your help! For this, we love questions, feedback and suggestions!

**This Race Guide addresses what you need to know to have a fun, safe, and successful event.** The Top of Zion Relay was created to allow you to enjoy a spectacular part of Utah while doing something active and rewarding with your family and friends creating unity as you work toward one common goal—ZION—the finish line! It will be an experience to be remembered. Please familiarize yourself with the race guide and follow what is outlined. Your preparation will determine your success. We'll be cheering for you and wish you the very best!



## TO ALL CAPTAINS

### Captains, welcome to the Top of Zion Relay!

We appreciate your leadership. You are the glue that holds your team together. You are responsible for making sure there is good communication between you and your team members before and throughout the relay experience and with us. We ask that you ensure your team understands the race rules before the relay begins and use it for reference during the race. It is our goal to provide you with all the information you need. Please see the contact information if you need assistance. We value your feedback, so please let us know if you see areas where we can improve. For all ques-

tions regarding registration, please go to: <http://topofzion.com/register> . If this is your first relay, please go to “Captain’s Corner” at <http://topofzion.com/captains-corner> on the topofzion website for pre-race preparations such as team building, team Management, training, packing list advice and other helps. For travel information go to “Travel Plans” at <http://topofzion.com/travel-plans> also located at [topofzion.com](http://topofzion.com). Good Luck!

## TOP OF ZION CALENDAR-IMPORTANT DATES

<b>Volunteer Payment Deadline:</b> .....	15 May 2018 (after, price goes up to \$20)
<b>Runner Substitution Deadline:</b> .....	8 June 2018 (subs must sign waiver)
<b>Final Team Name-Change Deadline:</b> .....	20 May 2018 (contact race director)
<b>Full/Sleep Relay Check In:</b> .....	7 June, 4-10 pm or 8 June, 4:30 am – 8 am
<b>Full/Sleep Relay Meet the Team</b> .....	7 June, 7:00 pm
<b>Full Team Captain’s Meeting*</b> .....	7 June, 8:00 p.m. Rim Rock Patio
<b>Full Relay Volunteer Meeting*</b> .....	7 June, 8:30 p.m. Rim Rock Patio
<b>Official Night Time Running Hours:</b> .....	7 pm - 7 am (must wear headlamps/vests)
<b>Awards Ceremony:</b> .....	9 June 2018 (Throughout the Day)
<b>“Most Enthusiastic Volunteer”</b> .....	15 June 2018- Runners must vote on Facebook or email

\*If you are unable to make the Team Captain Meeting, please let us know in advance. This meeting will go over important information covered in the race guide and answers all your questions. If you are unable to make it, please take the time to understand the race guide information and email or facebook us any questions you have in advance. As stated before, the Race Guide addresses what you need to know to have a fun, safe, and successful event.

## FULL/SLEEP

**TEAM CHECK IN:** Rim Rock Patio

**STARTING LINE:** Rim Rock Patio

**RELAY VOLUNTEER MEETING:** Rim Rock Patio

**TEAM CAPTAIN MEETING:** Rim Rock Patio

### **RIM ROCK INN AND PATIO**

2523 East Hwy 24 Box 339, Torrey, Utah, 84775

Phone: 888-447-4676

Email: [reservations@TheRimRock.net](mailto:reservations@TheRimRock.net)

Website: <http://www.therimrock.net>

**FINISH LINE:** Clear Creek Family Ranch – The Ranch at Zion

### **CLEAR CREEK RANCH**

North Fork Rd, Zion National Park, Utah, 84775

Phone: 1-866-292-1460

Email: [stay@theranchatzion.com](mailto:stay@theranchatzion.com)

Website: <http://theranchatzion.com>



## REQUIRED TEAM ITEMS

- First Aid Kit – 1 per van
- Printed Race guide 1 per van
- Orange Safety Flag – 1 per van
- Reflective Vest- 2 per van
- Headlamps/Knuckle Lights – 2 per van
- Blinking clip on tail lights – 2 per van
- Garbage Bags
- Map/Atlas/or GPS
- Cooling Method (ex water sprayer)



## CONTACT INFORMATION

### RACE DIRECTOR:

**Ellen Mueller**

mobile: (801) 809-3230

email: ellen@topofzion.com

### VOLUNTEER CORDINATOR

**Erynn Kerrigan**

mobile: (801) 717-7808

email: erynnmkerrigan@gmail.com

### MEDICAL DIRECTOR

**Warren Mueller**

mobile: (801) 809- 3250

email: medical@topofzion.com

### WEBSITES:

[www.topofzion.com](http://www.topofzion.com)

[www.facebook.com/topofzionrelay](http://www.facebook.com/topofzionrelay)

[www.runbackcountry.com](http://www.runbackcountry.com)

### EMAIL QUESTIONS to:

[contact@topofzion.com](mailto:contact@topofzion.com)



# TOP OF ZION RELAY BASICS AND OVERVIEW

## What is a Relay?

Generally, a relay team is made up of 12 runners(Full) or 6 runners(Ultra/Sleep) who take turns running the distance of approximately 200/100 miles. The race is divided into 36/12 legs. Each runner will run 3 of the 36/12 legs of the relay. Each ultra runner will run 6 of the 36 legs of the relay. Each leg of the relay is anywhere from two to nine miles in length. The Full/Sleep Relay Teams are staggered every 30 minutes based on their 10K pace times, from approximately 4:30 a.m. to 10:30 a.m. depending on the number of teams and 10K pace. This will ensure that runners are spread out and will help promote safety and maintain normal traffic patterns. No roads will be closed for this event. Runners will run against traffic for added safety. The Full Relay Teams usually divide into two vans or vehicles. While the runners in one vehicle are running their part of the relay, the runners in the other vehicle will wait the 3-6 hours period until it is time to run again. They are encouraged to rest, eat, and sleep, etc (i.e. see the sites) near the next Van Exchange. The Full relay is continuous and usually takes 24 -36 hours to complete.

## What Will Each Runner Do?

Each team member runs 3/6 legs of the course of the Top of Zion Relay. Each leg is usually between 2 and 9 miles long. A relay is physically demanding, but legs vary in difficulty, and runners can choose their legs. This unique relay format makes the relay an accessible race for beginners yet challenging enough for the most competitive athletes.

## What is a Runner Exchange?

A runner exchange is the point where one leg of the relay ends and another begins. When the first runner nears the end of their leg, the next runner waits for them at the exchange point where they hand off a slap bracelet and the next runner begins their designated leg. After all runners from vehicle 1 complete their legs, they meet up with runners in vehicle 2 and the cycle begins again. If your vehicle is not the supporting vehicle for runners on the course, you will have a few hours to rest and eat until it's your turn to start running again.

There will be port-a-potties, a volunteer, limited parking, and lights (at night) at each exchange. Each exchange will be well marked with orange road barriers, pole flags and pennant flags, and Top of Zion Relay signs with the number of that specific exchange.

## Runner Exchange Locations

There are 36 legs and 35 exchanges total. Thirty (30) of those exchanges are Runner Exchanges along the 195 mile course. These are smaller exchanges where one runner passes the slap bracelet baton to the next runner in sequence. They are well marked with the Exchange number and most will be manned with a volunteer and all will have port-a-potty nearby and lights during the night.

All 36 legs can be found later in this Race Guide and at <https://topofzion.com/leg-maps> with descriptions and pictures of each leg and the surrounding tourist attractions and amenities.

## What is a Van Exchange?

A Van (or Vehicle) Exchange is the point where the last runner in one vehicle (vehicle 1) exchanges with the first runner in the other vehicle (vehicle 2). These exchange areas will have more traffic since both Vehicle 1 and Vehicle 2 will be parking here while they wait for their runners to exchange the slap bracelet baton. Be sure to have your runner check in 30 minutes before the estimated baton hand off. Van Exchanges are a great opportunity for team photos.



## VAN EXCHANGE LOCATIONS

### Friday

4:30 AM – 10:30 AM *START: Rim Rock Patio (West of Capitol Reef)*

10:00 AM – 4:30 PM - *EXCHANGE 6 - Boulder Town Park (check-in - 30 min early)*

12:00 PM – 8:30 PM - *EXCHANGE 12 - Escalante Town Park*

9:00 PM – 2:00 AM - *EXCHANGE 18- Cannonville Town Park*

### Saturday

10:00 PM – 8:00 AM - *EXCHANGE 24 – Riverside Ranch, Hatch (best for sleeping)*

4:00 AM – 1:00 PM - *EXCHANGE 5 30 - Navajo Lake*

9:00 AM – 9:00 PM - *FINISH - Clear Creek Ranch/Ranch at Zion (Medical Tent)*

## WHAT TO EXPECT – START TO FINISH – { full, ultra and sleep relay }

### PACKET PICK UP

- Backdrop - Capitol Reef
- Thursday, June 7 from 4:00 pm – 10:00 pm
- Rim Rock Patio (2523 east Highway 24 Torrey, UT 84775)
- CHECK IN – Pick up your Race bags (van 2 can pick up at ex.6)
- SAFETY CHECK – Bring required safety items
- Spaghetti Dinner at Patio. Hang out, order, eat, & enjoy the evening
- Meet the teams 7 pm – Show off your costumes!!
- Captain’s Meeting 8 pm – Not mandatory if read the race guide
- Volunteer’s Meeting 8:30 – Pick up packets and run down of duties
- Lodging – Rim Rock Inn or Capitol Reef Resort across the street

### START LINE

- CHECK IN (Morning of) Arrive 1-2 hours early to get Race bags
- SAFETY CHECK (Morning of) Arrive 1-2 hours early to show gear

- START TIME CHECK IN- Please check-in 30 minutes prior to take off!
- START TIMES – please double check your start times for accuracy.

### EXCHANGE 6

- Boulder / Backdrop – Boulder Mountain/ Dixie National Forest
- Van 2 Check-in (1 -2 hrs before take off if not checked in night before)
- Van 2 Safety Check (If not done at Packet-pick up)
- Check start times to make sure you arrive in time!

### EXCHANGE 9 – 12 HOT!!!

- Escalante Canyon and Hogs Back
- Lowest point in elevation during hottest time of day!! Be careful!
- MEDICAL TENT (Make sure you have a medical plan in case of an emergency)
- Keep runners cool – use water sprayers, wet towels, ice and fluid
- Read in Race Guide how to avoid Heat Stroke & recognize symptoms

### EXCHANGE 12

- Escalante Town Park / Backdrop – Grand Staircase Escalante
- Showers (fundraiser) at Escalante High School
- Medical – Kazan Clinic Sponsor near High School
- GAS – Best place to get gas!!! (Best price and self-pay)
- Food – Circle D Eatery
- Stopping place for those running the ZZZZion Sleep Relay

### EXCHANGE 18

- Cannonville Town Park -10 Center Street / Badlands / Grand Staircase
- Sleep or rest – Grand Staircase Inn one block away or sleep on lawn at park

### EXCHANGE 24

- Riverside Resort in Hatch, Utah / Bryce Canyon/ Red Canyons
- FREE SHOWERS!!!!
- Sleep – Sleeping area for Top of Zion Relay at Campground below motel.
- Take alternate route to exchange 30 for van 1

### EXCHANGE 20-30

- COLD!!! Bring warm clothes!
- MAY NOT BE VOLUNTEER AT ALL THESE EXCHANGES!! PLEASE SIGN IN IF NO VOLUNTEER AROUND!

### EXCHANGE 27-30

- RUN WITH TRAFFIC!! This is for safety reasons. Some years we run at the same time as the Vision Relay Bike race. It will help prevent accidents.

### EXCHANGE 29

- GAS –Duck Creek is last place to get gas before Finish line
- Food!!
- Bathroom is located at Duck Creek Venue by exchange

### EXCHANGE 30

- Navajo Lake turn off/ Cedar Mountain / Dixie National Forest
- Take alternate route to Finish Line (avoid dirt road)
- Free breakfast provided by volunteer Kathy B!!! Please give thanks!!
- ZZZZion Sleep Relay 6:00 -8:00 AM start!! Check in with volunteer

### EXCHANGE 31-34

- MEDICAL STATION AT EX. 33 (no IV capabilities- only at finish line)
- Little or no reception between legs 31 and 34
- Dirt road – Rough in places. Please travel slow especially by runners

### FINISH LINE!!!

- Clear Creek – The Ranch at Zion / Top of Zion
- Finisher Medals
- FREE SHOWERS and Bathrooms
- Awards throughout day
- Free food!!!! Hot dogs, drinks and more!
- Medical Tent (IV's available here)
- Slip-n-slid
- Snow Cones
- Race Apparel
- Lots of grass with some shade for resting
- Pond with paddleboats and swimming!
- Camping and large group lodging
- **Free Finish Line Food!!**



# TEAM CATEGORIES AND REQUIREMENTS

## 12 Runner Teams (Full Relay)

(may run in any order)

- Female Teams- must be all female
- Male Teams (8-12 Men)
- Mixed Teams – must have at least 6 women
- Family – must have at least 8 related family members related in someway. For example, spouses, cousins, in-laws, aunts, uncles, brothers, sisters, grandparents and parents all count.
- Corporate – must have at least 8 corporate members that all work together at the same company.
- Youth Teams – ALL runners but 2 must be age 18 or younger. Runners also must be at least 12 years of age. Youth teams must also have one adult per vehicle over 21 years of age as the supervisor/driver. Driver must also register as part of your team and sign the waiver!

A Full team is commonly known as a 12 person team, but may have a minimum of 8 runners or a maximum of 14 runners if 2 alternate runners are added. If a Full team chooses to only have 8 runners, team category requirements still need to be met. For example, if you are a mixed team, you must still have 6 women on the team or if you are a family team, 8 runners must be related.

## 6 Runner Teams (Ultra, Sleep Relay)

(May run 6x's in any order)

- Female Teams- must be all female
- Male Teams (4-6 Men)
- Mixed Teams – must have at least 3 women. Exception- Mixed Ultra Team with only 3 runners must have at least 1 woman runner.
- Family– must have at least 3 related family members related in someway. For example, spouses, cousins, in-laws, aunts, uncles, brothers, sisters, grandparents and parents all count.
- Corporate – must have at least 3 related corporate members that all work together at the same company.
- Youth Teams – all runners but 1 must be age 18 or younger. Runners also must be at least 12 years of age. Youth teams must also have one adult per vehicle over 21 years of age as the supervisor/driver. They must also register as part of your team and sign the waiver!

An Ultra team is commonly known as a 6 person team, but may have a minimum of 3 runners or a maximum of 7 runners if 1 alternate runner is added. If an Ultra team chooses to only have 3 runners, team category requirements still need to be met with the exception of Mixed team. For example, if you are a family team, 3 runners must be related.

Exception: Mixed Team with only 3 runners must have at least 1 woman runner.

## Non- Competitive Team

Everyone that signs up is considered to be a Competitive Team. In the event that something happens and your team needs to become a non-competitive team, they must contact the Race Director or Race Coordinator and receive special permission and identification.

**Alternate runner**

Alternate runners are not required but recommended for extra support and safety reasons. Full Teams may have 2 alternate runners and Ultra Teams may have 1 alternate runner. Each 6 Runner Team may have 1 alternate runner. Because the course is exceptionally challenging with lots of hills, high elevation, hot and cold temperatures and some rough dirt roads, we have allowed for alternate runners as needed. Alternate runners should be used in case of injury, fatigue, or to help improve the teams overall time. Alternate runners must register so they can sign the waiver.

**Average 10K pace**

Team Captains will submit their team’s 10k pace information when they register. It is better to err on the side of a slower pace to insure your start time is early enough to finish within the required time. Please note that teams that move through the course substantially faster than their estimated team 10K pace may be held and that no volunteer will be at the exchange to record your time or give assistance. Team Captains are responsible to let all team members know their team start time. If you have any doubts or want to request a particular start time, please email ellen@topofzion.com. Teams should have an average pace of approximately 11 minute/mile pace or faster. Slower teams need to contact the race director and will need to start earlier. If your team falls behind there expected pace, please TEXT the race director at 801.809.3230.

10K AVE PACE	START TIMES	10k PACE FINISH TIMES	ESTIMATED FINISH TIMES*
12 min/mile	4:30 am	7:30 pm	4:00 pm (11) / 9:00 pm (Closing)
11 min/mile	5:00 am	5:00 pm	1:30 pm (10) / 8:00 pm (12)
10 min/mile	5:30 am	2:00 pm	10:30 am (9) / 5:30 pm (11)
09+ min/mile	6:00 am	11:00 am	8:00 am (8)* / 2:30 pm (10)
08+ min/mile	8:30 am	10:30 am	7:30 am (7)* / 1:30 pm (9)
07+ min/mile	10:30 am	9:30 am**	6:00 am (6)* / 12:30 pm (8)
06+ min/mile	1:30 pm	9:00 am***	12:30 am (7 )

+ numbers means that your average team pace must be between 9 min/mile and 10 min/mile.

\*This means teams are out of the station scheduled zone because they are too fast. If this happens, teams will be held until they are back on.

\*\* Finish Line opens at 9:00 am. Runners will not be able to pass the start line before 9 am. Please plan accordingly when requesting start times.

\* **Estimated** Finish Times are based off a 1 minute SLOWER and FASTER team average 10 k pace than indicated at registration time but start later than our required start time for a team of that pace. If you find that you are even slower than this 1 minute leeway and see that your team will not finish before 9 pm please contact a race official for further instruction.

### Signing the Online Waiver

When an individual team member registers online at <http://topofzion.com/register> and clicks on the registration link, they will be directed to sign the MANDATORY online waiver. All runners, alternate runners, volunteers and youth supervisors must sign this to participate. (Also see below Replacing Team Members)

### Replacing Team Members

Replacing a Team Member is free and allowed up until race day. If you need help to cancel one of your team member's registration or replace a runner, please email or call race director Ellen Mueller at [ellen@topofzion.com](mailto:ellen@topofzion.com) or 801-809-3230 and provide the team name and the name(s) of the individual(s) you wish to replace. Once the individual(s) have been canceled a new team member may register in their place. All replacement runners should register and must sign the release waiver. If the change is needed at the last minute, the replacement runner may sign the waiver at the start line/packet pickup but preferably before race day.

### Refund Policy

All Race Fees are due during Registration and are NON-REFUNDABLE. Entries may be transferred to the following year if a team can no longer participate. Requests to transfer registration must be made to the Race Director: [ellen@topofzion.com](mailto:ellen@topofzion.com) two months before the date of the race and must re-contact the Race Director the following year to get re-registered.



**FISH LAKE RELAY**

Presented By:



**SATURDAY, AUGUST 25 - 2018**

- The Beautiful Fishlake Forest
- Up to Six Runners Per Team
- Over 60 Miles on the Course
- Twelve Challenging Stages
- Starts at 9,000 feet

**Starting at Fish Lake Utah and Finishing at the Richfield City Park**

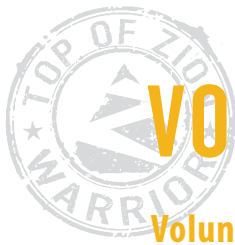
For information, call (435) 896-4241 or visit [www.fishlakerelay.com](http://www.fishlakerelay.com)




**FISH LAKE RELAY**



**REGISTER AT**  
**[www.FISHLAKERELAY.COM](http://www.FISHLAKERELAY.COM)**



# VOLUNTEER

## Volunteer Registration & Requirements

Volunteers are the face of the race and are vital in helping the relay run smoothly.

Every team is required to provide One volunteer OR participate in the volunteer donation program by paying the opt-out fee of \$230 for 12 runner teams or \$115 for 6 runner teams. If the volunteer does not show up, that team will be disqualified and not receive their finisher medals unless they pay the opt-out fee. Most teams come from somewhere far away due to the remote location of this relay and so we have to require it of every team. Volunteers help us so that we can make this relay happen! Thank you for your support!

To register as a volunteer, go to <http://topofzion.com/volunteer> and click on the Volunteer Register Tab. Fill out the boxes with your information and pick your station. Follow the prompts to finish registering. Make sure you put the team name that you are representing so we know which team you represent. If you are not registering with a team skip this question.

### Each volunteer must:

- a. Register, Sign the Waiver and pick shirt size. <http://topofzion.com/register> .
- b. Be at least 16 years old and have a valid driver's license
- c. Provide their own transportation to and from their assigned location
- d. Wear their official shirt while at their assigned location
- e. Be physically able to perform their assigned duties
- f. Be willing to fulfill ANY assigned shift
- g. Be able to fulfill their entire shift at an assigned location
- h. Provide their own food, drink, SUNSCREEN, Chair, and SHADE of some sort such as a sun umbrella or pop up shade during their shift.
- i. AND HAVE TONS OF FUN!!!!!! Volunteers make all the difference in the Runners enjoyment and mood.
- j. Pick an exchange based on availability that best works with their schedule, but is first come, first pick.

## Volunteer Training Instructions

Volunteers get the Most Questions, so be READY!

**Volunteer's Instructions** are at the following link <https://topofzion.com/volunteer>

Volunteers must **read, PRINT, and bring** instructions to the race. Volunteers may also consider reading the Race Guide to more effectively direct runners. (Especially concerning driving **alternate routes, gas stations, and race course maps**). Runners will have this information but volunteers should be prepared if asked.

A VOLUNTEER MEETING will be held at the **Rim Rock Patio and at Riverside Ranch.**

## Volunteer Contest

Make sure your volunteer knows that a prize will be given a cash prize to the **"MOST ENTHUSIASTIC VOLUNTEER"!!!!**. Volunteers are encouraged to be creative and make their exchange fun! Runners will vote at the end of the relay and the winner of the **"MOST ENTHUSIASTIC VOLUNTEER"** contest will be announced on Face Book after the race with plenty of pictures. Ideas may include, but not limited to: Costumes, A booth Theme, Treats for Runners, Fun Music, and of course plenty of HAPPY ENTHUSIASM!! Local Businesses will be encouraged to compete as well. LIVE IT UP!!

## Volunteer Opt-Out Fee Alternative

If your team cannot find a volunteer, they may participate in the volunteer donation program and Pay \$230 for 12 Runner teams or \$115 for 6 Runner teams by the deadline. If your team chooses to pay the opt-out fee, remember that the price increases by \$20 after the June 1st. If you didn't pay the opt-out fee at the time of registration, you can pay the opt out fee at: <https://topofzion.com/exchangecaptain-opt-out/>

1. Add the "\$230 / \$115 (or \$250 / \$135 if after deadline) Volunteer Opt-Out Fee" to your cart
2. Put your "Team Name" into the space provided and hit the "Save" button next to it
3. Hit the "Checkout" button in your cart
4. Check out using our "PayPal" link. You can make your payment with any major credit card or your PayPal account if you have one

We will use these funds to pay local organizations to manage the stations in your behalf.



**\$6 SHOWERS**  
During Top of Zion Relay  
(Includes shampoo, soap and towel)



**Escalante High School Fundraiser**  
All proceeds go to help the Escalante High School  
Baseball Team and Class of 2019

ESCALANTE HIGH SCHOOL- 800 E. Hwy 12 Escalante, UT



# TOP OF ZION RELAY RULES > RUNNERS

## Runner Rotation

Top of Zion Relay Teams are expected to divide up runner legs evenly between team members. Team Captains are responsible for assigning runner legs as suited best for them and the team. In the event that a runner cannot complete a runner leg, another team member can substitute for them.

## Leap Frogging

**Leap Frogging is NOT allowed.** To **leap frog** means two runners from the same team are running two different legs at the same time. Leap Frogging diminishes the overall experience for both the team leap frogging and for everyone out on the course by causing an anticlimactic effect. Teams that leap frog will be disqualified.

## Skipping Legs

Skipping legs or part of legs is not allowed and will result in disqualification.

## Usage of Head Lamps/Blinking Tail Lights/Reflective Safety Vests

Each van is required to carry 2 headlamps, knuckle lights or flashlights, 2 blinking taillights, and 2 reflective vests. **A Headlamp (or knuckle lights), taillight, and reflective safety vest must be worn during the official race night time hours - 7 p.m. to 7 a.m.** by all runners and those assisting runners on the course. Failure to meet this requirement will result in immediate disqualification for the entire team. Bring extra batteries for your lights. (Most pedestrian accidents occur during dusk and dawn. Use special caution during these hours. You can find One80lights lights at <http://www.one80light.com>. You can find Hydration, reflective, and performance gear and accessories at <http://nathansports.com/find/>.

## Safety Vest Required During Day Time Hours

Safety vests must be worn during the day while running the following runner legs: 8, 9, and 10

## Safety Flag Required

All participating race vehicles must have **1 Orange flag** to be used when crossing the road to assist the runner. Be cautious. No police are promised to protect participants from traffic along the course. Be very careful at all times as you enter and exit vehicles. **Safety Flags can be purchased on Thursday night during team check-in.**

## Course Road Crossing

Those assisting runners must hold the Orange flag up when crossing the road AND while assisting the runner regardless of the time of day. Headlamps or Knuckle lights and a reflective vest must also be worn during night time hours. The brighter your attire, the safer you'll be. Use common sense when crossing roadways. Try to keep a safe distance away from oncoming traffic. **DO NOT LINGER IN THE ROAD.** This disrupts the traffic, may cause an accident, and could result in **disqualification**, especially if the person(s) in the road does not have a flag.

## Pacers

Foot or bicycle pacers are allowed on the course, but are not recommended for the first 12 legs of the relay due to the narrowness of the course. We recommend pacers wear the same night safety gear as the runner (reflective vest and headlamp). Part of the course is on dirt roads so plan accordingly. Pacers must be courteous to other runners and vehicles trying to pass. Please stay safely within the road shoulder.

## Visible Race Number

Runners must display their race number in a visible place at all times. This helps passing traffic expect more runners and traffic ahead, and it helps the volunteer mark your team at the exchange.



## Slap Bracelet Use

Runners must have a slap bracelet with them at all times while running. This bracelet will be passed as a baton to the next runner at each exchange. Please report to the volunteer at each exchange. Volunteers will check off each team as exchange runners. Disqualification will result if this exchange between runners does not take place.

## Injured Runner

Injured runners may be replaced by a teammate to finish their leg. Medical Personnel along the course is limited. Please use required first aid kit and ice for minor injuries. Refer to the medical section of this race guide for the closest hospitals and clinics. Where possible, call 911 immediately for severe emergencies and then contact the Race Director at 801-809-3230. If you do not have cell service, drive to the nearest medical exchange for further assistance or until you have cell service. Medical stations will be at Exchange 9, 12, 33 and at the Finish.

## Volunteer Requirements

Each team is required to provide 1 volunteer or pay the opt-out fee. If the team has not received credit for their volunteer by the time they finish the race, medals will be withheld. If this happens, we will allow teams to pay the opt-out fee in order to receive their medals.

## Rest Rooms

Port-a-potties or restrooms will be available at every runner exchange. You may consider bringing personal toilet paper and sanitizer in case they run out.

## Garbage Control

Littering is illegal. Please dispose of garbage properly. Top of Zion National Parks Relay will not be providing garbage cans at any of the exchanges. Please be prepared to carry out your own garbage.

## Respect Local Residents & Communities

- Please be courteous to the other vehicles, homes, yards, driveways, businesses as your runner passes through.
- No honking or yelling at night near the homes of residents.
- Don't shine headlights into people's homes should you need to turn around.
- Many of our volunteers are local residents so don't be shy in shouting out your thanks as you run by.
- Don't litter.

## Race Course Markings

The race course is premarked with cones, directional and mile marker signs, flags, barricades and reflective tape. Please know the course. We have provided maps and materials to help direct your efforts. Please do not tamper with the signs and cones. Doing so will result in disqualification.

## Mile Markers

Mile Markers have been placed on reflector poles or stands throughout the entire course. The purpose of these mile markers are to help pace the runner's efforts, keep them from getting lost and improve visibility for drivers and safety for the runners. Please note that the mile markers will not always be exactly at each mile but will be within a .10 of a mile. They are mainly for reference.

## Sleeping

The two best places for sleep:

- Cannonville Park - Vehicle Exchange 18
- Riverside Resort -Vehicle Exchange 24

For fast teams, we recommend staying at Riverside Resort – Vehicle Exchange 24 if you want to sleep rather than driving to Navajo Lake, exchange 30. There is no grass available at exchange 30. You can also stay in Duck Creek (five miles away from exchange 30).

## First Aid & Required First Aid Kit

Teams are required and responsible for supplying an adequate first aid kit for each vehicle to treat blisters, abrasions, headaches, heat exhaustion, and other common ailments. Extra items that you may want to include in your first aid kit are:

- Ace Wraps
- Medical Tape
- Mole Skin
- Duck Tape
- Benadryl
- Rain Poncho
- Ibuprofen
- Water sprayers

You may consider bringing ice for injuries related to soft tissue trauma.

Expect some injuries and know how to treat them. For helpful information on treating Heat related injuries, blisters and sprained ankle see pages 26-28. Be prepared to doctor each other's "owies".

We have limited medical staff on hand. Please be aware of this and plan ahead for how you will handle any emergencies. Where possible, call 911 in an event of a severe emergency and then call the Race Director at 801-809-3230. Local EMT Units will be on call and prepared to respond to emergencies.

If there is no cell service go to the nearest hospital or exchange with medical support depending on your need. There will also be Medical Stations at Exchange 9 (Kiva Koffee house), 12 (Escalante Park), 33 (Meadow Brook Frolic) and the Finish Line (Clear Creek Ranch/Ranch at Zion). See pages 24-26 for local hospitals and clinics.

## Report Race Violations

Call or send a text message to 801-809-3230 or 801 809 3250 to report violations. Include who, what, where and when in your message.

## Race Officials

Race officials, volunteers, and photographers will be easily spotted and will all be wearing clearly marked shirts. Most questions you might have are in this Race Guide. Officials will answer questions as they can or you can call or text the Race Director Ellen at 801-809-3230, Warren at 801 809 3250. **The Race Director or any authorized representative** reserves the right to disqualify any teams for breaking rules and reckless behavior. To be disqualified means that you will not receive a finisher medal, awards, and will be recorded as a disqualified team on our results page without a recorded finishing time. Those disqualified runners will not be refunded race fee.



# TOP OF ZION RELAY RULES > SUPPORT VEHICLES

## Vehicle Support Requirements

- Must be legally registered and insured
- All drivers must have valid driver's license
- Must have access to the Race Guide—only available in digital file—new this year
- You may consider printing out your own hard copy.
- Each vehicle must have working blinking tail lights & headlight/knuckle lights for runner
- Must have a functioning First Aid Kit
- Must have a cell phone with charger
- Must have water to support runners
- Must have 1 Orange Flag per vehicle (available for sale at Team Check-In while in supply)
- Garbage Bag for vehicle Trash. Littering is AGAINST THE LAW.

## Vehicle Rotation Summary

Each 12 Runner team will typically have two vehicles of six runners. Vehicle One will have runners 1-6 and Vehicle Two will have runners 7-12. The first runner in Vehicle One will start at the RIM ROCK PATIO starting line. Once the race begins, Vehicle One will travel to the first runner exchange point where the second runner will prepare to run.

Runners from Vehicle One will continue in order through all the legs of their first section and meet Vehicle Two at the first Van Exchange (ex. 6) of the race in Boulder, UT.

Here the sixth runner from Vehicle One will hand off the slap band to the first runner of Vehicle Two.

Then Vehicle Two will continue along rotating runners until the next Van Exchange (ex. 12) point in Escalante, UT, where they will hand off to Vehicle One again.

This pattern will continue to the finish line at Clear Creek Family Ranch-The Ranch at Zion.

In order to avoid road congestion, we urge the Vehicle that has just finished their section to **leave the course until it is their turn to participate again.**

Vehicles can stop to cheer on teammates at any legal spot along the route that does not obstruct runners or traffic or cause harm to their surrounding area.

## Resting Vehicles

The “non-running” vehicle is the vehicle of runners not currently running the course. During down time, we encourage you to rest up, eat and drive ahead to the next exchange point to get ready for your team to arrive. The one exception to this rule will be at Exchange 24. This is the best vehicle exchange for sleeping and we recommend sleeping here instead of at Exchange 30 Navajo Lake. The most convenient amenities will be found in Boulder, Escalante, Cannonville, Tropic and Hatch. See pages 76-85.

## Vehicle Drivers

Must have a valid Driver's License and be an insured driver. Drivers do not have to be a Runner.

## Driving and Parking

- Must follow speed limits or slightly under.
- Must have head lights on night and day
- Must use hazard lights when pulled off/on or parked on road shoulders.
- Must be courteous to other runners and drivers with proper signals in a timely manner.
- Must Park in Legal designated areas
- Must not park off road in grassy areas where grass fires are a concern
- Must not park in residential or private driveways
- Must not park in dangerous spots such as curves and jersey barriers

We ask that all drivers be alert and drive at or below posted speed limits. Be sure to leave adequate time to arrive at exchange points so that there is no temptation to speed.

Please be **courteous of runners** on the road. Be careful not to blind them with high beam light, and move over while passing them. Please park off road as far as possible but be careful not to start grass fires with your hot engine. Watch for participants and stay alert to other traffic.

We also ask that you be courteous and **respectful of the cities**, towns, and venues. Park in sensible locations and avoid residential locations like people's homes.

Please follow race signs and race volunteer directions.

We strongly recommend that you **drive under the posted speed limits** in an effort to slow down non-Top of Zion National Relay traffic and to reduce the amount of dust that is generated.

## Communication between Vehicles

Much of the Top of Zion National Park Relay course will have **spotty cell service** and that makes it difficult for vehicles to communicate with each other and plan exchange times. It is said that AT&T and Verizon have the best cell service along the course. There are many spots that have no cell service at all. The worst spots are legs 25-28 and Legs 30 – 35. They have little or no cell service. We strongly recommend detailed planning by teams for arrival times at each Vehicle Exchange. You might also consider 2-way radios between vehicles for safety and better communication.

## Navigation Responsibilities

Every vehicle is required to have the Race Guide and is suggested that vehicles also be equipped with other local road maps and/or GPS.

## Speed Limit

Vehicles must stay within posted legal speed limits. Top of Zion National Park Relay does encourage participating race vehicles to drive slightly below posted speeds to keep general traffic at slower speeds.

## Headlights and Hazards

All participating race vehicles are **REQUIRED TO HAVE CAR HEADLIGHTS ON DAY AND NIGHT** during the event. All vehicles must use hazards when they are:

- pulled off to the side of road
- pulling back onto the road
- when going way below the speed limit

## Dust and Mud Control

The last section of the race for Vehicle Two is a dirt road. For dust control, Top of Zion Relay has set the speed limit to 20 miles per hour. When approaching a runner, slow down beyond speed limit so dust in the air is kept to an absolute minimum and maintain that speed until clear of the runner.

If the weather is rainy, the dirt roads could be muddy. If the roads are too muddy to pass, the course may be canceled or will be altered, and the race will proceed down highway 89 and highway 9 to the finish line.



# TOP OF ZION RELAY SAFETY

## Running against Traffic

Runners should run against traffic unless otherwise designated which only occurs a few times through out the course. Pay attention to signage and follow accordingly. This is for the safety of the runners and helps the cars quickly see the runners.

## Safety Vests

Safety vests must be worn at night (7 pm to 7 am) and during the day while running the following runner legs: 8, 9, 10

## Road Crossing

Runners who run legs 8, 9, 25, 29 and 30 will be required to make a road crossing. These will be well marked. In the event that there is traffic flowing at the same time the runner needs to cross, runners must wait for traffic to pass before crossing.

## Obey Traffic Laws

Top of Zion Relay trusts all participants will obey traffic laws. Top of Zion National Park Relay will not be responsible for misconduct along the race route. Please use caution and be courteous.

## Personal Music Devices and Headphones

Runners are discouraged from using personal music devices with headphones while running as they may severely limit their awareness. Use them at your own risk. If you choose to use them, make sure the volume is turned down to a level so you can still hear traffic, other sounds around you such as instructions from course officials.

## Shadowing/Night Driving

During the night, support vehicles may shadow their runners. Shadowing means that a vehicle drives ahead of the runner until the runner is almost out of view. The vehicle then finds a safe place to park and waits for the runner to pass. The vehicle then watches the runner until he or she is almost out of view again. The vehicle then repeats the process. This way the runner is never out of eyesight of their team. The benefits of shadowing your runners are first, to keep the runner protected. The support vehicle should watch for wildlife or other hazards along the course, especially at night. Second, it keeps the runner from getting lost. And third, it keeps the team in the vehicle from falling asleep. **Vehicles are not allowed to follow behind runners at the runner's pace.**

## Running in the Heat

- Wear light colored clothing & sunglasses, use waterproof sunscreen, hat or visor.
- Reduce your intensity. Acclimate to the run.
- Add power walk breaks every 4-8 minutes
- Hydrate, Hydrate, Hydrate! Consume a cup of sport drink (electrolytes) every 15-20 minutes and alternate with water.
- Keep cool. Be prepared with ice in plastic bags, cold cloth, wet hats, sponges, pressurized water containers for regular spray downs.

## Dust precaution

All runners should be prepared to run in dusty conditions for their last legs. It is advised for runners to cover their eyes, mouth and nose while running in dusty conditions (i.e. bandanas, protective eye gear).

## Safety Plan

Teams are required and responsible for supporting their runners and should have a safety prevention plan to prevent any medical emergencies.

Also, as part of your plan, consider health concerns of each runner and plan accordingly. Know the needs and conditions of each runner and take them seriously. Be overly cautious. For example, do not leave your runner for long periods of time in the heat especially if they are susceptible to heat related medical conditions such as heat exhaustion/stroke, are hyper/hypoglycemic or are experiencing undue fatigue or dehydration. Keep them cool, hydrated, and their blood sugar up. Teams should also pay particular attention to their runners during their last leg. Prevention is the best medicine.

Teams are required and responsible for supplying an adequate first aid kit for each vehicle to treat blisters, abrasions, headaches, heat exhaustion, and other common ailments. You may also consider bringing ice for injuries related to soft tissue trauma.

## In the Event of an Emergency

Teams are required and responsible for supporting their runners and having an emergency plan in the event that a medical emergency arrives. Please study the medical section and know where to go if medical assistance is needed and no cell service is available.

We have limited medical staff on hand. Please be aware of this and plan ahead for how you and your team will handle any emergencies. Where possible, call 911 in an event of a severe emergency and then call the Top of Zion National Park Relay Race Director at 801-809-3230 and Medical Director at 801.809.3250. Local EMT Units will be on call and prepared to respond to emergencies.

If no cell service is found, please use your best judgment in handling the emergency. If you are unable to transport the person(s) needing medical attention, please have someone drive until they find reception and then call 911 for help.

If the person(s) needing medical attention can be transported safely and depending on the severity of their needs, please take them to either the nearest Hospital or Clinic. Be aware that clinics are only open during certain times of the day and week. See page 24 for local hospitals and clinics along the course and their hours of operation.

For minor medical assistance, you can also go to the nearest medical stations for assistance. **There will be Medical Stations at Exchange 9 (Kiva Koffee house), 12 (Escalante Clinic), 33 (Meadow Brook Frolic – North Fork Road) and the Finish Line (Clear Creek Ranch/Ranch at Zion).** These medical stations are placed strategically during the hot parts of the day and near the end when runners may most need medical support.

## Running at Night

Night time hours are from 7 PM to 7 AM. Each van is required to carry 2 headlamps, knuckle lights or flashlights, 2 blinking taillights, and 2 reflective vests. A **Headlamp (or knuckle lights), taillight, and reflective safety vest** must be worn during these hours by all runners on the course. Failure to meet this requirement will result in immediate **disqualification** for the entire team. Bring extra batteries for headlamps and taillights. (Most pedestrian accidents occur during dusk and dawn. Use Special Caution during these hours). Increased visibility will keep you safe. Most of the relay will be away from city lights.

## Bad Weather

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the race occur, we reserve the right to cancel the event. Be prepared for any weather!

Southern Utah weather can change at a moment's notice. Be sure to wear quick drying clothes (non-cotton if possible), wear layers for cooler night & morning runs, bring a rain jacket with a hood, and change of clothes if you get wet. Gloves, hats, extra socks, sweaters, and pants are all advisable especially for the night. Staying warm and dry is key to avoiding discomfort.

Due to the elevation gain/loss along the 2 day course runners may experience HOT DAYS and VERY COLD NIGHTS:

TYPICAL TEMPERATURES: 50° to 90° F

EXTREME TEMPERATURES: 30° to 114° F

## Elevation

The course is considered challenging because of the elevation gains and drops. Throw some altitude workouts into your training. The total course elevation gain is 14,618 feet. The total course elevation loss is 14,885 feet. The highest point is 9,600 feet – leg 4. The lowest point is 5,200 feet – Leg 9. Train accordingly. **Legs 8 – 11 are the hottest legs (Van 2) because they are the lowest point of elevation (5200 ft) AND are ran during the hottest part of the day.** The last section (legs 30 – 35) will also be hot due to lower elevation and time of day. Be sure to refer to Course maps and the leg/elevation chart.

## Flooding

If major flooding occurs along the course, there may be changes to the race route. Please follow signs as directed. If only minor flooding occurs, take proper precautions. Runners should be transported if necessary to avoid flooded areas.

## Wildlife

If a runner encounters any wildlife that is aggressive on the course, get your runner into your support vehicle and drive ahead at a safe and reasonable distance and then let him or her out again. Top of Zion Relay is a backcountry race and all precautions should be taken. With this in mind, please be aware that it is common for snakes to seek the warm road both day and night. Those in support vehicles should be on the lookout and aid the active runner as required.

## Alcohol

No alcohol allowed during the relay. This will help keep everyone safe.

## Sleep Zones

Sleep in designated areas away from the flow of traffic (i.e. parking lots).

## Reporting

To report safety violations please call or send a text message to 801 809 3230 or 801 809 3250. Include who, what, where and when in your message.



# MEDICAL INFORMATION

## Safety and Emergency Plan

Teams are required and responsible for supporting their runners and having an emergency plan in the event that a medical emergency arrives. Please study the medical section and know where to go if medical assistance is needed and no cell service is available.

Also, as part of your plan, consider health concerns of each runner and plan accordingly. Know the needs and conditions of each runner and take them seriously. Be overly cautious. For example, do not leave your runner for long periods of time in the heat especially if they are susceptible to heat related medical conditions such as heat exhaustion/stroke, are hyper/hypoglycemic or are experiencing undue fatigue. Keep them cool, hydrated, and their blood sugar up. Teams should also pay particular attention to their runners during their last leg. Prevention is the best medicine.

Teams are required and responsible for supplying an adequate first aid kit for each vehicle to treat blisters, abrasions, headaches, heat exhaustion, and other common ailments. You may also consider bringing ice for injuries related to soft tissue trauma.

We have limited medical staff on hand. Please be aware of this and plan ahead for how you and your team will handle any emergencies. Where possible, call 911 in an event of a severe emergency and then call the Race Director at 801-809-3230 and Medical Director at 801.809.3250. Local EMT Units will be on call and prepared to respond to emergencies.

If no cell service is found, please use your best judgment in handling the emergency. If you are unable to transport the person(s) needing medical attention, please have someone drive until they find reception and then call 911 for help.

If the person(s) needing medical attention can be transported safely and depending on the severity of their needs, please take them to either the nearest Hospital or Clinic. Be aware that clinics are only open during certain times of the day and week. See page 25 for local hospitals and clinics along the course and their hours of operation.

For minor medical assistance, you can also go to the nearest medical stations for assistance. **There will be Medical Stations at Exchange 9 (Kiva Koffee house), 12 (Escalante Clinic), 33 (Meadow Brook Frolic – North Fork Road) and the Finish Line (Clear Creek Ranch/Ranch at Zion).** These medical stations are placed strategically during the hot parts of the day and near the end when runners may most need medical support.

## Emergency Contact Numbers

Call 911 in an event of a severe emergency unless there is no cell service then go to the nearest hospital/clinic. Be aware that the clinics are only open during certain times of the day and week. Notify Race Director at 801 809 3230 or 801 809 3250.

Use the following information as needed depending on your location on the course:

### Legs 1 -2 (Wayne County -Torrey and Grover)

**Wayne County Emergency Services Director - Jeri Johnson**

E-mail: jeri3287@gmail.com

Phone: Office 435-836-1319 / Cell 435-691-0436

Sheriff - Kurt R. Taylor

E-mail: wayneso@wco.state.ut.us

Phone: 435-836-1308



Fire Marshall - Don Adams  
 Phone: 435-691-2845 (Cell)  
 Email: waynfiremarashall@gmail.com

**Legs 3 – 28 (Garfield County – Boulder, Escalante, Henrieville, Cannonville, Tropic, Hatch)**

**Garfield County Emergency Services Director - Tammy Barton**

E-mail: tammyjobarton@yahoo.com  
 Phone: 435-676-1158  
 Sheriff: James D Perkins Jr.  
 E-mail: sheriffperkins@color-country.net  
 Phone: 435-676-2678

Tropic Fire Department (435) 679-8696  
 Escalante Fire Department (435) 826-4672

AAA Advanced Air Ambulance(800) 633-359

**Legs 29 – 36 (Kane County – Duck Creek Village)**

**Kane County Emergency Services Director - Alan Alldredrige**

E-mail: aalldredgekcso@kanab.net  
 Phone: 435-689-0143

Sheriff - Tracy Glover  
 E-mail: kcso@kanab.net  
 Phone: 435-644-4916 Dispatch: 435-644-2349

Cedar Mountain Fire Department (435) 682-3225

As your community clinic,  
 we remain true to our  
 tradition of providing  
 high quality, affordable  
 health care with a personal,  
 hometown touch.

## Kazan Memorial Clinic

570 East Moqui Lane, Escalante, UT 84726

*Major Clinics along the course:*

**LEGS 1 - 6**

**(11.6 to 50.8 miles away)**

Wayne Community Health Center  
 128 S 300 W  
 Bicknell, UT 84715-8471 (Map)  
 435-425-3744  
 Mon-Fri: 9 am – 12:00 pm, 1:30 – 5:00 pm  
 Sat: 9 am – 1:00 pm

**LEGS 6 - 18 (0 – 65 miles away)**

\*Kazan Memorial Clinic (Medical Sponsor)  
 570 East Moqui Lane, Escalante, UT 84726  
 (435) 826-4374  
 MTWF 9 am – 5:00 pm (6pm for Relay)  
 Thurs 12 pm – 8 pm

**TOP OF ZION RELAY SPONSOR**

Friday, 9 am – 6 pm  
 (Clinic located near Ex. 12 and available to  
 treat runners at no cost)

**LEGS 18 - 33 (6.9 - 85 miles away)**

Garfield Memorial Hospital  
 200 North 400 East  
 Panguitch, UT 84759  
 (435) 676-8811  
 ER- open 24/7

**LEGS 33 - 36 (33.1 to 53.1 miles away)**

Kane County Hospital  
 355 North Main St., Kanab, UT 84741  
 Reception: (435) 644-5811  
 Clinic: (435) 644-4100  
 Skilled Nursing: (435) 644-4155  
 ER- open 24/7

Major Hospitals Near the Course:

**LEGS 1 - 17**

(69 mi/1hr 21 min - 150 mi /2hr 57 min)

Sevier Valley Medical Center  
Richfield, UT 84701  
(435) 893-4100  
(435) 896-8271  
ER- open 24/7

**LEGS 17 - 33**

(26.2 mi/38 min - 122 mi/2hr 33 min)

Valley View Medical Center  
1303 North Main Street  
Cedar City, UT84721  
(435) 868-5000  
ER- open 24/7

**LEGS 33 - 36**

(77 mi /2 hr 41 min - 58 mi /1 hr 35 min)

Dixie Regional Medical Center  
1380 East Medical Center Drive  
St. George, UT 84790  
(435) 251-1000  
ER- open 24/7

Medical Stations:

**Exchange 9** - 2:00 PM - 6:00 PM (4 hours)

**Exchange 12** - 9:00 AM - 6:00 PM (6 hours)

*(The Ivan W Kazan Memorial Clinic will be treating runners as needed at their clinic by the high school to the exchange. Any runners who are in need of assistance will need to go to the clinic free of charge)*

**Exchange 33** - 11:00 AM - 5:00 PM (6 Hours)

**Finish Line** - 12:00 AM - 6:00 PM (7 Hours)

In the case of life threatening emergency, wait for air ambulance to arrive after calling 911.

Heat Cramps/Heat Exhaustion

Heatstroke follows two less serious heat-related conditions:

- **Heat cramps.** Heat cramps are caused by initial exposure to high temperatures or physical exertion. Signs and symptoms of heat cramps usually include excess sweating, fatigue, thirst and cramps, usually in the stomach, arms or legs. This condition is common in very hot weather or with moderate to heavy physical activity. You can usually treat heat cramps by drinking water or fluids containing electrolytes (Gatorade or other sports drinks), resting and getting to a cool spot, like a shaded or air-conditioned area.
- **Heat exhaustion.** Heat exhaustion occurs when you don't act on the signs and symptoms of heat cramps and your condition worsens. Signs and symptoms of heat exhaustion include a headache, dizziness or lightheadedness, nausea, skin that feels cool and moist, and muscle cramps. Often with heat exhaustion, you can treat the condition yourself by following the same measures used to treat heat cramps, such as drinking cool, non-alcoholic beverages, getting into an air-conditioned area or taking a cool shower. If your symptoms persist, seek medical attention immediately.

Heatstroke

Heatstroke symptoms include:

- **High body temperature.** A body temperature of 104 F (40 C) or higher is the main sign of heatstroke.
- **A lack of sweating.** In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel moist.
- **Nausea and vomiting.** You may feel sick to your stomach or vomit.
- **Flushed skin.** Your skin may turn red as your body temperature increases.
- **Rapid breathing.** Your breathing may become rapid and shallow.
- **Racing heart rate.** Your pulse may significantly increase because heat stress places a tremendous burden on your heart to help cool your body.

- **Headache.** You may experience a throbbing headache.
- **Confusion.** You may have seizures, hallucinate, or have difficulty speaking or understanding what others are saying.
- **Unconsciousness.** You may pass out or fall into a state of deep unconsciousness (coma).
- **Muscle cramps or weakness.** Your muscles may feel tender or cramped in the early stages of heatstroke, but may later go rigid or limp.

When to see a doctor:

If you think a person may be experiencing heatstroke, seek immediate medical help. Call 911 or your local emergency services number. Take immediate action to cool the overheated person while waiting for emergency treatment.

- Help the person move to a shaded location and remove excess clothing.
- Place ice packs or cold, wet towels on the person's head, neck, armpits and groin.
- Mist the person with water while a fan is blowing on him or her.

## Blister

If a blister isn't too painful, try to keep it intact. Unbroken skin over a blister provides a natural barrier to bacteria and decreases the risk of infection. Cover a small blister with an adhesive bandage, and cover a large one with a porous, plastic-coated gauze pad that absorbs moisture and allows the wound to breathe. If you're allergic to the adhesive used in some tape, use paper tape.

Don't puncture a blister unless it's painful or prevents you from walking or using one of your hands. If you have diabetes or poor circulation, call your doctor before considering the self-care measures below.

### How to drain a blister

To relieve blister-related pain, drain the fluid while leaving the overlying skin intact. Here's how:

- **Wash your hands and the blister** with soap and warm water.
- **Swab the blister** with iodine or rubbing alcohol.
- **Sterilize a clean, sharp needle** by wiping it with rubbing alcohol.
- **Use the needle to puncture the blister.** Aim for several spots near the blister's edge. Let the fluid drain, but leave the overlying skin in place.
- **Apply an antibiotic ointment** to the blister and cover with a bandage or gauze pad.
- **Cut away all the dead skin** after several days, using tweezers and scissors sterilized with rubbing alcohol. Apply more ointment and a bandage.
- **Call your doctor if you see signs of infection around a blister** — pus, redness, increasing pain or warm skin.

### Blister prevention

To prevent a blister, use gloves, socks, a bandage or similar protective covering over the area being rubbed. Special athletic socks are available that have extra padding in critical areas. You might also try attaching moleskin to the inside of your shoe where it might rub, such as at the heel.

## Sprained Ankle

Signs and symptoms of a sprained ankle include:

- Pain, especially when you bear weight on the affected foot
- Swelling and, sometimes, bruising
- Restricted range of motion
- Some people hear or feel a "pop" at the time of injury.

For immediate self-care of an ankle sprain, try the R.I.C.E. approach:

- **Rest.** Avoid activities that cause pain, swelling or discomfort. But don't avoid all physical activity. Instead, give yourself relative rest. With an ankle sprain, you can usually still exercise other muscles to prevent deconditioning. For example, you could use an exercise bicycle, working both your arms and the uninjured leg while resting the injured ankle on a footrest. That way you still exercise three limbs and keep up your cardiovascular conditioning.
- **Ice.** Even if you're seeking medical help, ice the area immediately. Use an ice pack or slush bath for 15 to 20 minutes and repeat every two to three hours while you're awake, for the first 48 to 72 hours. Cold reduces pain, swelling and inflammation in injured muscles, joints and connective tissues. It also may slow bleeding if a tear has occurred. If the area turns white, stop treatment immediately. This could indicate a cold injury. If you have vascular disease, diabetes or decreased sensation, talk with your doctor before applying ice.
- **Compression.** To help stop swelling, compress the ankle with an elastic bandage until the swelling stops. Don't wrap it too tightly or you may hinder circulation. Begin wrapping at the end farthest from your heart. Loosen the wrap if the pain increases, if the area becomes numb or if swelling occurs below the wrapped area.
- **Elevation.** To reduce swelling, elevate your ankle above the level of your heart, especially at night. Gravity helps reduce swelling by draining excess fluid.



**THE RIVERSIDE RANCH**  
RV PARK • CAMP • MOTEL

**RIVERSIDE MOTEL**

Limited rooms are available for those who don't want to sleep at the campground! Check for availability!

**PARKING**

Please park only in designated parking spots at the Riverside Resort. Top of Zion Runners are allowed to sleep in the circle. Please park as close to the road as possible. See Riverside Ranch map for details! Thank you!

**SLEEPING**

Sleeping zone is found at Exchange 24 (Riverside campground). Here you will find a big grassy field. You may sleep anywhere in this area. FYI—exchange 30 is not conducive to sleeping on the ground (no grass). Or you can get a motel here at exchange 24, or near exchange 29 at Duck Creek Village.

**SHOWERS AND RESTROOMS**

Showers and restrooms are available at no cost at the Riverside Campground, but hot water is limited. See map for location.

**435-720-4464**  
**theriversideranch.com** info@theriversideranch.com

12/6 RUNNERS + 195/100 MILES + WORLD FAMOUS SCENERY = TOP OF ZION RELAY ADVENTURE!!



## Sponsorship » GUIDE

Contact Info//Ellen Mueller P//801.809.3230 E//ellen@topofzion.com

### FULL 2 DAY & SLEEP RELAY Capitol Reef to Zion and Bryce Canyon to Zion

#### The Sponsor » EXPERIENCE

Our sponsors make the Top of Zion Relay a Top-rated adventure each year! We appreciate your support and in return we have listed the Benefits to your business below!! See [topofzion.com](http://topofzion.com) & contact Ellen Mueller for more details.

**To better accommodate you and help you achieve your goals we can customize a sponsor package that fits your needs and reaches your target market.**

#### Sponsorships » AT-A-GLANCE

Benefit Description	PINNACLE SPONSOR	MOUNTAIN SPONSORS	VAN EXCHANGE SPONSORS	( 1 -35 ) LEG SPONSORS
Logo, Link and info on Sponsor Page of Website	✓	✓	✓	✓
Logo with advertizement in Race Guide and distributed to Runners Digitally	✓	✓	✓	✓
Sponsor Recognition on Facebook	(6)	(3)	✓	✓
Flyer Advertisement in Race Bag	✓	✓	✓	✓
Free Half/Ultra/Sleep Race Entry into Top of Zion Relay	✓	✓	✓	✓
Spot at Packet-Pickup and Sponsored Leg	✓	✓	✓	✓
<b>Spot at Van Exchange and Finish Line Party</b>	✓	✓	✓	
Logo on race shirt sized given to all Runners	✓	✓	✓	
Half page Ad in Printed Race Guide (Van Ex. Sponsors)	✓	✓	✓	
Free Full Entry into Top of Zion Relay	✓	✓	✓	
<b>Verbal Recognition at Start or Finish</b>	(2)	✓		
Email Blast sent to all Registered Runners	✓	✓		
Full Page Ad in Race Guide	✓	✓		
3' x 5' Banner at start and finish line	✓	✓		
Logo and Link small on all Top of Zion Relay Pages	✓	✓		
<b>Logo and Link large on all Top of Zion Relay Pages</b>	✓			
Business Name on Course Map	✓			
Logo on race shirt sleeve	✓			
Logo on Finisher Medal Lanyard	✓			



\* Entry Level Sponsorship

•Capitol Reef •Boulder Mountain •Dixie National Forest •Grand Staircase Escalante •Bryce Canyon •Red Canyon •Cedar Mountain •Navajo Lake •Top of Zion National Park

## TEAM SPONSORSHIP OPPORTUNITY!!

**Why pay out of pocket when you could run for a company and have them pay for it!!!!**

It can be any company willing to sponsor you and we will help promote them on our website, race guide, Facebook and other ways!! Check out our sponsorship guide and see what they get from US for sponsoring YOU!!! Most companies know the value of being promoted so here's your chance to have an adventure of a life time while someone else's pays for it!! (Must contact us BEFORE you sign up)

## STAR LINE SPONSOR: The Rim Rock Inn & Restaurants



The Rim Rock Inn is located on the edge of Capitol Reef National Park in the beautiful town of Torrey, Utah. While staying with us, you'll have close access to the park as well as the 10 acres of beautiful landscape, which offers a serene, rustic setting. Other Torrey hotels can't offer such an authentic atmosphere so near Capitol Reef, Canyonlands, Boulder Mountain, and other great attractions and activities. Enjoy affordable rates, comfortable accommodations, and access to both of Rim Rock Inn's famous restaurants: The Rim Rock Restaurant for fine dining and the Rim Rock Patio for a more casual dining experience.

**See page 31 & 32 for our menu >**



*Thank you for hosting the start line!*

# THE RIM ROCK INN & RESTAURANTS

## The Rim Rock Restaurant Dinner Menu

### APPETIZERS

<b>Home Smoked Utah Trout</b>	<b>\$9.00</b>	<b>Crawfish Cakes</b>	<b>\$9.00</b>
<b>Refried Bean Dip, Chips &amp; Salsa</b>	<b>\$7.00</b>	<b>Chips &amp; Dos Salsas</b>	<b>\$6.00</b>

### SOUPS & SALADS

<b>Soup Of The Day</b>	<b>\$5.00</b>	<b>Big House Salad</b>	
		mixed greens, cucumber, carrots, tomato, sunflower seeds, asiago cheese, & croutons	
<b>Chicken Caesar Salad</b>	<b>\$12.00</b>	.....	<b>\$8.00</b>
spicy chicken, romaine lettuce, crispy tortilla, & asiago cheese		<b>With Chicken, Add</b> .....	<b>\$4.00</b>

### SPAGHETTI WESTERNS

served with soup or salad

<b>Sergio Leone's Pesto Fettuccine</b>	<b>\$17.00</b>	<b>Spaghetti</b>	<b>\$15.00</b>
roma tomatoes, portobello mushrooms, and asparagus sauteed in pesto and white wine		with zesty homemade marinara sauce	
<b>Vegetarian Mole' Enchilada</b>	<b>\$17.00</b>	<b>Lee Vancleef Spaghetti &amp; Meat Boulders</b>	<b>\$18.00</b>
portobello mushrooms, roasted poblano peppers, onions, Mexican crema wrapped in a tortilla and topped with mole' sauce, queso fresco, & avocado		with zesty homemade marinara sauce	

### FROM THE RANGE

<b>Mixed Grill</b>	<b>\$33.00</b>	<b>Cowboy Cut Ribeye</b>	<b>\$33.00</b>
Quail, buffalo bratwurst, and trout served on a bed of seared greens and topped with chef's choice sauce. Served with soup or salad and choice of one side.		Grilled with roasted garlic bourbon demi-sauce. Served with soup or salad and choice of one side.	
<b>Top Sirloin</b>	<b>\$21.00</b>	<b>Tenderloin</b>	<b>\$35.00</b>
Blackened or grilled. Served with caramelized onions & button mushrooms. With soup or salad and choice of one side.		Grilled with dried cranberry demi-sauce. Served with soup or salad and choice of one side.	
<b>Handcut Pork Chop</b>	<b>\$23.00</b>	<b>Smoked BBQ Pork Ribs</b>	<b>\$23.00</b>
Grilled and served with apple-honey sauce. Served with soup or salad and choice of one side.		Smoked in-house and served with chef Bret's bbq sauce. Served with soup or salad and choice of one side.	
		<b>1/2 lb. Burger</b>	<b>\$15.00</b>
		With house smoked bacon and choice of bleu cheese, cheddar, or swiss. Served with soup or salad and choice of one side.	

# THE RIM ROCK INN & RESTAURANTS

## The Rim Rock Restaurant Dinner Menu Continued

### FLEW THE COOP

Served with soup or salad and choice of one side dish.

<b>Rim Rock Chicken</b>	<b>\$19.00</b>	<b>Wild Bunch Mole' Turkey</b>	<b>\$18.00</b>
slow roasted with honey herb glaze		smoked turkey breast with a heavenly 50-ingredient mole'	

### GONE FISHIN'

Served with soup or salad and choice of one side dish.

<b>Grilled Mahi Mahi</b>	<b>\$23.00</b>	<b>Utah Trout</b>	<b>\$21.00</b>
With homemade tartar sauce		pan-seared in browned butter and topped with pine nuts, sage, and regional herbs	

### FLEW THE COOP

Served with soup or salad and choice of one side dish.

<b>Rim Rock Chicken</b>	<b>\$19.00</b>	<b>Wild Bunch Mole' Turkey</b>	<b>\$18.00</b>
slow roasted with honey herb glaze		smoked turkey breast with a heavenly 50-ingredient mole'	

### GONE FISHIN'

Served with soup or salad and choice of one side dish.

<b>Grilled Mahi Mahi</b>	<b>\$23.00</b>	<b>Utah Trout</b>	<b>\$21.00</b>
With homemade tartar sauce		pan-seared in browned butter and topped with pine nuts, sage, and regional herbs	

### ON THE SIDE

\$5 individually. One included with meat entrees plus soup or salad.

<b>Spicy Fries</b>	<b>\$5.00</b>	<b>Baked Beans</b>	<b>\$5.00</b>
<b>Brown &amp; Wild Rice</b>	<b>\$5.00</b>	<b>Roasted Acorn Squash</b>	<b>\$5.00</b>
		topped with brown sugar and butter	
<b>Coleslaw</b>	<b>\$5.00</b>	<b>Mashed Potatoes</b>	<b>\$5.00</b>
<b>Broccoli &amp; Cauliflower</b>	<b>\$5.00</b>	<b>Dinner Salad</b>	<b>\$5.00</b>
sautéed with shreds of onions, carrots, and bell peppers		choice of blackberry vinaigrette, bleu cheese, ranch, Italian, caesar, olive oil & balsamic vinegar	



# THE RIM ROCK PATIO

A Spaghetti Western Cafe on the Edge of Capitol Reef National Park

## BBQ SANDWICH

Toasted, with Chips & Salad

Smoked Beef Brisket  
or Chicken Breast \$8

## MIXED GREENS SALAD

Blackberry Vinaigrette, Ranch,  
Blue Cheese, Italian, or Caesar

Family Size \$5  
Personal Size \$3  
Add Chicken: \$2

## BAKED SPAGHETTI

Served with Garlic Bread & Salad

Choose Tomato Sauce  
or Creamy Pesto

\$8 with Meat Boulders  
\$7 for Spaghetti Marinara  
\$8 with Roasted Veggies

## MUSHROOM RAVIOLI

Served with Garlic Bread & Salad

Choose Creamy Pesto  
or Tomato Sauce \$8

## CALIENTE BOTTLE CAPS

with Ranch \$2

## MELLOW MAN'S CHILI

with Chips \$5

## CHIPS & SALSA

\$2

## NACHO DELUXE

\$7

Add Beef or Chicken: \$2

## THE COMBO

Pepperoni, Canadian Bacon,  
Sausage, Olives, Green Pepper,  
Red Onion, Mushroom  
Large \$19 Medium \$17

## DEVIL'S GARDEN

Mushroom, Red Onion,  
Green Pepper, Olives  
Large \$19 Medium \$17

## BICKNELL BOTTOMS

Creamy Pesto with  
Fresh Tomato and Sausage  
Large \$18 Medium \$16

## SPECIALTY PIZZAS

Large- 16 inches  
Medium- 12 inches

## HANG 'EM HIGH

Canadian Bacon, Pepperoni, Sausage  
Large \$19 Medium \$17

## THE GOOD, THE BAD & THE UGLY

Mushroom, Pepperoni, Jalapeno  
Large \$19 Medium \$17

## THE MAUNA LOA

Hawaiian with Spicy BBQ Sauce  
Large \$18 Medium \$16

## TREE HUGGER

Red Sauce with power bursts  
of pesto. Roasted and  
Un-roasted Veggies  
Large \$19 Medium \$17

## LAST DAYS OF POMPEII

Pesto, Mozzarella, Feta,  
Tomato, Artichoke Hearts,  
Black Olives, Mushrooms  
Large \$20 Medium \$18

## THE HAWAIIAN

Canadian Bacon and Pineapple  
Large \$18 Medium \$16

OR CHOOSE YOUR PIZZA:

Large- \$16 Medium- \$14

CHOOSE SAUCE: Traditional Red,  
Creamy Pesto, Barbecue

CHOOSE TOPPINGS: \$1 Each, \$3 Unlimited:

Canadian Bacon, Sausage, Pepperoni, Olives, Green  
Pepper, Red Onion, Mushroom, Fresh Tomato,  
Pineapple, Jalapenos, Anchovies

CHOOSE TOPPINGS:

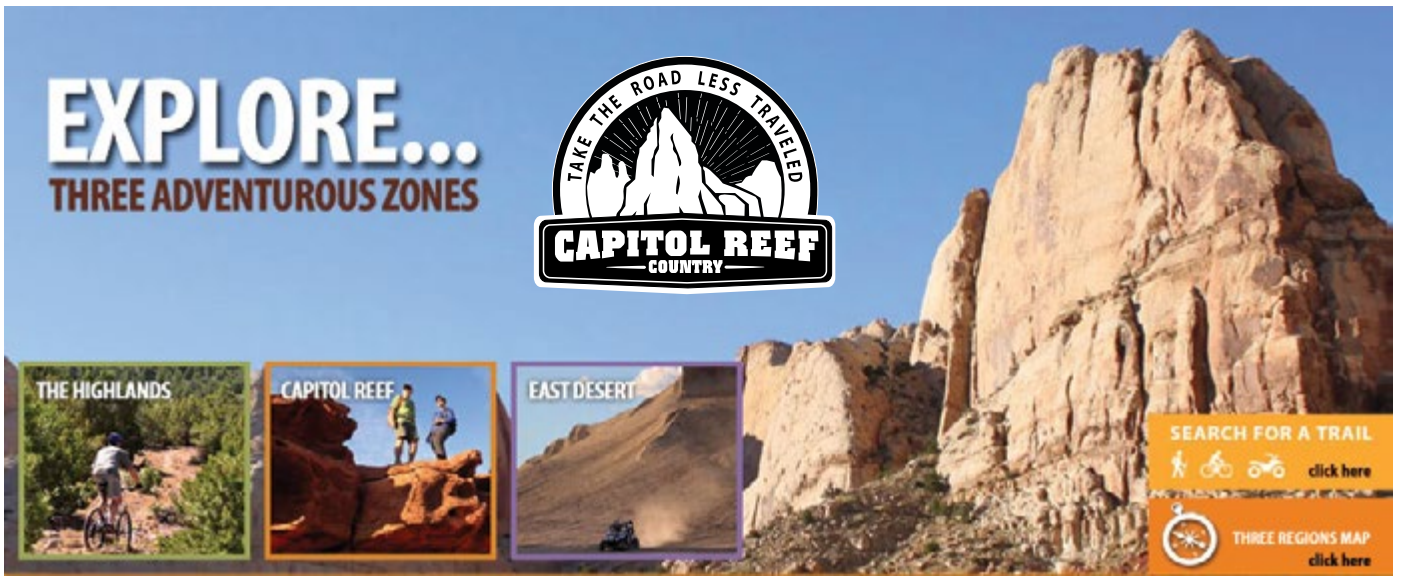
\$2 Each: Chicken, Feta,  
Roasted Veggies,  
Artichoke Hearts

## TUCSON TAMALES

2 WITH SIDE SALAD, CHIPS, SALSA, SOUR CREAM \$10

BLUE CORN TAMALES - Squash, Tomato, Onion, Green Chile, Cheese, in Blue Corn Masa

CHILE RELLENO TAMALES - Fresh Roasted Green Chiles stuffed with cheese wrapped in a  
roasted red pepper and fresh corn masa



## WELCOME! CAPITOL REEF NATIONAL PARK REGION.

Here you'll find information and links for Capitol Reef hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.

This area of southern Utah has a diversity of landscape like no other area in the state - red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. That landscape makes Capitol Reef Country perfect for outdoor activities such as hiking, biking, horseback riding, ATV tours, hunting, fishing, wildlife viewing, or just a quiet picnic!

After your vacation here, you too will regard beautiful Wayne County, Utah as a Land of Solitude and Contrast. This area is home to the enchanting communities of Bicknell, Caineville, Fremont, Grover, Hanksville, Loa, Lyman, Teasdale and Torrey. Our major attractions include Capitol Reef National Park (sometimes misspelled Capital Reef), Canyonlands National Park, Boulder Mountain, Thousand Lake Mountain, the Factory Butte badlands and Highway 12, Utah's first All American Road!



... our secret is now yours!!

# 1 LEG \ 9.4 MILES \ SUPER HARD

## CAPITOL REEF LIFTOFF

{Rim Rock Inn to Miner's Mountain Rd}



### SAFETY/TRAFFIC CONTROL

**Vans:** Remember to park in designated parking. Be cautious of runners when leaving Rim Rock. Drive slowly. Follow parking directions.

**Runners:** This leg is the longest leg and one of the hardest because of elevation gain and heat. Take precaution. Drink plenty of water, slow your pace, and spray down. **Note: Elevation gain is 1262 ft!** Safety vest required if starting before 7 am. Watch for cars when leaving Rim Rock. Run against traffic and stay to side of road when cars come.

### DIRECTIONS

1. Exit Rim Rock parking lot to Hwy 24 = .2 mi
2. Head southwest on UT-24 W = 2.2 mi
3. Turn Left onto UT-12 W = 7.0 mi
4. Turn left onto Miner's Mountain Rd = 9.4 mi

### DESCRIPTION

Enjoy the tall towering Red cliffs of Capitol Reef National park as the backdrop to the start before the scenery turns into open country side with green fields and foothills close by. You may want to get gas in Torrey or any snacks because the next closest place is Boulder - exchange 6 .

Total Distance: **9.4 miles** // Elevation Min, Avg, Max= **6489, 6859, 7244 ft**  
 Elevation Gain/Loss = **1262 ft / -597 ft** Net Elevation Change = **665 ft**



## LEG 1 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM



### CAPITOL REEF COUNTRY

This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.

# 2 LEG \ 7.1 MILES \ SUPER HARD

## Boulder Mt. Champion Flight

{ Miner's Mountain Rd to DNF Larb Hallow Overlook }



### SAFETY/TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas. Van support is not allowed due to narrow winding roads except at safe pullout places. No shadowing.

**Runners:** Please be prepared to run this champion flight. Hardest of all the legs, with a climb of over 1500 ft, this one will require your toughest runner. Keep hydrated and watch for cars. Reflector vest required. Stop if you feel dizzy or light headed and keep to the left of traffic.

### DIRECTIONS

1. Head northwest on Miner's Mountain Rd toward UT-12 W = 72 ft
2. Turn left onto UT-12 W = 7.0 ft
3. Turn left onto DNF Larb Hallow Overlook Road = 407 ft
4. End at DNF Larb Hallow Overlook = 7.1 mi

### DESCRIPTION

With the most incredible view near the top of Boulder Mountain, this 1500 ft Champion Flight will be well worth the effort. Don't forget to enjoy the view along the way in between breaths. If your not careful, it may even take your breath away as you get sneak peaks in between the ponderosa pines at the majestic vistas below.

Total Distance: **7.1 miles** // Elevation Min, Avg, Max= **7194, 8069, 8876 ft**  
 Elevation Gain/Loss = **1970 ft / -420 ft** Net Elevation Change = **1550 ft**



## LEG 2 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM



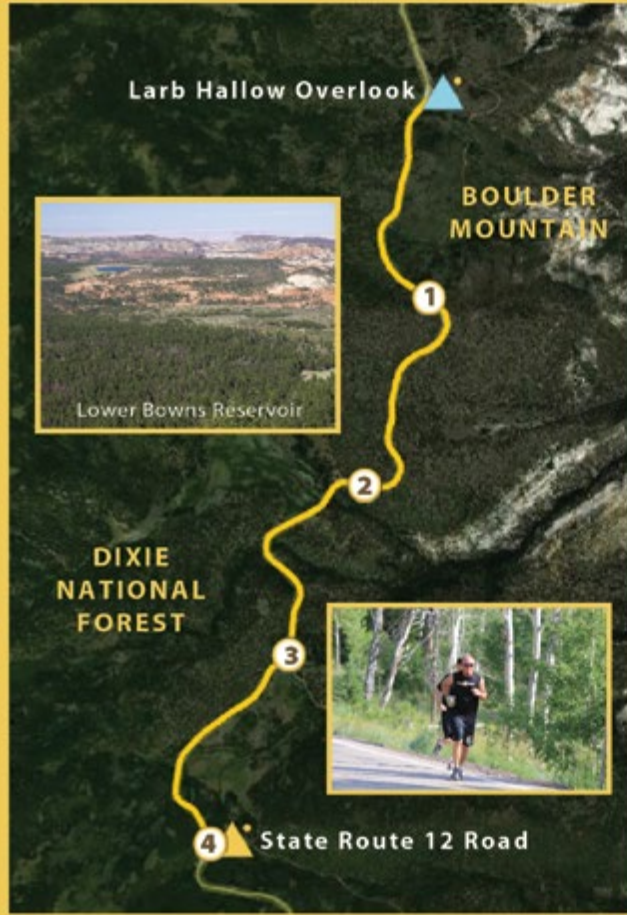
### CAPITOL REEF COUNTRY

This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.

# 3 LEG \ 4.1 MILES \ HARD

## Pinewood Chase

{ DNF Larb Hallow Overlook to State Route 12 Road }



### SAFETY/TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas. Van support is not allowed due to narrow winding roads except at safe pullout places. No shadowing.

**Runners:** Reflector Vest still required. Road has lots of twists and turns. Please be courteous of cars and stay to the left of the road when cars are passing. Runners are at a higher altitude so stop if dizzy or light headed.

### DIRECTIONS

1. Head south toward UT-12 W = 423 ft
2. Turn left onto UT-12 W = 3.9 mi
3. Sharp left onto State Route 12 = 489 ft
4. End at State Route 12 = 4.0 mi

### DESCRIPTION

This leg will allow for runners to enjoy the view of the valley of Boulder Mountain as they run along the top of Boulder Mountain. If you look close, you may even see Lower Bowns Reservoir in the distance. The turnoff to this Reservoir is at about mile 3. Enjoy the forest trees and the crisp clean air! Run Forrest run!!!

Total Distance: **4.1 miles** // Elevation Min, Avg, Max= **8597, 8737, 8888 ft**  
 Elevation Gain/Loss = **755 ft / -840 ft** Net Elevation Change = **-85 ft**



## LEG 3 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM



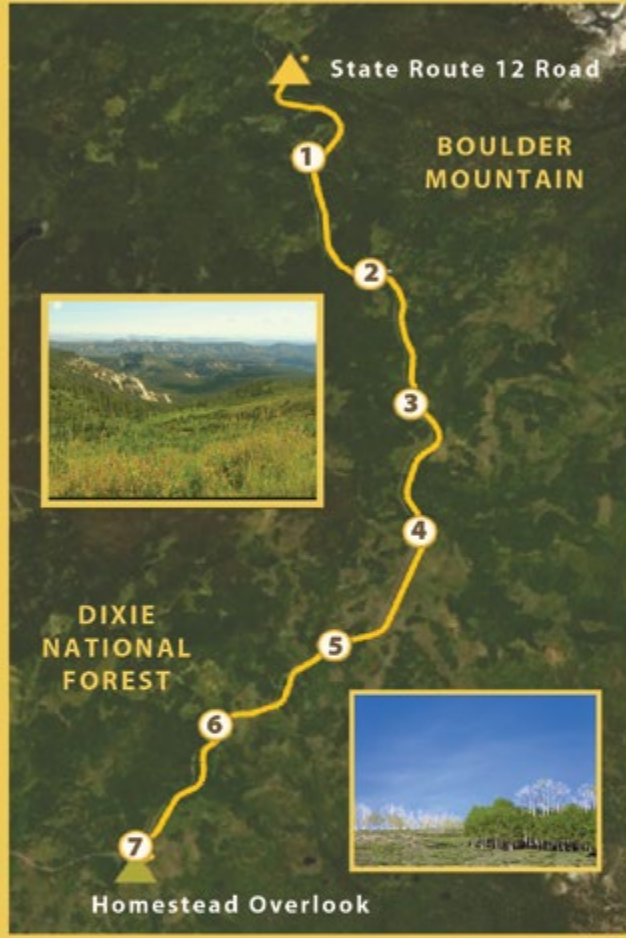
### CAPITOL REEF COUNTRY

*This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.*

# 4 LEG \ 7.2 MILES \ VERY HARD

## Backcountry Gallop

{State Route 12 Road to Homestead Overlook }



### SAFETY/TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas. Van support is not allowed due to narrow winding roads except at safe pullout places. No shadowing. Watch for deer in the meadows.

**Runners:** Reflector Vest still required. Road has lots of twists and turns. Please be courteous of cars and stay to the left of the road when cars are passing. Runners are at a higher altitude so stop if dizzy or light-headed.

### DIRECTIONS

1. Head southwest on State Route 12 toward UT-12 W = 489 ft
2. Turn left onto UT-12 W = 6.9 mi
3. Turn left onto Homestead Overlook = 0.1 mi
4. End at Boulder Mt. Point Lookout = 7.1 mi

### DESCRIPTION

This leg is one of a kind because between miles 4 and 5 it reaches the highest elevation point of the entire relay at 9608 ft. As you run, take time to enjoy the green meadows populated with tall delicate Aspens. Though this leg is considered very hard, you will be greatly rewarded at the end as you enjoy a spectacular view overlooking Capitol Reef to the left and the Henry Mountains to the right.

Total Distance: **7.2 miles** // Elevation Min, Avg, Max= **8880, 9307, 9608 ft**  
 Elevation Gain/Loss = **1229 ft / -717 ft** Net Elevation Change = **512 ft**



## LEG 4 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM



### CAPITOL REEF COUNTRY

This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.

# 5 LEG \ 6.0 MILES \ MODERATE

## Tumble Rock Sprint {Homestead Overlook to US Forest Service Rd}



### SAFETY & TRAFFIC CONTROL

**Vans:** This is a major decent down Boulder Mt. Be careful! Please pull off at designated pullout areas only. No shadowing.

**Runners:** Watch your knees as elevation drops over 1700 ft! Reflector Vest is still required. Stay to the left of the road when cars are passing.

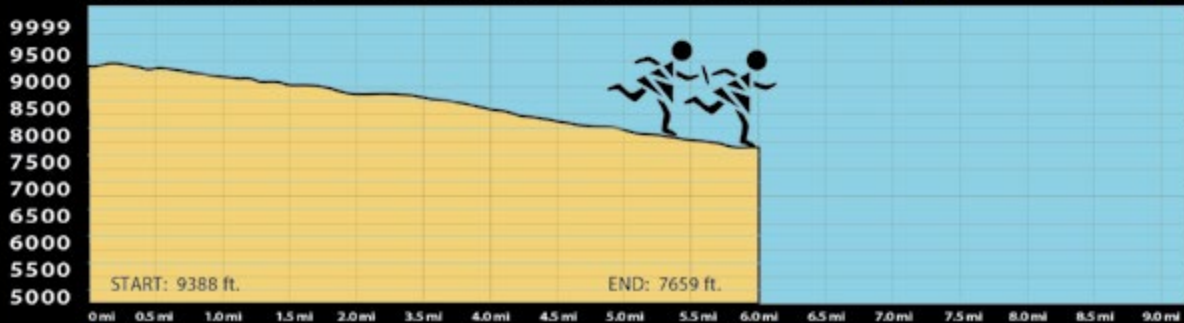
### DIRECTIONS

1. Head north toward UT-12 W = 0.2 mi
2. Turn left onto UT-12 W = 5.8 mi
3. Turn right = 75 ft
4. End at U.S Forest Service Rd = 6.0 mi

### DESCRIPTION

If you like to run down hill this leg is for you!!! With a descent of over 1700 ft this leg will give you a 10K PR time that you can brag about for a long time! As you run, take time to enjoy the green meadows populated with tall delicate Aspens. This type of terrain is soon coming to an end so soak it all in while you can!

Total Distance: **6.0 miles** // Elevation Min, Avg, Max= **7649, 8607, 9434 ft**  
 Elevation Gain/Loss = **198 ft / -1919 ft** Net Elevation Change = **-1721 ft**



### LEG 5 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM



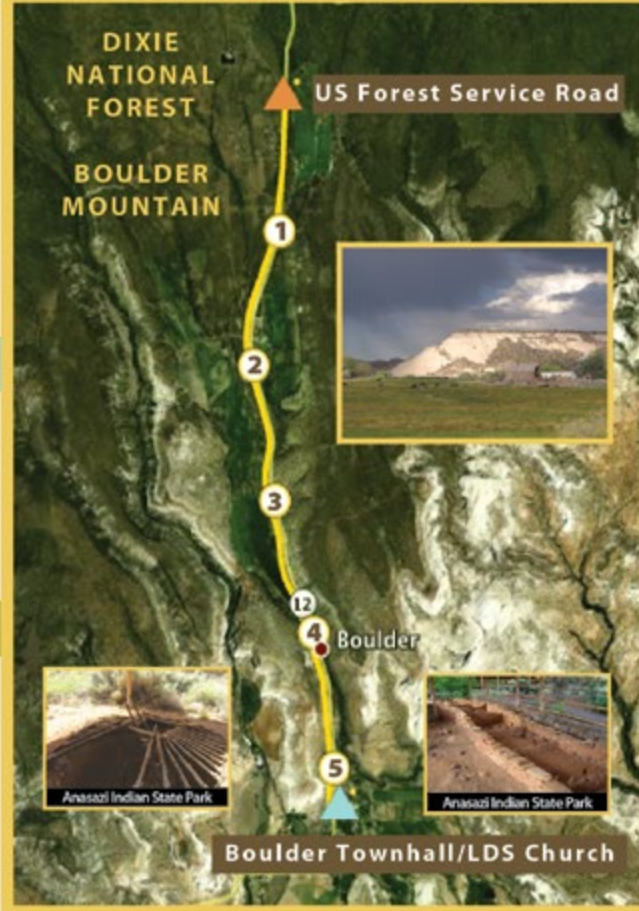
#### CAPITOL REEF COUNTRY

This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.

# 6 LEG \ 5.4 MILES \ EASY

## Boulder Dash

{US Forest Service Rd to Boulder Townhall/LDS church }



### SAFETY/TRAFFIC CONTROL

Vans: Please pull off only at designated pullout are as. Van Exchange parking is available at theTown hall park and for those who want to a quiet place, grass, a pavillion and parking is available at the LDS Church, along the Lower Boulder road.

Runners: Reflector Vest still required. Its a steady decline so be careful with your knees.

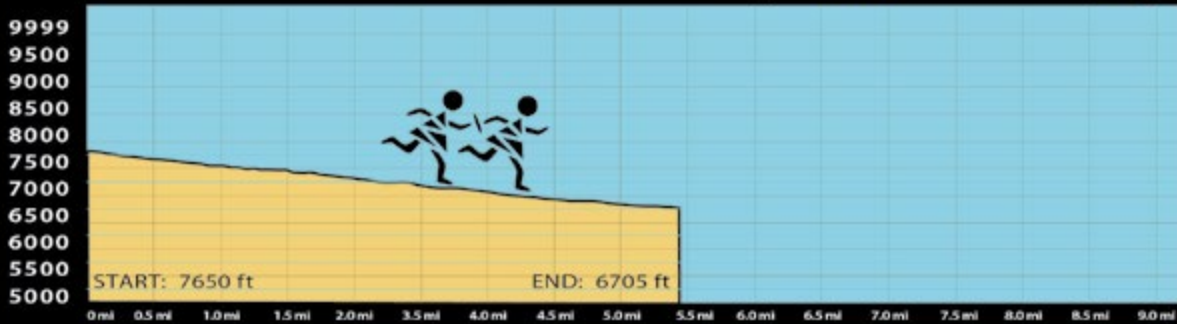
### DIRECTIONS

1. Head east toward UT-12 W = 75 ft
2. Turn right onto UT-12 W = 5.2 mi
3. Turn left onto Lower Boulder Rd = 0.1 mi
4. End at Boulder Townhall = 5.4 mi

### DESCRIPTION

Descending over 900 ft into Boulder - known as the "Last Frontier" and considered one of America's most beautiful towns - will certainly be a treat of its own! Near the end of your run you will also pass the Anasazi Indian State Park - a museum displaying ancient Anasazi artifacts, ruined walls, and other structures from an ancient Native American village.

Total Distance: **5.4 miles** // Elevation Min, Avg, Max= **6705, 7142, 7650 ft**  
 Elevation Gain/Loss = **43 ft / -989 ft** Net Elevation Change = **-946 ft**



**LEG 6 HOST: FISH LAKE RELAY**

*Thank You Fish Lake Relay*



**Saturday, August 25, 2018**

Time to get your 6 person team together for the 62 mile relay race from Fish Lake to Richfield, Utah.

[www.fishlakerelay.com](http://www.fishlakerelay.com)



# 7 LEG \ 3.7 MILES \ HARD

## Hell's Backbone Hop

{Boulder Town Hall/LDS church to Hells Backbone Rd}



### SAFETY & TRAFFIC CONTROL

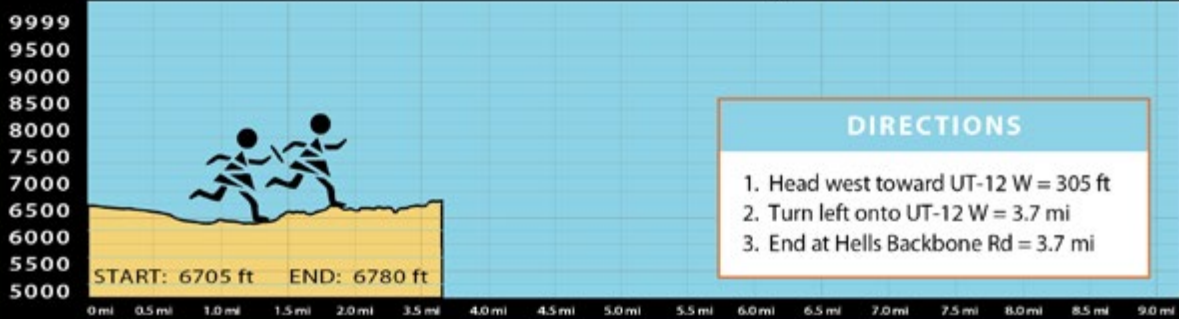
**Vans:** Please pull off only at designated pullout areas. Parking will be available along the Hell's Backbone Road. Use orange flag when crossing the road to runner's exchange.

**Runners:** Reflector Vest required. Runner's exchange point will be along the side of road opposing traffic so please be careful when crossing Hwy 12 to parked cars.

### DESCRIPTION

"Nestled amid several national parks, Boulder is an artist's palette of red, orange, green, blue and yellow — sand, hills, mountains, rocks and streams. This town in Garfield County is out of the way — of most everything." So before leaving the "Last Frontier" we hope you take some time to appreciate the beauty of this famous little town set against the majestic white cliffs. If you're up for some side adventures take time to drive part of the famous scenic and historic Burr Trail or the famous Hells Backbone Road where this leg ends. This is about a 38 mile drive on dirt road worth making sometime through absolutely incredible scenery!

Total Distance: **3.7 miles** // Elevation Min, Avg, Max= 6442, 6598, 6777 ft  
 Elevation Gain/Loss = 695 ft / -623 ft Net Elevation Change = **72 ft**



**LEG 7 SPONSOR: GS Trackme**

*Thank You*



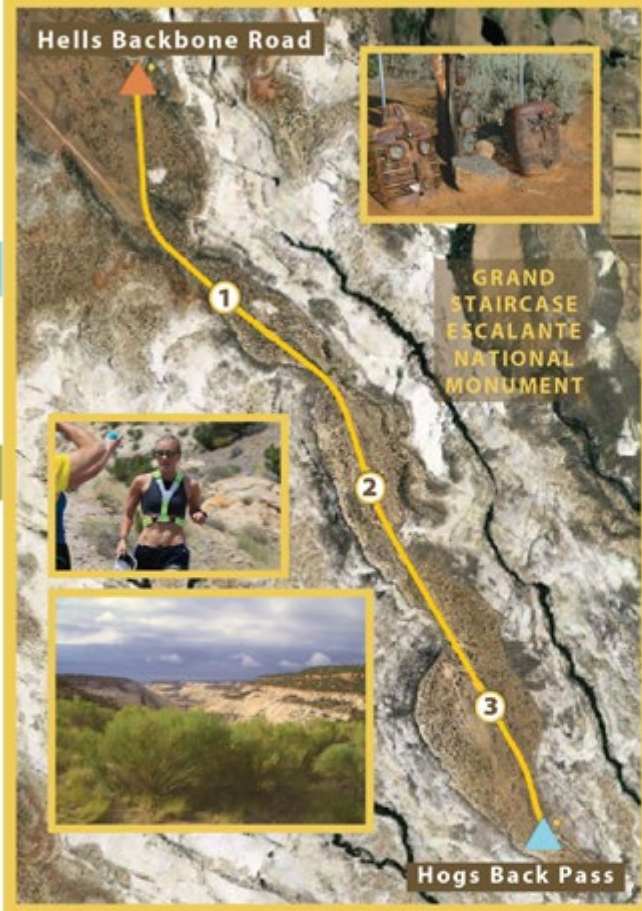
**Grow your business with GS Trackme!**  
 Vehicle and equipment tracking  
 South Jordan, UT

**801-208-5543**

# 8 LEG \ 3.6 MILES \ EASY

## Helter Skelter Run

{Hells Backbone Road to Hogs Back Pass}



### SAFETY/TRAFFIC CONTROL

Vans: Please pull off only at designated pullout areas. Use secondary road for parking at exchange. Watch for runners crossing the road

Runners: Reflector Vest required. Use safety flag when crossing the road at exchange.

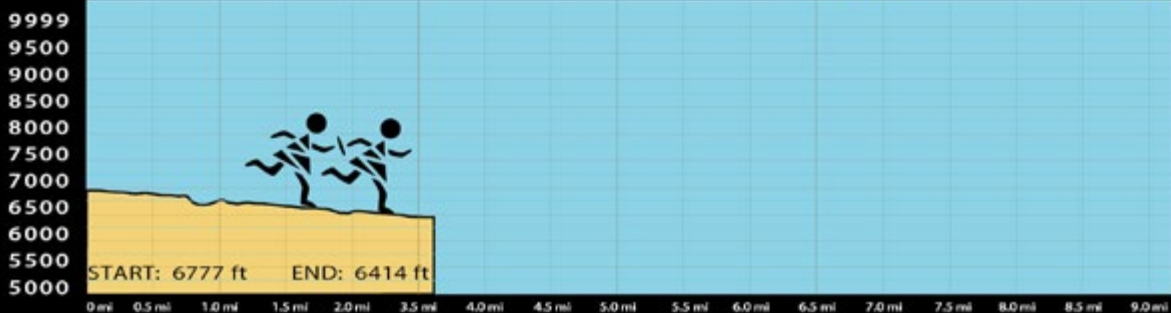
### DIRECTIONS

1. Head south on UT-12 W toward Hells Backbone Rd/Salt Gulch Rd = 3.6 mi
2. End at Hells Backbone Rd/Salt Gulch Rd = 3.6 mi

### DESCRIPTION

This leg is a 3.6 mile downhill simple run. Setting between two great adventures, this is the time to prepare mentally and physically for what awaits - Hogs Back Pass!!! Hogs Back is a section of the road where cliffs drop steeply into narrow canyons on both sides of the highway. You will see a small glimpse of what awaits - extreme beauty and wonder - as you overlook the vast canyons below.

Total Distance: **3.6 miles** // Elevation Min, Avg, Max= **6414, 6593, 6777 ft**  
 Elevation Gain/Loss = **137 ft / -498 ft** Net Elevation Change = **-363 ft**



**LEG 8 SPONSOR: GS Trackme**

*Thank You*



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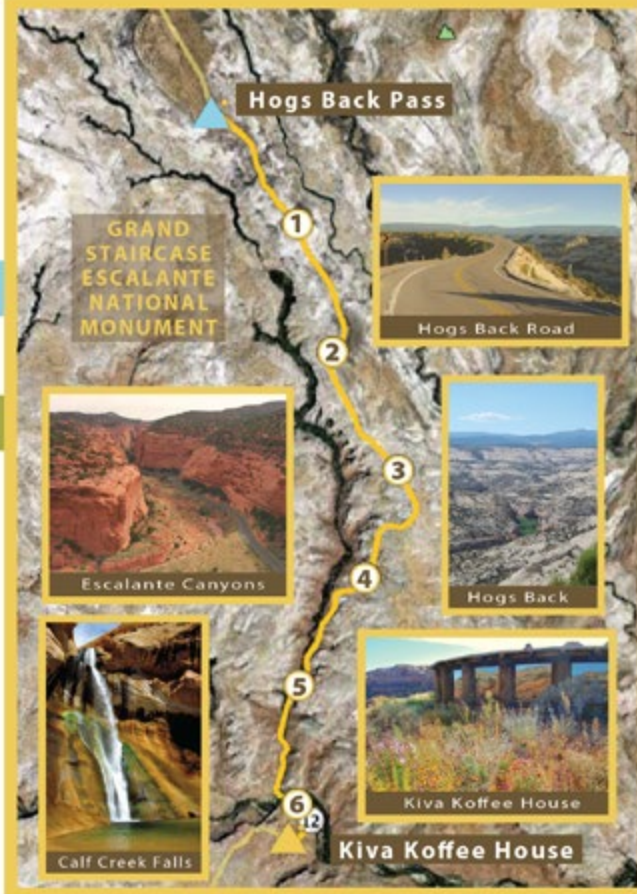
Vehicle and equipment tracking  
 South Jordan, UT

**801-208-5543**

# 9 LEG \ 6.5 MILES \ HARD

## The Hogs Back Dance

{Hogs Back Pass to Kiva Koffee House}



### SAFETY/TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas. Drive **SLOW!!** Please drive careful over the Hogs Back pass! Lots of turns and narrow roads with steep drop offs on either side of road.

**Runners:** Reflector Vest required. For the marked 1/4 mile section of Hogs back pass runners will run with traffic and then cross the road again to run against traffic at designated crossing. Parking at Kiva Koffee House. Use orange flag when crossing.

### DIRECTIONS

1. Head south on UT-12 W = 6.4 mi
2. End at The Kive Koffee House = 6.4 mi

### DESCRIPTION

Leg 9 will be one of the most exciting legs of the entire course for the whole team! Though not widely know, Hogs Back Pass is one of the reasons, Hwy 12 was deemed a National Scenic byway and Utah's only All-American Road. This quarter mile stretch of Hwy. 12 leads along the very ridge of the slickrock with cliffs off both sides which makes for a fun drive. Near the middle of leg 9 you will pass the turn off to Calf Creek Falls, a favorite hike in southern Utah. This 2 hour round trip hike leads you through red rock ledges, rock art, streams and a magical water fall. Leg 9 ends at the famous designed Kiva Koffee house. The Kiva Koffeehouse is a restaurant and inn located in the Canyons of 1,900,000 acres of the Grand Staircase-Escalante National Monument. Great place to eat!!!

Total Distance: **6.5 miles** // Elevation Min, Avg, Max= 5181, 5828, 6421 ft  
 Elevation Gain/Loss = 917 ft / -1898 ft Net Elevation Change = **-981 ft**



### LEG 9 SPONSOR: Kiva Koffeehouse

*Thank You!*



KIVA KOFFEEHOUSE

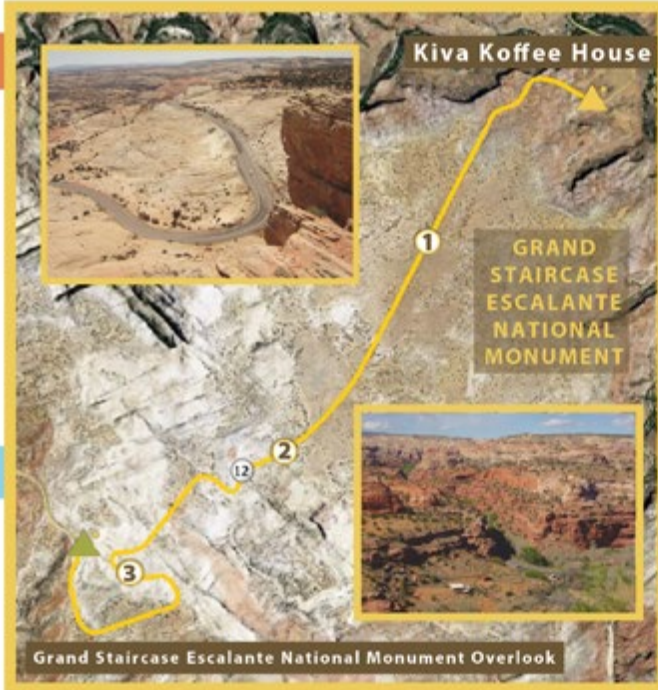
Kiva Koffeehouse is a unique treat nestled amidst the beauty of the Escalante Grand Staircase National Monument in Southern Utah.

We serve homemade soups and breads, sweets and cold drinks, and we also have a full espresso bar with freshly ground coffees.

# 10 LEG \ 4.0 MILES \ VERY HARD

## Grand Staircase Climb

{Kiva Koffee House to Grand Staircase Escalante National Monument overlook}



### SAFETY & TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas. Parking will be available at the Grand Staircase Overlook. Use orange flag when crossing the road to runner's exchange.

**Runners:** Reflector Vest required. Runner's exchange point will be along the side of road opposing traffic so please be careful when crossing Hwy 12 to parked cars.

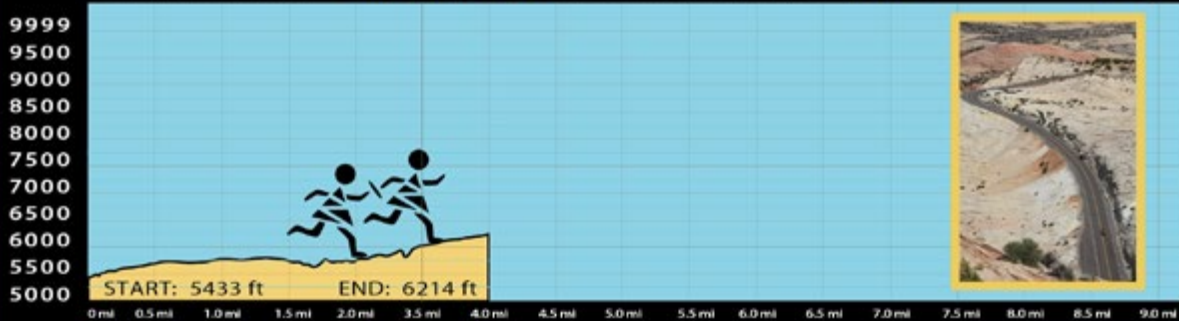
### DIRECTIONS

1. Head west toward UT-12 W = 98 ft
2. Turn slight right onto UT-12 W = 4.0 mi
3. End at Grand Staircase Escalante National Monument Overlook = 4.0 mi

### DESCRIPTION

Leg 10 puts runners right in the middle of the Grand Staircase Escalante National Monument. The monument is a geologic sampler, with a huge variety of formations, features, and world-class paleontological sites. The Grand Staircase is a geological formation spanning eons of time and is a territory of multicolored cliffs, plateaus, mesas, buttes, pinnacles, and canyons. It is divided into three distinct sections: the Grand Staircase, the Kaiparowits Plateau, and the Canyons of the Escalante. Though this is considered a "Hard" run due to elevation gain, it is a unique run that you won't experience anywhere else!

Total Distance: **4.0 miles** // Elevation Min, Avg, Max= 5433, 5791, 6214 ft  
 Elevation Gain/Loss = **1217 ft / -436 ft** Net Elevation Change = **781 ft**



**LEG 10 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM**

*Thank You*



#### CAPITOL REEF COUNTRY

This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.

# 11 LEG \ 5.0 MILES \ MODERATE

## Rock and Roll

{Grand Staircase Escalante National Monument Overlook to Grand Staircase Escalante National Monument Pullout}



### SAFETY & TRAFFIC CONTROL

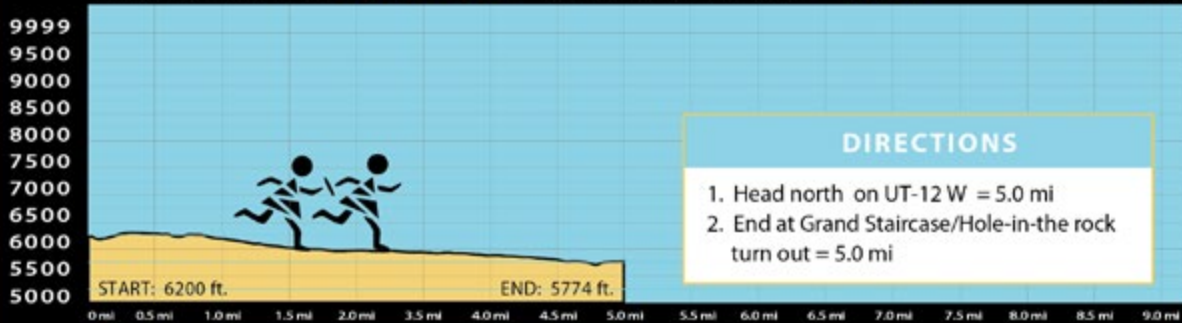
Vans: Please pull off only at designated pullout areas. Parking is available at the Grand Staircase Escalante National Monument pullout and the Hole-in-the-rock road.

Runners: Reflector Vest required. Its a slight decline so be careful with your knees.

### DESCRIPTION

Enjoy the last of the Grand Staircase Escalante National Monument scenery displaying a massive sea of rolling white rock before the landscape turns into a dessert of sand and sagebrush. Of course if you leave Hwy 12 down the famous hole-in-the-rock named by Mormon settlers where leg 11 ends, you can find a treasure of rock formations and slot canyons including Devil's Garden, 12 miles south of Hwy 12 and Coyote Gulch, a winding, semi-narrow canyon that snakes its way down through incredible red rock country, and joins with the Escalante River just above Lake Powell.

Total Distance: **5.0 miles** // Elevation Min, Avg, Max= 5720, 6006, 6288 ft  
 Elevation Gain/Loss = **273 ft / -699 ft** Net Elevation Change = **-426 ft**



### LEG 11 SPONSOR: RUBY MOUNTAIN RELAY

*Thank You*



**184-MILES + 24 HRS + 12-RUNNERS = How The WEST IS RUN !**

August 4-5, 2017 ([www.rubymountainrelay.com](http://www.rubymountainrelay.com))

Fill your FUN wagons with running shoes, sleeping bags, water, sports drinks, and a cheering posse and circle up for a race adventure of a lifetime. More cows than cars and more tractors than trucks! IT'S HOW THE WEST IS RUN!

**50% off 12 or 6-person teams  
 promo code: TOZ**



**Trail Ultra & Relay 55M  
Half Marathon 13.1**

**Begins at 8700 ft. Elevation  
5 Glacier Lakes  
"The Alps of Nevada"**

**August 25, 2018 \* Elko County, NV  
[www.rubymountainrelay.com](http://www.rubymountainrelay.com)**

# 12 LEG \ 5.0 MILES \ EASY

## The Escalante Stretch

{Grand Staircase Escalante National Monument Pullout to Escalante Town Park}



### SAFETY & TRAFFIC CONTROL

**Vans:** There should be plenty of parking at the Escalante Town Park. Parking is allowed all the way around the Park.

**Runners:** Run against traffic until signs indicate to cross by the High School. (Showers available at High School) Watch for cars as you cross the street and have your support van escort you across with your orange flag. Once across, stay on the sidewalk that leads you into town. Follow signs to Town Park.

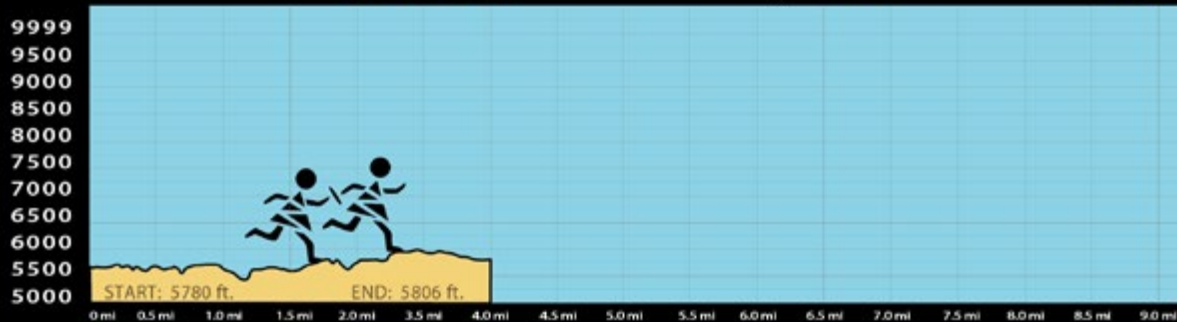
### DIRECTIONS

1. Head northwest on UT-12 W = 4.7 mi
2. Turn right (North) on Center street = 4.9 mi
3. Turn Left (West) on 100 N = 5.0 mi

### DESCRIPTION

The last leg (before the next van exchange) of five miles leads you into Escalante. With a tiny elevation gain, this leg crosses over wide open spaces and farm lands before you reach the town of Escalante. Escalante is small ranching town along the Escalante River. In all directions is wild, uninhabited and beautiful land. Indeed, though it has only 850 residents, it is the largest town for 70 miles around.

Total Distance: **5.0 miles** // Elevation Min, Avg, Max= 5724, 5789, 5844 ft  
 Elevation Gain/Loss = **306 ft / -273 ft** Net Elevation Change = **33 ft**



**LEG 12 SPONSOR: KAZAN MEMORIAL CLINIC**

*Thank You*

**Kazan Memorial Clinic**

*If you need any medical assistance,  
 contact Kazan Memorial Clinic  
 65 N Center St, Escalante, UT 84726 (435) 826-4374*

# MEET THE FUNDRAISER TEAMS FOR 2018

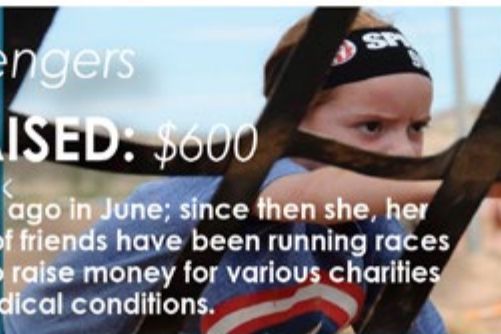


**Lighthouse**  
Sanctuary

**TEAM:** Ava's Avengers

**GOAL:** \$600 **RAISED:** \$600

Ava had brain surgery 5 years ago in June; since then she, her Dad and Mom, and a bunch of friends have been running races under a charity in her name to raise money for various charities and families with kids with medical conditions.



**TEAM:** Scrambled Legs & Achin

**GOAL:** \$600 **RAISED:** \$700

Esther and her cousins wanted to make a difference for somebody so they started **HERE TO HELP** - a kid driven organization. They began doing service projects, gathering donations and for a main fundraiser they made, decorated and delivered over 400 sugar cookies.

**TEAM:** Mid Leg Crisis

**GOAL:** \$1200 **RAISED:** \$1200

Our team is a mix of friends from Boise and the Salt Lake Valley. We all love exploring new places and sometimes running them. :) Being able to run this race in a gorgeous part of Utah while supporting a phenomenal cause like Lighthouse Sanctuary is an incredible opportunity for all of us! We hope that with our donation we can, in a small way, help Lighthouse Sanctuary to create new opportunities of hope for the women and children who have suffered so much.

**TEAM:** No Shame in Walking

**GOAL:** \$1200 **RAISED:** \$1200\*

No Shame in Walking, originally called Dragon Lasers is a fundraising team from California, Ohio, Texas, and Massachusetts all coming together to raise money and awareness for Lighthouse Sanctuary through running the Top of Zion Relay.

**TEAM:** Packin' Heat

**GOAL:** \$1200 **RAISED:** \$1200\*

As a parent, I was horrified to learn about human trafficking. The magnitude of suffering associated with this insidious epidemic left me heartbroken & wondering "WHAT CAN I DO?" Lighthouse Sanctuary's mission to provide hope and healing to the survivors is truly inspiring. My answer is I CAN run this race & pledge my support to lighthouse Sanctuary! This is MY CONTRIBUTION! I can make a difference!!



**Lighthouse Sanctuary**

*Refuge. Rehabilitation.  
Reintegration.*

**TOTAL RAISED:** \$4900

**TOTAL DONATED:** \$280

**OVERALL TOTAL:** \$5180

**Why Donate or Fundraise for  
Lighthouse Sanctuary?**

There is a great need for long term shelters for children who have been sexually exploited and trafficked. Lighthouse Sanctuary is stepping up to fill that need and is currently the only shelter for survivors in its region.

Lighthouse Sanctuary is a residential style shelter, that will provide a home environment for up to 20 children. The children will be rescued by professional anti-trafficking agents, who have a partnership with the Department of Social Welfare and Development (DSWD).



# 13 LEG \ 7.0 MILES \ VERY HARD

## Petrified Forest Hop

{ Escalante Town Park to Hwy 12 pullout/unnamed back road }



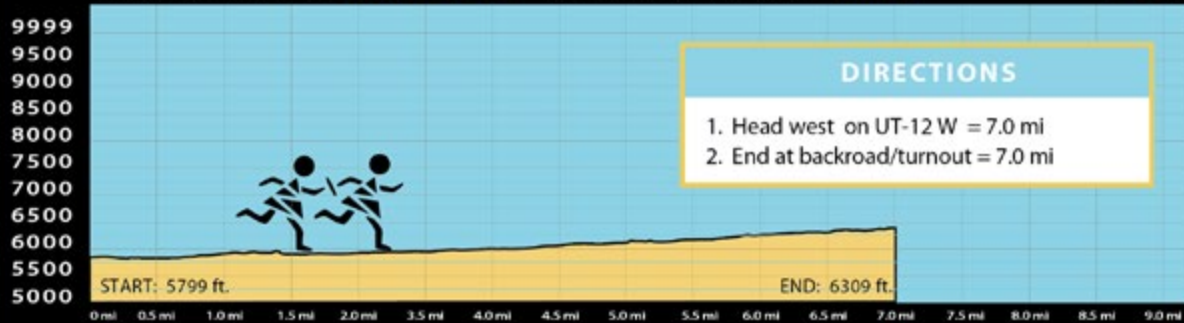
### SAFETY & TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas or side roads. Parking is available on both sides of Exchange 13 either at the pullout area or up the road next to the exchange.  
**Runners:** Stay hydrated. Watch for cars in town and along the road. Run against traffic for safety.

### DESCRIPTION

This run is pretty straight forward. Just follow the road out of the town of Escalante for 7.0 miles. The scenery includes Main street of Escalante including a grocery store, gas stations, restaurants, and even a few art galleries! This would be a good place to stock up seeing as it will be the biggest town that you pass through throughout the entire course! A few highlights include Escalante Petrified Forest State Park just south of Escalante. Turn right onto Reservoir Road. This road will also take you to Wide Hollow Reservoir! Here you can hike along park nature trails through a petrified forest, camp along the shores of Wide Hollow Reservoir, or rent a canoe and paddle on its clear waters. At the Escalante Visitor Center, view displays of plant and marine fossils, petrified wood and fossilized dinosaur bones over 100 million years old. To continue on the course, follow Hwy 12 along a dry river bed until you reach the designated pullout.

Total Distance: **7.0 miles** // Elevation Min, Avg, Max= 5805, 6019, 6301 ft  
 Elevation Gain/Loss = **724 ft / -218 ft** Net Elevation Change = **506 ft**



**LEG 13 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM**

*Thank You*



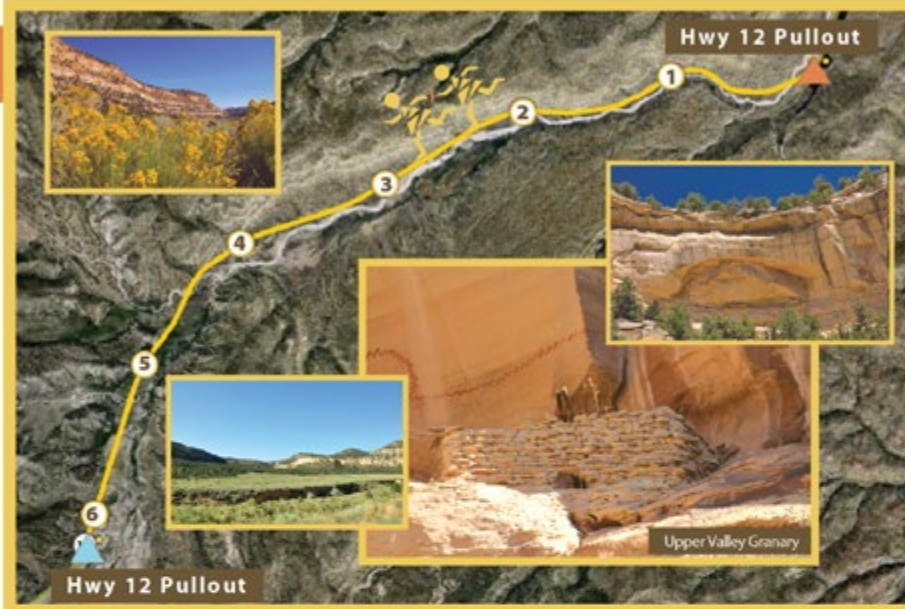
#### CAPITOL REEF COUNTRY

*This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.*

# 14 LEG \ 6.2 MILES \ VERY HARD

## ANASAZI GRAND STAIRCASE ROCK CLIMB

{ Hwy 12 pullout/unnamed back road to Grand Staircase Hwy 12 pullout }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas or side roads. Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road.

**Runners:** Safety vest required after 7 pm. Course has an elevation gain of 700 ft so stay hydrated. Run against traffic.

### DESCRIPTION

Leg 14 introduces a whole new kind of beauty! One of the great aspects of the Top of Zion Relay is that it features so many different sceneries! This leg is no exception. Here you will enjoy the wide open spaces and green pastures, rolling foothills, and rugged cliffs. As a special treat for those who are looking, you will find an old Indian granary used by Native Americans of the Fremont Culture as a storage place for grain and other foods nestled in the cliffs above. (See photos above) You can find this Indian granary at about mile one high up in the mountain. This leg is also a continuation of the Grand Staircase Escalante National Monument!



Total Distance: **6.2 miles** // Elevation Min, Avg, Max= 6289, 6641, 7004 ft  
 Elevation Gain/Loss = **932 ft / -232 ft** Net Elevation Change = **700 ft**



### LEG 14 SPONSOR: NEMO'S

*Thank You*



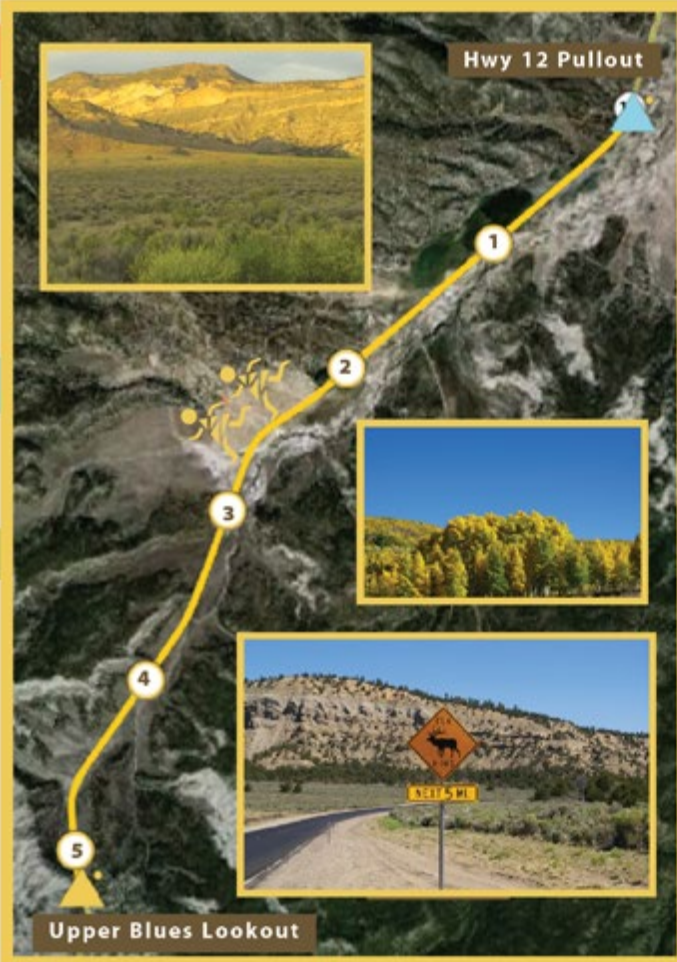
40 East Main Street, Escalante, Utah 84726  
 11:00 am - 8:00 pm  
 (435) 826-4500  
[highdesertstrategiesllc@gmail.com](mailto:highdesertstrategiesllc@gmail.com)

Nemo's Drive-Thru is open 7 days a week!  
 \* Ice cream and Shakes  
 \* Burgers, Chicken, Famous foot-long hot dog,  
 \* Sweet potato friesVeggie Burger, Salad

# 15 LEG \ 5.2 MILES \ HARD

## Upper Blues Trek

{Hwy 12 pullout to Grand Staircase Escalante (GSCE) and Dixie National Forest Upper Blues Overlook}



### SAFETY & TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas or side roads as much as possible. Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road.

**Runners:** Safety vest required after 7 pm. Stay hydrated. Run against traffic for safety. Always pay attention to your surroundings.

### DIRECTIONS

1. Head south on UT-12 W = 5.2 mi
2. End at GSCE Upper Blues overlook = 5.2 mi

### DESCRIPTION

This leg is a great combination of Dixie National Forest scenery and the Grand Staircase Escalante scenery. Scenic Byway 12 ascends up the Upper Valley through the Dixie National Forest passing through an elk herd migration corridor. The climb is a 500 ft overall elevation gain rewarded with an incredible view at the top of Upper Blues overlook. Here you will see the eroded badlands of green-gray mudstone and sandstone of the Kaiparowits Formation known as "The Blues".

Total Distance: **5.2 miles** // Elevation Min, Avg, Max= 6992, 7250, 7535 ft  
 Elevation Gain/Loss = **605 ft / -73 ft** Net Elevation Change = **532 ft**



LEG 15 SPONSOR: GS Trackme

*Thank You*



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# 16 LEG \ 4.1 MILES \ EASY

## Badland Dash

{Grand Staircase Upper Blues Overlook to Henrieville River pullout}



### SAFETY & TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas or side roads as much as possible. Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road.

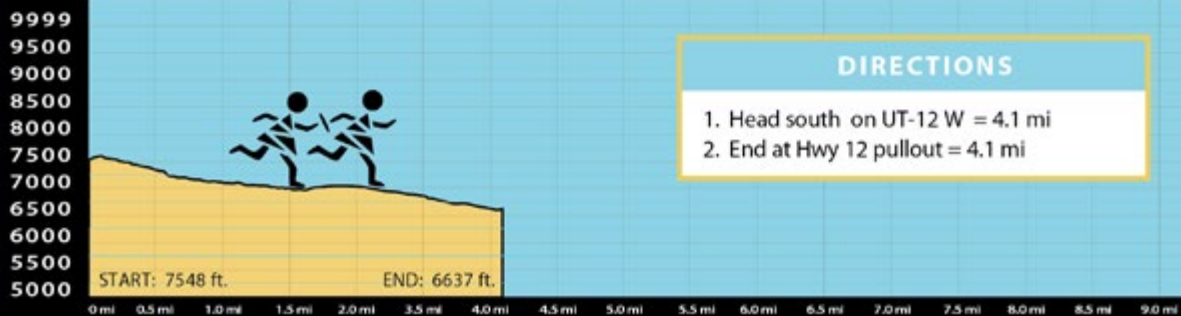
**Runners:** Safety vest required after 7 pm. Stay hydrated. Run against traffic for safety. Always pay attention to your surroundings.

### DESCRIPTION

Before you start your leg, take a moment to enjoy the Upper Blue overlook - "an eroded badlands of green-gray mudstone and sandstone of the Kaiparowits Formation, referred to locally as The Blues. Sparse in vegetation, this stunningly eerie, "blue" landscape yields some of the richest fossil specimens ever discovered from the Cretaceous Period. The Blues are a part of Grand Staircase Escalante National Monument. The grey-brown rocks of this area are in startling contrast to the brilliant reds and golds of the rest of the area." In the distance you can see the tip of Powell Point. Photo on right. Once you start your run down the canyon you will run along the edge of the "badlands" basin. The last two miles pull away from the eroded badlands to more open desert space with sage brush, mountains, and big blue skies. You will also run by the river occasionally. In the distance you will see Canaan Peak peaking out just above the foothills. Leg 16 ends at another Scenic Byway Hwy 12 pullout.



Total Distance: **4.1 miles** // Elevation Min, Avg, Max= **6637, 7078, 7593 ft**  
 Elevation Gain/Loss = **242 ft / -1113 ft** Net Elevation Change = **-871 ft**



LEG 16 SPONSOR: GS Trackme

*Thank You*



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# 17 LEG \ 8.0 MILES \ HARD

## Henrieville Scramble

{ Henrieville River pullout to Henrieville Town Hall Main Street }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas or side roads as much as possible. Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road. Parking is available at the Henrieville Town Hall and park. Team support and runners, please use orange flag when crossing the road to the exchange point.

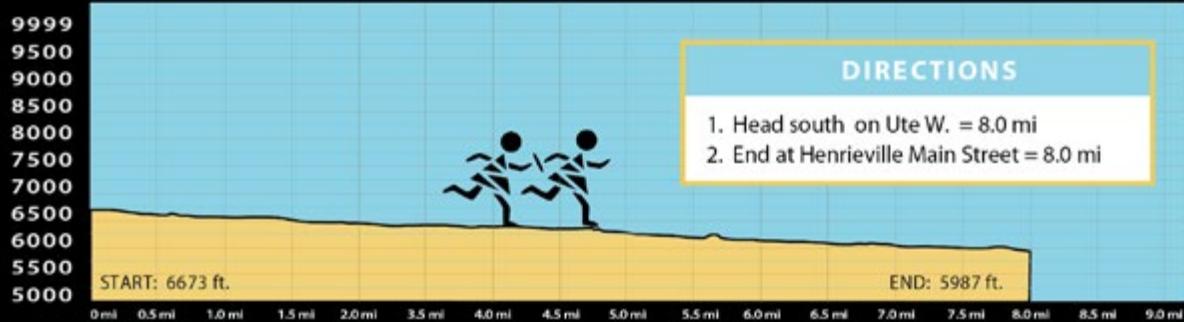
**Runners:** Safety vest and light required after 7 pm. Stay hydrated. Run against traffic for safety. Always pay attention to your surroundings. Please use an orange flag when crossing the road. **DO NOT LINGER IN THE ROAD!**

### DESCRIPTION

Here is a leg that winds you through the Mountains. The combination of the desert plains and interesting formations and cliffs might make you think your running through Arizona. But that is the beauty of this relay ~ the ever changing scenery! If you pay attention you may even find the mountain with a flag on top! (See picture at right.) This leg is on the longer side (8 miles long), but its ALL down hill!!!! The end will find you in one of the smallest towns along the course called Henrieville. You know you are there when you see the a small white building that looks like an old fashion country style chapel known as Henrieville Town Hall.



Total Distance: **8.0 miles** // Elevation Min, Avg, Max= 5987, 6325, 6673 ft  
 Elevation Gain/Loss = **241 ft / -914 ft** Net Elevation Change = **-673 ft**



**LEG 17 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM**

*Thank You*



#### CAPITOL REEF COUNTRY

This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.

# 18 LEG \ 3.6 MILES \ EASY

## Kodachrome Roam

{ Henrieville Town Hall and Park to Cannonville Town Park }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas or side roads as much as possible. Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road. Parking is available at the Cannonville park. Team support and runners, please use orange flag when crossing the road to the exchange point.

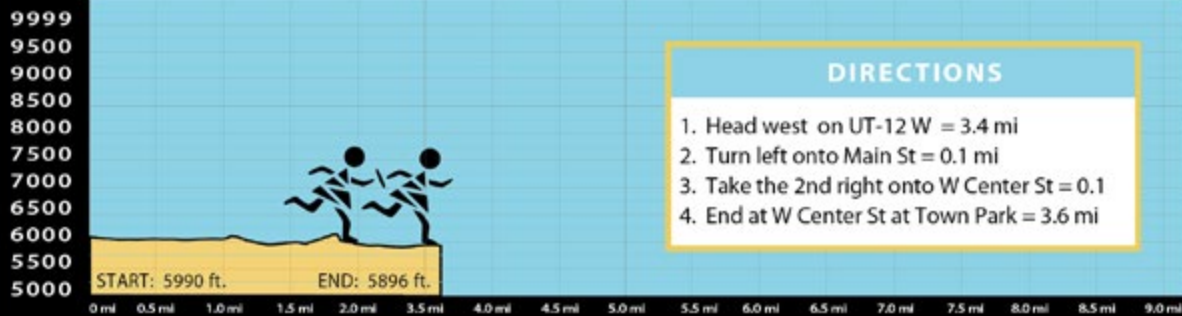
**Runners:** Safety vest and head lights required if after 7 pm. Stay hydrated. Run against traffic for safety. Always pay attention to your surroundings. Please use an orange flag when crossing the road to your van.

### DESCRIPTION

You will never be bored with the scenery while the road finds its way from town to town through the jagged mountains and at one point cuts right through them! With the incredible red mountain cliffs, desert plains, and clear blue skies you will find plenty of kodac moments! Speaking of kodac moments, located near the town of Cannonville, about 9 miles south of Highway 12 is Kodachrome State Park. The color and beauty found here prompted a 1948 National Geographic Society expedition to name the area Kodachrome after the popular color film. The scenery is unusual here, dominated by 67 monolithic stone spires called sedimentary pipes. They accentuate multi-hued sandstone layers revealing 180 million years of geologic time. Grosvenor Arch is located nearby.



Total Distance: **3.6 miles** // Elevation Min, Avg, Max= 5865, 5934, 6018 ft  
 Elevation Gain/Loss = **234 ft / -332 ft** Net Elevation Change = **-98 ft**



LEG 18 SPONSOR: GS Trackme

*Thank You*



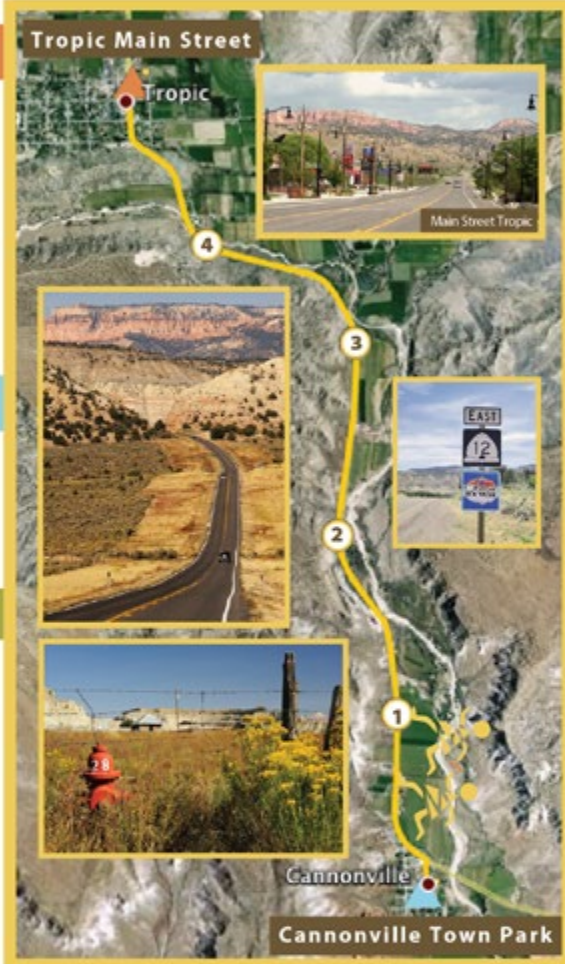
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 South Jordan, UT

**801-208-5543**

# 19 LEG \ 5.0 MILES \ MODERATE

## The "All-American" trot

{ Cannonville Town Park to Tropic Main Street }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas or side roads as much as possible. Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road. Additional parking available at the State Bank of Southern Utah parking lot.

**Runners:** Safety vest required after 7 pm. Don't forget your head lamps! Stay hydrated. Run against traffic for safety. Always pay attention to your surroundings.

### DIRECTIONS

1. Head west on Center St toward Red Rock Dr = 427 ft
2. Turn right onto Red Rock Dr = 0.2 mi
3. Slight left onto UT-12 W = 4.7 mi
4. End at Main Street State Bank of Southern UT = 5.0 mi

### DESCRIPTION

The "All-American" trot is a leg that allows you to slow down and smell the roses and be thankful for this beautiful country! Though no major attractions along this leg, it highlights the simple beauty of everyday living from green fields being water to the bob-wired fence next to wild yellow desert flowers and a red fire hydrant or the endless long "All-American Road!" Nestled in between two small American towns, Cannonville and Tropic, this leg will capture your heart for sure!



Total Distance: **5.0 miles** // Elevation Min, Avg, Max= 5886, 6092, 6373 ft  
 Elevation Gain/Loss = **561 ft / -141 ft** Net Elevation Change = **420 ft**



LEG 19 SPONSOR: GS Trackme

*Thank You*



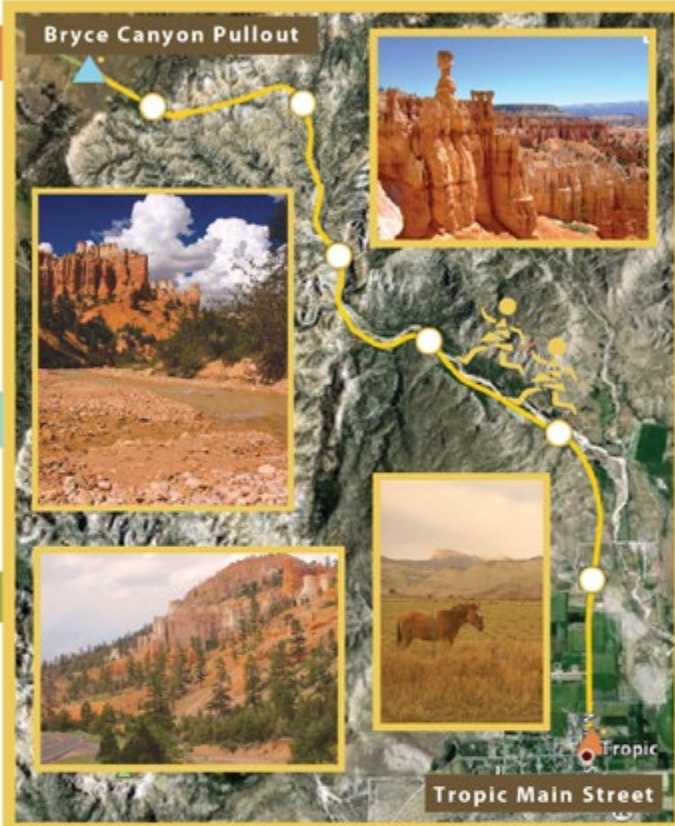
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 Vehicle and equipment tracking  
 South Jordan, UT

**801-208-5543**

# 20 LEG \ 6.5 MILES \ SUPER HARD

## Bryce Canyon Stepping Stones

{ Tropic Main Street to Bryce Canyon Pullout }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas or side roads as much as possible. Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road.

**Runners:** Safety vest required after 7 pm. Don't forget your head lamps! Stay hydrated. Run against traffic for safety. Always pay attention to your surroundings.

### DIRECTIONS

1. Head north on Center St and continue on UT - 12 W = 6.5 mi
2. End at UT - 12 W BC pullout = 6.5 mi

### DESCRIPTION

Bryce Canyon Stepping Stones take you up over 1300 feet of Bryce Canyon Country that deliver incredible views and a taste of Bryce Canyon National Park! (This is considered the second hardest leg of the relay.)



Along the way there are several places to pull off and enjoy the view or even do some quick hikes. Between miles three and four is a trail called Mossy Creek Trail or Mossy Cave Trail because both are featured. One reason this leg is called Bryce Canyon Stepping Stones is because it is only a glimpse of what Bryce Canyon has to offer. In the heart of Bryce Canyon, you will find a treasure of incredible features and views! Bryce is distinctive due to geological structures called hoodoos, formed by wind, water, and ice erosion of the river and lake bed sedimentary rocks. The red, orange, and white colors of the rocks provide spectacular views for park visitors.

Total Distance: **6.5 miles** // Elevation Min, Avg, Max= 6309, 6802, 7626 ft  
 Elevation Gain/Loss = **1495 ft / -180 ft** Net Elevation Change = **1315 ft**



**LEG 20 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM**

*Thank You*



#### CAPITOL REEF COUNTRY

This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.



# 21 LEG \ 4.8 MILES \ EASY

## The Bryce Canyon Paunsaugunt Stride

{ Bryce Canyon pullout to Bryce Canyon Pines Gas Station }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas or side roads as much as possible. Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road. Leg parking is available at Bryce Canyon Pines Gas Station.

**Runners:** Safety vest and head lights required from 7 pm to 7 am. Stay hydrated. Run against traffic for safety. Always pay attention to your surroundings. Please use an orange flag when crossing the road to your van. Be careful at night.

### DESCRIPTION

Leg 21 re-introduces you to wide open spaces scattered with ponderosa pines giving you plenty of space to run. You will enjoy bright blue skies often with full blooming white clouds that accent the Paunsaugunt mountains. Bryce Canyon is famous for its stary nights, and chances are you will be running this leg at night. So don't forget to look up and enjoy the stars! At mile one, notice the road (UT-63) that goes deep into the heart of Bryce Canyon National Park. It's also the road to Bryce Canyon City, strictly built for tourism. If you need a grocery store, a room to stay or some good food, this is a great place to find it. If you don't want to leave the course continue on Hwy 12 and as you enter Dixie National Forest you will pass the Bryce Canyon Pines Hotel, Restaurant, and Gas Station where the leg ends.

Total Distance: **4.8 miles** // Elevation Min, Avg, Max= 7598, 7641, 7740 ft  
 Elevation Gain/Loss = **202 ft / -85 ft** Net Elevation Change = **117 ft**



**LEG 21 SPONSOR: GS Trackme**

*Thank You*



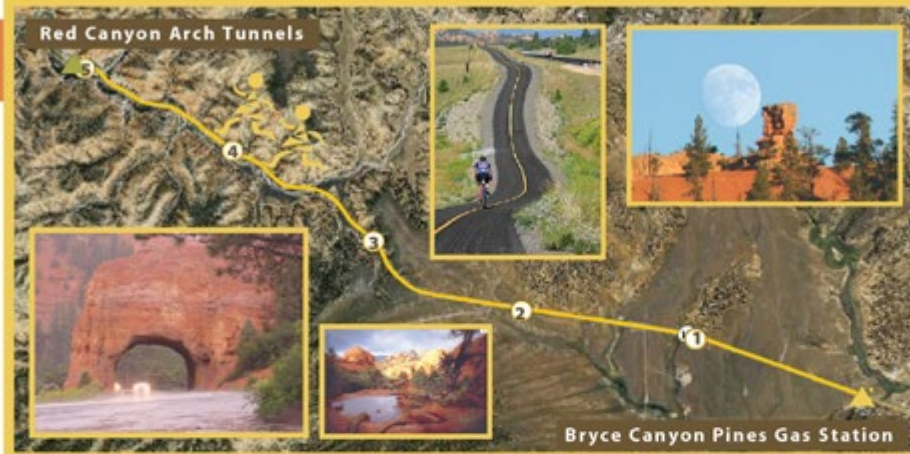
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# 22 LEG \ 5.1 MILES \ MODERATE

## Red Canyon Stroll

{ Bryce Canyon Pines Gas Station to Red Canyon Arch Tunnels }



### SAFETY & TRAFFIC CONTROL

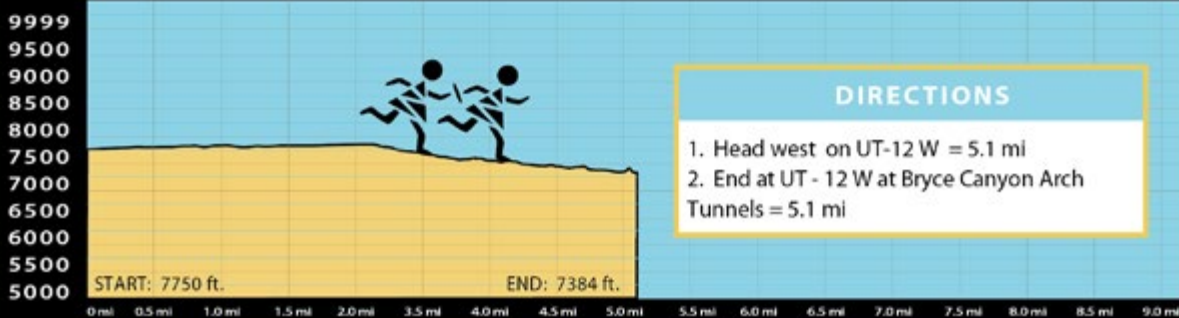
**Vans:** Please drive safely and watch extra careful for runners in the night. Stay awake. Rotate drivers if necessary. Leg parking is available at the pullout right before the Red Canyon tunnel pullout areas and along the road on the wide shoulders designed for parking between the two arch tunnels.

**Runners:** Safety vest and head lights required from 7 pm to 7 am. Always pay attention to your surroundings. Please use an orange flag when crossing the road to your van. Be careful at night. Please do not use the bike trail. All mile markers and directional signs will be placed along the road. The bike trail mostly runs along the road but often detours from the road side.

### DESCRIPTION

Leg 22 leaves Bryce Canyon territory and enters into the Dixie National Forest Red Canyons!! Red Canyon is a forested area with sixty-million year old dark red rock castles protruding up from crimson sand. Unique vermilion-colored rock formation and stands of Ponderosa pines make the canyon exceptionally scenic. To end this leg, we purposely chose to stop at the 2 red rock famous arch tunnels found on Hwy 12. Both tunnels are very short, and cut right through the red rock. Pull outs are available on either side of both tunnels to allow for picture taking and closer inspection. A bicycle and walking path is located adjacent to the highway on the south side. Though it will most likely be dark, hopefully the moon will provide enough light to take some photos and enjoy the tunnels!

Total Distance: **5.1 miles** // Elevation Min, Avg, Max= 7384, 7684, 7830 ft  
 Elevation Gain/Loss = 306 ft / -663 ft Net Elevation Change = **-357 ft**



**LEG 22 SPONSOR: GS Trackme**

*Thank You*



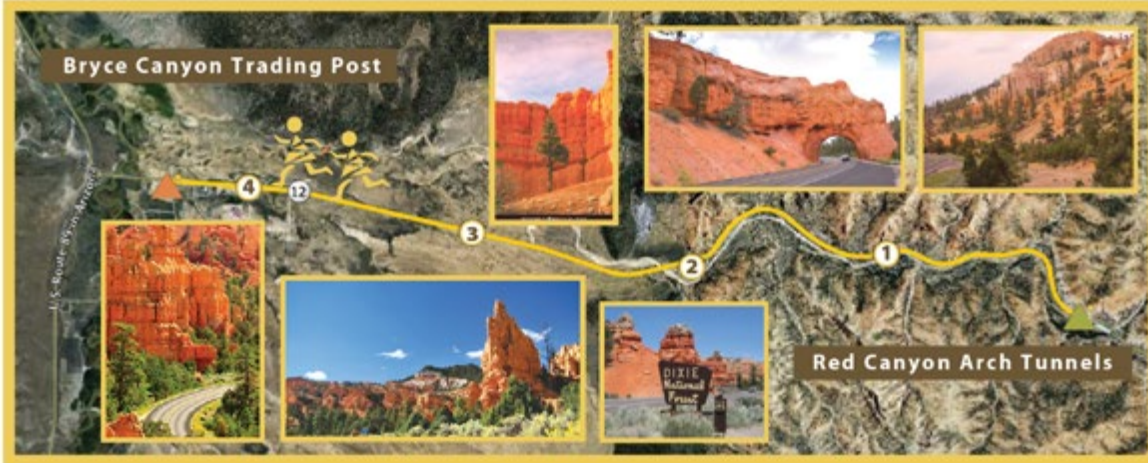
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# 23 LEG \ 4.4 MILES \ EASY

## Crimson Pine Duet

{ Red Canyon Arch Tunnels to Bryce Canyon Trading Post }



### SAFETY & TRAFFIC CONTROL

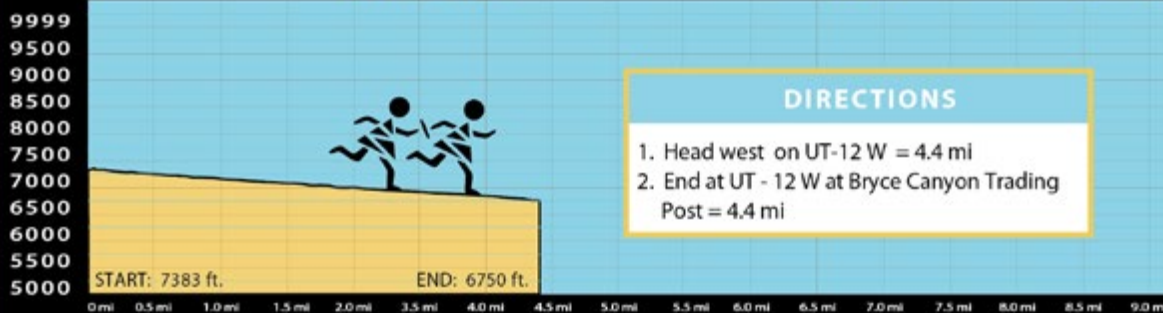
**Vans:** Please pull off only at designated pullout areas or side roads as much as possible. Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road. Leg parking is available at Bryce Canyon Trading Post.

**Runners:** Safety vest and head lights required from 7 pm to 7 am. Stay hydrated. Run against traffic for safety. Always pay attention to your surroundings. Be careful at night.

### DESCRIPTION

From the crimson rock to the ponderosa pine is found a delightful duet creating a dynamic master piece! The first two miles of this delightful little sprint down hill is a bike trail that runs along Hwy 12. It ends near the Red Canyon Camp ground in a large parking lot designed for bikers, horseback riders, hikers and of course runners. There is also a Red Canyon visiting center just past the first mile of leg 23. Red Canyon is somewhat of a secret because its nobility is dwarfed by its neighboring park Bryce Canyon National Park. You will soon learn for yourself though, that it is a little oasis for any backcountry adventurer. The last two miles bring you back to those wide open spaces and green fields. A few tourist traps end the leg, in particular the Bryce Canyon Trading Post who specialize in authentic Indian Jewelry. Just let them know you are with the Top of Zion Relay and get 10% off any purchase, though if you're a fast team, you may have to come back to catch them open.

Total Distance: **4.4 miles** // Elevation Min, Avg, Max= 6741, 7068, 7405 ft  
 Elevation Gain/Loss = **52 ft / -685 ft** Net Elevation Change = **-633 ft**



**LEG 23 HOST: BRYCE CANYON TRADING POST**

*Thank You*



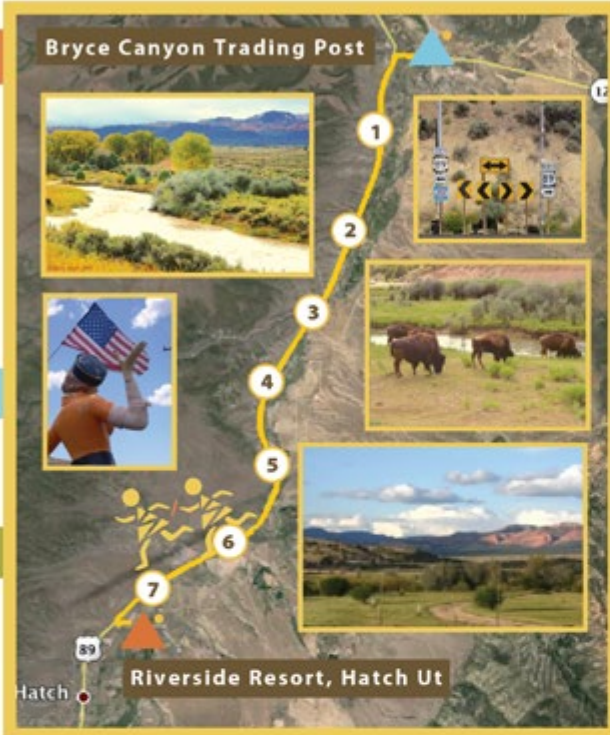
**AUTHENTIC INDIAN ARTS & CRAFTS**

**Show this Ad for 10% off for any purchase!**

Located between Panguitch & Hatch - Just off US 89 on Highway (435) 676-2688

# 24 LEG \ 7.5 MILES \ VERY HARD

## Heritage Highway Jog { Bryce Canyon Trading Post to Riverside Resort }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please pull off only at designated pullout areas or side roads as much as possible. Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road. Parking available at Riverside Resort in camping area and at restaurants.

**Runners:** Safety vest required from 7 pm to 7 am. Don't forget your head lamps! Run against traffic for safety. Always pay attention to your surroundings. Watch for directional signs that will direct you to turn into Riverside Resort and direct you to exchange near camping pavilion.

### DIRECTIONS

1. Head west on Ute W. toward US - 89 = 0.3 mi
2. Turn left onto US - 89 S. = 7 mi
3. Turn into Riverside park. Follow signs = 7.8 mi

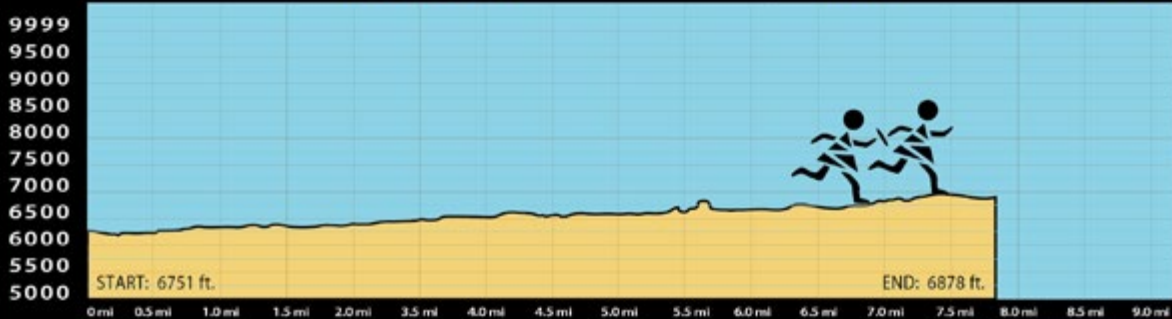
### DESCRIPTION

Leg 24, runs along Scenic Byway 89, also known as the Heritage Highway because of the wealth of History found along this Highway. Heritage Highway 89 is Utah's first tourist route dedicated solely to offering travelers a quality Western heritage experience served up Utah-style. Along this part of 89, runners will enjoy the wide mountain valley along the Sevier River. The shoulder is wide giving the



runner plenty of room to run. This is also a highly traveled road with semi trucks so be careful. Runners will end their run at a major van exchange located at the Riverside Resort. Situated on 25 acres, the Riverside is a quaint, family owned, outdoor oriented resort. Nestled between the East and West portions of the Dixie National Forest in a mountain meadow with the Sevier River winding through the property, the Riverside is a perfect place to relax and unwind. At night, the stars are so clear and bright, it seems you can reach out and touch them. In the morning, you can watch the sun rise over the mountains that make up the Bryce Canyon mountain range. There will be plenty of space for parking and sleeping. **Showers are also available!** We recommend sleeping here for best experience.

Total Distance: **7.8 miles** // Elevation Min, Avg, Max= **6724, 6825, 6927 ft**  
Elevation Gain/Loss = **502 ft / -366 ft** Net Elevation Change = **136 ft**



**LEG 24 SPONSOR: RIVERSIDE RESORT**

*Thank You Riverside Resort*



Welcome to the Riverside, located between Bryce Canyon National Park and Zion National Park on scenic highway 89. The Riverside offers Motel accommodations, full service RV sites and Tent sites. Situated on 25 acres, the Riverside is a quaint, family owned, outdoor oriented resort with a western theme. Nestled between the East and West portions of the Dixie National Forest in a mountain meadow with the Sevier River winding through the property, the Riverside is a perfect place to relax and unwind. [www.theriversideranch.com](http://www.theriversideranch.com)



**THE RIVERSIDE RANCH**  
RV PARK • CAMP • MOTEL

**RIVERSIDE MOTEL**

Limited rooms are available for those who don't want to sleep at the campground! Check for availability!

**PARKING**

Please park only in designated parking spots at the Riverside Resort. Top of Zion Runners are allowed to sleep in the circle. Please park as close to the road as possible. See Riverside Ranch map for details! Thank you!

**SLEEPING**

Sleeping zone is found at Exchange 24 (Riverside campground). Here you will find a big grassy field. You may sleep anywhere in this area. FYI—exchange 30 is not conducive to sleeping on the ground (no grass). Or you can get a motel here at exchange 24, or near exchange 29 at Duck Creek Village.

**SHOWERS AND RESTROOMS**

Showers and restrooms are available at no cost at the Riverside Campground, but hot water is limited. See map for location.

**435-720-4464**  
**theriversideranch.com** info@theriversideranch.com

# 25 LEG \ 4.3 MILES \ MODERATE

## Mammoth Creek Fish Swim

{ Riverside Resort to Mammoth Creek Dr }



### SAFETY & TRAFFIC CONTROL

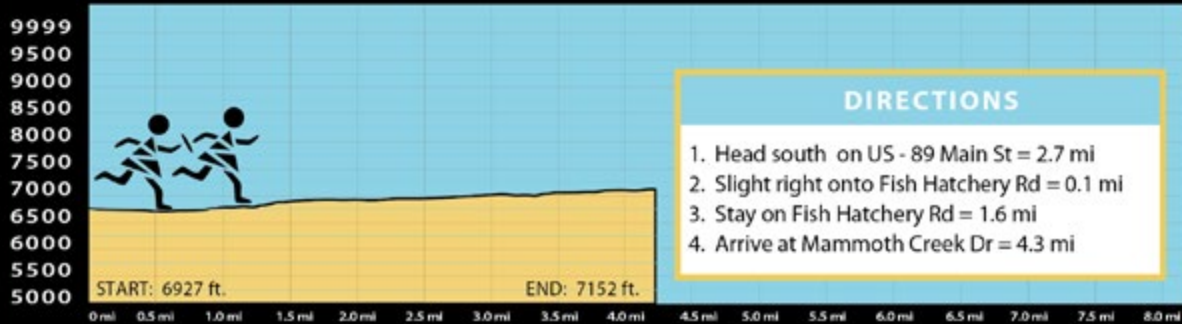
**Vans:** Please drive slowly on Hwy 89 to slow down overall traffic and watch extra careful for runners during the night. Stay awake. Rotate drivers if necessary. Parking is available along the road Mammoth Creek Dr by the exchange.

**Runners:** Safety vest and head lights required from 7 pm to 7 am. Always pay attention to your surroundings. When leaving the exchange, **you will run WITH traffic** along 89 to avoid crossing the road later. **WATCH FOR THE TURN OFF TO THE FISH HATCHERY ROAD FROM HWY 89 ON THE RIGHT!!!!!!** It will most likely be dark and easy to miss.

### DESCRIPTION

Leg 25 is the first of a whole new experience! There is nothing better than running on quiet back roads that pass through beautiful country. This leg is also on the shorter side. At only 4.3 miles long, it will end quickly so make sure you take time to soak in the true back country experience. Between running on the busy Hwy of Scenic Byway 89 and then experiencing the quiet back roads of Hatch, it won't be hard to appreciate the peace accompanied by the fenced green pastures with pine tree covered foothills in the distance. This quick run ends at Mammoth Creek Dr that leads you to the Mammoth Creek Hatchery. Mammoth Creek stocks 151,000 rainbow catchables in area waters. Twelve thousand advanced fingerling rainbow trout are stocked into Panguitch Lake annually. The hatchery also stocks 29,000 fingerling Splake (lake Trout X brook Trout) annually. The hatchery is closed to visitors due to disease concerns. There are kiosks at the parking lot showing some hatchery processes.

Total Distance: **4.3 miles** // Elevation Min, Avg, Max= **6877, 6999, 7152 ft**  
 Elevation Gain/Loss = **394 ft / -119 ft** Net Elevation Change = **275 ft**



**LEG 25 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM**

*Thank You*



#### CAPITOL REEF COUNTRY

This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.

# 26 LEG \ 4.9 MILES \ HARD

## Country River Flow

{ Mammoth Creek Dr to Fish Hatchery Road Riverside pullout }



### SAFETY & TRAFFIC CONTROL

**VANS:** Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road. Leg parking is available along the road and at the exchange pullout. Drive slow! This will help keep the dust down.

**RUNNERS:** Safety vest and head lights required from 7 pm to 7 am. Stay hydrated. Always pay attention to your surroundings. Be careful at night.

### DESCRIPTION

Leg 26 is some what uphill and one of the longer legs of this section. It features the simple countryside of green fields, pine trees speckled on the nearby hills and a winding river spotted occasionally from the road. The road turns from paved to dirt at about mile 2.5. Take time to enjoy the night sky if you are running at night. If the sky is clear, you will witness some of the best star gazing possible. Don't forget to make a wish on that shooting star!!



Total Distance: **4.9 miles** // Elevation Min, Avg, Max= 7150, 7378, 7548 ft  
 Elevation Gain/Loss = 583 ft / -195 ft Net Elevation Change = **388 ft**



**LEG 26 SPONSOR: GS Trackme**

*Thank You*



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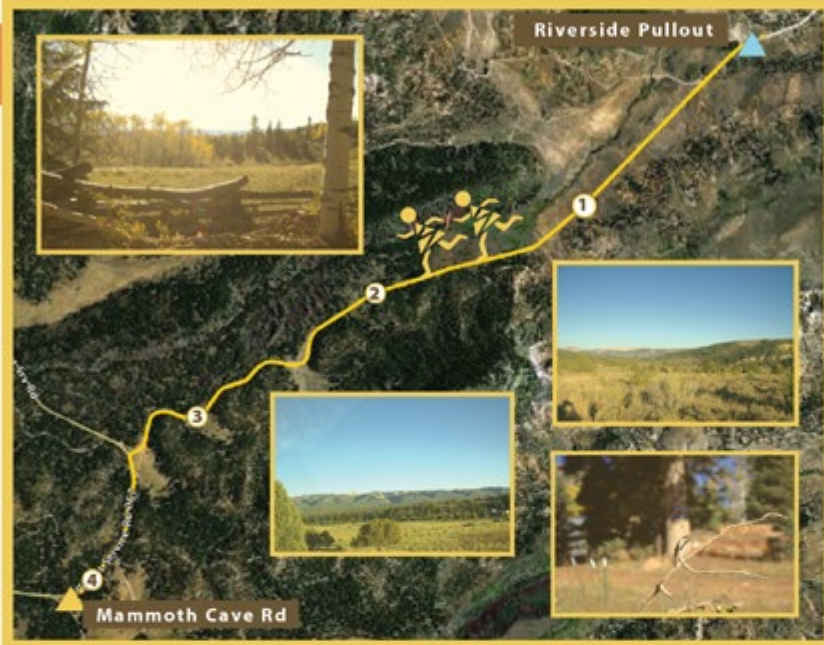
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# 27 LEG \ 4.1 MILES \ HARD

## Mammoth Cave Exploration

{ Fish Hatchery Road Riverside pullout to Mammoth Cave Rd turnoff }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please drive slowly and watch extra careful for runners during the night. Stay awake. Rotate drivers if necessary. Parking is available along the road Mammoth Cave Dr by the exchange.

**Runners:** Safety vest and head lights required from 7 pm to 7 am. Always pay attention to your surroundings. Pay attention to signs and **turn left at junction.**

### DESCRIPTION

Leg 27 is a combination of wide open spaces and forest lined road, dirt and paved road, sage brush and twigs. This leg also offers a slight challenge for the runner pushing them up 587 feet in elevation gain. This leg is spoiled to run through more of Dixie National Forest lush ponderosa pines at the high elevation of 8000 feet and also enjoy the true backcountry feel of dirt road for most the leg. The leg ends at the famous Mammoth Cave Road turnoff that takes you to Mammoth Cave, one of Dixie National Forest most interesting features. The cave is only ¼ mile walk from the road. Mammoth Cave is one of the largest and youngest lava tubes in the state. The cave is about a quarter mile long. It has four chambers and 2,200 feet of lava tubes. It was formed by cooling lava and water less than 2,000 years ago. Due to moisture and its elevation of 8,050 feet above sea level the cave stays cool year round. There are no entrance fees and is accessible late June through October.

Total Distance: **4.1 miles** // Elevation Min, Avg, Max= 7520, 7743, 8043 ft  
 Elevation Gain/Loss = **587 ft / -78 ft** Net Elevation Change = **509 ft**



**LEG 27 SPONSOR: GS Trackme**

*Thank You*



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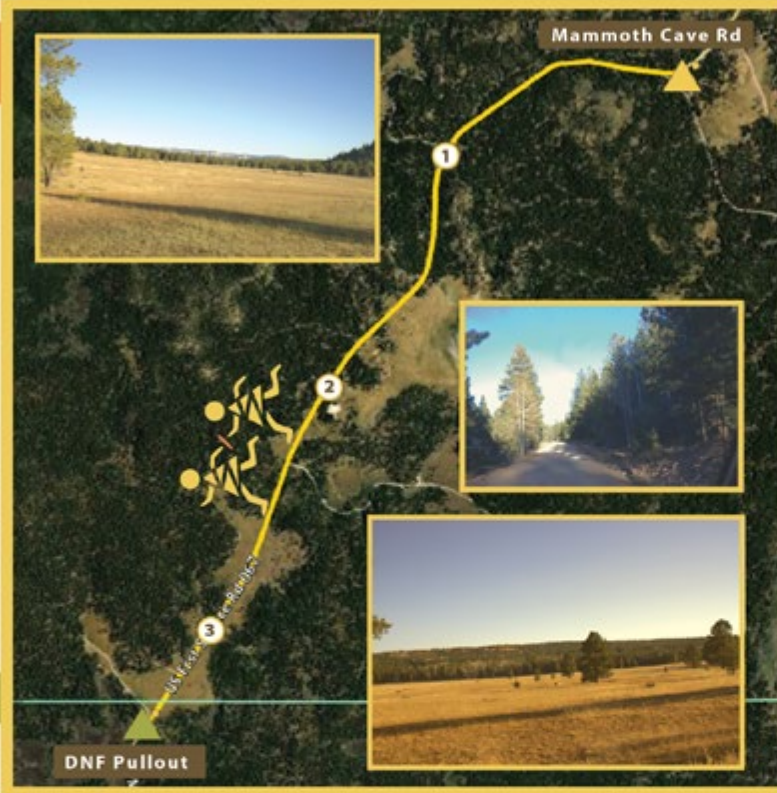
**801-208-5543**



# 28 LEG \ 3.4 MILES \ EASY

## Dixie National Forest Hop, Skip and a Jump

{ Mammoth Cave Rd turnoff to DNF pullout }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please drive slowly and watch extra careful for runners during the night. Stay awake. Rotate drivers if necessary. Parking is available at the Dixie National Forest pullout

**Runners:** Safety vest and head lights required from 7 pm to 7 am. Always pay attention to your surroundings. Dress appropriately for higher elevation and early morning temperatures,

### DESCRIPTION

Leg 28 is a continuation of occasional wide open spaces throughout a forest lined road. If you pay attention you

may see some small animals such as rabbits or squirrels along the way. This leg is called an "Easy" leg because of its short distance of 3.4 miles and only a small net elevation gain of 298 feet. Take time to enjoy the cool fresh air and the smell of pine trees. Once again, runners will be passing through Dixie National Forest in addition to running over Cedar Mountain which is home to the beautiful Cedar Breaks National Monument. Worth a visit when you have the time! Near the end, this leg crosses over the boarder of Garfield county to Kane county. The rest of the course will take place in Kane County.

Total Distance: **3.4 miles** // Elevation Min, Avg, Max= 8041, 8242, 8340 ft  
 Elevation Gain/Loss = **350 ft / -52 ft** Net Elevation Change = **298 ft**



**LEG 28 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM**

*Thank You*



#### CAPITOL REEF COUNTRY

This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accomodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.

# 29 LEG \ 2.9 MILES \ EASY

## Duck Creek Waddle

{ Dixie National Forest Pullout to Duck Creek }



### SAFETY & TRAFFIC CONTROL

**Vans:** Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road. Parking available at the Duck Creek Pullout.

**Runners:** Safety vest required between 8 pm and 7 am. Don't forget your head lamps if needed! Stay hydrated and dress appropriate for cooler temperatures due to early morning hours and higher elevation. Always pay attention to your surroundings & watch for cars near intersection.

### DIRECTIONS

1. Head southwest on Mammoth Creek Rd = 1.7 mi
2. Turn Right on Hwy 14 and head west = 1.0 mi
3. Turn Right onto Movie Ranch Dr = 0.2 mi
2. End at Gringas Tacos = 2.9 mi

### DESCRIPTION



The Duck Creek Waddle is the shortest of all the legs with only a distance of 2.9 miles. This leg is the last leg run on Mammoth Creek Road. Runners will experience more of the Dixie National Forest's stunning ponderosa pine tree forest mixed with white aspens, green meadows and deep blue skies before they turn on to Scenic Byway 14 and head for Duck Creek Village. Exchange ends next to a gas station - last chance to fill up, and at Gringas Tacos! Stop in for some tasty food!

Total Distance: **2.9 miles** // Elevation Min, Avg, Max= 8355, 8432, 8466 ft  
 Elevation Gain/Loss = **263 ft / -196 ft** Net Elevation Change = **67 ft**



LEG 29 SPONSOR: GS Trackme

*Thank You*



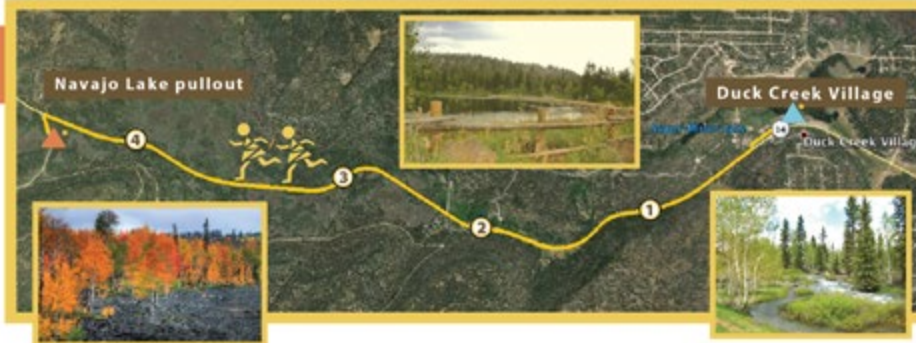
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# 30 LEG \ 4.6 MILES \ VERY HARD

## Cedar Breaks Lava Hop

{ Duck Creek Village to Navajo Lake pullout }



### SAFETY & TRAFFIC CONTROL

**VANS:** Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road. Leg parking is available along the road and at

the exchange pullout. Drive slow! Shoulder is narrow and driving slow will slow rest of traffic down. Watch for runners crossing Hwy 14 when you leave the exchange.

Alternate route to finish line (avoid the dirt road) - Travel East on Highway 14 to Highway 89. Turn right at the end of the Road at Todd's Junction. Stay on Highway 89 for 23 miles. Go through Glendale, Orderville, Mt. Carmel and then turn right (west) on to Highway 9 at Mt. Carmel Junction toward Zion National Park. Stay on Highway 9 for about 10.5 miles. Turn right onto North Fork Road. Go 1.2 miles to Clear Creek Ranch - The Ranch at Zion.

**RUNNERS:** Safety vest and head lights required from 7 pm to 8 am. Stay hydrated. Always pay attention to your surroundings. Be careful at night. Watch for cars when crossing Hwy 14. Safety vest required on this leg.

**NOTE:** VAN EXCHANGE 31 is not ideal for sleeping.

### DESCRIPTION

Leg 30 is one of a kind! It is the only leg entirely ran on Scenic Byway Hwy 14!! This accounts for the third Scenic Byway which runners will run on throughout the course! Though runners will experience an uphill run, the scenery will be their reward! Continuing through Dixie National Forest, runners will see more white aspens and ponderosa pine trees intertwined by a running brook leading through the trees into the Duck Creek pond. Lava rocks that often make up lave rock fields are the hallmark of this leg. Runners will pass Duck Creek Pond found west of Duck Creek Village. This little pond is a treat for both the runner and the van support. The leg ends at Navajo Lake Rd turnoff which leads to yet another beautiful lake and marks the end of this Section!

Total Distance: **4.6 miles** // Elevation Min, Avg, Max= **8422, 8718, 9175 ft**  
 Elevation Gain/Loss = **835 ft / -125 ft** Net Elevation Change = **710 ft**



### LEG 30: KATHY'S KITCHEN



*Kathy's Kitchen*  
**FREE PANCAKE BREAKFAST!**  
 OPEN 6 AM - 11 AM.

# 31 LEG \ 6.1 MILES \ HARD

## Navajo Lake Splash

{ Navajo Lake Rd Pullout to North Fork County Rd Pullout }



### SAFETY & TRAFFIC CONTROL

**VANS:** Always watch for runners on the road - and behind or in front of the van - when pulling over or pulling onto the road. Leg parking is available along the road and at the Navajo Lake exchange pullout. Drivers- Don't get distracted by the beautiful scenery and watch for other visitors!!

**RUNNERS:** Safety vest and head lights required from 7 pm to 7 am. Stay hydrated. Always pay attention to your surroundings. Watch for other cars.

**NOTE:** Van Exchange 31 is NOT ideal for sleeping.



### DESCRIPTION

Congratulations, you've made it the final stretch starting with leg 31! Leg 31 is the only leg that runs right next to a lake for four miles but at times the thick forest trees might make the lake hard to see. To the left of runners, a small mountain jets up along the road filled again with the Dixie National Forest. Here runners will also experience the second highest point of the course reaching 9179 feet. This will also bring with it cooler temperatures. Runners will pass campgrounds and the Navajo Lake Lodge/Marina. This will be the last place to pick up ice or a soda until the Finish. As a side note, Cascade Falls hike is also accessed from Navajo Lake Road and features red rock & a trail along the edge of cliffs with great views!

Total Distance: 6.1 miles // Elevation Min, Avg, Max= 9063, 9099, 9179 ft  
 Elevation Gain/Loss = 443 ft / -498 ft Net Elevation Change = 55 ft



**LEG 31 SPONSOR: GS Trackme**

*Thank You*



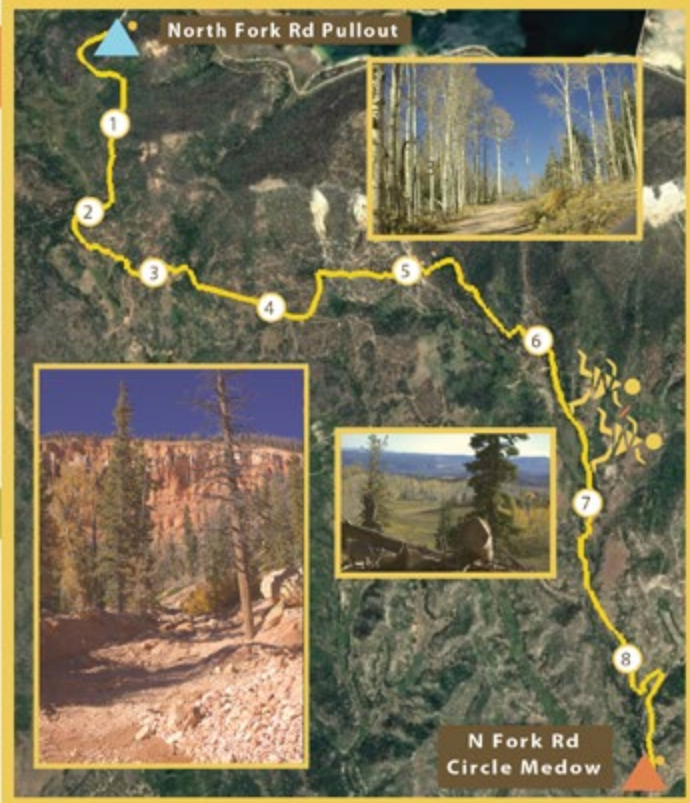
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# 32 LEG \ 9.0 MILES \ HARD

## High Country Crossing

{ North Fork County Rd Pullout to North Fork Circle Meadow }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please drive slowly to minimize dust as the road is a dirt road. Pay more attention to the road more than the scenery. Parking is available along the road and at the exchange.

**Runners:** Watch your footing along this dirt road. Always pay attention to your surroundings. Stay on the main dirt road. Watch for the directional signs.

### DESCRIPTION

High Country Crossing or leg 32 may be one of the most magical runs of the Top of Zion Relay! Why, you ask? Well, imagine running along in the backcountry, on a dirt road, surrounded by incredible gorgeous scenery, accompanied by your support team, but hardly any one else around except the rabbits and squirrels. It is a delightful down hill run losing over 2200 feet

in elevation! It may be early in the morning allowing you to witness a beautiful sunrise! Runners will see a view of the red rock intertwined into the mountain side with a forest of pine trees. Rustic wood fences can be spotted occasionally. Even an old gas pump is along the way! This is a true back country experience you don't want to miss!



Total Distance: 9.0 miles // Elevation Min, Avg, Max= 7095, 8294, 9103 ft  
Elevation Gain/Loss = 303 ft / -2284 ft Net Elevation Change = -1981 ft



**LEG 32 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM**

*Thank You*



#### CAPITOL REEF COUNTRY

This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.

# 33 LEG \ 7.0 MILES \ HARD

## Meadow Brook Frolic

{ North Fork County Rd Circle Meadow to North Fork County Rd Mt Meadow }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please drive slowly to minimize dust as the road is a dirt road. Pay more attention to the road more than the scenery. Parking is available along the road and at the exchange.

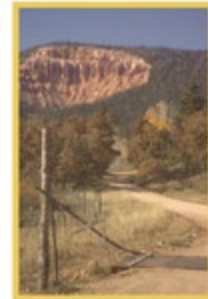
**Runners:** Watch your footing along this dirt road. Be prepared for possible mud depending on weather and for the possibility of crossing a small stream. Always pay attention to your surroundings. Stay on the main dirt road. Watch for the directional signs.

### DIRECTIONS

1. Head south on North Fork Rd = 7.0 mi
2. End at North Fork County Rd = 7.0 mi

### DESCRIPTION

Leg 33 known as Meadow Brook Frolic is another delightful "Run Backcountry" experience. Runners will find little country surprises around most every corner from an enchanted brook running along the dirt road to a beautiful meadow seated in a small valley of green pine trees. This is yet another major down hill run with some up hill at the end. Also, for those who love Zion National Park's famous hike called "The Narrows," will be interested to know that one of the two turnoffs for this hike is found along this leg. Watch for the sign for future reference!!



Total Distance: **7.0 miles** // Elevation Min, Avg, Max= 5964, 6446, 7126 ft  
 Elevation Gain/Loss = **669 ft / -1352 ft** Net Elevation Change = **-683 ft**



**LEG 33 SPONSOR: GS Trackme**

*Thank You*



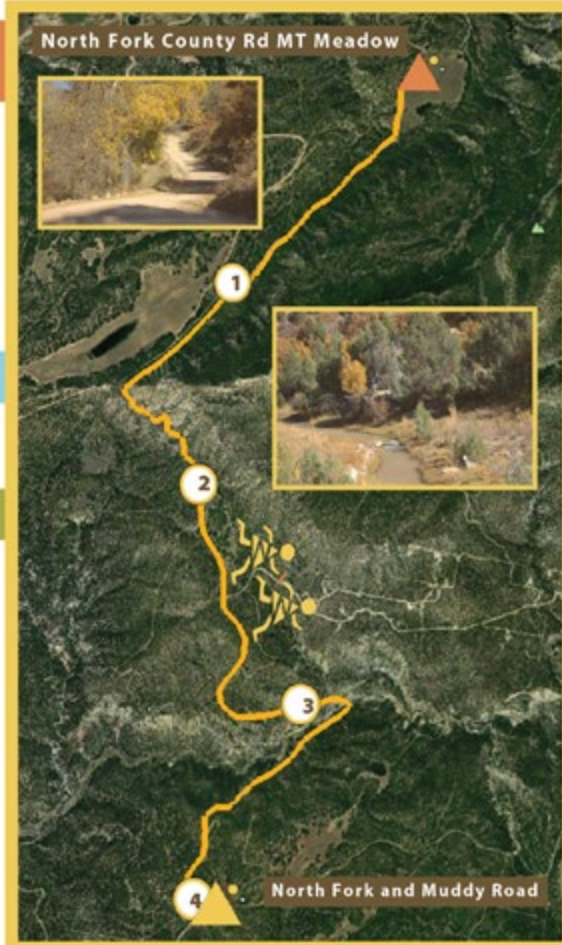
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# 34 LEG \ 4.1 MILES \ HARD

## Zion Overture

{ North Fork County Rd MT Meadow to North Fork and Muddy Road }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please drive slowly to minimize dust on the dirt road. Pay more attention to the road than the scenery! Parking is available along the road and at exchange 34.

**Runners:** Watch your footing along this dirt road. Be prepared for possible mud depending on weather. Always pay attention to your surroundings. Stay on the main dirt road. Watch for the directional signs.

### DIRECTIONS

1. Continue South on the North Fork Road = 7.0 mi
2. End at Muddy Road = 7.1 mi

### DESCRIPTION

Leg 34, continues to run along the North Fork Road overlooking the tops of Zion National Park! Elevation is lower which brings with it a change of scenery! Temperatures are hotter and the vegetation is less lush, but beautiful still the same. Runners will continue to run on a rugged dirt road lined by bushes and trees. This is a medium run of 4.1 miles with a good combination of elevation gain and loss. This road is often traveled by adventure seekers coming to hike the popular Orderville Glutch or Canyon. This hike is similar to the Narrows hike. Orderville Canyon is another canyon that leads into the Zion Narrows.



Total Distance: **4.1 miles** // Elevation Min, Avg, Max= 6139, 6508, 6755 ft  
 Elevation Gain/Loss = 738 ft / -723 ft Net Elevation Change = **15 ft**



LEG 34 SPONSOR: GS Trackme

*Thank You*



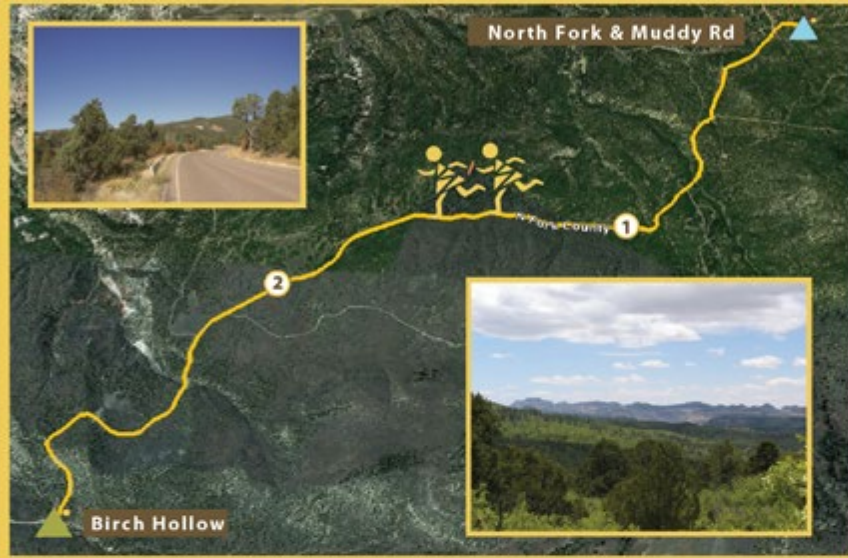
**Grow your business with GS Trackme!**  
 Vehicle and equipment tracking  
 South Jordan, UT

**801-208-5543**

# 35 LEG \ 3.0 MILES \ HARD

## Top of Zion Escapade

{ North Fork/Muddy Road to Birch Hollow }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please drive slowly to minimize dust on the dirt road. Pay more attention to the road than the scenery! Parking is available at exchange 35 - Birch Hollow and along the road.

**Runners:** Watch your footing along this dirt road. Always pay attention to your surroundings. Watch for the directional signs. This is a tough up hill run during a hot part of day. Stay hydrated and cool. Only one more leg to go!!! Wahoo!!!

### DIRECTIONS

1. Head west back to N. Fork Rd = 0.1 mi
2. Turn left on to North Fork Road = 0.1 mi
2. End North Fork Road Birch Hollow = 3.0 m



### DESCRIPTION

Leg 35 though short, will most likely prove to be a challenging run! This short 3 mile run is all uphill, on a dirt and dusty road, ran during the heat of the day, by most likely a very tired runner! Just remember, this is one of the toughest relays around and you are a ZION WARRIOR!!! As you run, try to enjoy the beauty and the serenity of this short uphill run. You will end at Birch Hollow, the trail head for local hikers.

Total Distance: **3.0 miles** // Elevation Min, Avg, Max= 6431, 6645, 6797 ft  
 Elevation Gain/Loss = **501 ft / -220 ft** Net Elevation Change = **-281 ft**



**LEG 35 SPONSOR: CAPITOL REEF TRAVEL AND TOURISM**

*Thank You*



#### CAPITOL REEF COUNTRY

This area of southern Utah has a diversity of landscape like no other area in the state – red rock formations and canyons, pristine meadows, alpine forests, as well as lush green valleys. Come and visit while enjoying the accommodations of their hotels, motels, bed and breakfast inns, cabins, campgrounds, RV Parks, restaurants, shopping, services, activities and attractions for Wayne County, Utah.



# 36 LEG \ 7.2 MILES \ VERY HARD

## Top of Zion Home Stretch!

{ Birch Hollow to Clear Creek Ranch }



### SAFETY & TRAFFIC CONTROL

**Vans:** Please drive slowly to minimize dust on the dirt road. Pay more attention to the road than the scenery! Parking is available near the finish line in designated parking areas. Watch for parking signs.

**Runners:** Watch your footing along this dirt road. Always pay attention to your surroundings. Watch for the directional signs. The first part of this run is a tough up hill run during a hot part of day. Stay hydrated and avoid the dust.

### DIRECTIONS

1. Head south on the North Fork Road = 6.7 mi
2. Turn left at Clear Creek Ranch = 6.8
3. Follow dirt road & sign around lake = 7.2 mi
4. End at the Finish Line != 7.2 mi

### DESCRIPTION

Leg 36, el fin, called the Top of Zion Home Stretch - will bring you to the triumphal end of the Top of Zion Relay where you finally get to rest!! And how fitting since Zion means a place of rest! This leg will start on dirt road and give you a run for your money as you run the first mile up hill gaining over 700 feet in elevation over the course of your run! Once you hit the pavement, you are rewarded with over a 1200 foot decent spread out over the next 4-5 miles. The finish line ends at Clear Creek Ranch - the Ranch at Zion - only a few miles from Zion National Park! Here you can enjoy yourself and the party in a beautiful setting of Clear Creek Ranch - the Ranch at Zion!!!



Total Distance: **7.2 miles** // Elevation Min, Avg, Max= 6205, 6554, 6929 ft  
 Elevation Gain/Loss = 771 ft / -1259 ft Net Elevation Change = **-488 ft**



**TOP SPONSOR: CLEAR CREEK - THE RANCH AT ZION**

*Thank You*



*Family Reunions • Weddings • Youth Groups • Corporate Retreats*

Clear Creek Family Ranch spreads over 1000 acres of private land surrounded by some of America's most scenic wonders.

**Come stay with us! 866-292-1460**

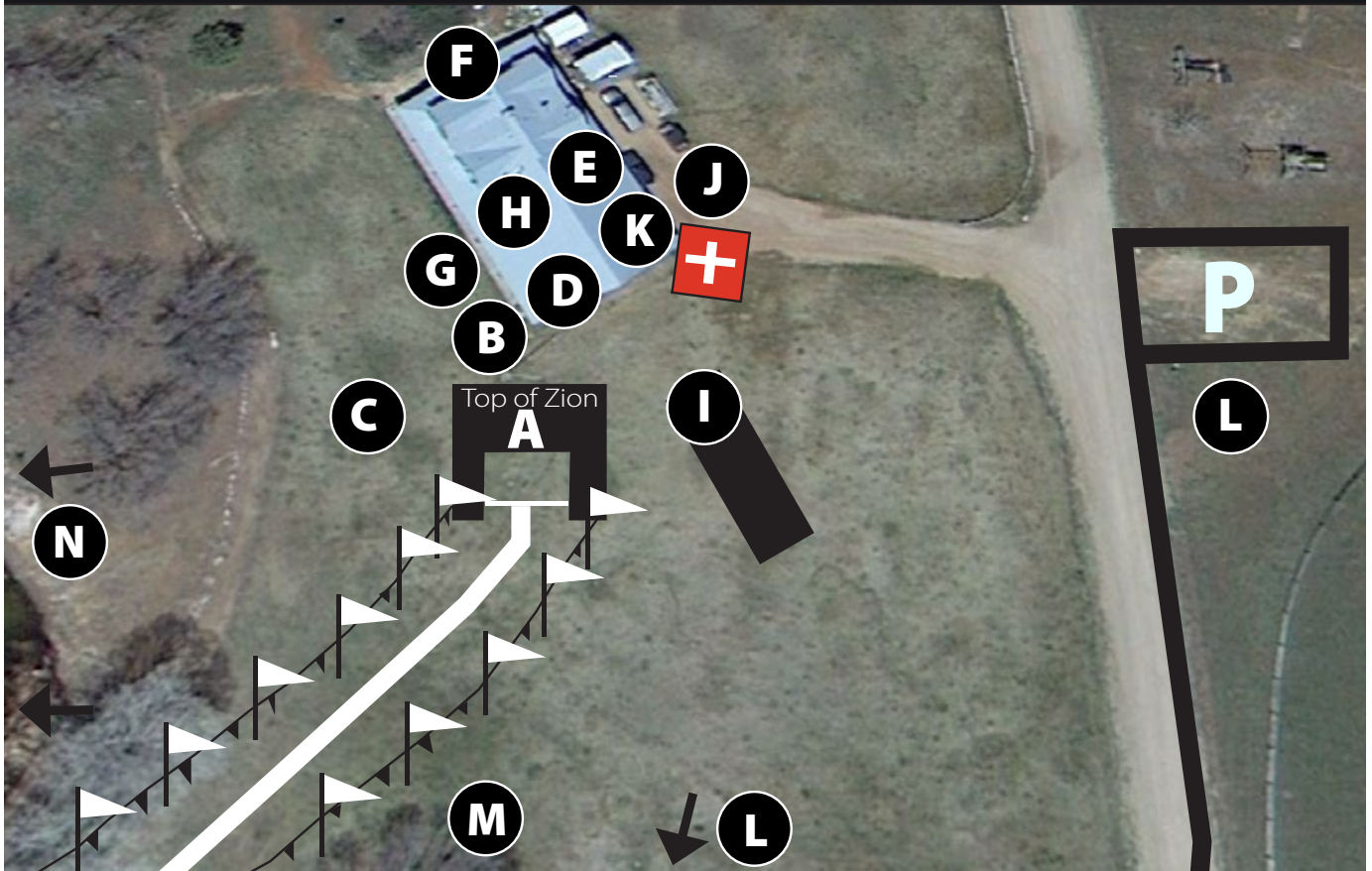
# FINISH LINE MAP @ Clear Creek - The Ranch at Zion



## FINISH LINE

- A. Finish Line
- B. Awards/Medals
- C. Photo Booth
- D. Findlay Auto
- E. Race Food
- F. Restrooms & Showers
- G. TZR Apparel
- H. Snow Cones
- I. Slip n' Slide
- J. DJ Music
- K. Medical Tent
- L. Parking
- M. Shade Trees/Grass
- N. Boating & Swimming

--> Runner Route (white)  
 --> Parking Route (black)



# *Family Reunions, Weddings, Youth Groups, Corporate Retreats*

## Clear Creek

- FAMILY RANCH -



- Zion National Park
- Bryce Canyon National Park
- Grand Canyon North Rim NP
- Lake Powell
- Coral Pink Sand Dunes
- Cedar Breaks Nation Monument

After the race take a moment to look around the Ranch. Clear Creek Family Ranch spreads over 1000 acres of private land surrounded by some of America's most scenic wonders. Family adventure and heritage come together forming memories for generations. Enjoy breathtaking scenery all day: majestic forested mountains, ponds for fishing and swimming, meadows of wildflowers, and plenty of clean fresh air. At dusk take in the spectacular sunset, and at night the starlit skies.

## Come stay with us!

**For Reservations:  
866 292 1460**

**CLEAR CREEK**  
  
**THE RANCH AT ZION**



There will be award ceremonies Saturday throughout the day near the pavilion by the Finish line. Awards will be given to those who qualify. If your team has won an award, but are unable to attend, someone from your team can pick it up from one of our South Jordan or St. George locations. Email [ellen@topofzion.com](mailto:ellen@topofzion.com) for details.

We are offering several types of awards as follows:

### Finisher Medals

Finisher medals will be given to each qualifying team as the finishing runner crosses the Finish Line. If the team has not received credit for their volunteer at that time, medals will be withheld. If this happens, we will allow teams to straighten out this issue in order to receive their medal and not be disqualified. Medals WILL NOT BE MAILED to teams. They must be picked up on Saturday or at our home office in South Jordan at a later date.

### Beat the Course Record Award

Beat the course record of 25hr and 09 minutes in a qualifying manner and receive a Super Warrior award (TBA)!

### Overall Winners

The overall winners for the Full Relay will receive the following awards: The first place winner will win a free entrance into next years Top of Zion Relay! Second place will win 75% off and Third place will win 50% off next year's team. Winners will also receive an additional trophy. The overall winners for the Ultra (Full) & Sleep relays will all receive 50% off next year's relay and a trophy!

### Division Awards

First place awards will be given for each division. If individual divisions are large enough, we will offer 2nd and 3rd place awards. The top three fastest teams will not be included in the division awards. Awards will be custom made. We will post all our winners on the Top of Zion Relay Facebook page and website!

### Warrior Spirit Awards

Warrior Spirit awards will be given to those who bring a great spirit to the relay with their team names, decorations, costumes and enthusiasm.

### Photo Contest

Photos should embody the spirit of the race and your teams' personality. You will have two weeks after the race to submit your photo to [contact@topofzion.com](mailto:contact@topofzion.com). You can enter as many photos as you like but must send a minimum of 10 pictures. Winner gets 50% off next year's team. We will show your pictures on Facebook and may also use the best pictures as part of our advertising campaign. Email [ellen@topofzion.com](mailto:ellen@topofzion.com) to get your discount.

**BEAT THE COURSE  
RECORD OF  
24 HRS AND 09  
MINUTES AND  
RECEIVE SUPER  
WARRIOR AWARDS.**

## Blog Contest

Write about your experience (min. 1 page). Include pictures. Post it on a blog or website and send us the link. Best blog wins 50% off. Email [ellen@topofzion.com](mailto:ellen@topofzion.com) to get your discount.

## Capture the Moment Video Contest

Video-record your team's favorite moments from start to finish. Edit your best clips to 1-4 minutes, add some music and post it on YouTube. Send URL link to [contact@topofzion.com](mailto:contact@topofzion.com).

Include the team name and team captain's name. You will have 2 months following the race to post the video. They will be due September 1st. Participants will get a discount off a team entry into the next Top of Zion National Parks Relay. Winner will get 50% OFF!! We will use your videos to promote the Top of Zion National Parks Relay. We encourage you to include in this video the amazing scenery, team building moments, your runners running, and lots of fun times.

Do all three (photo contest, blog contest and video contest) and get 50% off your next team. Must email us at [contact@topofzion.com](mailto:contact@topofzion.com) to get your code.

## Most Enthusiastic Volunteer Award

Cash prizes will be given to the "MOST ENTHUSIASTIC VOLUNTEER" either through mail or hand delivered. Volunteers are encouraged to be creative and make their exchange fun! Runners will vote at the end of the relay for their favorite volunteer in Van 1 and Van 2 and the winners of the "MOST ENTHUSIASTIC VOLUNTEER" contest will be announced on Facebook after the race with plenty of pictures. Ideas may include, but not limited to: Costumes, A booth Theme, Treats for Runners, Fun Music, and of course plenty of HAPPY ENTHUSIASM!! Local Businesses will be encouraged to compete as well.



## WESTERNHILLS.COM

Nature Show case  
**Nature's Most Beautiful Paintings**

Wonderstone's creations - Awards for Top of Zion Relay



# TRAVEL

## Start Location

**Rim Rock Inn (Full and Sleep Relay)**  
2523 east Highway 24 Torrey, UT 84775  
(West of Capitol Reef National Park)

## Finish Location

**Clear Creek Ranch – The Ranch at Zion**  
North Fork Road, Utah 84758  
(Top of Zion National Park)

## Directions to Start Line

### SALT LAKE CITY to RIM ROCK INN

225 mi, 4 hours 1 min

- Get onto I-15 S (117 mi)
- Take exit 188 for US-50 E toward Scipio (0.4 mi)
- Turn left onto US-50 W (0.7 mi)
- Turn right onto US-50 E/N State St
- Continue to follow US-50 E (24.4 mi)
- Turn right onto UT-260 S/Main St. (4.2 mi)
- Turn right onto UT-24 E (2.8 mi)
- Slight left onto UT-24 E/State St N
- Continue to follow UT-24 E (44.4 mi)
- Slight left onto UT-24 E/E 300 S St
- Continue to follow UT-24 E (26.9 mi)
- Turn right at Rim Rock Inn UT-24 E
- Rim Rock Inn and Restaurants, Torrey, UT

### LAS VEGAS to RIM ROCK INN

228 mi, 5 hours 17 min

- Get onto I-15 N toward Capitol Reef (110 mi)
- Take exit 188 for US-50 E toward Scipio (0.4 mi)
- Turn left onto US-50 W (0.7 mi)
- Turn right onto US-50 E/N State St
- Continue to follow US-50 E (24.4 mi)
- Turn right onto UT-260 S/Main St/ (4.2 mi)
- Turn right onto UT-24 E (2.8 mi)
- Slight left onto UT-24 E/State St N
- Continue to follow UT-24 E (44.4 mi)
- Slight left onto UT-24 E/E 300 S St
- Continue to follow UT-24 E (26.9 mi)
- Turn right at Rim Rock Inn UT-24 E
- Rim Rock Inn and Restaurants, Torrey, UT



## Road Conditions and Vehicle Options

The majority of the 195 mile course is on paved roads. Some of these roads have narrow shoulders and limited parking. Use caution and wisdom when assisting your runner. Use your Orange Flags, reflective vests, and common sense. **Do not linger in the Road.** This can cause an accident and can **result in DISQUALIFICATION.** The Last 6 Legs are dirt roads and low clearance vehicles are highly discouraged. This section offers dust, ruts, washboards, some bigger rocks to traverse, and even a little stream to drive through. Higher clearance Mini Vans are often used to survey the course and work great with a cautious driver. Van 1 and low clearance vehicles such as RV's and some cars are encouraged to use the alternate Routes.

## Alternate Routes

**Van 2 – Alternate Route from Major Van Exchange 4 (leg 24) to Major Van Exchange 5 (leg 30)**

Van 2 should take an alternate route if they want to bypass the dirt/paved road on Mammoth Creek Road. They should stay on Highway 89 after leaving Major Van exchange 4 (leg 24) instead of turning onto Mammoth Creek Road. Continue south on Highway 89. Turn West/Right at Todd's Junction on to Highway 14. Continue past Duck Creek Village about 5 miles before turning Left onto Navajo Lake Road.

**Van 1 - Alternate Route from Major Van Exchange 5 (leg 30) to Finish Line** - Runners in Van 1 need to know there is an alternate route so they don't travel down the North Fork Road. Alternate route is to go back out to Highway 14, travel East on Highway 14 to Highway 89. Turn right at the end of the road at Todd's Junction. Stay on Highway 89 for about 23 miles. Go through Glendale, Orderville, Mt. Carmel and then turn Right (west) on to Highway 9 at Mt. Carmel Junction toward Zion National Park. Stay on Highway 9 for about 10.5 miles. (If you reach Zion NP you have gone to far.) Turn Right on to North Fork Road. Go 1.2 miles to Clear Creek Ranch - The Ranch at Zion.

### Zion National Park Fee- IMPORTANT!

Please note that if you travel through the park that there is an **entrance fee**. It is valid for 7 days. If you haven't seen this beautiful park we highly recommend it. If you do not wish to pay this fee but want to head toward St. George please use alternate route through either the Sand Dunes or through Fradonia, AZ. Please inquire about these alternate routes if interested.

### Gas Station Information- CRUCIAL INFORMATION!

**GAS STATIONS ARE LIMITED ALONG THE RELAY COURSE!**

Watch your Gas Gage carefully and try to fill up in Torrey, Escalante, Panguitch, & /or Duck Creek Village. **The best place to get gas is in Escalante and Duck Creek.** This is super important! Other gas stations are closed at night and are **NOT self-paying** - meaning you have to pay inside the gas station. **You cannot get gas if the gas station is closed during the night hours!**

If you do need to get gas in the night, and you are close to exchange 24, you are also near **Panguitch**. Panguitch is off the course about 10 miles North on

highway 89. They have a few self paying gas stations. (See your maps or GPS)

**The last gas station available on the course** is found in **Duck Creek Village** by exchange 29 which has a self-paying gas stations. Don't forget to bring your credit card!

### Start Line Lodging and Dining

#### Rim Rock Inn – Start Line/Package Pick Host

2523 East Highway 24 Torrey, UT 84775

West of Capitol Reef National Park

Phone: 888-447-4676

reservations@TheRimRock.net

<http://www.therimrock.net/>

"Complete your Torrey, Utah lodging experience by enjoying the rustic feel of The Rim Rock Inn. Our remote location and breathtaking views are what make us different from other lodging in Torrey, Utah. With our two fabulous on-site dining options and other great features and amenities we have everything you'll need during your stay. You'll love having an outdoor entrance to your room and the beautiful scenic views from your own balcony of either Boulder Mountain or Redcliff Oasis."

#### Capitol Reef Resort – across from Start Line/Package Pick up

The Capitol Reef Resort, the closest hotel to Capitol Reef National Park, is located just off Highway 12 on Highway 24 in Torrey Utah.

"The Capitol Reef Resort offers spaciously-appointed guest rooms and suites, each equipped with cable satellite television with Starz and Encore. Free high-speed Internet access. Enjoy beautiful red rock cliff views while dining at the hotel's on site restaurant. This Utah hotel's additional amenities include an outdoor heated swimming pool and hot tub, limited business services and conference facilities. Pets are welcome in pet friendly rooms at no additional charge."

<http://CAPITOLREEFRESORT.COM>

**Experience the Longest Zipline in the World over water!**



We are often on the course improving it so if we don't answer, please text your questions.

**MOTELS IN TORREY, UTAH**

**\*Capitol Reef Resort**

2600 East Hwy 24 Box 750160, Torrey, UT, 84775  
 Phone: 888-610-9600  
<https://capitolreefresort.com/>

**Austin's Chuckwagon Motel, Store, and Bakery**

12 West Main Box 750180, Torrey, UT, 84775  
 Phone: 800-863-3288,  
 info@AustinsChuckwagonMotel.com  
[www.austinschuckwagonmotel.com](http://www.austinschuckwagonmotel.com)

**Boulder View Inn**

385 West Main Box 82, Torrey, UT, 84775  
 Phone: 800-444-3980  
 cptlreef@color-country.net  
[www.boulderviewinn.com](http://www.boulderviewinn.com)

**Broken Spur Inn**

955 East SR 24 , Torrey, UT, 84775  
 Phone: 18887411002  
 info@brokenspurinn.com  
 www.brokenspurinn.com

**Capitol Reef Inn & Cafe**

360 West Main Street, Torrey, UT, 84775  
 Phone: 435-425-3271  
 cri@capitolreefenn.com  
[www.capitolreefenn.com](http://www.capitolreefenn.com)

**Days Inn**

825 East Hwy 24, Torrey, UT, 84775  
 Phone: 888-425-3113  
 Flute Shop Motel  
 1705 South SR 12 , Torrey , UT, 84775  
 torreydaysinn@yahoo.com  
[www.daysinn.com/Torrey](http://www.daysinn.com/Torrey)

**Flute Shop Motel**

1705 South SR 12 , Torrey , UT, 84775  
 Phone: 435-425-3144  
 vancem@scinternet.net  
[www.fluteshopmotel.com](http://www.fluteshopmotel.com)

**Howard Johnson at Capitol Reef**

877 North SR 24 , Torrey, UT, 84775  
 Phone: 435-425-3866  
[www.hojo.com/Torrey-Hotel](http://www.hojo.com/Torrey-Hotel)

**Red Sands Hotel**

670 East Hwy 24 , Torrey, UT, 84775  
 Phone: 435-425-3688  
 staff@RedSandsHotel.com  
[redsandshotel.com](http://redsandshotel.com)



**\*Rim Rock Inn**

2523 East Hwy 24 Box 339, Torrey, UT, 84775  
 Phone: 888-447-4676  
[reservations@TheRimRock.net](mailto:reservations@TheRimRock.net), [www.therimrock.net](http://www.therimrock.net)



## BED & BREAKFAST IN TORREY, UTAH

### Skyridge Bed and Breakfast Inn

950 East Hwy 24 Box 750220, Torrey, UT, 84775

Phone: 435-425-3222

[info@skyridgeinn.com](mailto:info@skyridgeinn.com), [www.skyridgeinn.com](http://www.skyridgeinn.com)

### Torrey Pines Bed & Breakfast Inn

Hwy 12 Box 750274, Torrey, UT, 84775

Phone: 435-425-3401

[torreypinesinn@color-country.net](mailto:torreypinesinn@color-country.net)

[torreypinesinn.com](http://torreypinesinn.com)

### Torrey Schoolhouse Bed & Breakfast Inn

150 N. Center Street PO Box 750337, Torrey, UT, 84775

Phone: 435-633-4643

[torreyschoolhouseinfo@gmail.com](mailto:torreyschoolhouseinfo@gmail.com)

[www.torreyschoolhouse.com](http://www.torreyschoolhouse.com)

## LODGE IN TORREY, UTAH

### Cougar Ridge Lodge

560 East Cougar Ridge Road , Torrey, UT , 84775

Phone: 435-425-2091

[info@cougarridgelodge.com](mailto:info@cougarridgelodge.com), [www.cougarridgelodge.com](http://www.cougarridgelodge.com)

## CABINS IN TORREY, UTAH

### Austin's Chuckwagon Motel, Store, and Bakery

12 West Main Box 750180, Torrey, UT, 84775

Phone: 800-863-3288

[info@austinschuckwagonmotel.com](mailto:info@austinschuckwagonmotel.com)

[www.austinschuckwagonmotel.com](http://www.austinschuckwagonmotel.com)

### Cowboy Homestead - Luxury Cabins

2280 South Hwy 12 , Torrey, UT, 84775

Phone: 888-854-5871

[info@CowboyHomesteadCabins.com](mailto:info@CowboyHomesteadCabins.com)

[www.cowboyhomesteadcabins.com](http://www.cowboyhomesteadcabins.com)

## TORREY TRADING POST & CABINS

25 West Main Box 750171, Torrey, UT, 84775

Phone: 435-425-3716

[torrey@torreytradingpost.com](mailto:torrey@torreytradingpost.com)

[www.torreytradingpost.com](http://www.torreytradingpost.com)

## CAMPING/RV

### Sand Creek RV Park & Campground

540 Highway 24 , Torrey, UT, 84775

### Singletree Campground

Dixie National Forest Hwy. 12 - 17 miles south of Torrey, Torrey, UT, 84775

### Thousand Lakes RV Park & Campground

1110 W. Hwy 24 Torrey, UT, 84775

Phone: 1-800-355-8995

[reservations@thousandlakesrvpark.com](mailto:reservations@thousandlakesrvpark.com)

[www.thousandlakesrvpark.com](http://www.thousandlakesrvpark.com)

### Wonderland RV Park

Junction of Hwys 12 & 24 , Torrey, UT, 84775

Phone: 877-854-0184

[info@capitolreefrvpark.com](mailto:info@capitolreefrvpark.com)

[www.capitolreefrvpark.com](http://www.capitolreefrvpark.com)

## RESTAURANTS IN TORREY, UTAH

### \*Rim Rock Patio

2523 E. Hwy 24 , Torrey, UT, 84775

Phone: 435-425-3389

[reservations@TheRimRock.net](mailto:reservations@TheRimRock.net)

[www.therimrock.net](http://www.therimrock.net)

### \*Rim Rock Restaurant

2523 East Hwy 24 , Torrey, UT, 84775

Phone: 435-425-3388

[reservations@TheRimRock.net](mailto:reservations@TheRimRock.net)

[www.therimrock.net](http://www.therimrock.net)

### Austin's Chuckwagon Deli

12 West Main , Torrey, UT, 84775

Phone: 435-425-3290

[info@AustinsChuckwagonMotel.com](mailto:info@AustinsChuckwagonMotel.com)

[www.austinschuckwagonmotel.com](http://www.austinschuckwagonmotel.com)

### Broken Spur Steakhouse

955 E SR-24 PO Box 750355, Torrey, UT, 84775

Phone: 435-425-3775

[info@brokenspurinn.com](mailto:info@brokenspurinn.com)

[www.brokenspurinn.com/torrey-restaurant.php](http://www.brokenspurinn.com/torrey-restaurant.php)

### Cafe Diablo

599 West Main , Torrey, UT, 84775

Phone: 435-425-3070

[Cafediabloutah@gmail.com](mailto:Cafediabloutah@gmail.com)

[cafediablo.com](http://cafediablo.com)

### Capitol Reef Cafe

360 West Main , Torrey, UT, 84775

Phone: 435-425-3271

[cri@capitolreefinn.com](mailto:cri@capitolreefinn.com)

[www.capitolreefinn.com](http://www.capitolreefinn.com)

### CastleRock Coffee & Candy

Junction of Hwy 12 & 24 , Torrey, UT, 84775

Phone: 435-425-2100

[scottradius@gmail.com](mailto:scottradius@gmail.com)

[www.castlerockcoffee.com](http://www.castlerockcoffee.com)

### Chimney Rock Restaurant

2600 E. Hwy 24 , Torrey, UT, 84775

Phone: 1.435.425.3323

### La Cueva Restaurante Mexicano

875 North SR 24 , Torrey, UT, 84775

Phone: 1-435-425-2000

[cafelacueva.com](http://cafelacueva.com)

**Red Cliff Restaurant**

156 East Main Street , Torrey, UT, 84775  
Phone: 435-425-3797

**Slacker's Burger Joint**

165 East Main , Torrey, UT, 84775  
Phone: 435-425-3710

**Subway Sandwiches**

675 East Hwy 24 , Torrey, UT, 84775  
Phone: 435-425-3302

**Sweet Water Gypsies**

PO Box 750155 , Torry, UT, 84775  
Phone: 1-435-691-5464  
sweetwatergypsies@gmail.com

[www.sweetwatergypsies.com](http://www.sweetwatergypsies.com)

**The Saddlery Cowboy Bar and Steakhouse**

422 West Hwy 24 , Torrey, UT, 84775  
Phone: 1-435-425-2424  
shootingstarcowboy@yahoo.com  
[saddlerycowboybar.com](http://saddlerycowboybar.com)

**Torrey Grill at Thousand Lakes RV Park**

1110 West Hwy 24 , Torrey, UT, 84775  
Phone: 435-425-3500  
reservations@thousandlakesrvpark.com  
[www.thousandlakesrvpark.com](http://www.thousandlakesrvpark.com)

**FINISH LINE LODGING**

**Clear Creek Ranch –  
Finish line Host**

“Clear Creek Family Ranch is a large party venue, perfect for family reunions, weddings, corporate retreats, youth groups or any other group getaway - Groups of all sizes will find fun filled activities year-round at Clear Creek Family Ranch, located 2 miles east of Zion National Park.

The Lodge, The Stables, The Ranch House, Guest cottage, or The Bowery... each has it's own unique ranch setting, and they may be used separately or all together. Clean restrooms, tiled showers and laundry facilities help provide the best ranch living experience for your group or family.

Clear Creek Family Ranch spreads over 1000 acres of private land surrounded by some of America's most scenic wonders.”

The closest “big” cities would be Kanab (33 miles/50 minutes), Panguitch (66.5 miles/1.5 hours) or St. George (59 miles/ 1.5 hours) - through Zion National Park which requires a fee. There are also few small towns (Orderville and Mt. Carmel) and resorts (Zion Ponderosa Ranch and Resort and Zion Mountain Resort) near by that also offer lodging. The closest motels are located at the junction of Hwy 89 and Hwy 9 known as Mt. Carmel Jct.

The following nearby Hotels east of Zion.

**Golden Hills Motel**

23 rooms available  
\$55/night + tax

Centrally located in- Mt. Carmel Junction, Utah, at the intersection of Hwy 89 & 9, The Golden Hills Motel is the perfect location that is strategically located among the 10 National Parks, 4 National Forests, 11 National Monuments, and 8 State Parks of the Grand Circle. We offer clean, quiet, comfortable and affordable accommodations. We have a beautiful Riverfront View. Family Rooms, Electric Fireplaces, King Size beds etc...

Contact: James Carlon 1-800-648-2268

[www.goldenhillsmotel.com](http://www.goldenhillsmotel.com)

gldnhill@color-country.net

**Best Western Thunderbird Motel**

435-648-2203  
Mt. Carmel Junction

**Services Along the Course Listed by town**

**1. Boulder – Major Van Exchange 1 (leg 6)**

**Boulder Mesa Restaurant**

155 E Burr Trail off Hwy 12  
435-335-7447

[www.bouldermesa.com/index2.ivnu](http://www.bouldermesa.com/index2.ivnu)

bldrmesa@scinternet.net

Open all year except first 3 weeks in January. Hours: 8 a.m. - 9 p.m. American food, shrimp, roast beef, New York steaks, excellent fresh vegetable salads, home-made soups, Mexican favorites and a large vegetarian menu. Written up in national publications as a restaurant for the price conscious traveler with excellent food. Beer and Wine also available.

**Burr Trail Grill & Deli**

Hwy 12 & Burr Trail, PO Box 1423

Call: 435-335-7503 [www.burrtrailgrill.com](http://www.burrtrailgrill.com)

Open 11:30 a.m.- 9:00 p.m. World famous hamburgers, pizza, steaks, local trout, vegetarian selections and salads. Fresh and delicious house-made specialties. Beer and wine available.

**Hell's Backbone Grill**

On The Grounds of The Boulder Mountain Lodge.

(Hwy 12 & Burr Trail)

[www.hellsbackbonegrill.com](http://www.hellsbackbonegrill.com)

hellsbackbonegrill@color-country.net

Call: 435-335-7464, Fax: 435-335-7461

Breakfast served 7:30 a.m. - 11:30 a.m. Dinner served 5:30p.m. - 9:30 p.m. Regional Utah cuisine with emphasis on organics & locally raised meats, all food prepared from scratch, menu changes seasonally, vegetarian options, well-rounded wine list, Utah micro brewed beer. Seating for 45 inside & 20 outside. Children friendly, handicap accessible. Groups call ahead, reservations strongly recommended. Full service catering facility, able to accommodate any size wedding or retreat groups.

### **Hills and Hollows General Store/Deli**

840 W Hwy 12, 435-335-7349

More than just a convenience store and gas station! We offer natural foods and traditional groceries, along with our Grab n Go Deli and Wood Fired Bakery items. You'll find fresh sandwiches, handmade pizza, burritos and wood fired, homemade bakery treats; including cookies, trail mix and artisan breads(using as many organic ingredients as available). We have all your picnic needs, camping supplies, books, gifts, and more in our local, friendly market.

### **Pole's Place Restaurant**

465 N Hwy 12

435-335-7422

[www.boulderutah.com/polesplace/](http://www.boulderutah.com/polesplace/)

Seasonal (call for dates)



### **3. Escalante – Major Van Exchange 2 (leg 12)**

#### **Circle D Eatery**

485 W Main St 435-826-4125

escalantecircledmotel.com

circledmotel@scinternet.net

Open Breakfast, Lunch and Dinner March through November

### **Cowboy Blues**

530 W Main St

435-826-4577

[www.cowboyblues.net](http://www.cowboyblues.net)

Open all year ( 7 days a week) (Summer hours: 5:00-10:00 pm) (Winter Hours 5:00 p.m. to 9:00 p.m.) No breakfast served. Southwest cuisine including, steaks, ribs, trout, seafood, nightly specials, pizza & hamburgers. Full service bar with wine, beer & liquors. Seating for 60 people. \*Groups please call ahead.

### **Escalante Outfitters Cafe**

310 W Main, Box 575

Call 435-826-4266

info@escalanteoutfitters.com

Open all year ( 8:00 a.m. - 9:00 p.m.) Serving: pizza, submarine sandwiches, ice cream, gourmet coffee, draft beer, liquor package agency. Seating for 25 people inside and 20 people outside.

### **Georgie's Corner Cafe, Bakery & Deli**

190 W Main St

435-826-4784

Lunches served Tuesday-Saturday 11:30-4:30 p.m. Dinners Served Monday- Saturday 4:30-9:00 p.m. Adding Breakfast soon!! Everything is homemade.. Seating for 20-25 people, Outdoor seating also available. Serving Mexican food, salads, deli sandwiches, and bakery items.. Desserts, cookies, shakes as well as espresso and Lattes. All menu items are available for take-out!

### **\*Kiva Koffeehouse**

Hwy 12 at mile marker 73.86,

Call: 435-826-4550

[www.kivakoffeehouse.com](http://www.kivakoffeehouse.com)

kivakoffee@infowest.com

Seasonal ( Approx. Apr. 1- Oct. 31) Wednesday- Sunday, hours: 8:30 a.m - 4:30 p.m. Serving pastries, soups and sandwiches. Great scenic view of Grand Staircase Escalante National Monument.

### **North Creek Grill**

Highway 12 at North Creek Lakes Exit

435-616-4999

[www.slotcanyonsinn.com](http://www.slotcanyonsinn.com)

restaurant@slotcanyonsinn.com

Located 5 miles west of Escalante behind Slot Canyons Inn Seasonal: April-Nov 5:30-9:00 Serving brick oven pizzas, gourmet soups, salads, entrees and BBQ specials in a grand outdoor setting Seating: 40 outside 15 inside By reservation.

### **Prospector Restaurant**

400 W Main

435-826-4775

Open all year (Summer: 6:30 a.m. - 10:00 p.m.) Full menu breakfast, lunch & dinner, children's menu. Steaks, Mexican food, seafood, sandwiches, etc. Seating for up to 85 people, groups call ahead (dining area for groups).

### **Subway**

75 E Main

435-826-4232

Open year round- a healthy alternative to fast food including; sandwiches, soups and pizza. Buses Welcome! Subway, eat fresh!

**The Coffee Hole**

325 W Main Street

435-826-4967

utahcanyons@utahcanyons.com

Espresso drinks done right! We carefully brew fresh organic, shade grown coffee and offer baked goods with an emphasis on healthy ingredients. The perfect compliment to a fine cup or a satisfying trail snack for your desert hike.

**Trailhead Cafe**

125 E Main Street

435-826-4714

[excursions-escalante.com/html/trailhead\\_cafe.html](http://excursions-escalante.com/html/trailhead_cafe.html)

**html**

trailhead@excursions-escalante.com

Seasonal (April 15th-Nov. 1st), (Spring & Summer: 8:00 am - 7:00 pm) (closed Tuesdays) Fresh roasted espressos, smoothies, pastries & breads baked daily, specialty sandwiches, homemade soups & pasta salads. Available to go. Outdoor grill. Seating for 13 people inside & 25 people outside. Groups call ahead for faster service.

**Wild West Retreat Cowboy Cookouts**

269 S 200 E, Escalante, Utah

866-292-3043, 435-826-4849

[www.wildwestretreat.com](http://www.wildwestretreat.com)

yahoo@wildwestretreat.com

Enjoy a fun wild west cowboy cookout. For groups with reservation.

**4. Cannonville – Major Van Exchange 3 (Leg 18)****LODGING****Grand Staircase Inn & Country Store**

105 N. Kodachrome Dr., Box 180026

877-472-6346 / 435-679-8400

[www.grandstaircaseinn.com](http://www.grandstaircaseinn.com)

grandinn@color-country.net

\$49-\$119 26 guest rooms (17 w/K beds), honeymoon suite w/jacuzzi-hot tub, anniversary suite, non-smoking rooms, 2 handicap rooms. TV, all rooms A/C, phones, internet access, gift shop, convenience store & gasoline. Open all year. Gateway to Kodachrome State Park. 1/2 block from the new Grand Staircase Escalante National Monument Visitor Center!

**Trailhead Station and Cabins at Kodachrome Basin State Park**

Located 9 miles south of Cannonville and Scenic Byway 12.

PO Box 180076, Cannonville, UT 84718

435-679-8536 or 435-679-8787

\$92.00+ Tax 6 Deluxe, climate controlled cabins. Non smoking, A/C, microwave, refrig., covered porch with picnic table, Charcoaled BBQ. General Store with groceries, ice and souvenirs.

**CAMPING****Cannonville-Bryce Valley KOA Campground & RV Park**

Hwy 12 at Red Rock Road, Box 180050

888-562-4710 or 435-679-8988

[www.brycecanyonkoa.com](http://www.brycecanyonkoa.com) • [bvkoa@color-country.net](mailto:bvkoa@color-country.net)

64 RV Sites (including 2 group sites), Lodge, 7 cabins, 19 tent sites. Showers, flush toilets, water, grills, laundry, game room, swimming pool, dump station, propane, convenience store, picnic pavilion with cooking facilities for groups up to 30. WiFi

**5. Tropic – Ex. 19****LODGING**

Bryce Canyon Livery B&amp;B

Bryce Country Cabins

Bryce Point Bed &amp; Breakfast

Bryce Trails Bed &amp; Breakfast

Buffalo Sage Inn B&amp;B

Bullberry Inn B &amp; B

**HOTELS / MOTELS**

America's Best Value Inn &amp; Suites Bryce Valley Inn

Bryce Canyon Inn

Bryce Canyon Log Cabins

Bryce Pioneer Village

Stepping Stone Inn

Stone Canyon Inn

**DINING**

Bryce Canyon Coffee Co.

Clark's Restaurant

The Pizza Place

FOR MORE INFO SEE: <http://www.brycecanyoncountry.com/where-stay-eat/#info>

**6. Bryce Canyon City – Ex. 22****LODGING**

Bryce View Lodge  
The Lodge at Bryce Canyon

**HOTELS/MOTELS**

Best Western Bryce Canyon Grand Hotel  
Best Western Ruby's Inn  
Bryce Canyon National Park  
Bryce Canyon Pines Motel  
Foster's Motel

**CAMPING**

Bryce Canyon National Park  
Bryce Canyon Pines Restaurant Gift Shop / Camp-  
ground Store  
Bryce Canyon Pines Store & Campground  
Bryce Canyon Resort LLC RV Park  
Ruby's Inn RV Campground

FOR MORE INFO SEE: <http://www.brycecanyoncountry.com/where-stay-eat/#info>

**7. Junction 89 & 12, Utah - Ex. 23****LODGING**

Cottonwood Meadow Lodge  
Harold's Place Inn  
Bryce Canyon Western Resort  
Red Canyon RV Park

**8. Panguitch**

Panguitch is off the course on Hwy 89- 10 miles north of Hwy 12 and Hwy 89 Jct. (Good for gas and food)

**DINING**

Arby's Express at Chevron C-Store  
Bronco Bobbi's  
C STOP PIZZA & DELI  
Country Corner Cafe  
Cowboy's Smokehouse Bar-B-Q  
Flying M Restaurant  
Henrie's Drive-In  
Owens Travel Center Restaurant  
Rodeo Grounds at Bronco Bobbi's  
Subway

FOR MORE INFO SEE: <http://www.brycecanyoncountry.com/panguitch.html?info=dining#moreinfo>

**LODGING**

A Perfect Place to Stay  
Grandma's Cottage  
Panguitch KOA Campground  
Panguitch Lake Resort  
The Lamp Lighter Lodge

**HOTELS/MOTELS**

Adobe Sands Motel  
Blue Pine Motel  
Bryce Canyon Motel  
Bryce Canyon Western Resort  
Bryce Way Motel  
Canyon Lodge Motel  
Color Country Motel  
Historic Panguitch Inn  
Knights Inn  
Marianna Inn Motel  
New Bryce Western Inn  
Owens Travel Center  
Purple Sage Motel  
The Red Brick Inn of Panguitch B&B

**CAMPING**

Big Fish KOA Campground  
Hitch 'N Post Campground  
Paradise RV & Campground

FOR MORE INFO SEE: <http://www.brycecanyoncountry.com/panguitch.html?info=lodge#info>

**9. Hatch – Major Van Exchange 4 (leg 24)****LODGING****\*Riverside Resort & RV Park**

594 US HWY 89, Box 521 Hatch, Utah  
435-735-4223

[info@riversideresort-utah.com](mailto:info@riversideresort-utah.com)

<http://www.theriversideranch.com/>

13 guest rooms, 1 family suites, 1 handicap room, themed rooms, non-smoking rooms, in-room coffee, all rooms with refrigerators and microwaves, AC, Satellite TV, guest laundry. 10% discount in our full service restaurant for motel and RV guests. Campground, pavilion river fishing and other recreational activities, propane, c-store, gift shop, antiques, crafts, pets welcome. Hunting/Fishing/Horseback excursions available. Horse Sporting. ATV Guided Tours. Discount available for AAA, Good Sam, AARP, Elks, Union members and Escapees. Reservations Recommended. Horse Stalls - Have round pen available. RV - 125 Spaces/ 47 full hookups/ 15 river sites/ 300 tent sites/group area. Water, hot showers, laundry, mini store, dump station,

2 group pavilions, group area, facilities for up to 300 people. Pack Trips & Wagon Rides - Come and join us for an adventurous pack trip or horse drawn wagon ride. Also look into our Cowboy Nights Dinner Wagon Ride.

### **Bryce Canyon Vacation House Rental**

Hatch, UT

435-690-0191

[www.homeaway.com/vacation-rental/p908405](http://www.homeaway.com/vacation-rental/p908405)

3 bedrooms, 2 full bathrooms, huge loft, Sleeps 8 to 40 Welcome to our home! With 3 bedrooms, 2 bathrooms, a gourmet kitchen, family room with large fireplace, and a huge loft, it has the space (nearly 4,000 square feet), and the amenities to make your stay enjoyable. The large master bedroom has a king bed, large closet, and private entrance from outside. The guest room has a king bed. The third bedroom has 2 twin size bunk beds (4 beds). The master bath has a large jetted tub, and a shower with dual shower heads. The kitchen has dual ovens, a convection stove top, microwave, large island that seats 6 to 10, side by side refrigerator, dishwasher, and much more. The loft is over 1,500 square feet. If you bring sleeping bags, you can sleep 40. This is a great area for the kids to play, to have meetings, and much more. Washer and Dryer are on site. Large wood burning fireplace. The view of the Paunsagaunt Plateau are tremendous. Star Gazing at its best.

### **Mountain Harvest Restaurant, Lodging & Country Store**

177 S Main, Hwy 89 735-4014

### **HOTELS/MOTELS**

#### **Hatch Station**

177 S. Main US Hwy 89, Box 385 Hatch, UT 84735

435-735-4015

<http://www.hatchstationutah.com/>

Hatchstation@hatchhotels.com

15 guest rooms, including 2 family suites. Newly refurbished interiors. All rooms have satellite TV, wi-fi access, refrigerator and microwave, pets okay (with deposit), non-smoking, air conditioning, heat. Public Laundromat and convenience store on premises. Best rates in town! Intimate dining steakhouse to open this season.

### **Mountain Ridge Motel & RV Park**

435-735-4300

20 Full RV Hookups, Newly Re-Done Motel with 8 suites and 3 Family Suites, All new 32 inch flat screen TVs, Broyhill Furniture, Satellite TVs, AC, Kitchens Available, Wireless Internet

### **The Galaxy of Hatch**

216 North Main Street

PO Box 385 Hatch, UT 84735

Hotel: 1-435-735-4015 Harley Shop: 1-435-735-4031

Galaxy Diner: 1-435-735-4017

<http://www.galaxyofhatch.com/>

galaxy@hatchhotels.com

Brand new Motorcycle themed rooms, all with 2 queen beds, refrigerator and microwave, air conditioning and heat, smoking outside and satellite TV. A Biker oriented gift shop and a nostalgic 50's style diner are also found on premises.

### **CAMPING**

#### **Mountain Ridge Motel & RV Park**

#### **Riverside Resort & RV Park**

FOR MORE INFO SEE: <http://www.brycecanyoncountry.com/hatch.html?info=lodge#info>

### **DINING**

#### **Cactus Cowboy Restaurant**

594 US Hwy 89 (Riverside Resort)

800-824-5651 / 435-735-4223

[www.riversideresort-utah.com](http://www.riversideresort-utah.com)

info@riversideresort-utah.com

Real western hospitality with river view dining. Featuring buffalo burgers, BBQ ribs & homemade peach cobbler. Full breakfast, lunch & dinner menus including steaks, fish, chicken, pasta, pork chops, homemade soups, stews, chili, pizza & specialty salads. Beer and Wine also served. Daily specials starting at just \$3.99. (located adjacent to the Riverside Resort & RV Park). Catering available.

#### **Café Adobe**

16 N Main

435-735-4020, Fax: 435-735-4021

Seasonal (Spring & Summer: 8:00 a.m. - 9:00 p.m.) (Fall: 10:00 a.m. - 7:00 p.m.) Specialty sandwiches, gourmet hamburgers, fresh signature salads. Seating for 35 people inside and 25 people outside. Parties of 15 or more people please call ahead.

**Galaxy Diner**

216 N Main St Hatch, UT 84735

435-735-4014, Fax: 435-735-4037

[www.hatchhotels.com](http://www.hatchhotels.com) • galaxy@hatchhotels.com

Fifties diner serving breakfast from 7-11 AM, Burgers, etc...from 11AM to 9PM. Rock and Roll Always!

**Hatch Station's Dining Car**

177 S Main St PO Box 385 Hatch, UT 847358

[www.hatchhotels.com](http://www.hatchhotels.com)

Hatchstation@hatchhotels.com

Steak, steak and more steak! Serving from 5 PM to 10 PM seven days a week. Reservations recommended.

**Mountain Harvest Restaurant, Lodging & Country Store**

177 S Main, Hwy 89 735-4014

FOR MORE INFO SEE: <http://www.brycecanyon-country.com/hatch.html?info=lodge#moreinfo>

Coffee Shop Open daily 8.30am-5:pm

**Pinewoods Resort Restaurant**

121 Duck Creek Ridge Road Duck Creek UT 84762

800-848-2525 • [www.pinewoodsresort.com](http://www.pinewoodsresort.com)

Family -style restaurant serving breakfast, lunch and dinner. Can cater to groups with notice.

**The Back Room Espresso Bar & Book Exchange**

76 Movie Ranch Rd. Duck Creek UT 84762

435-682-2690

FOR MORE INFO SEE: <http://www.visitsouthernutah.com/duck-creek.html#Restaurants/Dining>

**10. Duck Creek Village – Exchange 29**

Last town to get food and fuel to get to finish line which is about 40 miles away and return to freeway post race.

**RESTAURANTS / DINING****Duck Creek Village Inn Restaurant**

Highway 14 PO Box 1159 Duck Creek UT 84762

435-682-2565 • [www.duckcreekvillageinn.com](http://www.duckcreekvillageinn.com)

Supper club serving dinner. Utah Liquor License

**Hot Mama's Pizza & Brew**

61 Movie Ranch Rd, Duck Creek UT 84762

435-682-4669

**Pinewoods Resort Coffee and Internet Cafe**

121 Duck Creek Ridge Road Duck Creek UT 84762

435-682-3660



# CONTACT INFORMATION

## RACE DIRECTOR

**Ellen Mueller**

mobile: 801-809-3230

email: ellen@topofzion.com

## VOLUNTEER COORDINATOR

**Ellen Mueller**

mobile: 801-809-3230

email: ellen@topofzion.com

## MEDICAL DIRECTOR

**Warren Mueller**

mobile: 801-809-3230

email: medical@topofzion.com

## MARKETING/COMMUNICA- TION DIRECTOR

Erynn Kerrington

## SPONSORSHIP COORDINATOR

**Ellen Mueller**

mobile: 801-897-7227 / 801-809-3230

email: advertising@topofzion.com

## WEBSITES

[www.topofzion.com](http://www.topofzion.com)

[www.facebook.com/topofzionrelay](https://www.facebook.com/topofzionrelay)

[www.runbackcountry.com](http://www.runbackcountry.com)

**EMAIL** QUESTIONS to: [contact@topofzion.com](mailto:contact@topofzion.com)



# NOTES





# TOP OF ZZZZION SLEEP RELAY

## Mileage Chart

5.10.2018

Distances are subject to change.

SLEEP RELAY MILEAGE CHART

SLEEP RELAY LEGS 1-12 & 31-36 MILEAGE OVERVIEW						
Runner 1	Runner 2	Runner 3	Runner 4	Runner 5	Runner 6	
<b>LEG 1</b> <b>9.4 miles</b> Super Hard 1262 ft+ / -597 ft TM = 9.4	<b>LEG 2</b> <b>7.1 miles</b> Super Hard 1970 ft / -420 ft TM = 16.5 mi	<b>LEG 3</b> <b>4.1 miles</b> Hard 755 ft / -840 ft TM = 20.6 mi	<b>LEG 4</b> <b>7.2 miles</b> Very Hard 1229 ft / -717 ft TM = 27.8 mi	<b>LEG 5</b> <b>6.0 miles</b> Moderate 198 ft / -1919 ft TM = 33.8 mii	<b>LEG 6</b> <b>5.4 miles</b> Easy 43 ft / -989 ft TM = 39.2 mi	LEGS 1 - 6  <b>39.2</b> MILES
<b>LEG 7</b> <b>3.7 miles</b> Moderate 695 ft / -623 ft TM = 42.9 mi	<b>LEG 8</b> <b>3.6 miles</b> Easy 137 ft / -498 ft TM = 46.5 mi	<b>LEG 9</b> <b>6.5miles</b> Hard 917 ft / -1898 TM = 53.0 mi	<b>LEG 10</b> <b>4.0 miles</b> Very Hard 1217 ft / -436 ft TM = 57.0 mi	<b>LEG 11</b> <b>5.0 miles</b> Moderate 52 ft / -685 ft TM = 126.9 mi	<b>LEG 12</b> <b>5.0 miles</b> Easy 805 ft / -138 ft TM = 57.5 mi	LEGS 7 - 12  <b>27.8</b> MILES
<b>LEG 31</b> <b>6.1 miles</b> Hard 510 ft / - 677 ft TM = 63.6 mi	<b>LEG 32</b> <b>9.0 miles</b> Hard 208 ft / -2085 ft TM = 74.1 mi	<b>LEG 33</b> <b>7.0 miles</b> Very Hard 669 ft / -1352 ft TM = 79.6 mi	<b>LEG 34</b> <b>4.1 miles</b> Very Hard 738 ft / -723 ft TM = 83.7 mi	<b>LEG 35</b> <b>3.0 miles</b> Hard 501 ft / -220 ft TM = 86.7 mi	<b>LEG 36</b> <b>7.2 miles</b> Very Hard 771 ft / - 1259 ft TM = 93.9 mi	LEGS 31 - 36  <b>36.4</b> MILES
Legs 1, 7, 31  <b>19.2</b> <b>MILES</b>	Legs 2, 8, 32  <b>19.7</b> <b>MILES</b>	Legs 3, 9, 33  <b>17.6</b> <b>MILES</b>	Legs 4, 10, 34  <b>15.3</b> <b>MILES</b>	Legs 5, 11, 35  <b>14.0</b> <b>MILES</b>	Legs 6, 12, 36  <b>17.6</b> <b>MILES</b>	<b>103.4</b> <b>MILES</b>



Runner mile average = 17.23

299 ft / -80 ft = approximate elevation gain or loss

TM = 48.4 mi = Total miles of course up to that leg

Levels: Super Hard, Very Hard, Hard, Moderate, Easy

**GRAND TOTAL**

**103.4 MILES**

# MILEAGE CHART



## TOP OF ZION RELAY

### Mileage Chart

5.10.2018

Distances are subject to change.

## TOP OF ZION 2 DAY RELAY LEGS 1-36 MILEAGE OVERVIEW

Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner	Runner																																			
1	2	3	4	5	6	7	8	9	10	11	12																																											
<b>LEG 1</b> 9.4 miles Super Hard 1262 ft+ / -597 ft TM = 94	<b>LEG 2</b> 7.1 miles Super Hard 1970 ft / -420 ft TM = 16.5 mi	<b>LEG 3</b> 4.1 miles Hard 755 ft / -840 ft TM = 20.6 mi	<b>LEG 4</b> 7.2 miles Very Hard 1229 ft / -717 ft TM = 27.8 mi	<b>LEG 5</b> 6.0 miles Moderate 198 ft / -1919 ft TM = 33.8 mi	<b>LEG 6</b> 5.4 miles Easy 43 ft / -989 ft TM = 39.2 mi	<b>LEG 7</b> 3.7 miles Hard 695 ft / -623 ft TM = 42.9 mi	<b>LEG 8</b> 3.6 miles Easy 137 ft / -498 ft TM = 46.5 mi	<b>LEG 9</b> 6.5 miles Hard 917 ft / -1898 ft TM = 53.0 mi	<b>LEG 10</b> 4.0 miles Very Hard 1217 ft / -436 ft TM = 57.0 mi	<b>LEG 11</b> 5.0 miles Moderate 273 ft / -699 ft TM = 62.0 mi	<b>LEG 12</b> 5.0 miles Easy 306 ft / -273 ft TM = 67.0 mi	<b>LEGS</b> 1 - 6 <b>39.2</b> MILES	<b>LEG 19</b> 5.0 miles Moderate 561 ft / -141 ft TM = 106.1 mi	<b>LEG 20</b> 6.5 miles Super Hard 1495 ft / -180 ft TM = 112.6 mi	<b>LEG 21</b> 4.8 miles Easy 202 ft / -85 ft TM = 117.4 mi	<b>LEG 22</b> 5.1 miles Moderate 306 ft / -663 ft TM = 122.5 mi	<b>LEG 23</b> 4.4 miles Easy 52 ft / -685 ft TM = 126.9 mi	<b>LEG 24</b> 7.5 miles Very Hard 456 ft / -278 ft TM = 135.4 mi	<b>LEGS</b> 7 - 12 <b>27.8</b> MILES	<b>LEG 31</b> 6.1 miles Hard 510 ft / -677 ft TM = 164.7 mi	<b>LEG 32</b> 9.0 miles Hard 208 ft / -2085 ft TM = 175.2 mi	<b>LEG 33</b> 7.0 miles Very Hard 669 ft / -1352 ft TM = 180.7 mi	<b>LEG 34</b> 4.1 miles Very Hard 738 ft / -723 ft TM = 184.8 mi	<b>LEG 35</b> 3.0 miles Hard 501 ft / -220 ft TM = 187.8 mi	<b>LEG 36</b> 7.2 miles Very Hard 771 ft / -1259 ft TM = 195.0 mi	<b>LEGS</b> 13 - 18 <b>34.1</b> MILES	<b>LEG 13</b> 7.0 miles Very Hard 724 ft / -218 ft TM = 74.0 mi	<b>LEG 14</b> 6.2 miles Very Hard 932 ft / -232 ft TM = 80.2 mi	<b>LEG 15</b> 5.2 miles Hard 605 ft / -73 ft TM = 85.4 mi	<b>LEG 16</b> 4.1 miles Easy 242 ft / -1113 ft TM = 89.5 mi	<b>LEG 17</b> 8.0 miles Hard 241 ft / -914 ft TM = 97.5 mi	<b>LEG 18</b> 3.6 miles Easy 234 ft / -332 ft TM = 101.1 mi	<b>LEGS</b> 19 - 24 <b>33.3</b> MILES	<b>LEG 25</b> 4.3 miles Easy 299 ft / -80 ft TM = 138.7 mi	<b>LEG 26</b> 4.9 miles Hard 583 ft / -195 ft TM = 143.6 mi	<b>LEG 27</b> 4.1 miles Hard 587 ft / -78 ft TM = 147.7 mi	<b>LEG 28</b> 3.4 miles Easy 350 ft / -52 ft TM = 151.1 mi	<b>LEG 29</b> 2.9 miles Easy 192 ft / -45 ft TM = 152.8 mi	<b>LEG 30</b> 4.6 miles Very Hard 805 ft / -138 ft TM = 158.6 mi	<b>LEGS</b> 25 - 30 <b>24.2</b> MILES	<b>LEG 1</b> 20.7 MILES	<b>LEG 2</b> 18.2 MILES	<b>LEG 3</b> 13.4 MILES	<b>LEG 4</b> 14.7 MILES	<b>LEG 5</b> 16.9 MILES	<b>LEG 6</b> 13.6 MILES	<b>LEG 7</b> 14.8 MILES	<b>LEG 8</b> 19.1 MILES	<b>LEG 9</b> 18.3 MILES	<b>LEG 10</b> 13.2 MILES	<b>LEG 11</b> 12.4 MILES	<b>LEG 12</b> 19.7 MILES	<b>LEGS</b> 31 - 36 <b>36.4</b> MILES	<b>LEGS</b> 37 - 42 <b>97.5</b> MILES

299 ft / -80 ft = approximate elevation gain or loss  
 TM = 138.4 mi = Total miles of course up to that leg  
 Levels: Super Hard, Very Hard, Hard, Moderate, Easy



Van 1 runner mile average = 16.25  
 Van 2 runner mile average = 16.25  
 Total average miles per runner = 16.25

### GRAND TOTAL

**195.0 MILES**



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