



TOP OF ZION
NATIONAL PARKS RELAY

Race Guide 2026

**195 Miles. 3 National Parks.
One unforgettable experience.**

WELCOME TO THE TOP OF ZION RELAY

**195 Miles. 3 National Parks.
One unforgettable experience.**

WHAT TO EXPECT

- Multiple race distances: 195 miles to 36 miles
- Day and night running conditions
- Road and backcountry terrain
- A team-based endurance **experience**



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Welcome to the Top of Zion National Parks Relay. We're excited to have you join us for this incredible team adventure through some of Utah's most iconic landscapes.

You and your team will take on a challenging course spanning 195, 127, 60, or 36 miles, traveling from Capitol Reef to Bryce Canyon to the top of Zion National Park. Along the way, you'll run through changing terrain, elevations, and conditions—day and night—pushing yourself and supporting your team every step of the way.

This event was created to bring people together through a shared goal: reaching Zion. With every mile, you'll experience unforgettable views, build stronger connections, and accomplish something truly rewarding.

Prepare well, support your team, and enjoy the journey—we'll be cheering you on all the way to the finish line.

HOW TO USE THIS GUIDE

This guide is designed to help you prepare for and navigate the Top of Zion Relay from start to finish. Whether you're planning ahead or checking details during the race, everything you need is organized into the sections below.

START HERE

Begin with the Event Overview and Required Team Items to understand the race format and what your team needs before arriving.

PLAN AHEAD

Review Team Information, Van Exchanges, and Race Logistics to coordinate your team, understand timing, and prepare for each leg of the race.

RACE DAY

Use Maps, Mileage Charts, and Course Information to guide you through the course and stay on track throughout the event.

STAY SAFE

Familiarize yourself with the Safety and Medical sections to ensure your team is prepared for changing conditions and knows what to do if issues arise.

NEED HELP?

Contact information is included at the end of the guide if you have questions before or during the event.

TOP
OF
ZION

🔥 Strengthen your spirit. 🏃 Train your body. ❤️ Build connection. 🧠 Focus your mind.

🏔️ RUN BACKCOUNTRY PRESENTS

TOP OF ZION

national parks relay

● JUNE 10-12, 2027

TOGETHER WE'RE MORE!

Run world-class scenery & conquer the Top with family and friends!

Register at runbackcountry.com

CHOOSE YOUR RELAY

FULL, ULTRA, 2-DAY OR 3-DAY SLEEP, 1 DAY OR MINI RELAY

FULL & ULTRA	3 DAY SLEEP	2 DAY SLEEPS	1 DAY & MINI
12 or 6 Runners	12 or 6 Runners	12 or 6 Runners	6, 3 or 2 Runners
195.5 Miles	195 Miles	126 or 100 Miles	60 or 37 Miles
2 Days & 1 Nights	3 Days	2 Days	Saturday



SIGN UP. RACE. GIVE BACK.

☀️ 2% of your fee supports

Lighthouse Sanctuary.

- 3 National Parks
- 2 National Monuments
- 1 National Forest 4X
- 3 Scenic Byways



TOP OF ZION
NATIONAL PARKS RELAY

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Race Weekend: What To Expect

Everything you need to know about how race weekend unfolds—from start to finish—for every relay format.

FULL & SLEEP RELAY PACKET PICK-UP & PRE-RACE EVENTS

Backdrop – Capitol Reef

June 11 (Thursday)
4:30 PM – 8:30 PM | Rim Rock Patio
2523 East Highway 24, Torrey, UT 84775

CHECK-IN
Pick up race bags

SAFETY CHECK
Bring required safety items

SPAGHETTI DINNER
Order, eat, and enjoy the evening on the patio

CAPTAIN'S MEETING
7:00 PM
Not mandatory if Race Guide has been reviewed

VOLUNTEER MEETING
8:00 PM
Pick up packets and review duties

LODGING
*Rim Rock Inn
or Capitol Reef Resort (across the street)*

RACE DAY START

CHECK-IN
Arrive 1–2 hours early if you still need race bags

SAFETY CHECK
Arrive 1–2 hours early to present required gear

START TIME CHECK-IN
Arrive 30 minutes prior to your start time

START TIMES
Double-check assigned start time for accuracy

Next: Race Day Quick Reference →

HAIR

with

CHRISTINE



SERVICES OFFERED

- STYLING
- HAIRCUT
- HAIR COLOR
- HAIR EXTENSION

CONTACT US

- 801 628 3252
- luffabell1@gmail.com
- 3745 Dove Dr., Pocatello ID 83201

KEY INFO

All times are local. Schedule is subject to change—please check race communications for updates.

Key Dates & Deadlines

Key dates and times for race weekend.

BEFORE RACE DAY

Volunteer Payment Deadline
May 16 (Saturday)

Final Team Name Change Deadline
May 16 (Saturday)
Contact Race Director

Runner Substitution Deadline
June 1 (Monday)

CHECK-IN & MEETINGS

Full, Ultra & Sleep Relay Check-In
June 11 (Thursday)
4:30 PM – 8:30 PM

Team Captain's Meeting
June 11 (Thursday)
7:00 PM | Rim Rock Patio

Exchange Volunteer Meeting
June 11 (Thursday)
8:00 PM | Rim Rock Patio or Online

RACE DAY

Race Start
June 12 (Friday)
4:00 AM – 10:00 AM
Assigned start times

Official Night Running Hours
7:00 PM – 7:00 AM
Headlamps and reflective vests required

POST RACE

Awards Ceremony
June 13 (Saturday)
Throughout the day

Most Enthusiastic Volunteer Voting Deadline
June 22 (Friday)
11:59 PM
Vote via Facebook or email

Race Weekend Schedule

Wednesday, June 10



Packet Pickup

3-Day Relay

7 PM - 8 PM

Escalante City Park
Ex. 24

Friday, June 12



Start Line

Full, Ultra, Sleep, 3-Day Relay

4:00 AM - 10:00 AM

Rim Rock Patio



Day 2 Finish Line

3-Day And Sleep Relay

4:30 - 6:30 PM

Escalante City Park Ex. 12

Thursday, June 11



Day 1 Start Line

3-Day Relay

6:00 AM

Escalante City Park Ex. 24



Day 1 Finish Line

3-Day Relay

3:30 - 7:30 PM

Riverside Ranch Ex. 24



Packet Pickup

Full, Ultra, Sleep Relay

4:30 PM - 8:30 PM

Rim Rock Patio

Saturday, June 13



Start Line & Pickup

Sleep, 3-Day, 1-Day Relay

6:00 AM

Riverside Ranch Ex. 24



Start Line & Pickup

Mini Relay

8:00 AM

Navajo Lake Exchange 30



Finish Line

All Six Relays

10:00 AM - 8:00 PM

The Ranch At Zion

Race Day Quick Reference

Everything you need to know at a glance before and during race day

RACE DAY KEY TIMES

Team Check-In:

June 10 (Wednesday) 3 Day
7:00 PM – 8:00 PM

June 11 (Thursday) Full/Sleep
4:30 PM – 8:30 PM

June 13 (Saturday) 1 Day & Mini
5:00 AM & 7:00 AM

Race Start:

June 11 (Thursday)
6:00 AM

June 12 (Friday)
4:00 AM – 10:00 AM

June 13 (Saturday)
6:00 AM & 8:00 AM

Captain's Meeting:

June 11 (Thursday)
7:00 PM or Online

Volunteer's Meeting:

June 11 (Thursday)
8:00 PM or online

REQUIRED TEAM ITEMS

First Aid Kit (1 per van)

Reflective Vests (2 per van)

Headlamps or Knuckle Lights (2 per van)

Blinking Tail Lights (2 per van)

Orange Safety Flag (1 per van)

Printed or Digital Race Guide

Garbage Bags

GPS or Map

Cooling Method (e.g., water sprayer)

IMPORTANT REMINDERS

- Night running requires reflective gear and headlamps
- Follow all race rules and exchange procedures
- Stay aware of weather and changing conditions
- Communicate with your team at all times

Relay Basics

What is a Relay?

A relay team is made up of runners who take turns completing portions of the course. Teams may consist of 12 runners (Full Relay), 6 runners (Sleep, 1-Day, or Ultra Relay), or 6, 3 or 2 for MIni Relay division.

The course is divided into multiple legs, with each runner completing one or more legs. Each leg is typically between 3 and 9 miles in length.

During the race, one runner is on the course at a time while the rest of the team supports and prepares for their next leg.

What Will Each Runner Do?

Each team member runs one or more legs of the course. Legs vary in distance and difficulty, allowing teams to assign runners based on ability and preference.

This relay format makes the race accessible for beginners while still offering a challenge for experienced runners.

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.

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 portable toilet nearby and lights during the night.

All 36 legs can be found later in this Race Guide with descriptions and pictures of each leg and the surrounding tourist attractions and amenities.

What is a Van Exchange?

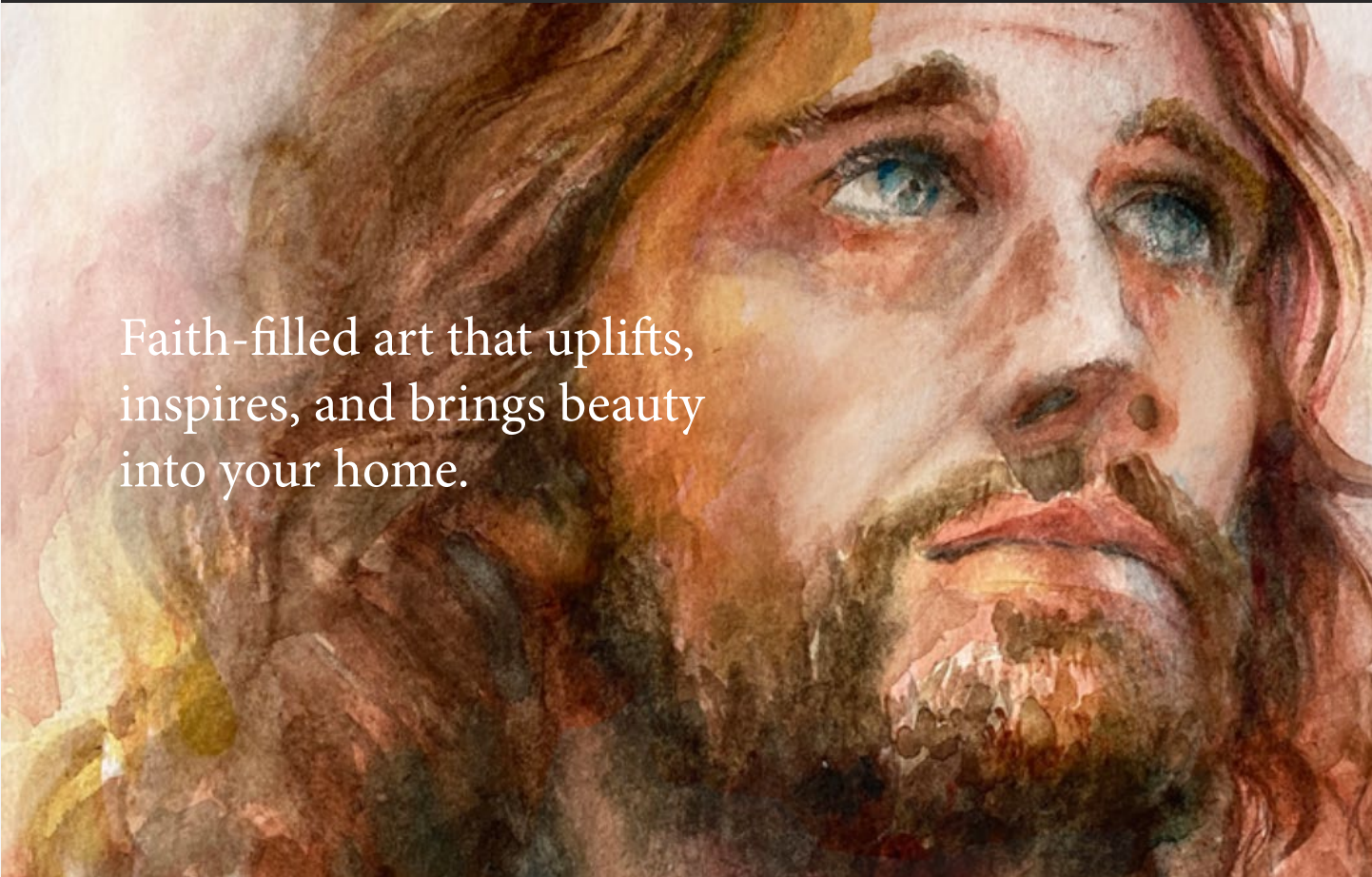
A Van (or Vehicle) Exchange is the point where the last runner in one vehicle (vehicle 1) exchanges with the first runner in the other vehicle (vehicle 2). These exchange areas will have more traffic since both Vehicle 1 and Vehicle 2 will be parking here while they wait for their runners to exchange 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.



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Team Categories & Requirements

12 Runner Teams (Full , 3 Day & Sleep Relay)

(may run in any order)

- Female Teams– must be all female
- Male Teams – must be all male
- Mixed Teams – must have at least 6 women
- Family – must have at least 8 related family members related in some way. 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 25 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, 1 Day, and Mini 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 some way. 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 25 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!

*Mini Relay Teams - Must have 6, 3, 2 or 1 runner based on sign up. No other divisions at this time.

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

All teams are considered competitive by default. If your team needs to switch to non-competitive status, you must contact Race Director Ellen Mueller or Race Coordinator for approval 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.

Start Times & Team Pace

Team captains submit their team's average pace (min/mile) via email once their team is assembled based on the average pace of the team. Start times are assigned based on this pace—slower teams start earlier to ensure all teams finish within course limits.

Teams should plan for an average pace of approximately 11 minutes per mile or faster. Teams expecting a slower pace should contact Ellen to arrange an earlier start time.

It is recommended to estimate conservatively. Teams moving significantly faster than their assigned pace may be held at exchanges.

Need Help with Start Times?

To request a specific start time, email topofzioninfo@gmail.com

If your team falls behind pace, text Ellen at 801-809-3230

Full Relay Start Times

Average Team Pace	Start Time	Expected Finish	Finish Window
13 min/mile	4:00 AM	3:53 PM*	3:00 PM - 7:00 PM
12 min/mile	4:30 AM	5:47 PM	4:00 PM - 9:00 PM
11 min/mile	5:00 AM	4:45 PM	1:30 PM - 7:00 PM
10 min/mile	6:00 AM	2:30 PM	10:00 AM - 5:30 PM
09 min/mile	7:00 AM	12:15 PM	10:00 AM - 2:30 PM
08 min/mile	8:00 AM	10:00 AM	10:00 AM - 1:30 PM
07 min/mile	9:00 AM	11:04 AM	10:00 AM - 12:30 PM
06 min/mile	10:00 AM	10:00 AM	10:00 AM - 1:00 PM

Important Notes

- The finish line opens at 10:00 AM—teams may not finish before this time
- To request a specific start time, email Ellen at topofzioninfo@gmail.com
- If your team falls behind pace, please text Ellen at 801-809-3230

Signing the Online Waiver

When a team member registers at topofzion.com/register, they will be prompted to sign the mandatory online waiver. All runners, alternate runners, volunteers, and youth supervisors must complete this waiver in order to participate. (See “Replacing Team Members” below for additional details.)

Replacing Team Members

Team member replacements are free and allowed up to June 1. To remove or replace a team member, email Ellen Mueller at topofzioninfo@gmail.com with your team name and the name(s) of the participant(s) being replaced. Once the change is processed, the new team member may register. All replacement runners must register and sign the waiver. If a last-minute change is needed, the replacement runner may sign the waiver at packet pickup or the start line, but completing it in advance is preferred.

Refund Policy

All race fees are due at registration and are non-refundable. If a team is unable to participate, registration may be transferred to the following year. Transfer requests must be submitted via email to Race Director Ellen Mueller at topofzioninfo@gmail.com at least two months prior to race day. Teams must contact Ellen the following year to complete re-registration.

NEED HELP?

Contact Race Director Ellen Mueller at (801) 809-3230. See full Contact Information section for more.

Team Captain Guide

As a Team Captain, you play a key role in your team's success. Your leadership helps keep your team organized, prepared, and motivated throughout the race.

We appreciate your leadership and the effort you put into preparing your team. Your communication and preparation before and during the race will help create a smooth, safe, and successful experience for everyone.

Please take time to review this guide and ensure your team understands the race details, rules, and expectations.

YOUR RESPONSIBILITIES

- **Communicate important race information to your team**
- **Ensure all runners understand the course, rules, and expectations**
- **Confirm your team is properly prepared with required gear and supplies**
- **Coordinate timing, van support, and runner order**
- **Serve as the main point of contact between your team and race staff**

BEFORE RACE DAY

- Review the Race Guide and share key details with your team
- Confirm all team members are registered and waivers are signed
- Assign runners to legs and finalize your team plan
- Ensure your team has assigned Exchange Volunteers
- Prepare gear, safety items, and van logistics

DURING THE RACE

- Keep your team informed and on schedule
- Monitor runner progress and exchange timing
- Help your team adapt to changing conditions (weather, delays, etc.)
- Encourage safe running practices at all times

KEY INFO

Volunteers must register online, select an exchange, and come fully prepared to complete their entire assigned shift.

Volunteer

Volunteer Registration & Requirements

Volunteers are the face of the race and play a vital role in keeping the relay running smoothly.

Each team is required to provide 4 day time volunteers, 3 hybrid volunteers or 2 night time volunteers or participate in the volunteer donation program by paying the opt-out fee of \$399 for 12-runner teams or \$199 for 6-runner teams. If a team's volunteer does not show up, the team may be disqualified and will not receive finisher medals unless the opt-out fee is paid.

Due to the remote location of this relay, many teams travel from out of the area, making volunteers essential to the success of the event. We appreciate your support in helping make this race possible!

To register as a volunteer, visit <https://www.comevolunteer.com/events/15196-top-of-zion-national-parks-relay/volunteer/> and select the Volunteer Register tab. Complete the form, choose your station, and follow the prompts to finish registration. Be sure to include the team name you are representing so we can match you with your team. If you are not registering with a team, you may skip this step.

Volunteer Responsibilities

- Register, Sign the Waiver and pick shirt size. <http://topofzion.com/register> .
- Be at least 16 years old and have a valid driver's license
- Provide their own transportation to and from their assigned location
- Wear their official shirt while at their assigned location
- Be physically able to perform their assigned duties
- Be willing to fulfill ANY assigned shift
- Be able to fulfill their entire shift at an assigned location
- Provide their own food, drink, SUNSCREEN, Chair, and SHADE of some sort such as a sun umbrella or pop up shade during their shift.
- AND HAVE TONS OF FUN!!!!!! Volunteers make all the difference in the Runners enjoyment and mood.
- 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, and bring** instructions to the race either digitally or by print. 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 available online.**

KEY INFO

Each team must provide one volunteer or pay the opt-out fee—teams without a volunteer will be disqualified.

Volunteer Contest

Make sure your volunteer knows that a prize will be given 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

If your team is unable to provide a volunteer, you may participate in the volunteer donation program by paying the opt-out fee:

- \$399 (12-runner teams)
- \$199 (6-runner teams)
- Provide partial shifts + pay the remaining balance. This allows us to hire local organizations to fill those positions.

After the deadline, fees increase by \$20.

If your team needs to use the opt-out option, please contact Race Director Ellen Mueller at topofzioninfo@gmail.com for instructions on how to submit payment.

Volunteer Policy

Each team is required to help staff exchange stations during the race. 12-Person Teams must complete ONE of the following:

- * 4 Day Shifts (6:00 AM – 10:00 PM), OR
- * 3 Hybrid Shift (Part night time shifts) OR
- * 2 Night Shifts (10:00 PM – 6:00 AM), OR
- * A combination using the shift credit system below.

6-Person Teams must complete:

- * 2 Day Shifts, OR
- * 1 Night Shift, OR
- * A combination using the shift credit system below

SHIFT CREDIT SYSTEM

(for overlapping / hybrid shifts)

Because some shifts overlap day and night hours, we use a simple credit system:

- * Day Shift = 1 credit
- * Night Shift = 2 credits
- * Hybrid Shift (overlapping day + night) = 1.5 credits

Required Credits:

- * 12-person team = 4 total credits
- * 6-person team = 2 total credits

Examples (to make it crystal clear) 12-person teams can complete their requirement by doing:

- * 4 Day Shifts (4 credits)
- * 2 Night Shifts (4 credits)
- * 2 Hybrid + 1 Day (1.5 + 1.5 + 1 = 4 credits)
- * 1 Night + 2 Day (2 + 1 + 1 = 4 credits)

Not enough:

- * 2 Hybrid Shifts = 3 credits (still need 1 more credit)

Important

Teams that do not meet the volunteer requirement or pay the opt-out fee will be disqualified.

UTAH ADVENTURE WATER PARK

Escape the heat, make a splash, at our water park

**1 FREE WATERPARK ENTRY AT UTAH ADVENTURE PARK
WHEN YOU PRESENT YOUR RACE REGISTRAION.**


Get ready for a wet and wild experience like no other, where the sun-soaked days are filled with laughter, thrills, and refreshing splashes.

**FREE
ENTRY**



More Information :

 TEXT 866-923-1063

 www.rainbowbayaquapark.com



Race Logistics

- **Exchanges**
- **Start Times & Team Pace**
- **Mileage Charts**
- **Course Maps**
- **Leg Maps**
- **Rules & Requirements**

Start & Finish Locations

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Full Relay

- Start Location: Rim Rock Patio
- Finish Location: Clear Creek Ranch

Sleep Relay

- Start Location: Rim Rock Patio
- Finish Location: Clear Creek Ranch

Ultra Relay

- Start Location: Rim Rock Patio
- Finish Location: Clear Creek Ranch

1-Day Relay

- Start Location: Hatch Riverside Ranch
- Finish Location: Clear Creek Ranch

3-Day Relay

- Start Location: Escalante Town Park
- Finish Location: Clear Creek Ranch

Mini Relay

- Start Location: Navajo Lake Turnoff
- Finish Location: Clear Creek Ranch

Van Exchange Schedule & Locations

Exchange times and locations to help your team plan van movement from start to finish.

Friday

4:00 AM – 10:00 AM START: Rim Rock Patio (West of Capitol Reef)

11:30 AM – 2:30 PM - EXCHANGE 6 - Boulder Town Park (check-in - 30 min early)

3:00 PM - 8:00 PM - EXCHANGE 12 - Escalante Town Park

7:00 PM - 1:00 AM - EXCHANGE 18- Cannonville Town Park

Saturday

9:00 PM - 7:00 AM - EXCHANGE 24 – Riverside Ranch, Hatch (best for sleeping)

4:30 AM – 11:30 AM - EXCHANGE 5 30 - Navajo Lake

10:00 AM – 7:00 PM - FINISH - Clear Creek Ranch/Ranch at Zion (Medical Tent)

Come enjoy the majesty of the Ruby Mountains

LAMOILLE CANYON HALF MARATHON

5K | HALF MARATHON



20 June 2026

6:00am & 7:00am

JOIN NOW

rubymountainrelay.com

facebook.com/rubymountainrelay

Lamoille Park

Lamoille, NV

Scan to Register!!



KEY INFO

There will be portable toilets, 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.

Exchange Guide

Key locations, safety notes, and support details for every exchange along the course

EXCHANGE 6

Location: Boulder Town Park
 Backdrop: Boulder Mountain & Dixie National Forest

- Van 2 Check-in: 1 hour before start (if not completed the night before)
- Van 2 Safety Check (if not completed at packet pickup)
- Check start times carefully to ensure timely arrival

EXCHANGE 18

Location: Cannonville Town Park (10 Center Street)
 Backdrop: Grand Staircase Badlands

Rest/Sleep Options:

- Grand Staircase Inn (1 block away)
- Lawn space available at the park

EXCHANGES 6-12

▲ HOT CONDITIONS

Location: Escalante Canyon & Hogs Back
 Backdrop: Grand Staircase Escalante and Hogsback

- 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 spray spray and water bottles

EXCHANGE 20-30

▲ COLD CONDITIONS

- Higher elevations during nighttime exchanges can bring significantly colder temperatures. Be sure to bring warm clothing to stay comfortable.
- Some exchanges may not have volunteers. If unattended, you MUST sign in your runner

EXCHANGE 12

Location: Escalante Town Park Backdrop: Grand Staircase-Escalante

- Showers available at Escalante High School (fundraiser)
- Gas: Best place to fill up (good prices, self-pay)
- Food: Circle D Eatery (popular stop for Zion Sleep Relay teams)

EXCHANGE 24

Location: Riverside Resort, Hatch, Utah
 Backdrop: Bryce Canyon & Red Canyon

- FREE showers and bathrooms
- Sleeping area available for Top of Zion Relay (campground below motel)
- Van 1: Use alternate route to Exchange 30

EXCHANGE 27-30

▲ SAFETY NOTE

- May overlap with Vision Relay Bike Race—Stay alert to avoid accidents

EXCHANGE 29

Location: Duck Creek Village

Backdrop: Dixie National Forest, Cedar Mountain

- Gas: Duck Creek (last fuel stop before finish)
- Food available
- Bathroom located at Duck Creek venue (near Exchange 29 area)

EXCHANGE 30

Location: Navajo Lake Turnoff Backdrop: Cedar Mountain & Dixie

National Forest & Top of Zion

- Take alternate route to the finish (avoid dirt roads)

EXCHANGE 31-34

Location: North Fork Road

Backdrop: Top of Zion

- Medical Station at Exchange 33 (no IVs—only available at finish)
- Limited or no cell service between these legs
- Dirt roads—rough in areas
- Drive slowly and watch for runners

FINISH LINE

Location: Clear Creek –

The Ranch at Zion

- Finisher medals
- FREE showers & bathrooms
- Awards throughout the day
- Medical tent (IVs available here)
- Snow cones
- Large grassy area with shade for resting
- Pond with paddle boats & swimming
- Camping & large group lodging available
- Free finish line food

Start & Finish Times

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

FULL RELAY START TIMES EXCHANGE TIMES FINISH TIMES						
VAN 1 START CAPITOL REEF Start Line	VAN 1 FINISH BOULDER MT Exchange 6	VAN 2 FINISH GD STAIRCASE Exchange 12	VAN 1 FINISH BADLANDS Exchange 18	VAN 2 FINISH BRYCE CANY Exchange 24	VAN 1 FINISH CEDAR MT Exchange 30	VAN 2 FINISH ZION RANCH Finish Line
*V1 = VAN 1 *V2 = VAN 2	39.2 MI LEGS 1 - 6	27.8 MI LEGS 7 - 12	34.1 MI LEGS 13 - 18	33.9 MI LEGS 19 - 24	24.2 MI LEGS 25 - 30	36.4 MI LEGS 31 - 36
13 MIN/MI 4:00 AM	12:30 PM	6:31 PM <small>*V1 5:00 PM START</small>	12:23 AM* <small>*V2 10:00 PM START</small>	5:13 AM* <small>*V1 4:00 AM START</small>	9:15 AM* <small>*V2 8:00 AM START</small>	3:53 PM*
12 MIN/MI 4:30 AM	12:20 PM	5:54 PM	12:43 AM* <small>*V2 11:00 PM START</small>	5:40 AM	10:30 AM	5:47 PM
11 MIN/MI 5:00 AM	12:11 PM	5:17 PM	11:32 PM	5:38 AM	10:04 AM	4:45 PM
10 MIN/MI 6:00 AM	12:32 PM	5:10 PM	10:51 PM	4:24 AM	8:26 AM	2:30 PM
9 MIN/MI 7:00 AM	12:53 PM	5:03 PM	10:10 PM	3:10 AM	6:48 AM	12:15 PM
8 MIN/MI 8:00 AM	1:14 PM	4:56 PM	9:28 PM	1:55 AM	5:08 AM	10:00 AM
7 MIN/MI 9:00 AM	1:34 PM	4:49 PM	8:48 PM	12:41 AM <small>*V1 4:00 AM START</small>	6:49 AM*	11:04 AM
6 MIN/MI 10:00 AM	1:55 PM	4:42 PM	8:07 PM	11:27 PM <small>*V1 4:00 AM START</small>	6:25 AM*	10:00 AM

3 DAY AND SLEEP RELAY FINISH TIMES				NOTE: TIME ESTIMATES ARE FOR VOLUNTEER AND TRAFFIC CONTROL. PLEASE TRY TO STAY WITHIN YOUR DECLARED PACE (ESPECIALLY 6-7 AND 12-13 MIN/MILE). IF FASTER THAN 6:00, NOTIFY US. TEAMS MAY BE HELD/ADJUSTED TO MAINTAIN TIME WINDOWS. ROUND PACE TO THE NEAREST MINUTE (9:30 = 10). DUE TO HILLS/ELEVATION, ROUND SLOWER.	MNI RELAY FINISH	
*6:00 AM Start	THURSDAY	FRIDAY	SATURDAY		8:00 AM Start	SATURDAY
	68.0 MI <small>LEGS 13 - 24</small>	67.0 MI <small>LEGS 1 - 12</small>	60.6 MI <small>LEGS 25 - 36</small>		36.4 MI <small>LEGS 31 - 36</small>	
13 MIN/MI	7:36 PM <small>*5:00 AM START</small>	6:31 PM <small>*4:00 AM START</small>	6:08 PM <small>4:00 AM START</small>		3:53 PM	
12 MIN/MI	7:29 PM	5:54 PM <small>*4:30 AM START</small>	6:07 PM		3:17 PM	
11 MIN/MI	6:21 PM	6:17 PM	5:07 PM		2:40 PM	
10 MIN/MI	5:14 PM	5:10 PM	4:06 PM		2:04 PM	
9 MIN/MI	4:07 PM	4:03 PM	3:05 PM		1:28 PM	
8 MIN/MI	4:59 PM <small>*8:00 AM START</small>	4:56 PM <small>*8:00 AM START</small>	2:05 PM		12:51 PM	
7 MIN/MI	3:52 PM <small>*8:00 AM START</small>	4:49 PM <small>*9:00 AM START</small>	2:34 PM		12:15 PM	
6 MIN/MI	3:44 PM <small>*9:00 AM START</small>	4:42 PM <small>*10:00 AM START</small>	1:34 PM		11:38 PM	

*FINISH LINE OPENS AT 10 AM

Mileage Chart

Full Relay — 195 Miles • Legs 1–36 • 12-Runner Format

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Runners 1–6

LEG GROUP TOTALS

Legs 1–6 39.2 mi
 Legs 13–18 34.1 mi
 Legs 25–30 24.2 mi
 Total 97.5 mi

Runner 1	Runner 2	Runner 3	Runner 4	Runner 5	Runner 6
LEG 1 9.4 mi Super Hard 1262 ft+ / -597 ft TM = 9.4	LEG 2 7.1 mi Super Hard 1970 ft / -420 ft TM = 16.5 mi	LEG 3 4.1 mi Hard 755 ft / -840 ft TM = 20.6 mi	LEG 4 7.2 mi Very Hard 1229 ft / -717 ft TM = 27.8 mi	LEG 5 6.0 mi Moderate 198 ft / -1919 ft TM = 33.8 mi	LEG 6 5.4 mi Easy 43 ft / -989 ft TM = 39.2 mi
LEG 13 7.0 mi Very Hard 724 ft / -218 ft TM = 74.0 mi	LEG 14 6.2 mi Very Hard 932 ft / -232 ft TM = 80.2 mi	LEG 15 5.2 mi Hard 605 ft / -73 ft TM = 85.4 mi	LEG 16 4.1 mi Easy 242 ft / -1113 ft TM = 89.5 mi	LEG 17 8.0 mi Hard 241 ft / -914 ft TM = 97.5 mi	LEG 18 3.6 mi Easy 234 ft / -332 ft TM = 101.1 mi
LEG 25 4.3 mi Easy 299 ft / -80 ft TM = 139.3 mi	LEG 26 4.9 mi Hard 583 ft / -195 ft TM = 144.2 mi	LEG 27 4.1 mi Hard 587 ft / -78 ft TM = 148.3 mi	LEG 28 3.4 mi Easy 350 ft / -52 ft TM = 151.7 mi	LEG 29 2.9 mi Easy 192 ft / -45 ft TM = 154.6 mi	LEG 30 4.6 mi Very Hard 805 ft / -138 ft TM = 159.2 mi
TOTAL 20.7 mi	TOTAL 18.2 mi	TOTAL 13.4 mi	TOTAL 14.7 mi	TOTAL 16.9 mi	TOTAL 13.6 mi

Runners 7–12

LEG GROUP TOTALS

Legs 7 - 12 27.8 mi
 Legs 19 - 24 33.9 mi
 Legs 31 - 36 36.4 mi
 Total 98.1 mi

Runner 7	Runner 8	Runner 9	Runner 10	Runner 11	Runner 12
LEG 7 3.7 mi Hard 695 ft / -623 ft TM = 42.9 mi	LEG 8 3.6 mi Easy 137 ft / -498 ft TM = 46.5 mi	LEG 9 6.5 mi Hard 917 ft / -1898 TM = 53.0 mi	LEG 10 4.0 mi Very Hard 1217 ft / -436 ft TM = 57.0 mi	LEG 11 5.0 mi Moderate 273 ft / -699 ft TM = 62.0 mi	LEG 12 5.0 mi Easy 306 ft / -273 ft TM = 67.0 mi
LEG 19 5.2 mi Moderate 561 ft / -141 ft TM = 106.3 mi	LEG 20 4.0 mi Hard 522 ft / -180 ft TM = 110.3 mi	LEG 21 6.9 mi Very Hard 938 ft / -488 ft TM = 117.2 mi	LEG 22 6.2 mi Moderate 449 ft / -663 TM = 123.4 mi	LEG 23 4.1 mi Easy 3 ft / -601 ft TM = 127.5 mi	LEG 24 7.5 mi Very Hard 456 ft / -278 ft TM = 135.0 mi
LEG 31 6.1 mi Hard 510 ft / - 677 ft TM = 165.3 mi	LEG 32 9.0 mi Hard 208 ft / -2085 ft TM = 174.3 mi	LEG 33 7.0 mi Very Hard 669 ft / -1352 ft TM = 181.3 mi	LEG 34 4.1 mi Very Hard 738 ft / -723 ft TM = 185.4 mi	LEG 35 3.0 mi Hard 501 ft / -220 ft TM = 188.4 mi	LEG 36 7.2 mi Very Hard 771 ft / - 1259 ft TM = 195.6 mi
TOTAL 15.0 mi	TOTAL 16.6 mi	TOTAL 20.4 mi	TOTAL 14.3 mi	TOTAL 12.1 mi	TOTAL 19.7 mi

Elevation shown as gain / loss (ft)
 TM = total miles of course to that leg
 Levels: Super Hard, Very Hard, Hard, Moderate, Easy

Van 1 avg 16.25 mi • Van 2 avg 16.35 mi • Avg per runner 16.3 mi

GRAND TOTAL
195.6 mi

SLEEP RELAY LEGS 1-12 & 31-36 MILEAGE OVERVIEW						
Runner 1	Runner 2	Runner 3	Runner 4	Runner 5	Runner 6	
LEG 1 9.4 miles Super Hard 1262 ft+ / -597 ft TM = 9.4	LEG 2 7.1 miles Super Hard 1970 ft / -420 ft TM = 16.5 mi	LEG 3 4.1 miles Hard 755 ft / -840 ft TM = 20.6 mi	LEG 4 7.2 miles Very Hard 1229 ft / -717 ft TM = 27.8 mi	LEG 5 6.0 miles Moderate 198 ft / -1919 ft TM = 33.8 mii	LEG 6 5.4 miles Easy 43 ft / -989 ft TM = 39.2 mi	LEGS 1 - 6 39.2 MILES
LEG 7 3.7 miles Moderate 695 ft / -623 ft TM = 42.9 mi	LEG 8 3.6 miles Easy 137 ft / -498 ft TM = 46.5 mi	LEG 9 6.5 miles Hard 917 ft / -1898 TM = 53.0 mi	LEG 10 4.0 miles Very Hard 1217 ft / -436 ft TM = 57.0 mi	LEG 11 5.0 miles Moderate 52 ft / -685 ft TM = 62 mi	LEG 12 5.0 miles Easy 805 ft / -138 ft TM = 67 mi	LEGS 7 - 12 27.8 MILES
LEG 31 5.6 miles Moderate 510 ft / - 677 ft TM = 72.6 mi	LEG 32 4.8 miles Easy 136 ft / -818 ft TM = 77.4mi	LEG 33 4.7 miles Easy 129 ft / -1420 ft TM = 82.1 mi	LEG 34 7.0 miles Hard 459 ft / -1136 ft TM = 89.1 mi	LEG 35 7.0 miles Very Hard 999 ft / -659 ft TM = 96.1 mi	LEG 36 7.2 miles Very Hard 771 ft / - 1259 ft TM = 103.3 mi	LEGS 31 - 36 36.3 MILES
Legs 1, 7, 31 18.7 MILES	Legs 2, 8, 32 15.5 MILES	Legs 3, 9, 33 15.3 MILES	Legs 4, 10, 34 18.2 MILES	Legs 5, 11, 35 18.0 MILES	Legs 6, 12, 36 17.6 MILES	103.3 MILES

Runner mile average = 17.21

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

103.3 MILES



SLEEP RELAY LEGS 1-12 & 25-36 MILEAGE OVERVIEW						
Runner 1	Runner 2	Runner 3	Runner 4	Runner 5	Runner 6	
LEG 1 9.4 miles Super Hard 1262 ft+ / -597 ft TM = 9.4	LEG 2 7.1 miles Super Hard 1970 ft / -420 ft TM = 16.5 mi	LEG 3 4.1 miles Hard 755 ft / -840 ft TM = 20.6 mi	LEG 4 7.2 miles Very Hard 1229 ft / -717 ft TM = 27.8 mi	LEG 5 6.0 miles Moderate 198 ft / -1919 ft TM = 33.8 mi	LEG 6 5.4 miles Easy 43 ft / -989 ft TM = 39.2 mi	LEGS 1 - 6 39.2 MILES
LEG 7 3.7 miles Moderate 695 ft / -623 ft TM = 42.9 m	LEG 8 3.6 miles Easy 137 ft / -498 ft TM = 46.5 mi	LEG 9 6.5 miles Hard 917 ft / -1898 TM = 53.0 mi	LEG 10 4.0 miles Very Hard 1217 ft / -436 ft TM = 57.0 mi	LEG 11 5.0 miles Moderate 52 ft / -685 ft TM = 62 mi	LEG 12 5.0 miles Easy 805 ft / -138 ft TM = 67 mi	LEGS 7 - 12 27.8 MILES
LEG 25 4.3 miles Easy 299 ft / -80 ft TM = 71.3 mi	LEG 26 4.9 miles Hard 583 ft / -195 ft TM = 76.2 mi	LEG 27 4.1 miles Hard 587 ft / -78 ft TM = 80.3 mi	LEG 28 3.4 miles Easy 350 ft / -52 ft TM = 83.7 mi	LEG 29 2.9 miles Easy 192 ft / -45 ft TM = 86.6 mi	LEG 30 4.6 miles Very Hard 805 ft / -138 ft TM = 91.2 mi	LEGS 25 - 30 24.2 MILES
LEG 31 5.6 miles Moderate 510 ft / - 677 ft TM = 96.8 mi	LEG 32 4.8 miles Easy 136 ft / -818 ft TM = 101.6 mi	LEG 33 4.7 miles Easy 129 ft / -1420 ft TM = 106.3 mi	LEG 34 7.0 miles Hard 459 ft / -1136 ft TM = 113.3 mi	LEG 34 7.0 miles Hard 459 ft / -1136 ft TM = 120.3 mi	LEG 36 7.2 miles Very Hard 771 ft / - 1259 ft TM = 127.5 mi	LEGS 31 - 36 36.3 MILES
Legs 1, 7, 31 23.0 MILES	Legs 2, 8, 32 20.4 MILES	Legs 3, 9, 33 19.4 MILES	Legs 4, 10, 34 21.6 MILES	Legs 5, 11, 35 20.9 MILES	Legs 6, 12, 36 22.2 MILES	127.5 MILES



Runner mile average = 21.25
 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

127.5 MILES

127 MILE ZZZZION SLEEP RELAY

12 Person Mileage Chart



5.5.2026

Distances are subject to change.

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

Runner 1	Runner 2	Runner 3	Runner 4	Runner 5	Runner 6		Runner 7	Runner 8	Runner 9	Runner 10	Runner 11	Runner 12	
LEG 1 9.4 miles Super Hard 1262 ft+ /-597 ft TM = 9.4	LEG 2 7.1 miles Super Hard 1970 ft / -420 ft TM = 16.5 mi	LEG 3 4.1 miles Hard 755 ft / -840 ft TM = 20.6 mi	LEG 4 7.2 miles Very Hard 1229 ft / -717 ft TM = 27.8 mi	LEG 5 6.0 miles Moderate 198 ft / -1919 ft TM = 33.8 mi	LEG 6 5.4 miles Easy 43 ft / -989 ft TM = 39.2 mi	LEGS 1 - 6 39.2 MILES	LEG 7 3.7 miles Hard 695 ft / -623 ft TM = 42.9 mi	LEG 8 3.6miles Easy 137 ft / -498 ft TM = 46.5 mi	LEG 9 6.5 miles Hard 917 ft / -1898 TM = 53.0 mi	LEG 10 4.0 miles Very Hard 1217 ft / -436 ft TM = 57.0 mii	LEG 11 5.0 miles Moderate 273 ft / -699 ft TM = 62.0 mi	LEG 12 5.0 miles Easy 306 ft / -273 ft TM = 67.0 mi	LEGS 7 - 12 27.8 MILES
LEG 25 4.3 miles Easy 299 ft / -80 ft TM = 139.3 mi	LEG 26 4.9 miles Hard 583 ft / -195 ft TM = 144.2 mi	LEG 27 4.1miles Hard 587 ft / -78 ft TM = 148.3 mi	LEG 28 3.4 miles Easy 350 ft / -52 ft TM = 151.7 mi	LEG 29 2.9 miles Easy 192 ft / -45 ft TM = 154.6 mi	LEG 30 4.6 miles Very Hard 805 ft / -138 ft TM = 159.2 mi	LEGS 25 - 30 24.2 MILES	LEG 31 5.6 miles Moderate 510 ft / - 677 ft TM = 164.8 mi	LEG 32 4.8 miles Easy 136 ft / -818 ft TM = 169.6 mi	LEG 33 4.7 miles Easy 129 ft / -1420 ft TM = 174.3 mi	LEG 34 7.0 miles Hard 459 ft / -1136 ft TM = 181.3 mi	LEG 35 7.0 miles Very Hard 999 ft / -659 ft TM = 188.3 mi	LEG 36 7.2 miles Very Hard 771 ft / - 1259 ft TM = 195.5 mi	LEGS 31 - 36 36.3 MILES
Legs 1, 25 13.7 MILES	Legs 2, 26 12.0 MILES	Legs 3, 27 8.2 MILES	Legs 4, 28 10.6 MILES	Legs 5, 29 8.9 MILES	Legs 6, 30 10.0 MILES	63.4 MILES	Legs 7, 31 9.3 MILES	Legs 8, 32 8.4 MILES	Legs 9, 33 11.2 MILES	Legs 10, 34 11.0 MILES	Legs 11, 35 12.0 MILES	Legs 12, 36 12.2 MILES	64.1 MILES

Day 1 = 67 Miles legs 1-12 || Day 2 = 60.5 Miles legs 25-36

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 = 10.5
 Van 2 runner mile average = 10.7
 Total average miles per runner = **10.6**

GRAND TOTAL
127.5 MILES

Mileage Chart

Mini Relay

MINI RELAY LEGS 31-36 MILEAGE OVERVIEW

Runner 1	Runner 2	Runner 3	Runner 4	Runner 5	Runner 6	
LEG 31 5.6 miles Moderate 510 ft / - 677 ft TM = 4.6 mi	LEG 32 4.8 miles Easy 136 ft / -818 ft TM = 10.4 mi	LEG 33 4.7 miles Easy 129 ft / -1420 ft TM = 15.1 mi	LEG 34 7.0 miles Hard 459 ft / -1136 ft TM = 22.1 mi	LEG 35 7.0 miles Very Hard 999 ft / -659 ft TM = 29.1 mi	LEG 36 7.2 miles Easy 771 ft / - 1259 ft TM = 26.3 mi	LEGS 31 - 36 36.3 MILES

Runner 1	Runner 2	Runner 3	
LEG 31 5.6 miles Moderate 510 ft / - 677 ft TM = 4.6 mi	LEG 32 4.8 miles Easy 136 ft / -818 ft TM = 10.4 mi	LEG 33 4.7 miles Easy 129 ft / -1420 ft TM = 15.1 mi	LEGS 31 - 33 15.1 MILES
LEG 34 7.0 miles Hard 459 ft / -1136 ft TM = 22.1 mi	LEG 35 7.0 miles Very Hard 999 ft / -659 ft TM = 29.1 mi	LEG 36 7.2 miles Easy 771 ft / - 1259 ft TM = 26.3 mi	LEGS 34 - 36 21.2 MILES
Legs 31 & 34 12.6 MILES	Legs 32 & 35 11.8 MILES	Legs 33 & 36 11.9 MILES	36.3 MILES

Runner 1	Runner 2	
LEG 31 5.6 miles Moderate 510 ft / - 677 ft TM = 4.6 mi	LEG 32 4.8 miles Easy 136 ft / -818 ft TM = 10.4 mi	LEGS 31 - 32 10.4 MILES
LEG 33 4.7 miles Easy 129 ft / -1420 ft TM = 15.1 mi	LEG 34 7.0 miles Hard 459 ft / -1136 ft TM = 22.1 mi	LEGS 33 - 34 11.7 MILES
LEG 35 7.0 miles Very Hard 999 ft / -659 ft TM = 29.1 mi	LEG 36 7.2 miles Easy 771 ft / - 1259 ft TM = 26.3 mi	LEGS 35 - 36 14.2 MILES
Legs 31, 33, 35 17.3 MILES	Legs 32, 34, 36 19.0 MILES	36.3 MILES

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



EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Course Map

Full, Ultra, Sleep, 3-day, 1-day and Mini Relay



EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Donate Money to Lighthouse Sanctuary and
Win a Free team in 2028!



Lighthouse Sanctuary

Refuge. Rehabilitation.
Reintegration.



Visit www.lighthousesanctuary.org and help them raise enough money to provide safety and necessities!! You can donate directly on their page whenever you want Or fundraise for them and earn a free team. Just need to raise enough money to pay for entrance fee.

The team with the highest fundraising amount starting at \$2500 / \$1500 will win a free 12 Person Full or \$6 Person Sleep entrance into 2028 Top of Zion Relay!!

lighthousesanctuary.org

Course Map

Full, Ultra, 3-Day, & Sleep

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

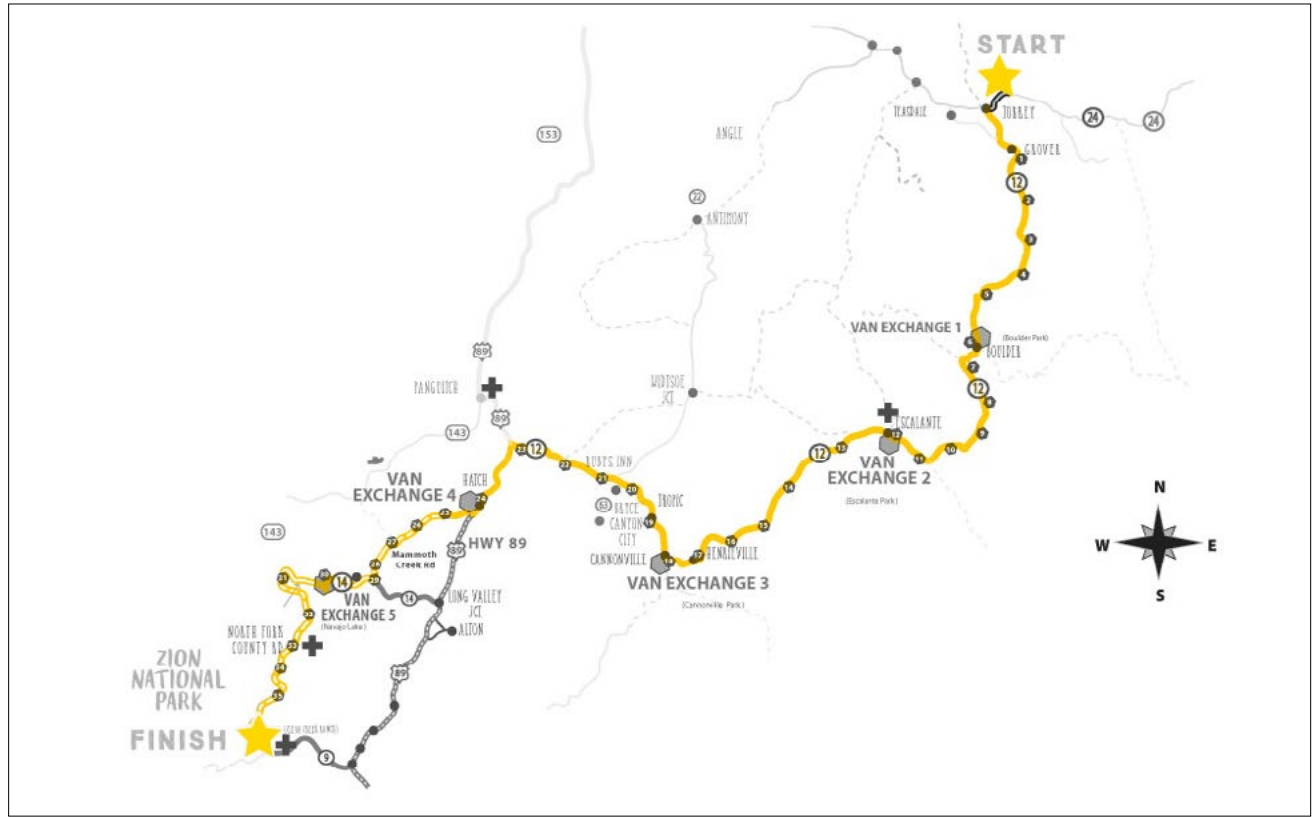
RACE LOGISTICS

SAFETY & MEDICAL

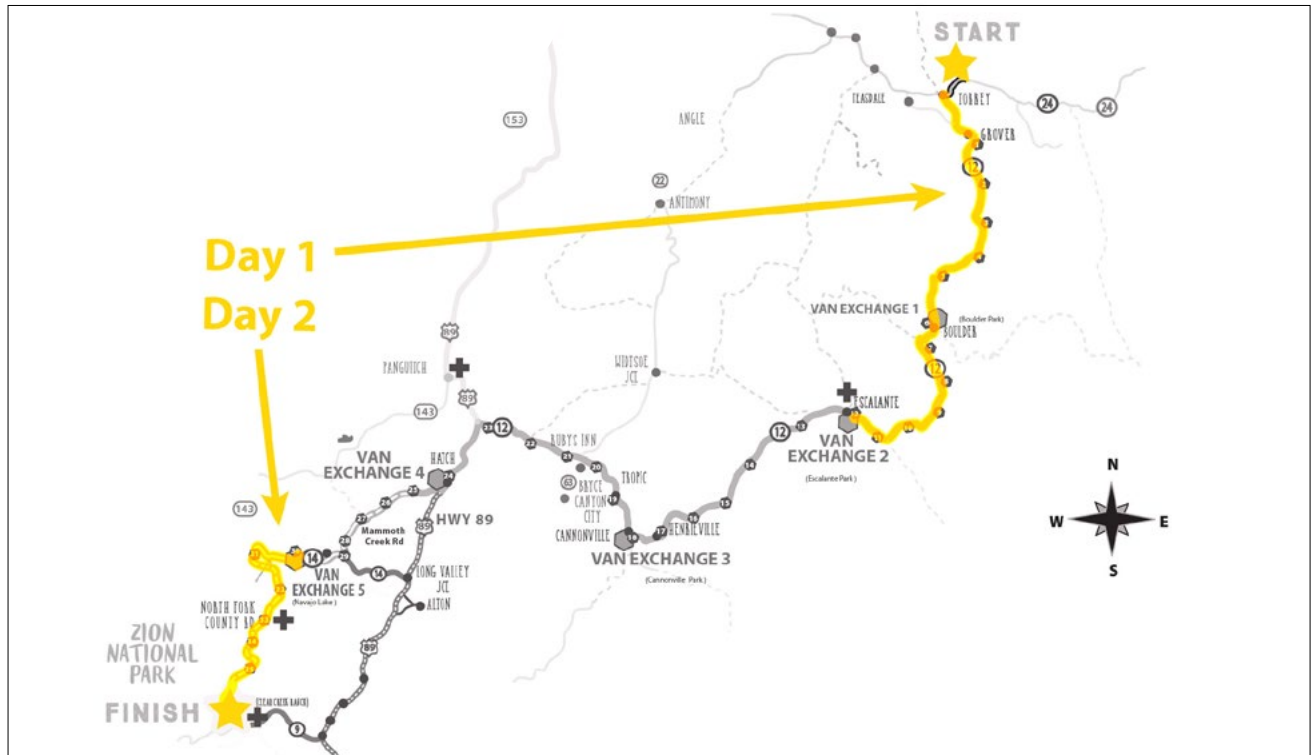
AWARDS & TRAVEL

CONTACT INFO

Full, Ultra, & 3-Day



Sleep



Course Map

Mini Relay

EVENT OVERVIEW

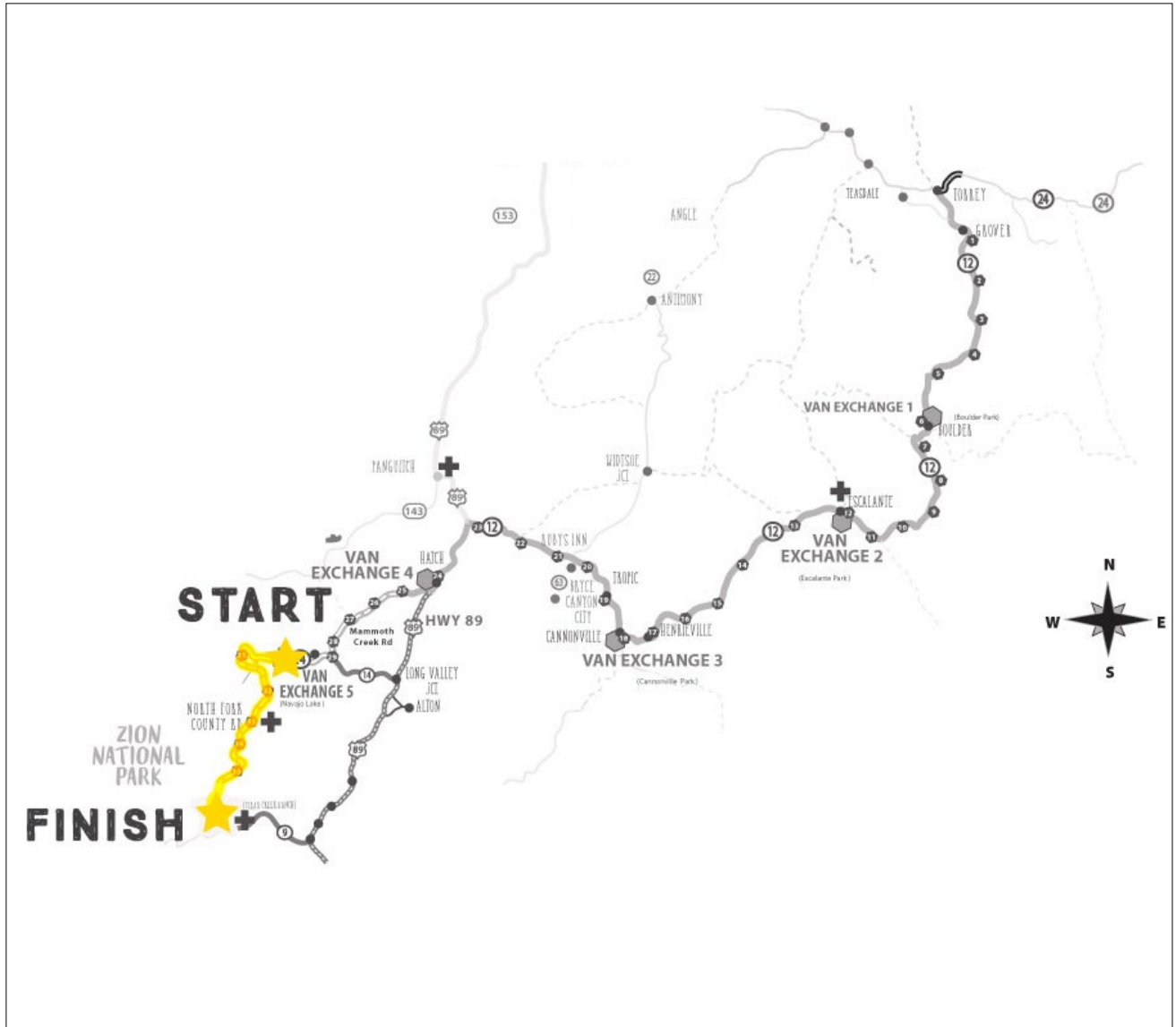
TEAM INFO & REQUIREMENTS

RACE LOGISTICS

SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO



TOP OF ZION
NATIONAL PARKS RELAY

START LINE HOST

THE RIM ROCK INN

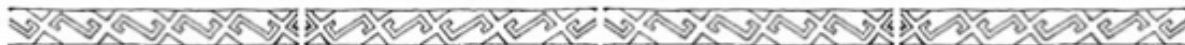


Stay steps from the start line with easy access to Capitol Reef National Park and surrounding red rock landscapes.

-
- Start line & packet pickup location
 - On-site dining (restaurant + patio)
 - Scenic views near Capitol Reef

THE RIM ROCK RESTAURANT

2523 E HWY 24 TORREY UT 84775 435-425-3388



APPETIZERS

Home Smoked Utah Trout \$12

Campfire Crawfish Cakes \$13

Poblano Pinto Bean Dip with Chips & Salsa \$9

Chips & Dos Salsas \$8

DINNERS

Served with Soup or Salad and Choice of One Side Dish

TOP SIRLOIN

Choice of Grilled or Blackened.
Served with Caramelized Onions
and Button Mushrooms \$31

COWBOY CUT RIBEYE

Grilled with Roasted Garlic
Bourbon Demi-Sauce \$40

TENDERLOIN

Grilled with Dried Cranberry
Demi-Sauce \$41

SMOKED BBQ PORK RIBS

Smoked In-House and Served
with Chef Bret's BBQ Sauce \$29

THE 1/2 POUND BEEF BURGER

With House Smoked Bacon and
Choice of Cheddar, Swiss,
or Bleu Cheese Crumbles \$19

UTAH TROUT

Pan Seared in Browned Butter
and Topped with Pine Nuts and
Regional Herbs \$27

GRILLED MAHI-MAHI

With Fresh Tartar Aioli \$28

THE MIXED GRILL

Whole Quail, Buffalo Bratwurst &
Trout Served on a Bed of Seared
Greens with Seasonal Sauce \$41

HAND-CUT PORK CHOP

Grilled and Served with
Apple Honey Sauce \$29

RIM ROCK CHICKEN

Slow Roasted with
Honey Herb & Garlic Glaze \$27

WILD BUNCH MOLE' TURKEY

Thick Sliced Turkey Breast with
50 Ingredient Mole Sauce \$26

ON THE SIDE

One Side & Soup or Salad Included with Dinners (Sides: \$8 Individually)

ROASTED
ACORN SQUASH

MASHED
POTATOES

BAKED POTATO

SPICY FRIES

BAKED BEANS

COLESLAW

SOUP

BROCCOLI &
CAULIFLOWER

BROWN & WILD
RICE

DINNER SALAD

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

Leg 1 | 9.4 mi | Super

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

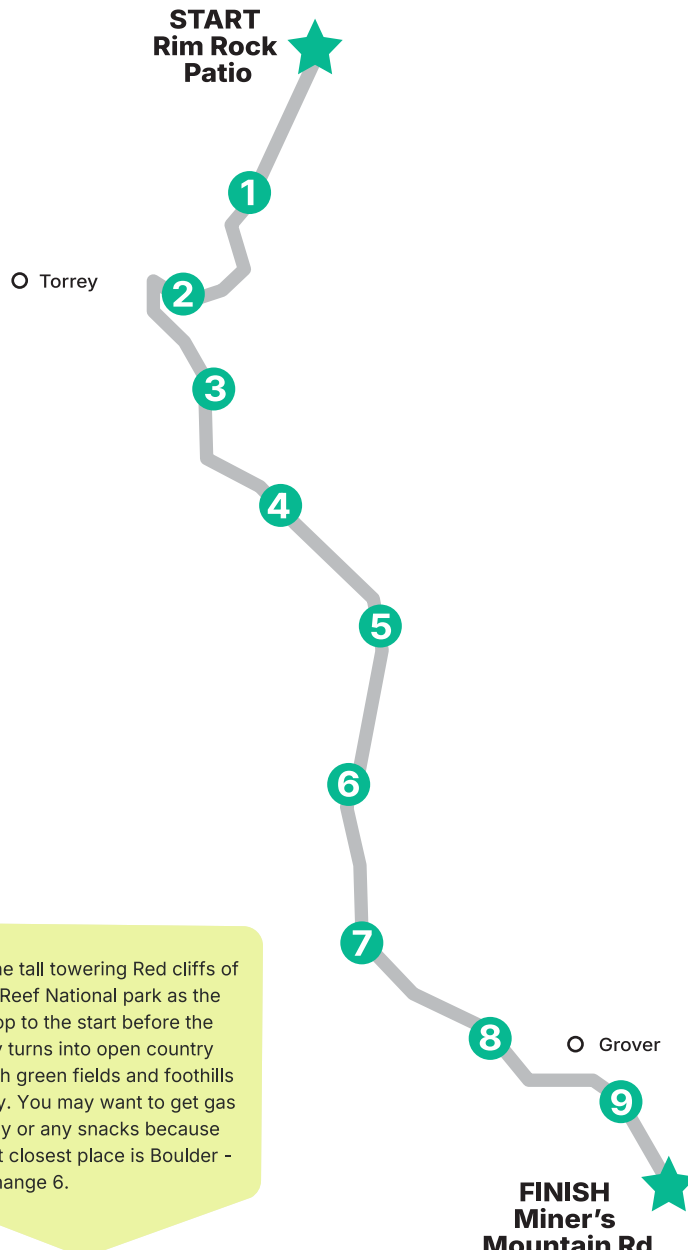
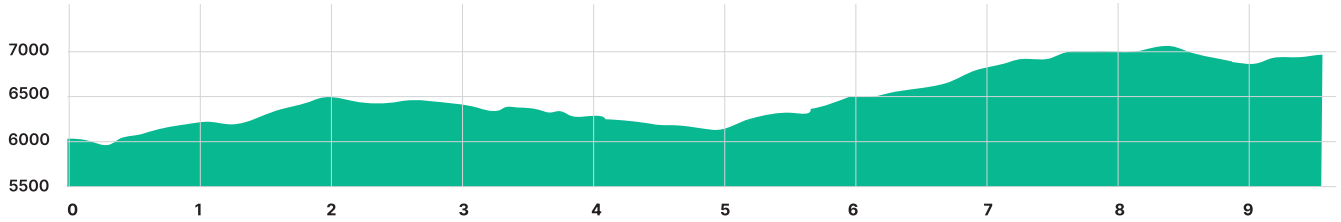
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 9.4 mi
Total Climb: +1,262 ft
Net Elevation: +665 ft



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.

Directions

1. **Exit** Rim Rock parking lot to Hwy 24 = 0.2 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

Safety / Traffic Control

Vans:

- Park in designated areas
- Watch for runners leaving start
- Drive slowly

Runners:

- Long, exposed leg — hydrate
- Elevation gain: +1,262 ft
- Run against traffic
- Watch for vehicles near start

Leg 2 | 7.1 mi | Superhard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

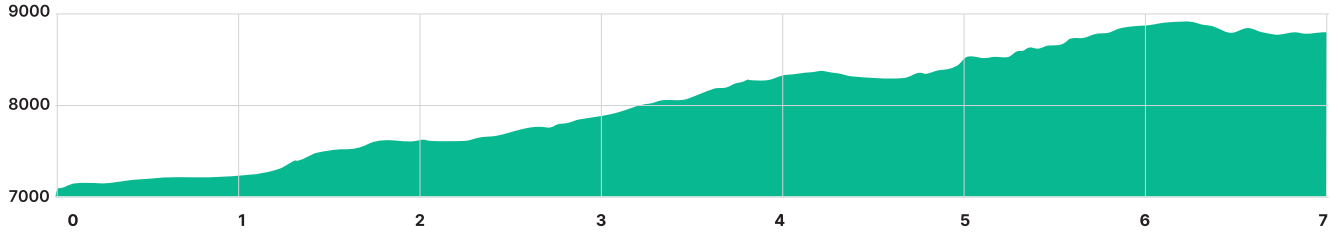
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 7.1 miles
Total Climb: +1,970 ft
Net Elevation: +1,550 ft
Start: 7,194 ft | End: 8,744 ft



START
Miner's Mt Rd



Dixie National Forest

Boulder Mountain

FINISH
Larb Hollow Overlook

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.

Directions

1. **Head northwest** on Miner's Mountain Rd = 0.0 mi
2. **Turn left** onto UT-12 W = 0.0 mi
3. **Turn left** onto Larb Hollow Overlook Rd = 0.1 mi
4. **End** at Larb Hollow Overlook = 7.1 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas
- No van support except at safe pullouts
- No shadowing
- Use caution on narrow, winding roads

Runners:

- Hardest leg — prepare accordingly
- Elevation gain: +1,500 ft
- Stay hydrated
- Run against traffic (keep left)
- Watch for vehicles
- Reflective vest required
- Stop if dizzy or lightheaded

Leg 3 | 4.1 mi | Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

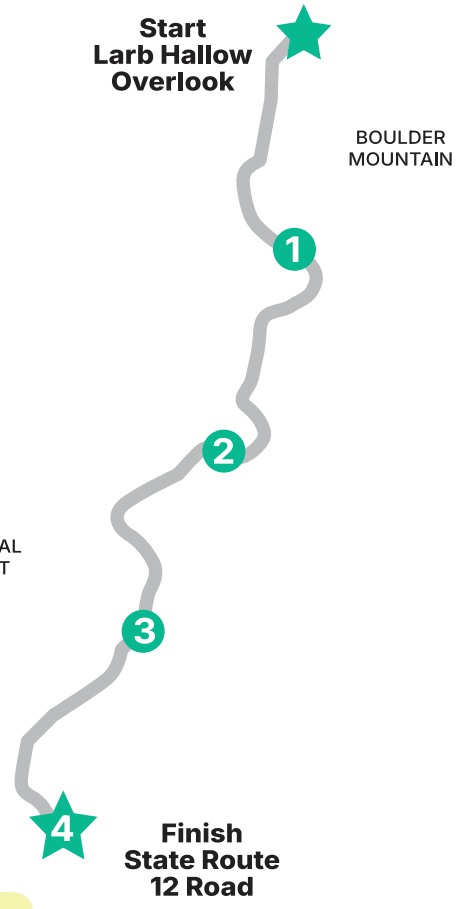
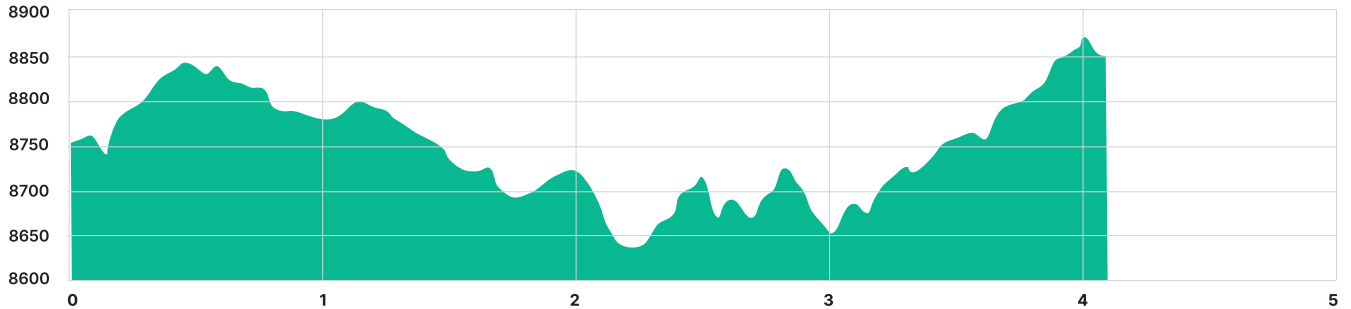
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 4.1 mi
Total Climb: +755 ft
Net Elevation: -85 ft
Start: 8750 Ft | End: 8870 Ft



Directions

1. Head south toward UT-12 W = 0.1 mi
2. Turn left onto UT-12 W = 3.9 mi
3. Sharp left to stay on UT-12 = 4.0 mi
4. End on UT-12 = 4.1 mi

Safety / Traffic Control

- Pull off only at designated areas
- No van support except at safe pullouts
- No shadowing
- Use caution on narrow, winding roads

Runners:

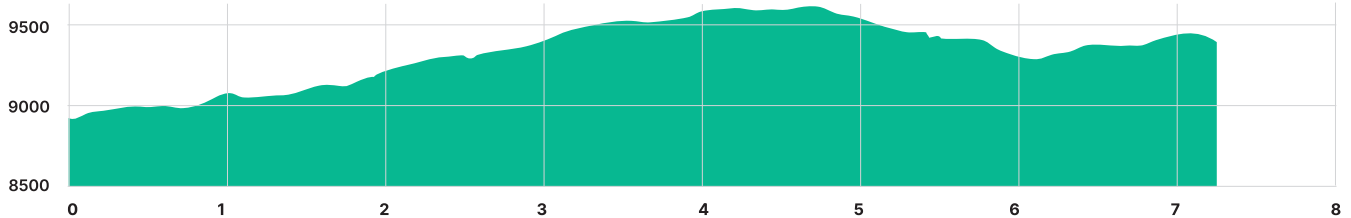
- Reflective vest required
- Winding road — stay alert
- Run against traffic (keep left)
- Be courteous to vehicles
- Higher altitude — stop if dizzy or lightheaded

The height of this leg will allow for runners to enjoy the beauty 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!!!

Leg 4 | 7.2 mi | Super Hard

Elevation Profile

Distance: 7.2 mi
Total Climb: +1,229 ft
Net Elevation: +512 ft
Start: 8,870 ft | **End:** 9,388 ft
Highest Elevation: 9608 ft



START
 State
 Route 12
 Road



Directions

1. **Head southwest** on UT-12 = 0.1 mi
2. **Turn left** onto UT-12 W = 6.9 mi
3. **Turn left** onto Homestead Overlook = 0.2 mi
4. **End** at Boulder Mountain Point Lookout = 7.2 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas
- No van support except at safe pullouts
- No shadowing
- Watch for deer
- Use caution on narrow, winding roads

Runners:

- Reflective vest required
- Winding road — stay alert
- Run against traffic (keep left)
- Be courteous to vehicles
- Higher altitude — stop if dizzy or lightheaded

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 spectacular view overlooking Capitol Reef to the left and the Henry Mountains to the right.

FINISH
 Homestead
 Overlook

Leg 5 | 6.0 mi | Moderate

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

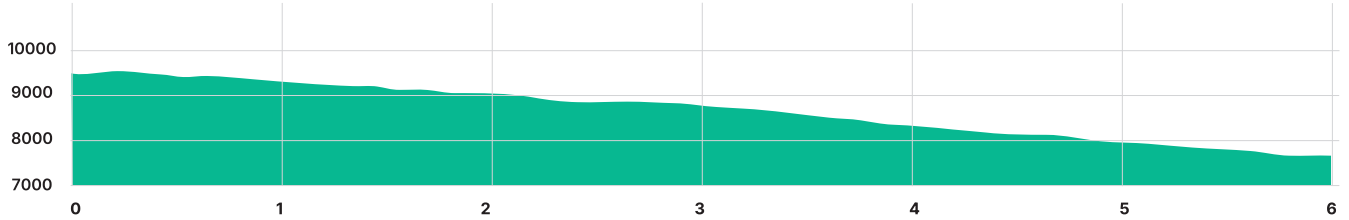
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 6.0 mi
Total Climb: +198 ft
Net Elevation: -1,721 ft
Start: 9388 Ft. | End: 7659 Ft.



Directions

1. **Head north** toward UT-12 W = 0.2 mi
2. **Turn left** onto UT-12 W = 5.8 mi
3. **Turn right** = 5.9 mi
4. **End** at U.S. Forest Service Rd = 6.0 mi

Safety / Traffic Control

Vans:

- Steep descent — use caution
- Pull off only at designated areas
- No shadowing

Runners:

- Long descent — protect knees
- Elevation loss: -1,700 ft
- Reflective vest required
- Run against traffic (keep left)

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!

Leg 6 | 5.4 mi | Easy

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

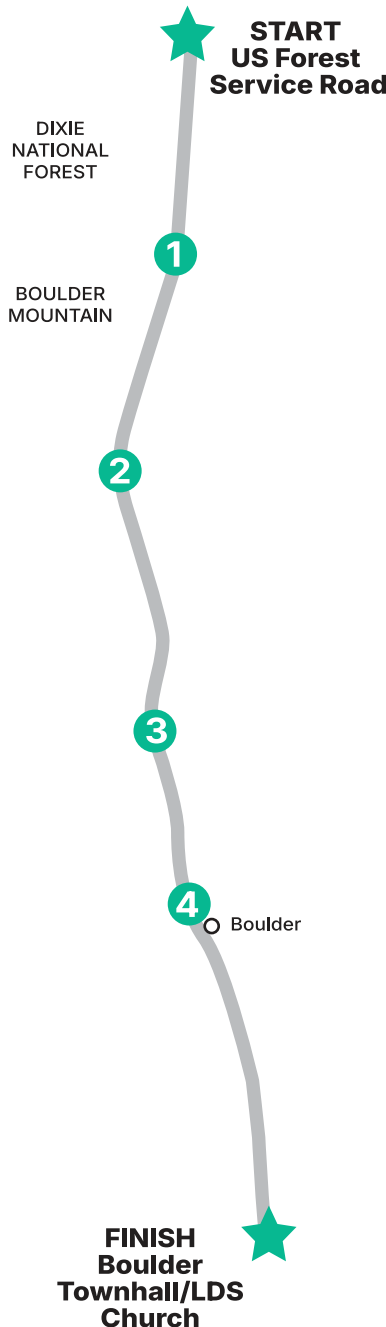
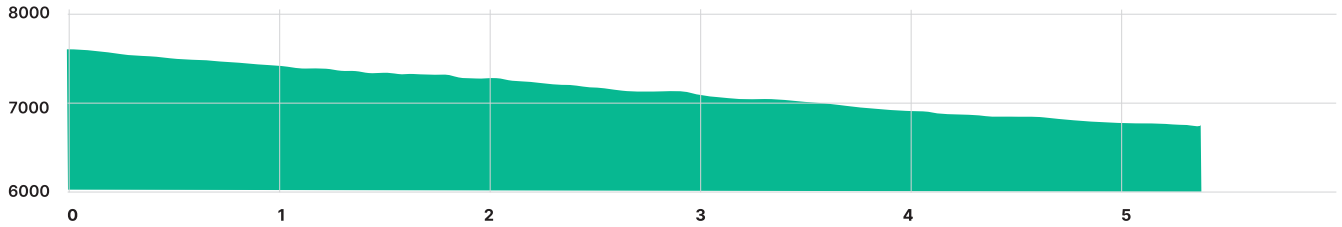
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 5.4 mi
Total Climb: +43 ft
Net Elevation: -946 ft
Start: 7,650 ft | End: 6,705 ft



Directions

1. **Head east** toward UT-12 W = 0.0 mi
2. **Turn right** onto UT-12 W = 5.2 mi
3. **Turn left** onto Lower Boulder Rd = 0.1 mi
4. **End** at Boulder Town Hall = 5.4 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas
- Van exchange parking available at LDS Church, Lower Boulder Rd, and Town Hall

Runners:

- Reflective vest required
- Steady descent — protect knees (-989 ft)

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. It is a museum displaying ancient Anasazi artifacts, ruined walls, and other structures from an ancient Native American village.

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Leg 7 | 3.7 mi | Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

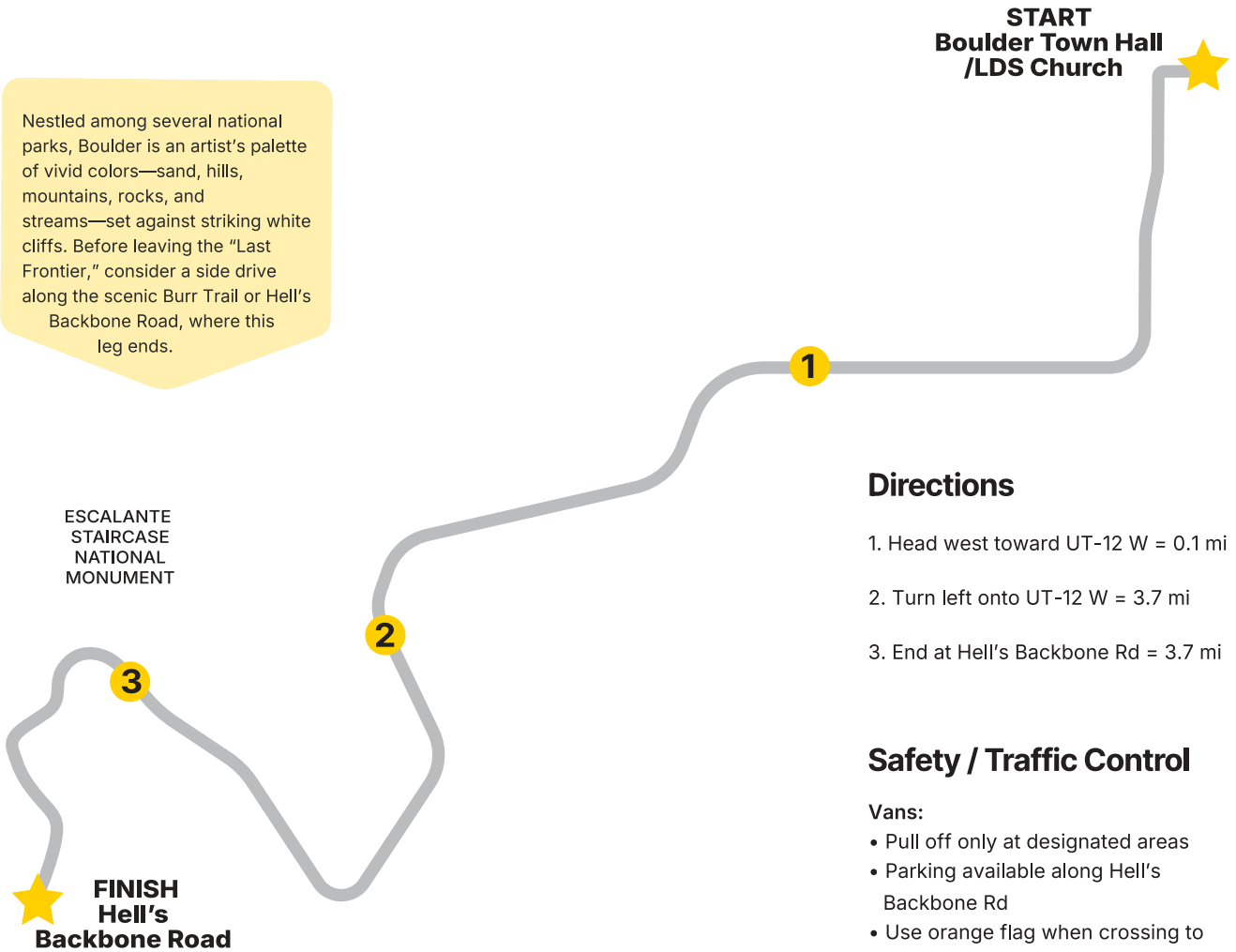
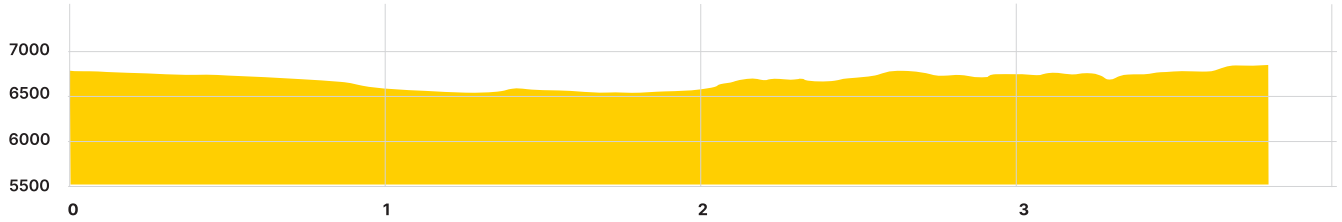
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 3.7 mi
Total Climb: +695 ft
Net Elevation: +72 ft
Start: 6,705 ft | **End:** 6,780 ft



Directions

1. Head west toward UT-12 W = 0.1 mi
2. Turn left onto UT-12 W = 3.7 mi
3. End at Hell's Backbone Rd = 3.7 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas
- Parking available along Hell's Backbone Rd
- Use orange flag when crossing to exchange

Runners:

- Reflective vest required
- Exchange on opposite side of road
- Use caution crossing Hwy 12 to marked cars

Leg 8 | 3.6 mi | Easy

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

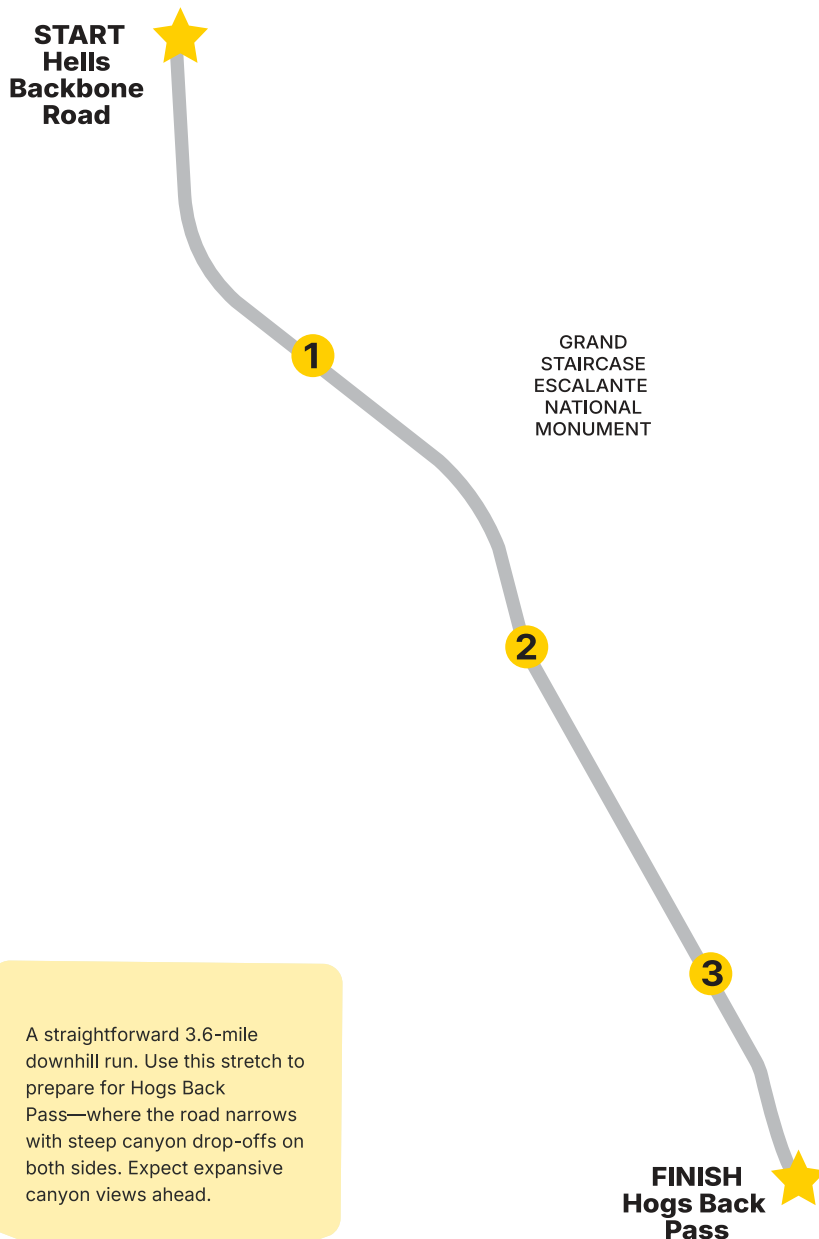
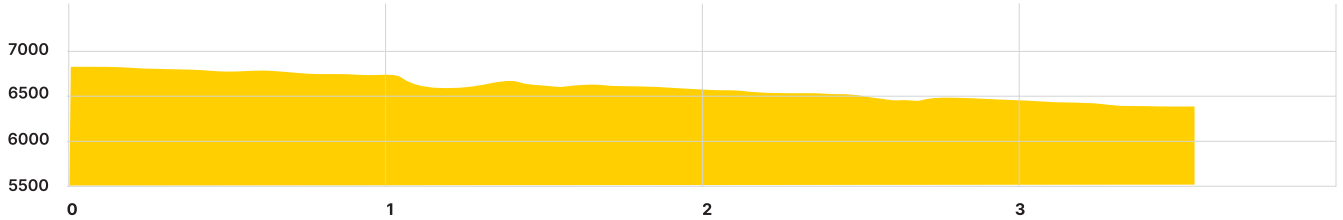
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 3.6 mi
Total Climb: +137 ft
Net Elevation: -363 ft
Start: 6,777 ft | End: 6,414 ft



A straightforward 3.6-mile downhill run. Use this stretch to prepare for Hogs Back Pass—where the road narrows with steep canyon drop-offs on both sides. Expect expansive canyon views ahead.

Directions

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

Safety / Traffic Control

Vans:

- Pull off only at designated areas
- Use secondary road for exchange parking
- Watch for runners crossing

Runners:

- Reflective vest required
- Use safety flag when crossing

Leg 9 | 6.5 mi | Moderate

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

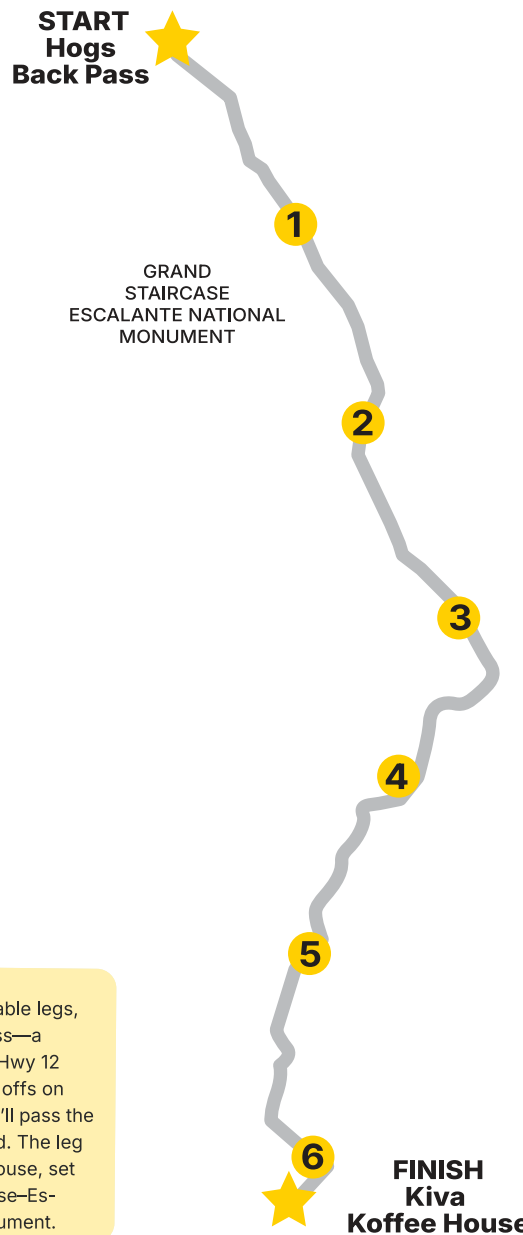
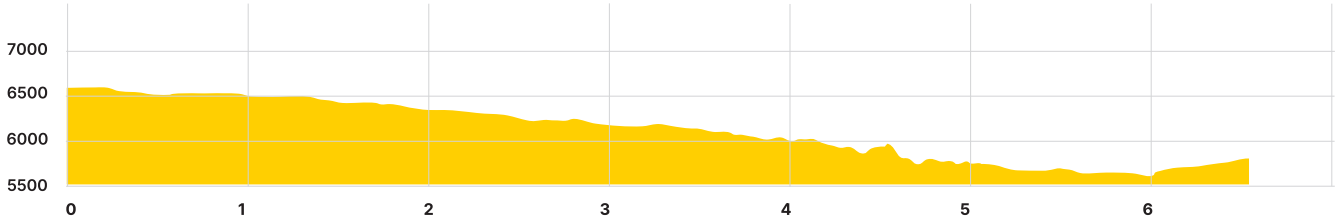
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 6.5 mi
Total Climb: +917 ft
Net Elevation: -981 ft
Start: 6,414 ft | End: 5,455 ft



One of the most memorable legs, featuring Hogs Back Pass—a narrow ridge section of Hwy 12 with steep canyon drop-offs on both sides. Midway, you'll pass the Calf Creek Falls trailhead. The leg finishes at Kiva Koffeehouse, set within the Grand Staircase—Escalante National Monument.

Directions

1. Head south on UT-12 W = 6.4 mi
2. End at Kiva Koffeehouse = 6.4 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas
- Drive slowly
- Use caution on Hogs Back — narrow, winding road with steep drop-offs

Runners:

- Reflective vest required
- Final 0.25 mi — cross and run with traffic
- Use orange flag when crossing
- Parking at Kiva Koffeehouse
- Hot conditions — stay hydrated

Leg 10 | 4.0 mi | Very Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

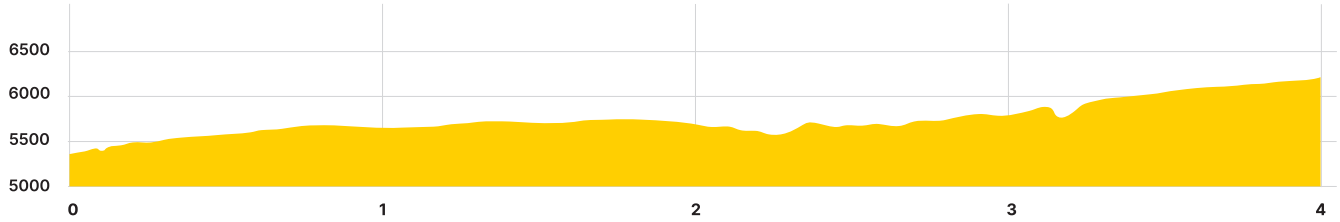
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

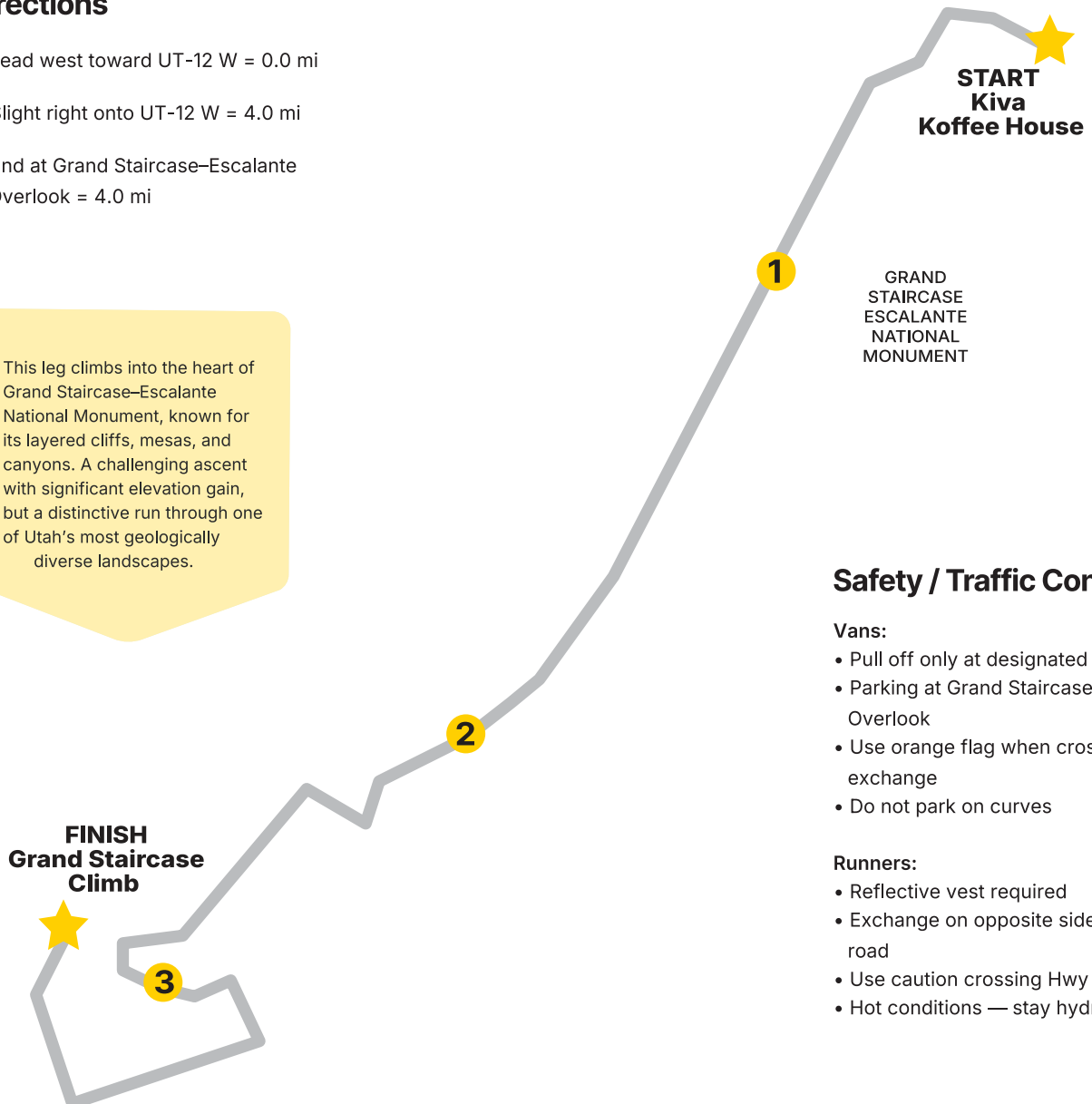
Distance: 4.0 mi
Total Climb: +1,217 ft
Net Elevation: +781 ft
Start: 5,433 ft | End: 6,214 ft



Directions

1. Head west toward UT-12 W = 0.0 mi
2. Slight right onto UT-12 W = 4.0 mi
3. End at Grand Staircase–Escalante Overlook = 4.0 mi

This leg climbs into the heart of Grand Staircase–Escalante National Monument, known for its layered cliffs, mesas, and canyons. A challenging ascent with significant elevation gain, but a distinctive run through one of Utah’s most geologically diverse landscapes.



Safety / Traffic Control

Vans:

- Pull off only at designated areas
- Parking at Grand Staircase Overlook
- Use orange flag when crossing to exchange
- Do not park on curves

Runners:

- Reflective vest required
- Exchange on opposite side of road
- Use caution crossing Hwy 12
- Hot conditions — stay hydrated

Leg 11 | 5.0 mi | Moderate

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

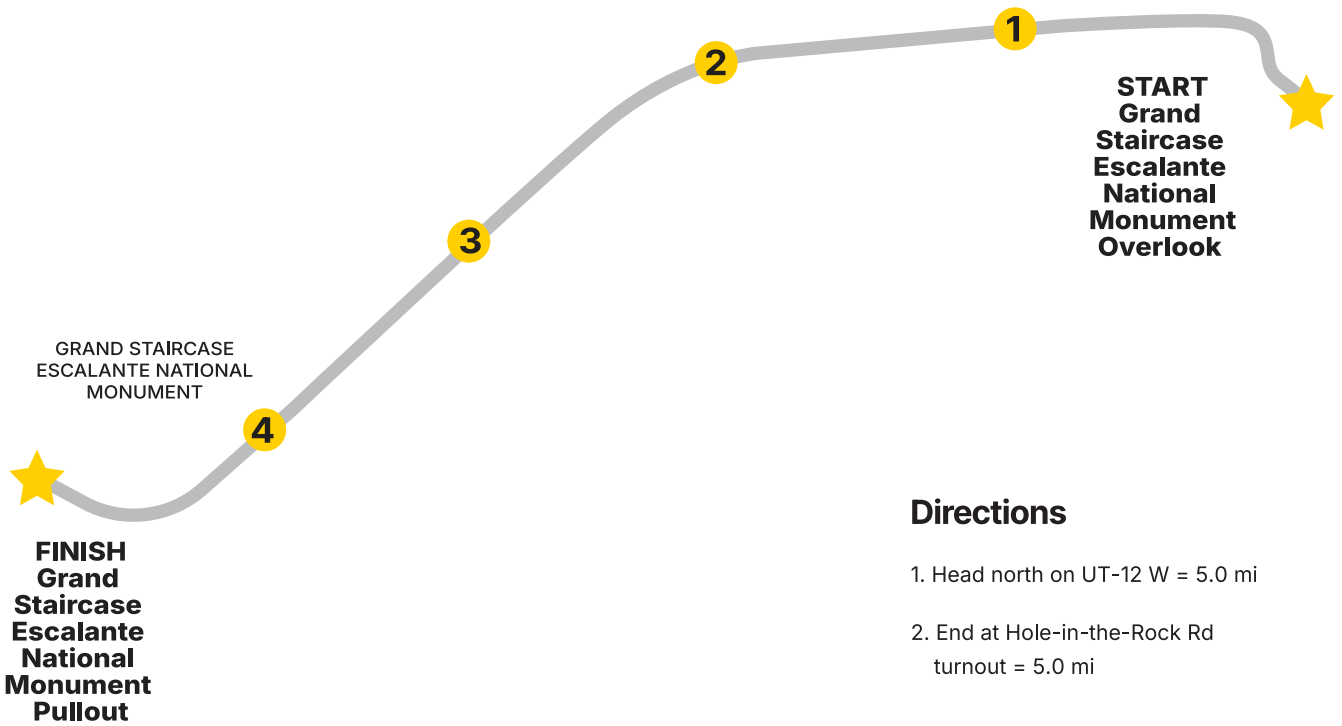
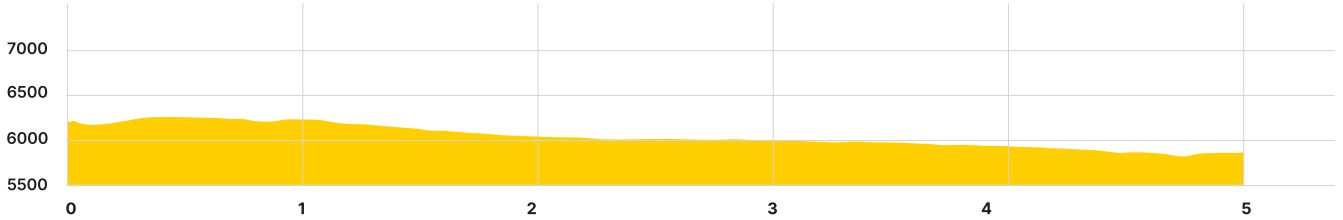
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 5.0 mi
Total Climb: +273 ft
Net Elevation: -426 ft
Start: 6,200 ft | End: 5,774 ft



Directions

1. Head north on UT-12 W = 5.0 mi
2. End at Hole-in-the-Rock Rd turnout = 5.0 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas
- Parking at Grand Staircase pullout and Hole-in-the-Rock Rd

Runners:

- Reflective vest required
- Hot conditions — stay hydrated
- Use cooling methods (spray, towels)
- Slight descent — protect knees

Final stretch through Grand Staircase–Escalante, with expansive white rock giving way to desert terrain. The leg ends at Hole-in-the-Rock Road, a gateway to notable formations and slot canyons, including Devil's Garden and Coyote Gulch.

Leg 12 | 5.0 mi | Easy

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

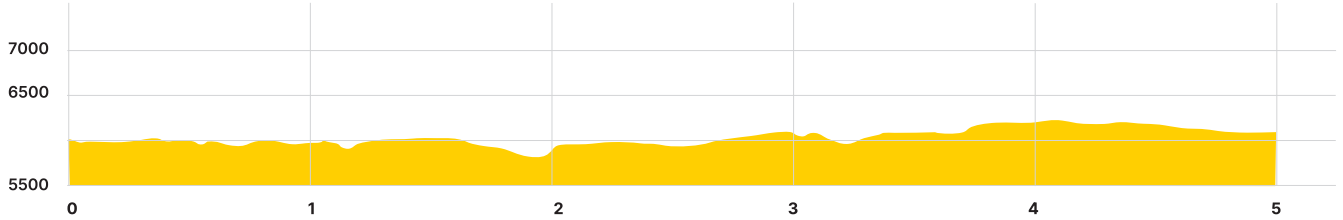
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 5.0 mi
Total Climb: +306 ft
Net Elevation: +33 ft
Start: 5,780 ft | End: 5,806 ft



Directions

1. Head northwest on UT-12 W = 4.7 mi
2. Turn right (north) on Center St = 4.9 mi
3. Turn left (west) on 100 N = 5.0 mi
4. End at Escalante Town Park = 5.0 mi

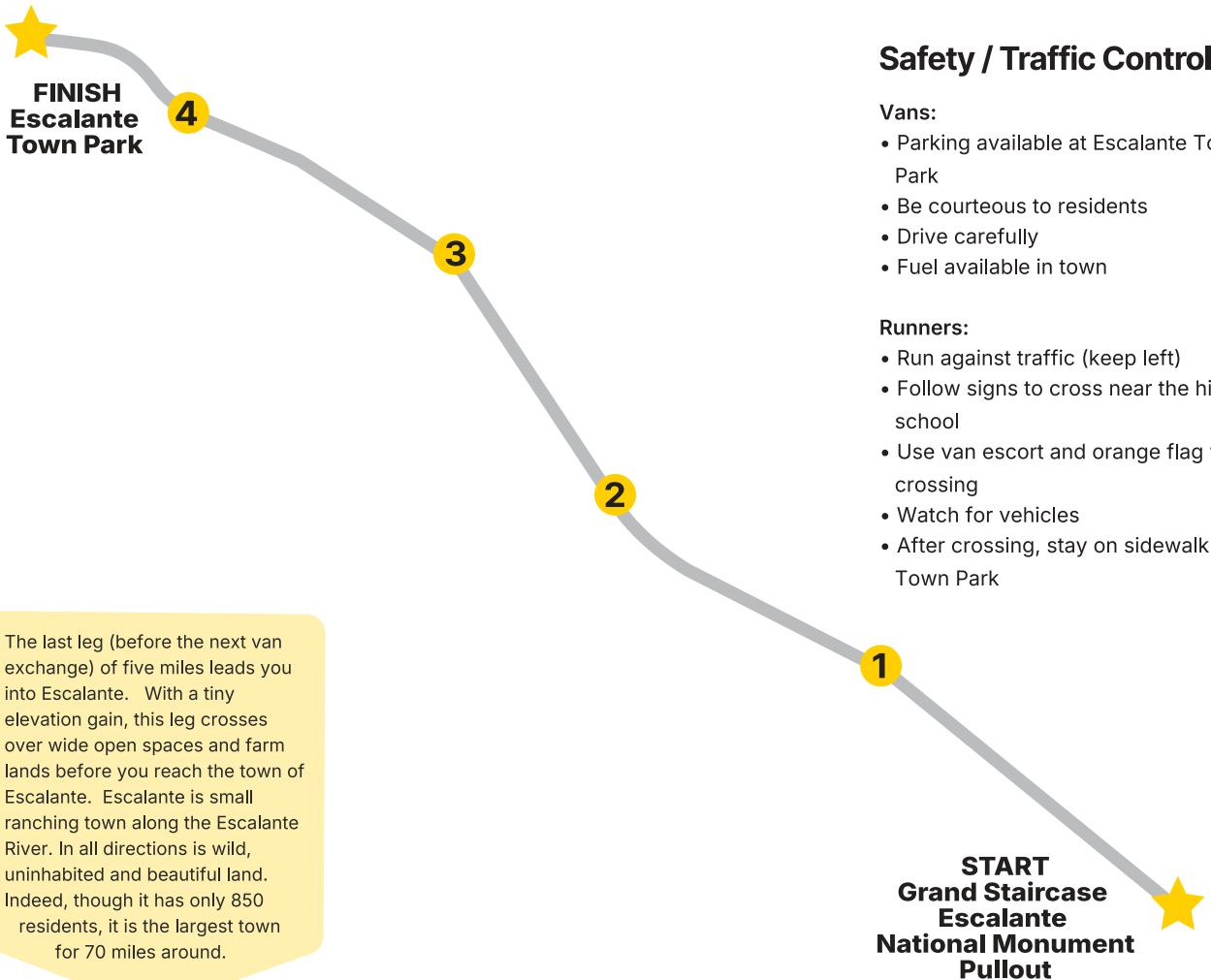
Safety / Traffic Control

Vans:

- Parking available at Escalante Town Park
- Be courteous to residents
- Drive carefully
- Fuel available in town

Runners:

- Run against traffic (keep left)
- Follow signs to cross near the high school
- Use van escort and orange flag when crossing
- Watch for vehicles
- After crossing, stay on sidewalk to Town Park



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.

\$6

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Leg 13 | 7.0 mi | Very Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

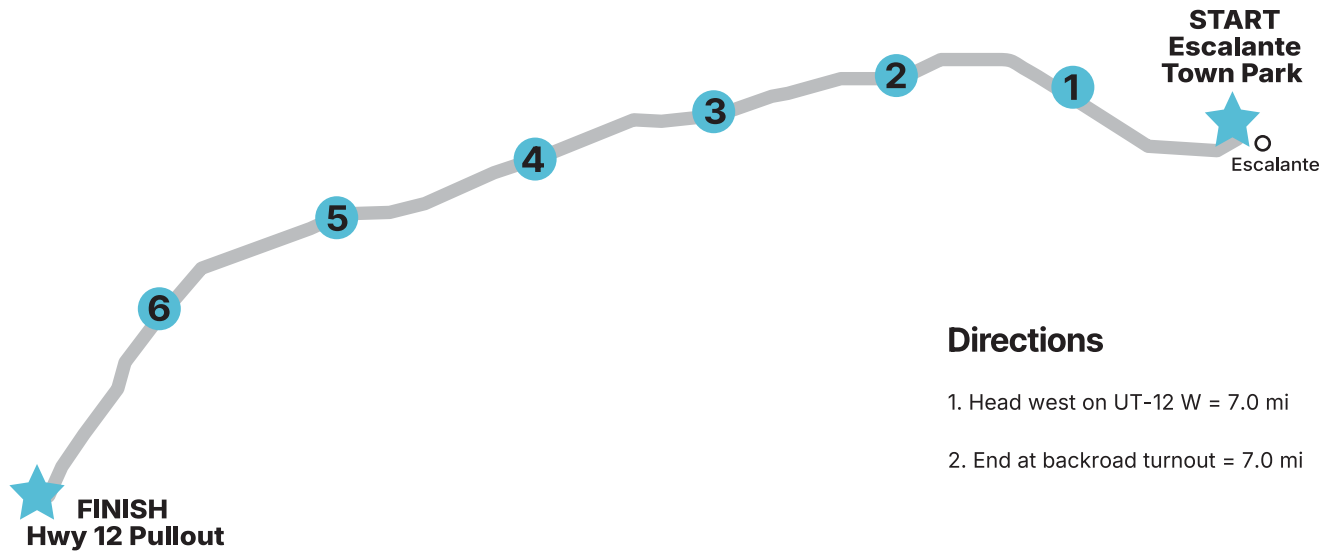
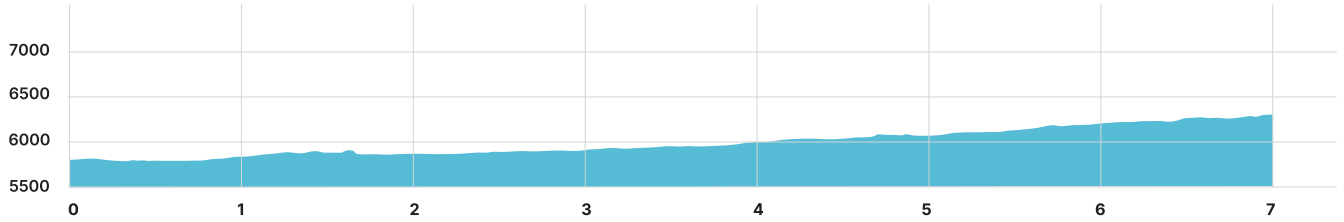
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 7.0 mi
Total Climb: +724 ft
Net Elevation: +506 ft
Start: 5,799 ft | End: 6,309 ft



Directions

1. Head west on UT-12 W = 7.0 mi
2. End at backroad turnout = 7.0 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas or side roads
- Parking available on both sides of exchange (pullout or side road)

Runners:

- Stay hydrated
- Watch for vehicles in town and along the route
- Run against traffic (keep left)

A straightforward run leaving Escalante along Hwy 12. Pass through town amenities before continuing along a dry riverbed toward the designated turnout. Nearby highlights include Escalante Petrified Forest State Park and Wide Hollow Reservoir.

Leg 14 | 6.2 mi | Very Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

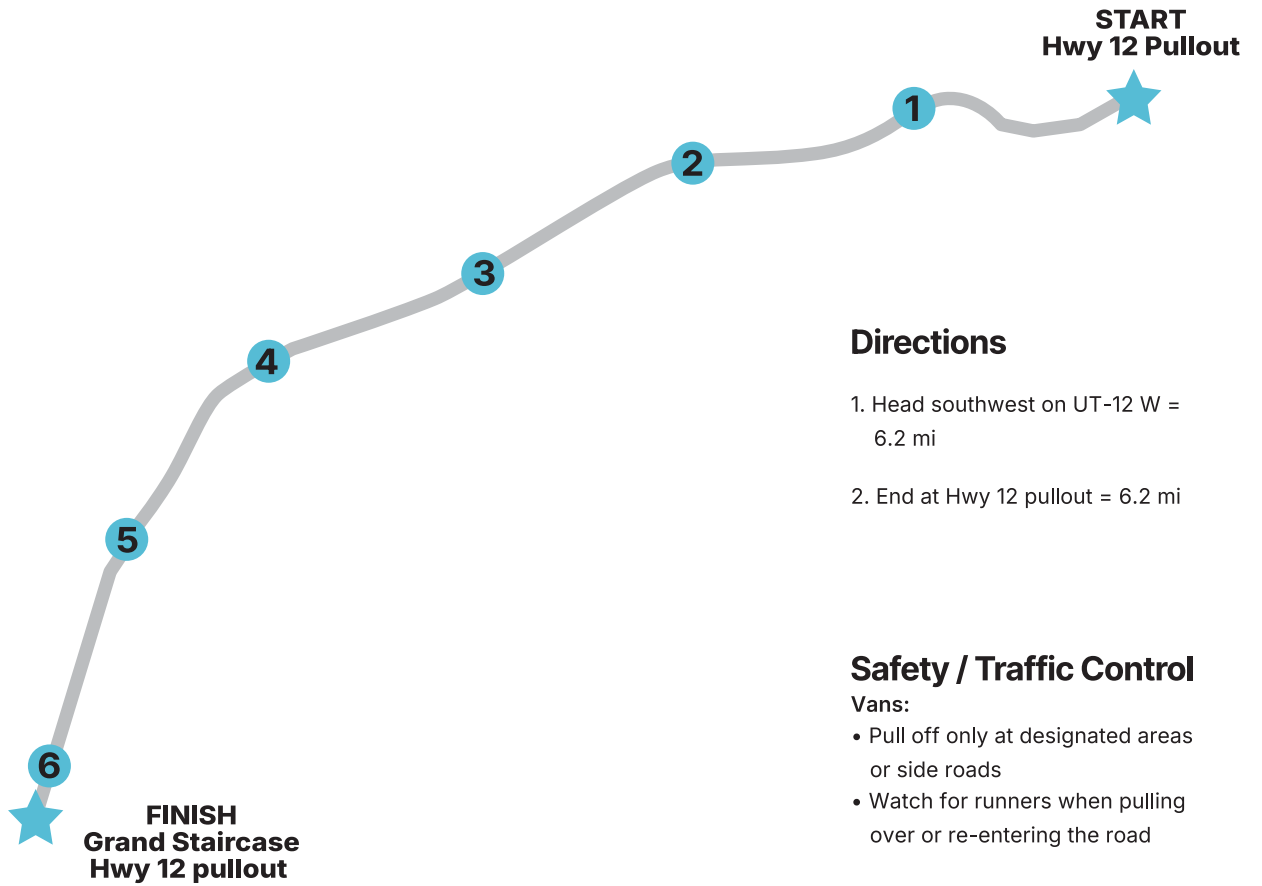
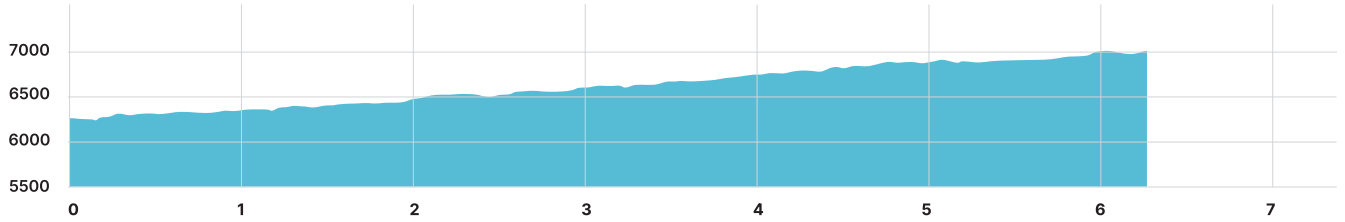
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 6.2 mi
Total Climb: +932 ft
Net Elevation: +700 ft
Start: 6,289 ft | **End:** 7,004 ft



Directions

1. Head southwest on UT-12 W = 6.2 mi
2. End at Hwy 12 pullout = 6.2 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas or side roads
- Watch for runners when pulling over or re-entering the road

Runners:

- Reflective vest required after 7 pm
- Elevation gain — stay hydrated
- Run against traffic (keep left)

This leg transitions into open landscapes with green pastures, rolling foothills, and rugged cliffs. Around mile one, look for an old Fremont Culture granary high in the cliffs. Continues through Grand Staircase–Escalante terrain.

Leg 15 | 5.2 mi | Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

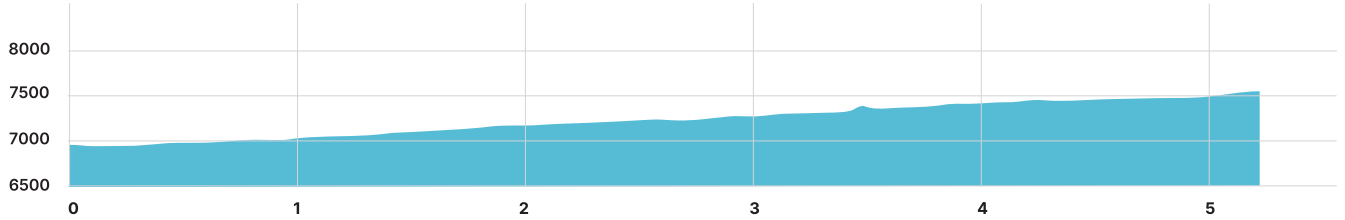
SAFETY & MEDICAL

AWARDS & TRAVEL

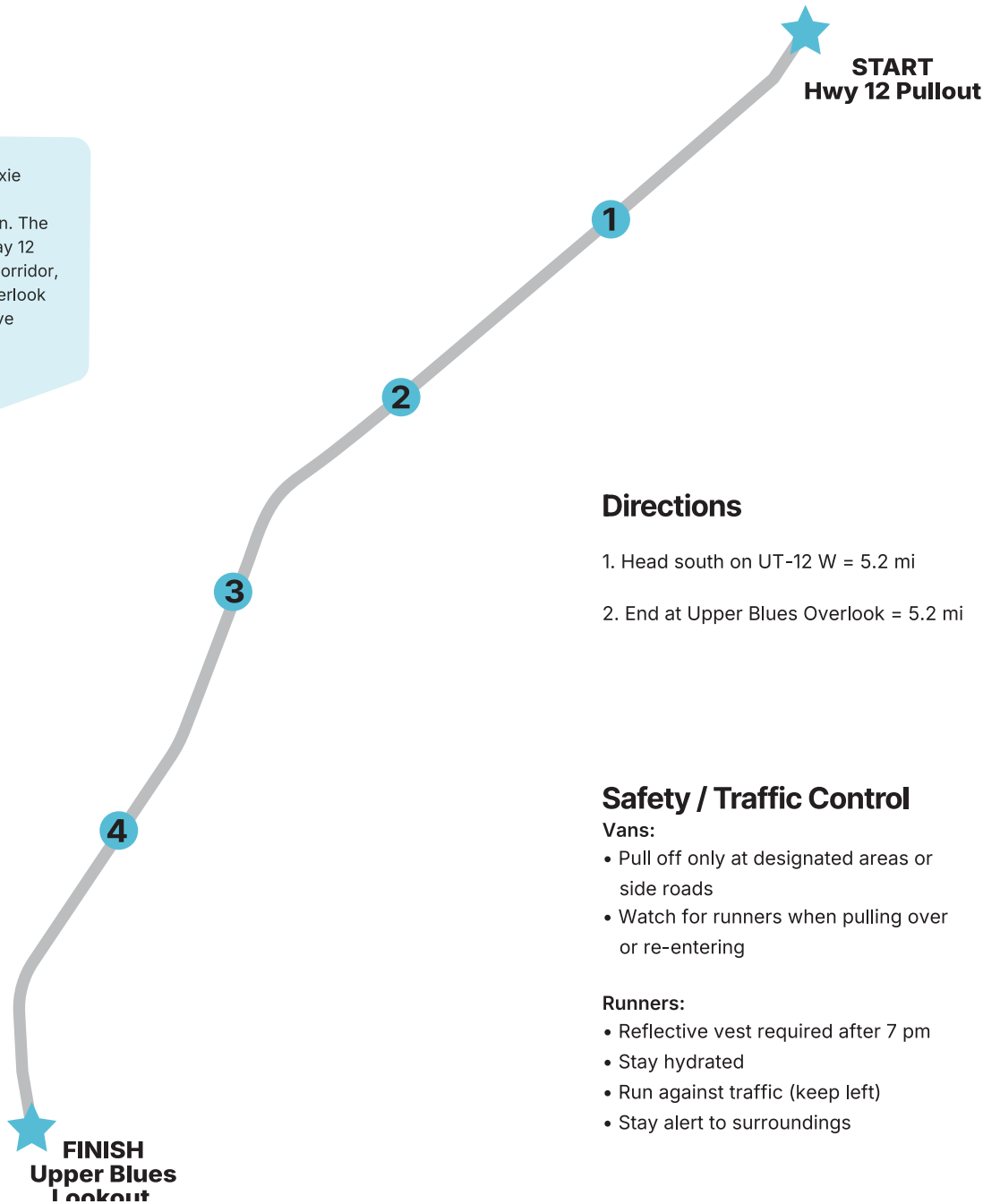
CONTACT INFO

Elevation Profile

Distance: 5.2 mi
Total Climb: +605 ft
Net Elevation: +532 ft
Start: 6,992 ft | End: 7,535 ft



A steady climb through Dixie National Forest into Grand Staircase–Escalante terrain. The route follows Scenic Byway 12 through an elk migration corridor, ending at Upper Blues Overlook with views of the distinctive "Blues" badlands.



Directions

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

Safety / Traffic Control

Vans:

- Pull off only at designated areas or side roads
- Watch for runners when pulling over or re-entering

Runners:

- Reflective vest required after 7 pm
- Stay hydrated
- Run against traffic (keep left)
- Stay alert to surroundings

Leg 16 | 4.1 mi | Easy

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

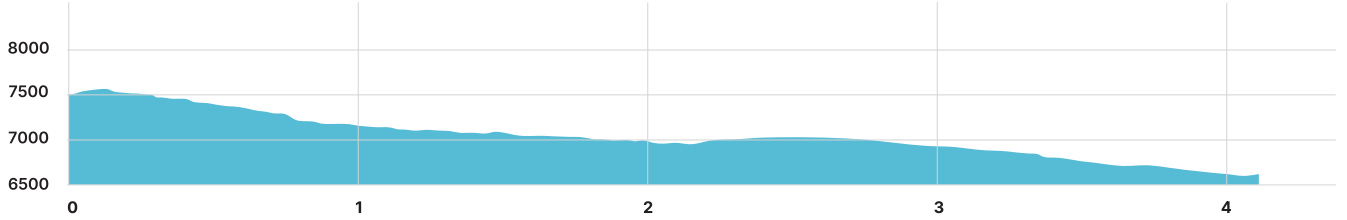
SAFETY & MEDICAL

AWARDS & TRAVEL

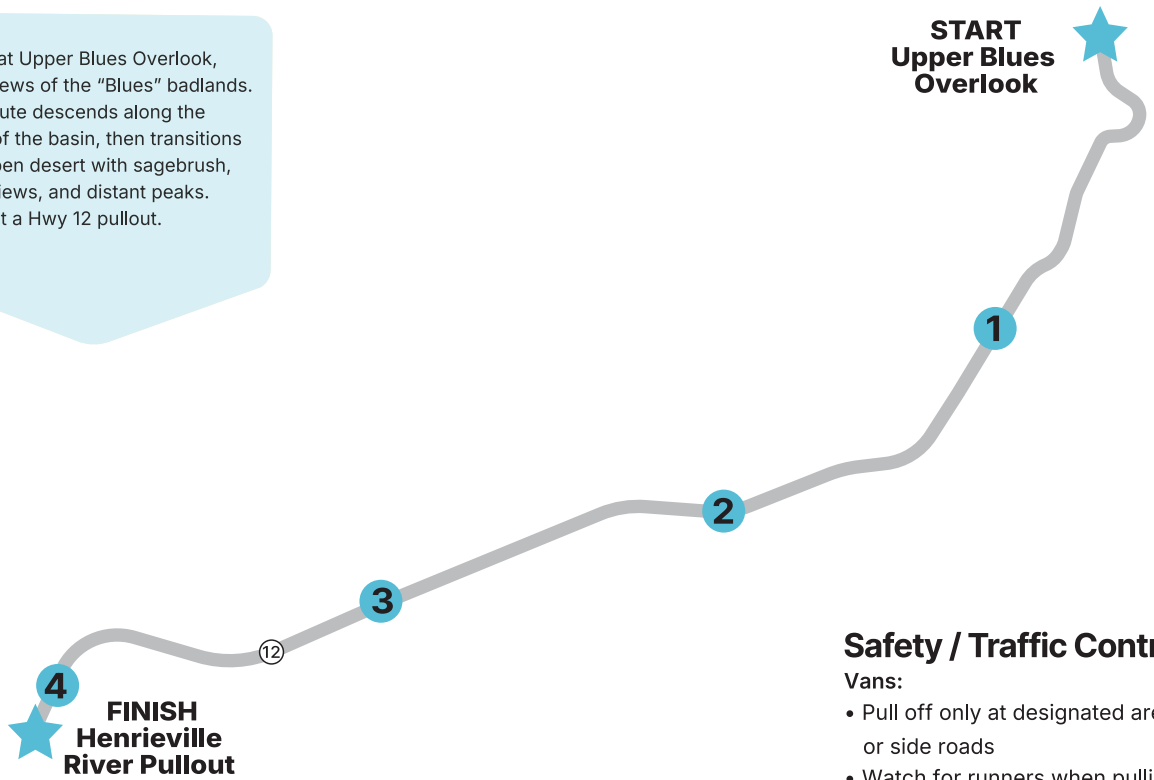
CONTACT INFO

Elevation Profile

Distance: 4.1 mi
Total Climb: +242 ft
Net Elevation: -871 ft
Start: 7,548 ft | **End:** 6,637 ft



Begin at Upper Blues Overlook, with views of the "Blues" badlands. The route descends along the edge of the basin, then transitions into open desert with sagebrush, river views, and distant peaks. Ends at a Hwy 12 pullout.



Safety / Traffic Control

Vans:

- Pull off only at designated areas or side roads
- Watch for runners when pulling over or re-entering

Runners:

- Reflective vest required after 7 pm
- Stay hydrated
- Run against traffic (keep left)
- Stay alert to surroundings

Directions

1. Head south on UT-12 W = 4.1 mi
2. End at Hwy 12 pullout = 4.1 mi

Leg 17 | 8.0 mi | Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

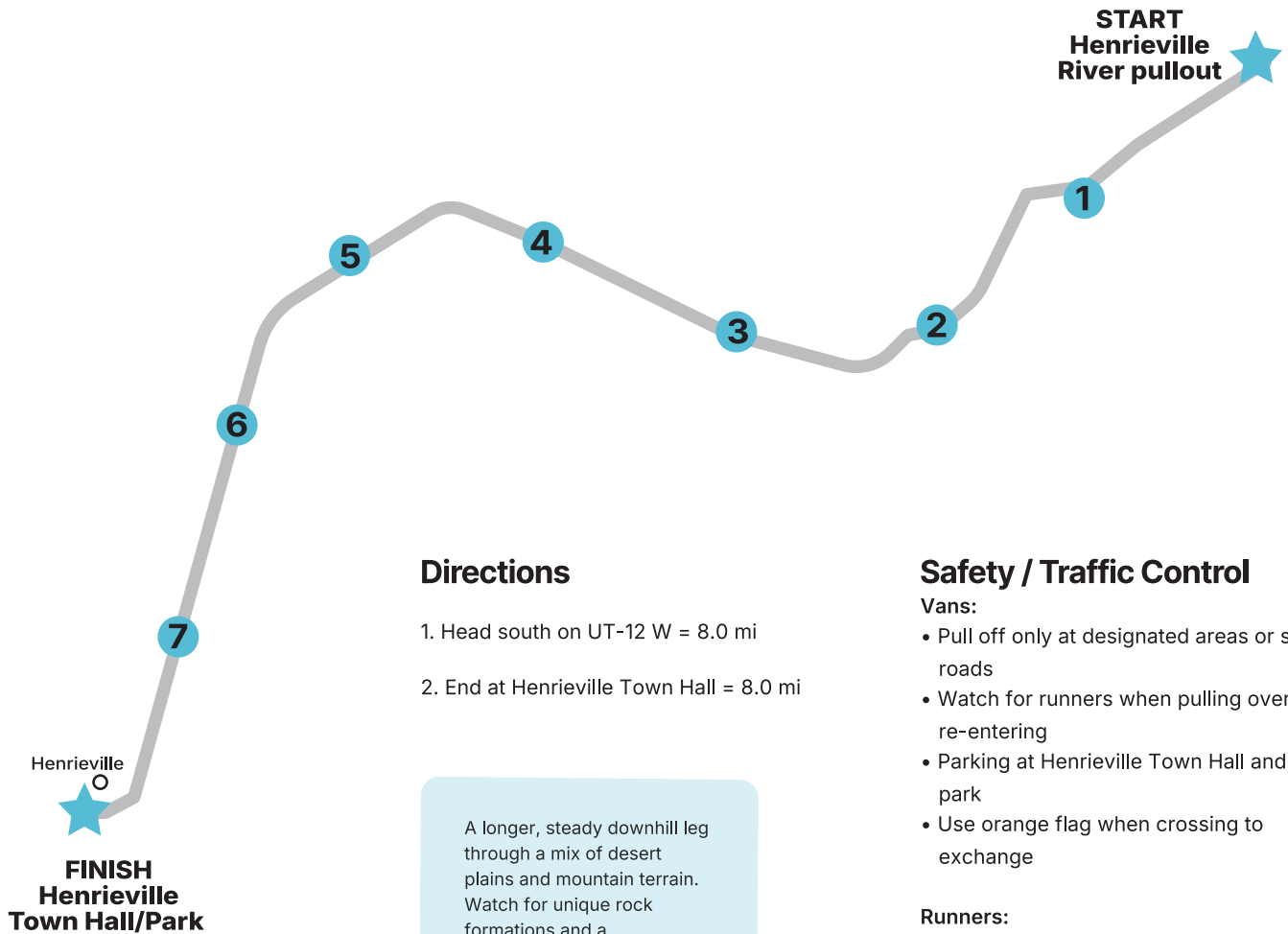
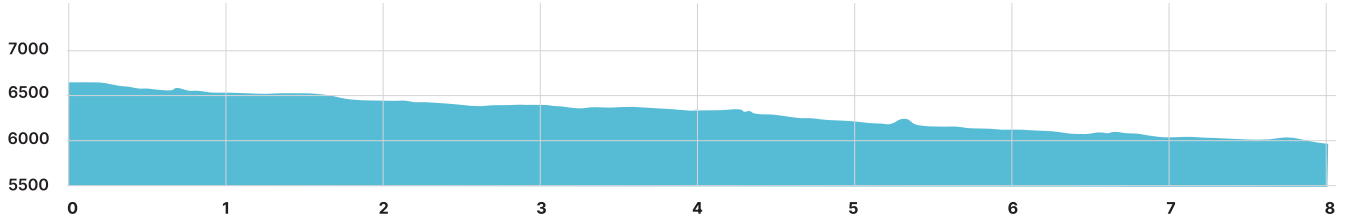
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 8.0 mi
Total Climb: +241 ft
Net Elevation: -673 ft
Start: 6,673 ft | End: 5,987 ft



Directions

1. Head south on UT-12 W = 8.0 mi
2. End at Henrieville Town Hall = 8.0 mi

A longer, steady downhill leg through a mix of desert plains and mountain terrain. Watch for unique rock formations and a flag-topped peak along the route. Finishes in Henrieville at the town hall.

Safety / Traffic Control

Vans:

- Pull off only at designated areas or side roads
- Watch for runners when pulling over or re-entering
- Parking at Henrieville Town Hall and park
- Use orange flag when crossing to exchange

Runners:

- Reflective vest required after 7 pm
- Stay hydrated
- Run against traffic (keep left)
- Stay alert to surroundings
- Use orange flag when crossing

Leg 18 | 3.6 mi | Easy

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

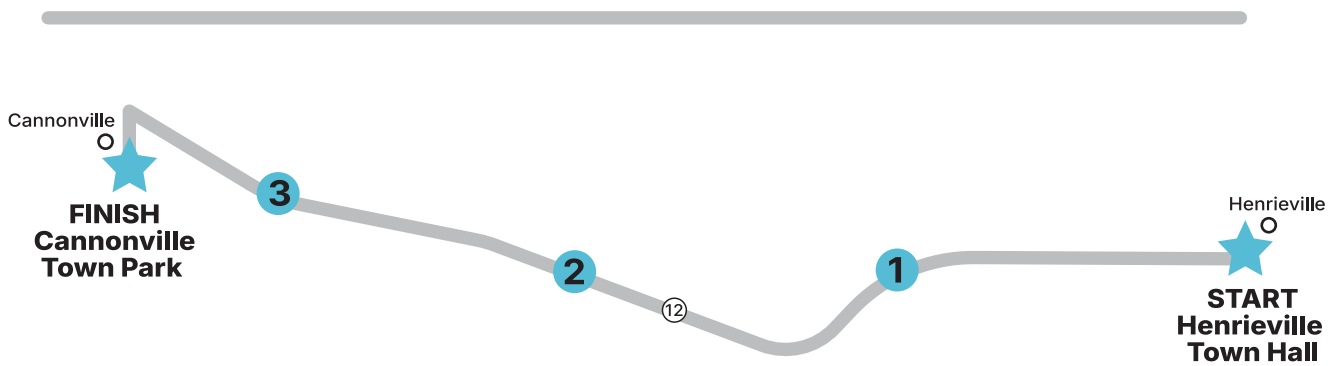
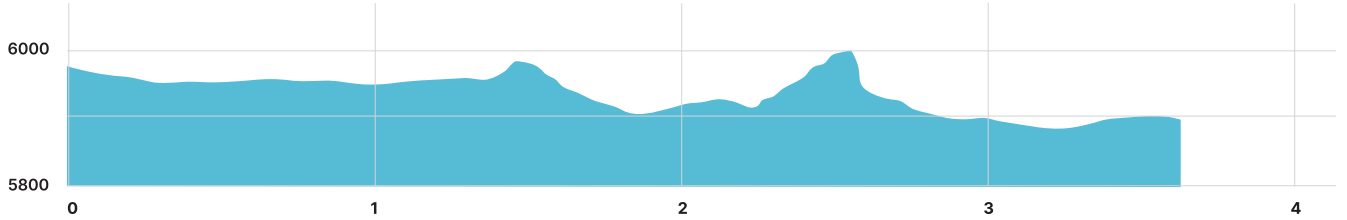
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 3.6 mi
Total Climb: +234 ft
Net Elevation: -98 ft
Start: 5,990 ft | End: 5,896 ft



Directions

1. Head west on UT-12 W = 3.4 mi
2. Turn left onto Main St = 3.5 mi
3. Turn right onto W Center St = 3.6 mi
4. End at Town Park = 3.6 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas or side roads
- Watch for runners when pulling over or re-entering
- Parking at Cannonville Park
- Use orange flag when crossing to exchange

Runners:

- Reflective vest and headlamp required after 7 pm
- Stay hydrated
- Run against traffic (keep left)
- Stay alert to surroundings
- Use orange flag when crossing

A short leg between towns through jagged mountains, red rock cliffs, and desert terrain. The route passes near Cannonville, with access to Kodachrome Basin State Park—known for its tall sedimentary spires and layered sandstone formations. Nearby Grosvenor Arch is also visible.

Leg 19 | 5.0 mi | Moderate

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

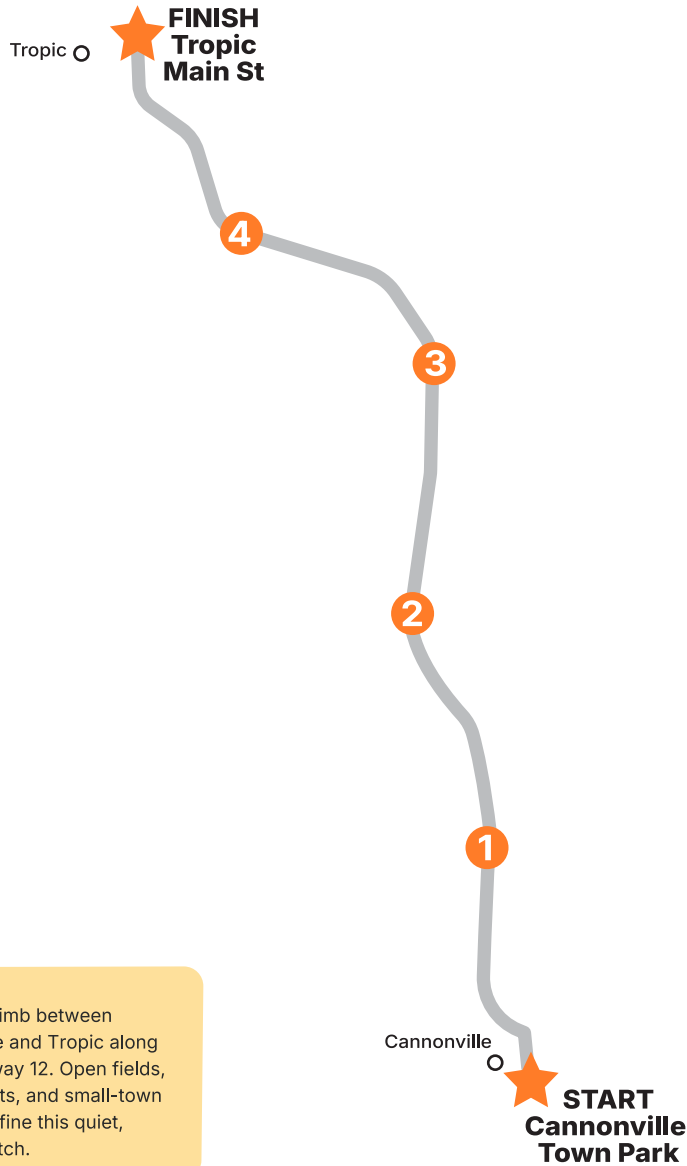
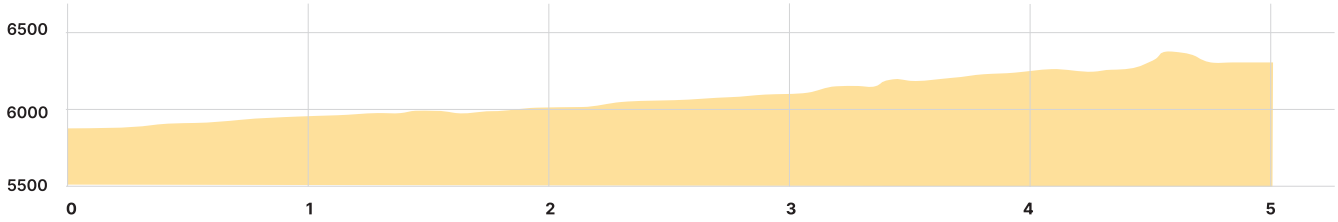
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 5.0 mi
Total Climb: +561 ft
Net Elevation: +420 ft
Start: 5,886 ft | End: 6,307 ft



A steady climb between Cannonville and Tropic along Scenic Byway 12. Open fields, desert plants, and small-town scenery define this quiet, scenic stretch.

Directions

1. Head west on Center St = 0.1 mi
2. Turn right onto Red Rock Dr = 0.2 mi
3. Slight left onto UT-12 W = 4.7 mi
4. End at State Bank of Southern Utah = 5.0 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas or side roads
- Watch for runners when pulling over or re-entering
- Parking at State Bank of Southern Utah

Runners:

- Reflective vest and headlamp required after 7 pm
- Stay hydrated
- Run against traffic (keep left)
- Stay alert to surroundings

Leg 20 | 4.0 mi | Moderate

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

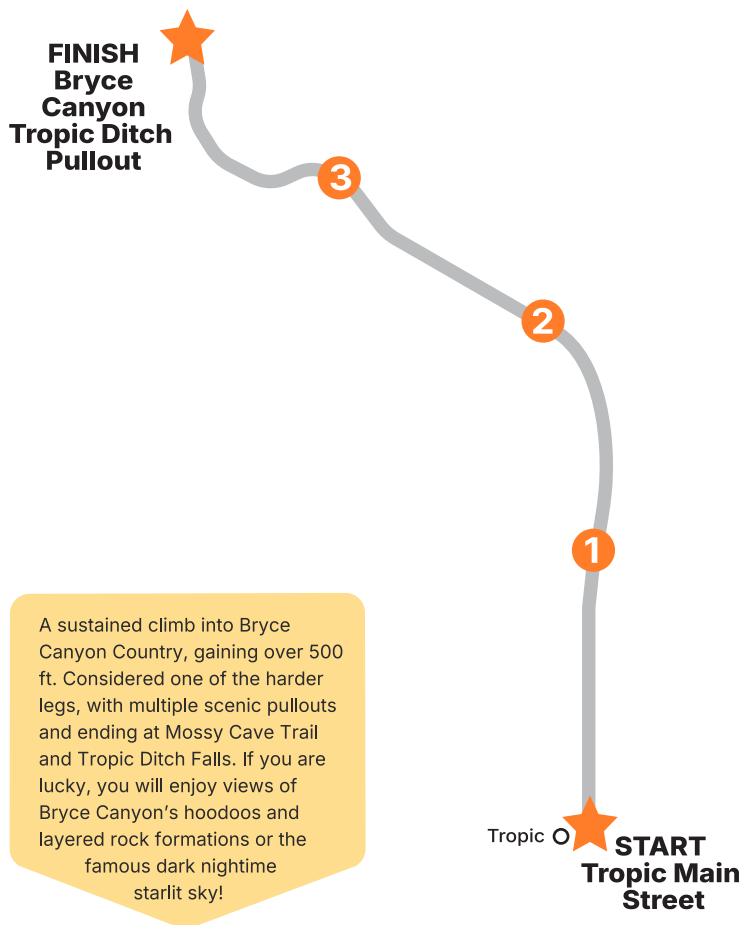
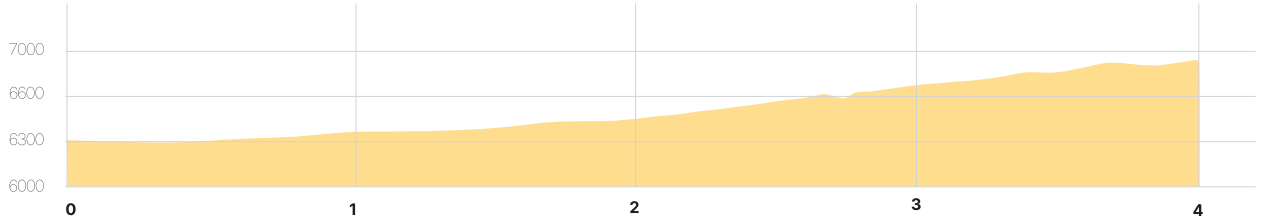
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 4.0 mi
Total Climb: +587 ft
Net Elevation: +180 ft
Start: 6,309 ft | **End:** 6,819 ft



Directions

1. Head north on Center St, continue onto UT-12 W = 4.0 mi
2. End at UT-12 Bryce Canyon National Park's Tropic Ditch Falls pullout= 4.0 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas or side roads
- Watch for runners when pulling over or re-entering

Runners:

- Reflective vest and headlamp required after 7 pm
- Stay hydrated
- Run against traffic (keep left)
- Stay alert to surroundings

Leg 21 | 6.9 mi | Very Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

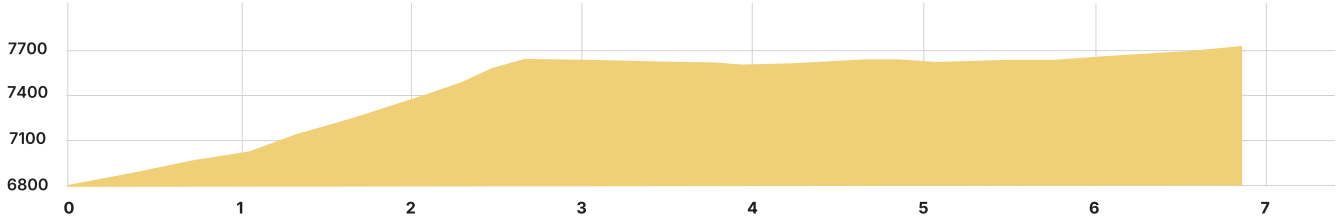
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 6.9 mi
Total Climb: +938 ft
Net Elevation: -488 ft
Start: 6,819 ft | End: 7,711 ft



FINISH
Bryce Canyon
Pines
Rest Area



6

5

4

3

2

1

START
Bryce
Canyon
Tropic Ditch
Pullout



Directions

1. Head northwest on UT-12 W = 6.9 mi
2. Pass UT-63 (Bryce Canyon turnoff) = 3.6 mi
3. End at Bryce Canyon Pines Rest Area = 6.9 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas or side roads
- Watch for runners when pulling over or re-entering
- Parking at Bryce Canyon Pines Rest Area right side

Runners:

- Reflective vest and headlamp required from 7 pm–7 am
- Stay hydrated
- Run against traffic (keep left)
- Stay alert to surroundings
- Use orange flag when crossing
- Use extra caution at night

A steep climb through Bryce Canyon National Park overlook and then atop with scattered ponderosa pines and views of the Paunsaugunt Mountains. Often run at night—clear skies offer strong stargazing. Pass the UT-63 turnoff to Bryce Canyon, and finish at Bryce Canyon Pines Rest area parking.

Leg 22 | 6.2 mi | Moderate

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

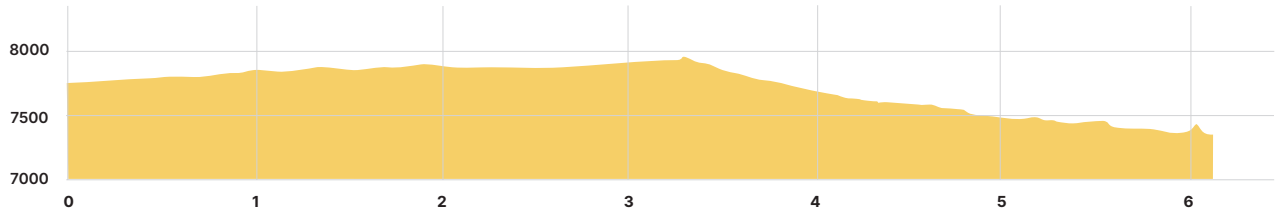
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 6.2 mi
Total Climb: +449 ft
Net Elevation: -663 ft
Start: 7,711 ft | End: 7,331 ft



Directions

1. Head west on UT-12 W = 6.2 mi
2. End at Red Canyon Trails Parking lot on right side of road = 6.2 mi

Safety / Traffic Control

Vans:

- Drive carefully, especially at night
- Watch closely for runners
- Rotate drivers if needed
- Parking at pullouts near Red Canyon tunnels and along wide shoulders

Runners:

- Reflective vest and headlamp required from 6 pm-7 am
- Stay alert to surroundings
- Use orange flag when crossing
- Use extra caution at night
- Stay on road — do not use bike path

This leg transitions into Red Canyon within Dixie National Forest, known for deep red rock formations and ponderosa pines. The route passes the twin arch tunnels on Hwy 12, with pullouts available for closer views then ends at the beautiful Red Canyons Trails parking lot.

Leg 23 | 4.1 mi | Easy

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

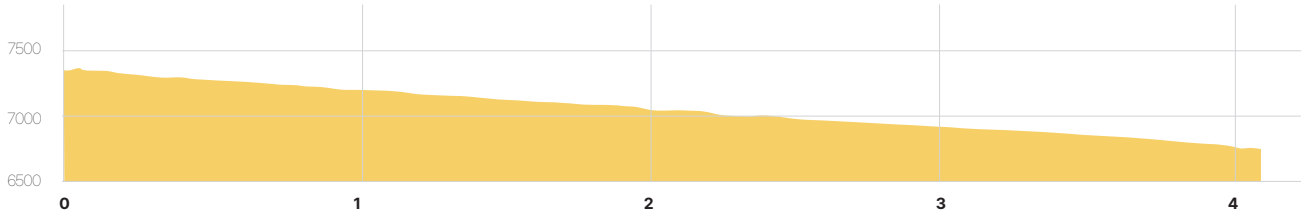
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 4.1 mi
Total Climb: +32 ft
Net Elevation: -601 ft
Start: 7,331 ft | End: 6,750 ft



FINISH
Bryce Canyon Trading Post



4

12

3

2

1



START
Red Canyon Trail Parking

Directions

1. Head west on UT-12 W = 4.1 mi
2. End at Bryce Canyon Trading Post, before hwy 12 ends = 4.1 mi

Safety / Traffic Control

Vans:

- Pull off only at designated areas or side roads
- Watch for runners when pulling over or re-entering
- Parking at Bryce Canyon Trading Post

Runners:

- Reflective vest and headlamp required from 7 pm-7 am
- Stay hydrated
- Run against traffic (keep left)
- Stay alert to surroundings
- Use extra caution at night
- Stay on road — do not use bike path

A steady downhill run through Red Canyon, with red rock formations and ponderosa pines. Pass the Red Canyon Visitor Center early, then transition to open fields. The leg ends near the campground at Bryce Canyon Trading Post.

Leg 24 | 8.5 mi | Very Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

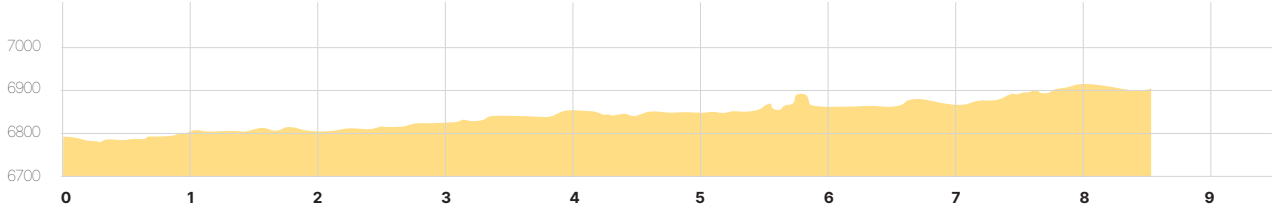
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 8.5 mi
Total Climb: +456 ft
Net Elevation: -178 ft
Start: 6,751 ft | End: 6,928 ft



Directions

1. Head west on UT-12 W toward US-89 = 0.3 mi
2. Turn left onto US-89 S = 8.2 mi
3. Turn into Riverside Ranch = 8.2 mi

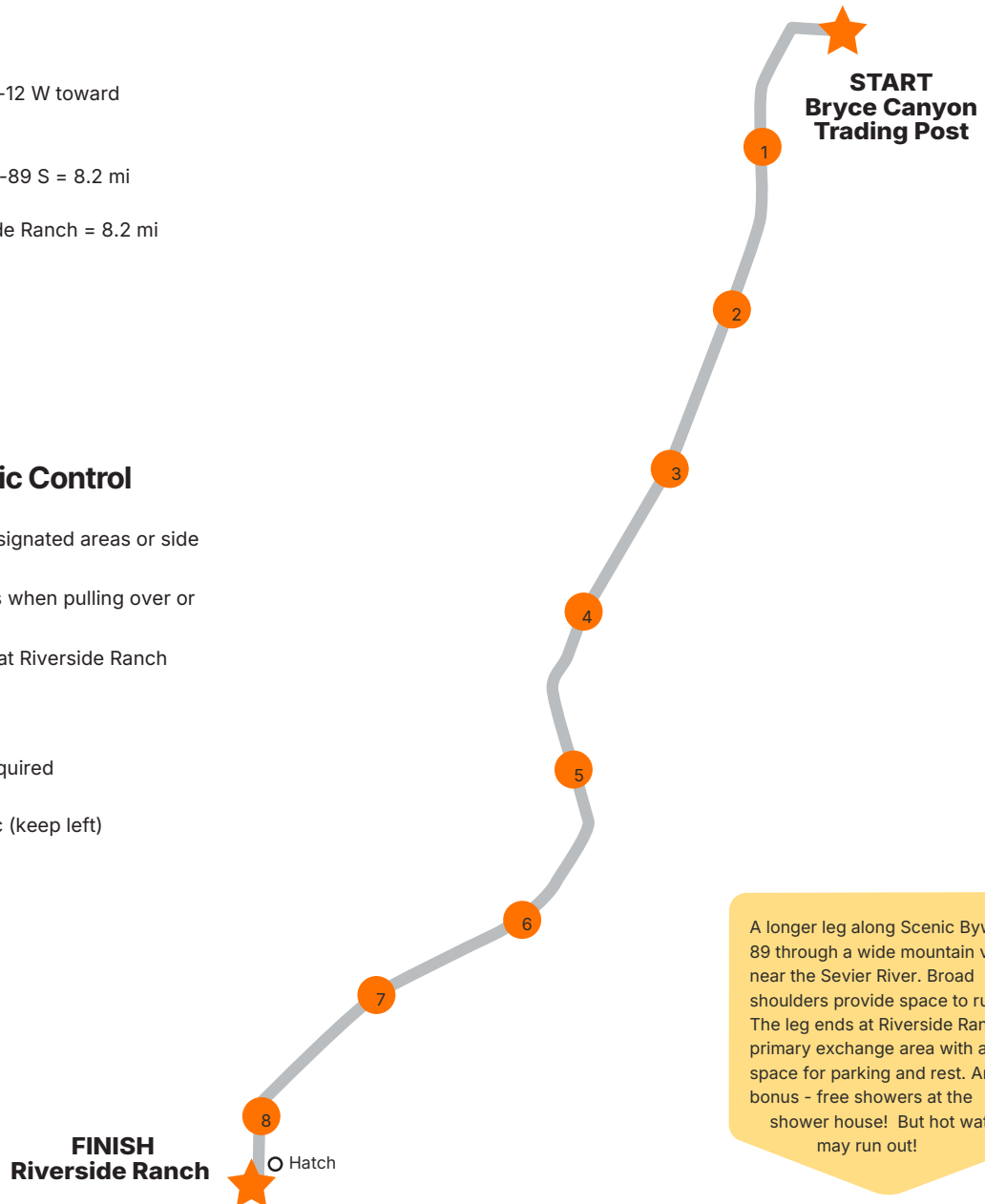
Safety / Traffic Control

Vans:

- Pull off only at designated areas or side roads
- Watch for runners when pulling over or re-entering
- Parking available at Riverside Ranch

Runners:

- Reflective vest required
- Stay hydrated
- Run against traffic (keep left)



A longer leg along Scenic Byway 89 through a wide mountain valley near the Sevier River. Broad shoulders provide space to run. The leg ends at Riverside Ranch, a primary exchange area with ample space for parking and rest. And bonus - free showers at the shower house! But hot water may run out!



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

Leg 25 | 3.3 mi | Easy

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

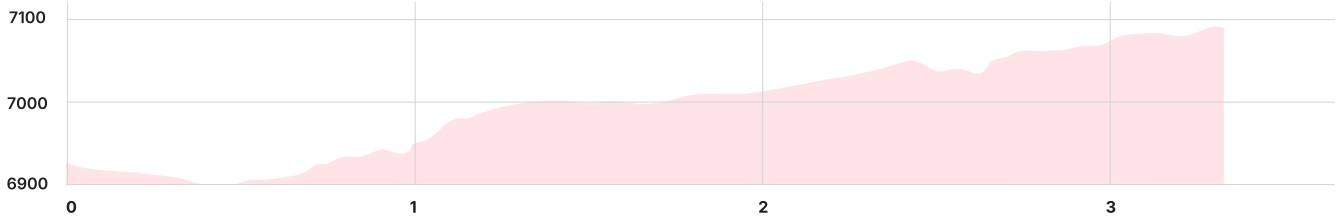
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

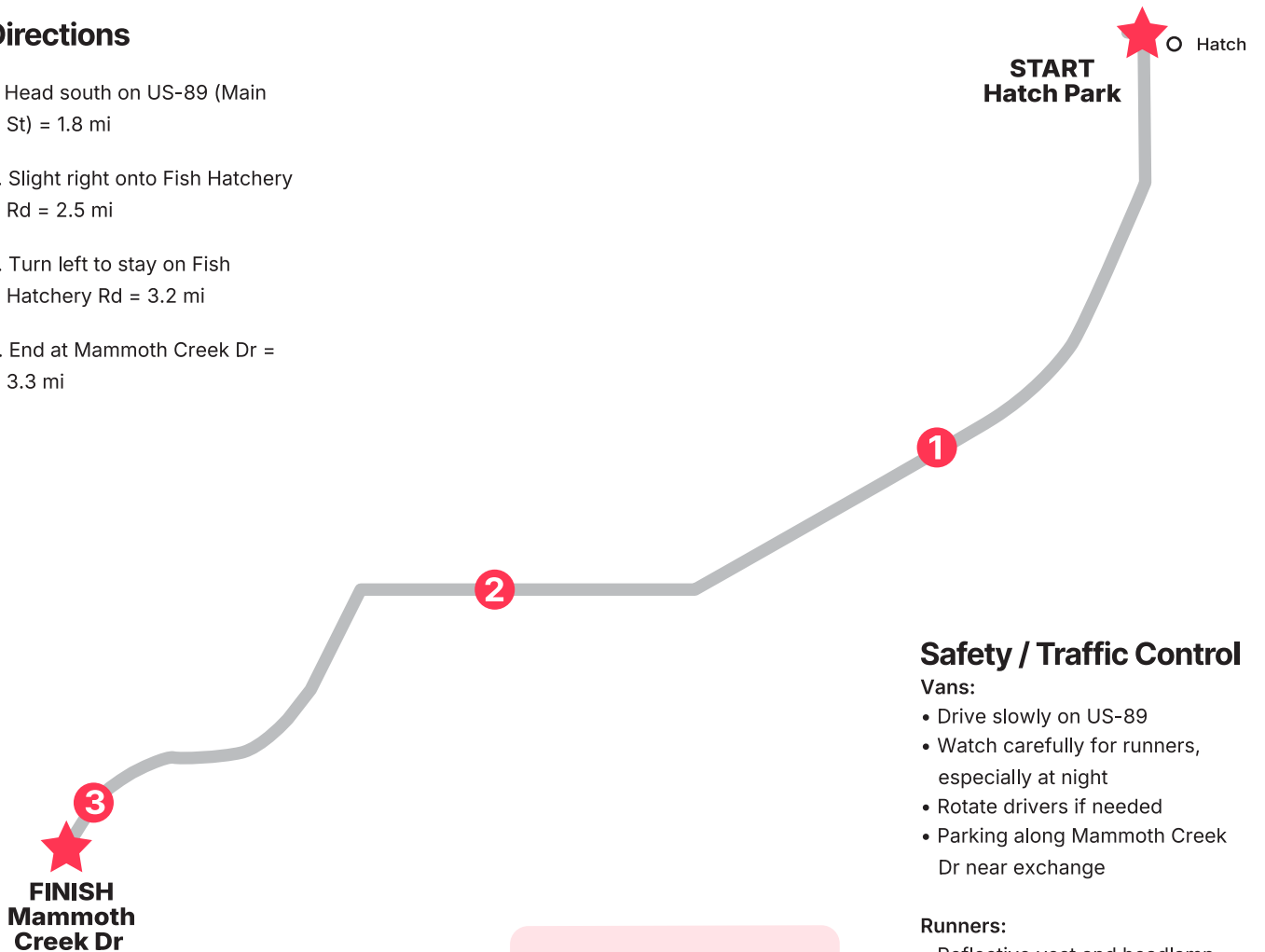
Elevation Profile

Distance: 3.3 mi
Total Climb: +299 ft
Net Elevation: +219 ft
Start: 6,929 ft | End: 7,091 ft



Directions

1. Head south on US-89 (Main St) = 1.8 mi
2. Slight right onto Fish Hatchery Rd = 2.5 mi
3. Turn left to stay on Fish Hatchery Rd = 3.2 mi
4. End at Mammoth Creek Dr = 3.3 mi



Safety / Traffic Control

Vans:

- Drive slowly on US-89
- Watch carefully for runners, especially at night
- Rotate drivers if needed
- Parking along Mammoth Creek Dr near exchange

Runners:

- Reflective vest and headlamp required from 6 pm–7 am
- Run with traffic leaving exchange
- Watch closely for Fish Hatchery Rd turnoff
- Stay alert to surroundings

A short transition leg from Hwy 89 onto quieter back roads. Moves from busier highway into open pastureland with pine-covered foothills. Ends at Mammoth Creek Dr near the fish hatchery.

Leg 26 | 4.9 mi | Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

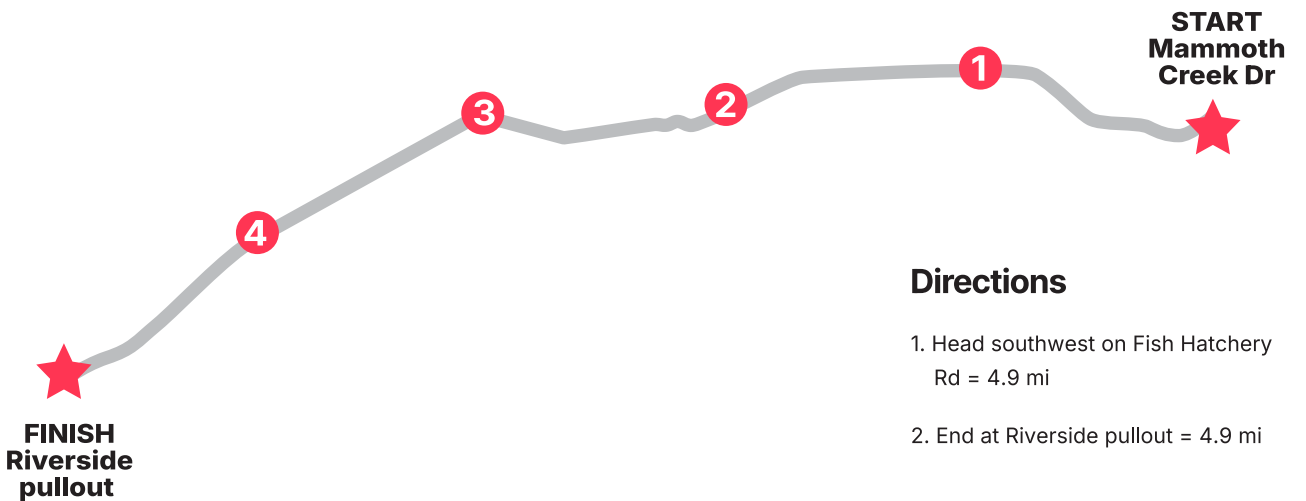
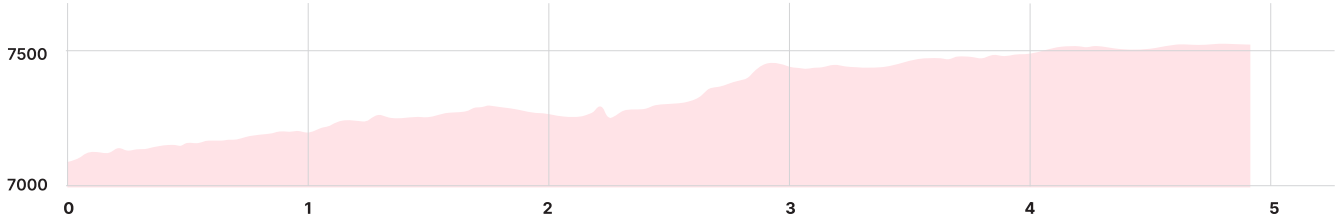
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 4.9 mi
Total Climb: +583 ft
Net Elevation: +388 ft
Start: 7,150 ft | End: 7,538 ft



Directions

1. Head southwest on Fish Hatchery Rd = 4.9 mi
2. End at Riverside pullout = 4.9 mi

Safety / Traffic Control

Vans:

- Watch for runners when pulling over or re-entering
- Parking along road and at exchange pullout
- Drive slowly to reduce dust

Runners:

- Reflective vest and headlamp required from 6 pm-7 am
- Stay hydrated
- Stay alert to surroundings
- Use extra caution at night

A gradual uphill leg through open countryside with green fields, pine-dotted hills, and occasional river views. Road transitions to dirt around mile 2.5. Clear nights offer strong stargazing conditions.

Leg 27 | 4.1 mi | Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

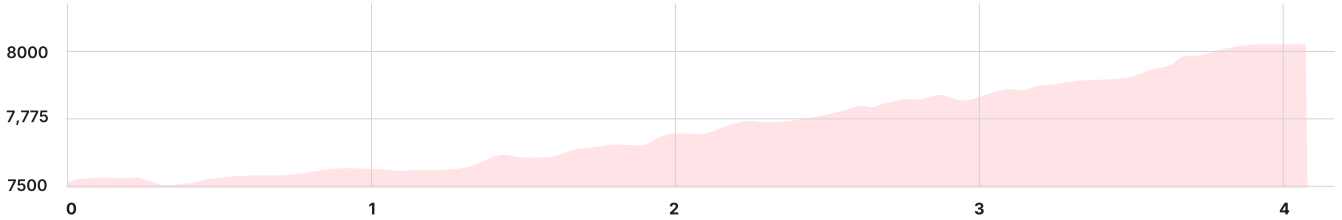
SAFETY & MEDICAL

AWARDS & TRAVEL

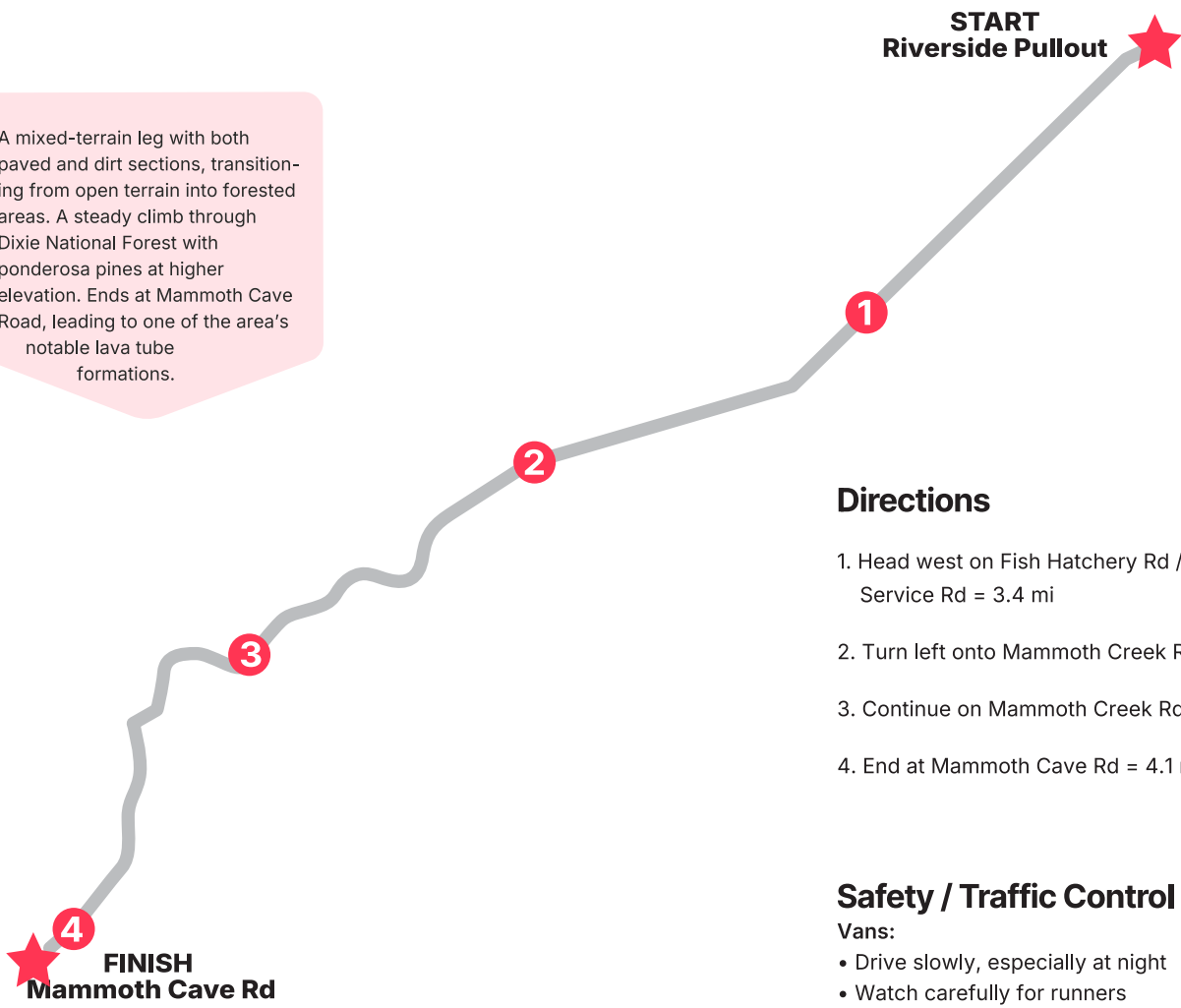
CONTACT INFO

Elevation Profile

Distance: 4.1 mi
Total Climb: +587 ft
Net Elevation: +509 ft
Start: 7,525 ft | End: 8,042 ft



A mixed-terrain leg with both paved and dirt sections, transitioning from open terrain into forested areas. A steady climb through Dixie National Forest with ponderosa pines at higher elevation. Ends at Mammoth Cave Road, leading to one of the area's notable lava tube formations.



START
Riverside Pullout

1

2

3

4

FINISH
Mammoth Cave Rd

Directions

1. Head west on Fish Hatchery Rd / Forest Service Rd = 3.4 mi
2. Turn left onto Mammoth Creek Rd = 3.4 mi
3. Continue on Mammoth Creek Rd = 4.1 mi
4. End at Mammoth Cave Rd = 4.1 mi

Safety / Traffic Control

Vans:

- Drive slowly, especially at night
- Watch carefully for runners
- Rotate drivers if needed
- Parking along Mammoth Cave Rd near exchange

Runners:

- Reflective vest and headlamp required from 6 pm-7 am
- Stay alert to surroundings
- Follow signage and turn left at junction

Leg 28 | 3.4 mi | Easy

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

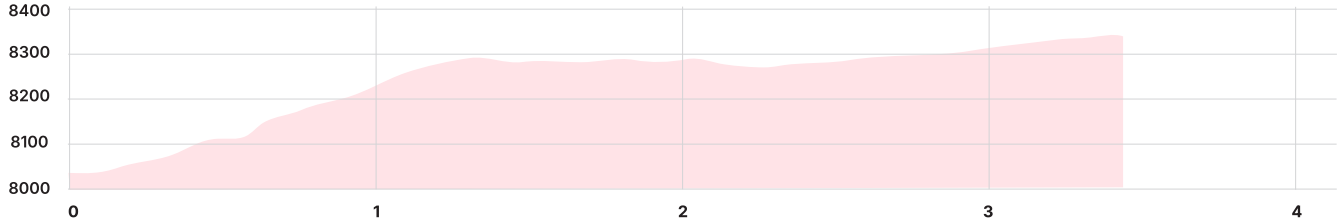
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

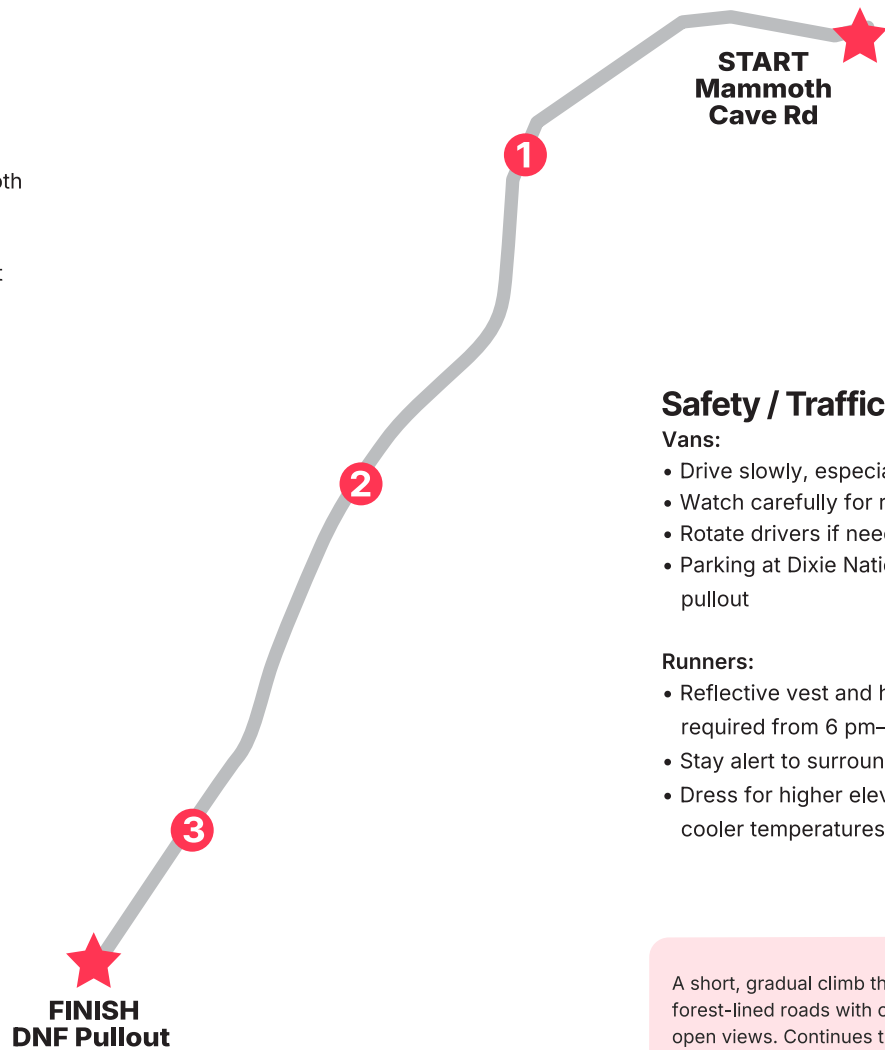
Elevation Profile

Distance: 3.4 mi
Total Climb: +350 ft
Net Elevation: +298 ft
Start: 8,041 ft | End: 8,340 ft



Directions

1. Head southwest on Mammoth Creek Rd = 3.4 mi
2. End at Dixie National Forest pullout = 3.4 mi



Safety / Traffic Control

Vans:

- Drive slowly, especially at night
- Watch carefully for runners
- Rotate drivers if needed
- Parking at Dixie National Forest pullout

Runners:

- Reflective vest and headlamp required from 6 pm–7 am
- Stay alert to surroundings
- Dress for higher elevation and cooler temperatures

A short, gradual climb through forest-lined roads with occasional open views. Continues through Dixie National Forest on Cedar Mountain, with cool air and pine surroundings. Crosses from Garfield County into Kane County near the end.

Leg 29 | 2.9 mi

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 2.9 mi
Total Climb: +192 ft
Net Elevation: -45 ft
Start: 8,340 ft | End: 8,408 ft



Directions

1. Head southwest on Mammoth Creek Rd = 1.7 mi
2. End at Duck Creek Village = 2.9 mi

Safety / Traffic Control

Vans:

- Watch for runners when pulling over or re-entering
- Parking at Duck Creek Village
- Run with Traffic and turn right into Village

Runners:

- Reflective vest required from 7 pm–7 am
- Headlamp as needed
- Stay hydrated
- Dress for cooler temperatures
- Stay alert to surroundings
- Watch for vehicles near intersections

The shortest leg of the course. Continues through Dixie National Forest with ponderosa pines, aspens, and open meadows. Pass the Cedar Mountain fire station and turn onto Hwy 14 and enjoy the beautiful mountain feel and small village.

Leg 30 | 4.6 mi | Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

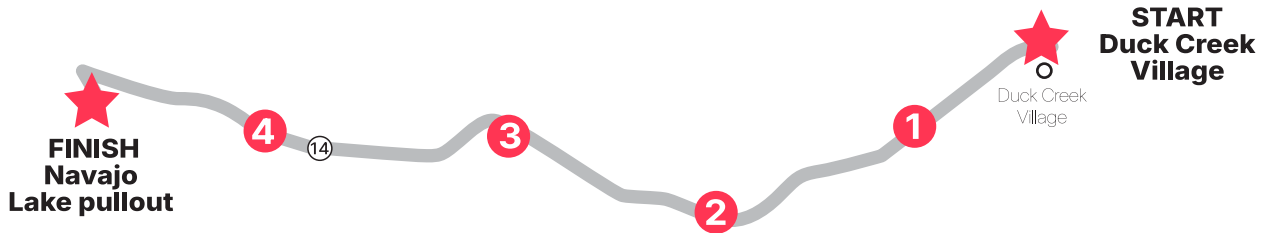
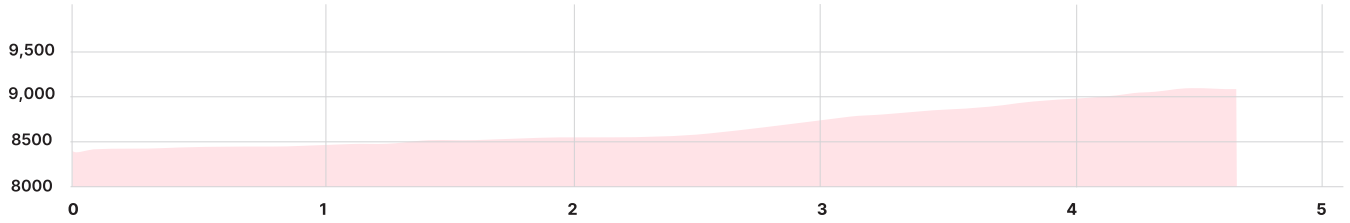
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 4.6 mi
Total Climb: +805 ft
Net Elevation: -138 ft
Start: 8,408 ft | **End:** 9,166 ft



Directions

1. Head west toward UT-14 = 0.0 mi
2. Turn right onto UT-14 W = 0.7 mi
3. Turn left onto Navajo Lake Rd = 4.6 mi
4. End at Navajo Lake Rd pullout = 4.6 mi

Safety / Traffic Control

Vans:

- Watch for runners when pulling over or re-entering
- No Parking along Hwy 14 only at pullouts
- Drive slowly to reduce traffic speed
- Watch for runners crossing Hwy 14
- Exchange not ideal for sleeping

Runners:

- Reflective vest and headlamp required from 7 pm–7 am
- Stay hydrated
- Stay alert to surroundings
- Use extra caution at night
- Watch for vehicles when crossing Hwy 14

The only leg on Scenic Byway 14, climbing through Dixie National Forest. Features aspen and pine forests, lava rock fields, and views near Duck Creek Village and Duck Creek Pond. Finishes at Navajo Lake Rd, leading to Navajo Lake.



FREE Pancakes

BY TOP OF ZION

EVERYONE
Welcome!

Saturday June 13th

6:00 am - 11:00 am

Bring your Team & your Appetite!

Exchange 30 - Navajo Lake Road Pullout

Leg 31 | 5.6 mi | Moderate

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

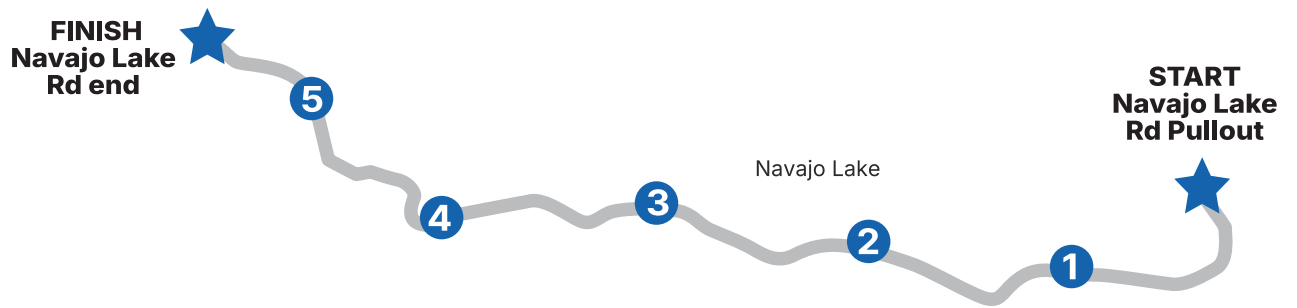
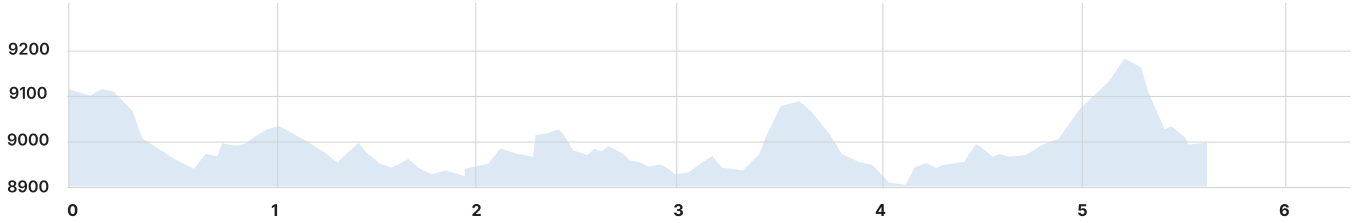
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 5.6 mi
Total Climb: +510 ft
Net Elevation: -677 ft
Start: 9,166 ft | **End:** 9,011 ft



Directions

1. Head southwest on Navajo Lake Rd = 0.2 mi
2. Continue on Navajo Lake Rd = 5.6 mi
3. End at North Fork Rd & Te Ah Campground= 5.6 mi

Final stretch begins here, running alongside Navajo Lake for several miles (views partially obscured by forest). High elevation brings cooler temperatures and views near 9,184 ft. Pass campgrounds and the Navajo Lake Lodge and Marina before continuing through forested terrain. End at Te Ah Campground.

Safety / Traffic Control

Vans:

- Watch for runners when pulling over or re-entering
- Parking along road and at Navajo Lake exchange pullout
- Stay alert — high visitor traffic
- Do not get distracted by scenery
- Exchange not ideal for sleeping

Runners:

- Reflective vest and headlamp required from 7 pm–7 am
- Stay hydrated
- Stay alert to surroundings
- Watch for vehicles

Leg 32 | 4.8 mi | Easy

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

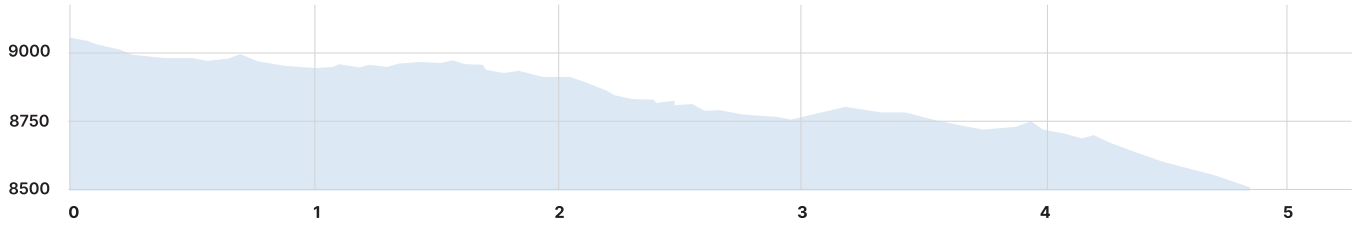
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 4.8 mi
Total Climb: +136 ft
Net Elevation: -818 ft
Start: 9,186 ft | End: 8,518 ft



START
Navajo Lake Rd end



A long downhill backcountry leg on dirt roads with significant elevation loss. Remote setting with forest, red rock views, and minimal traffic. Early runners may catch the sunrise – a quiet, scenic stretch through high-country terrain and dirt road.

Directions

1. Head south on North Fork Rd = 4.8 mi
2. End at North Fork Rd Bryce View Stream Crossing = 4.8 mi

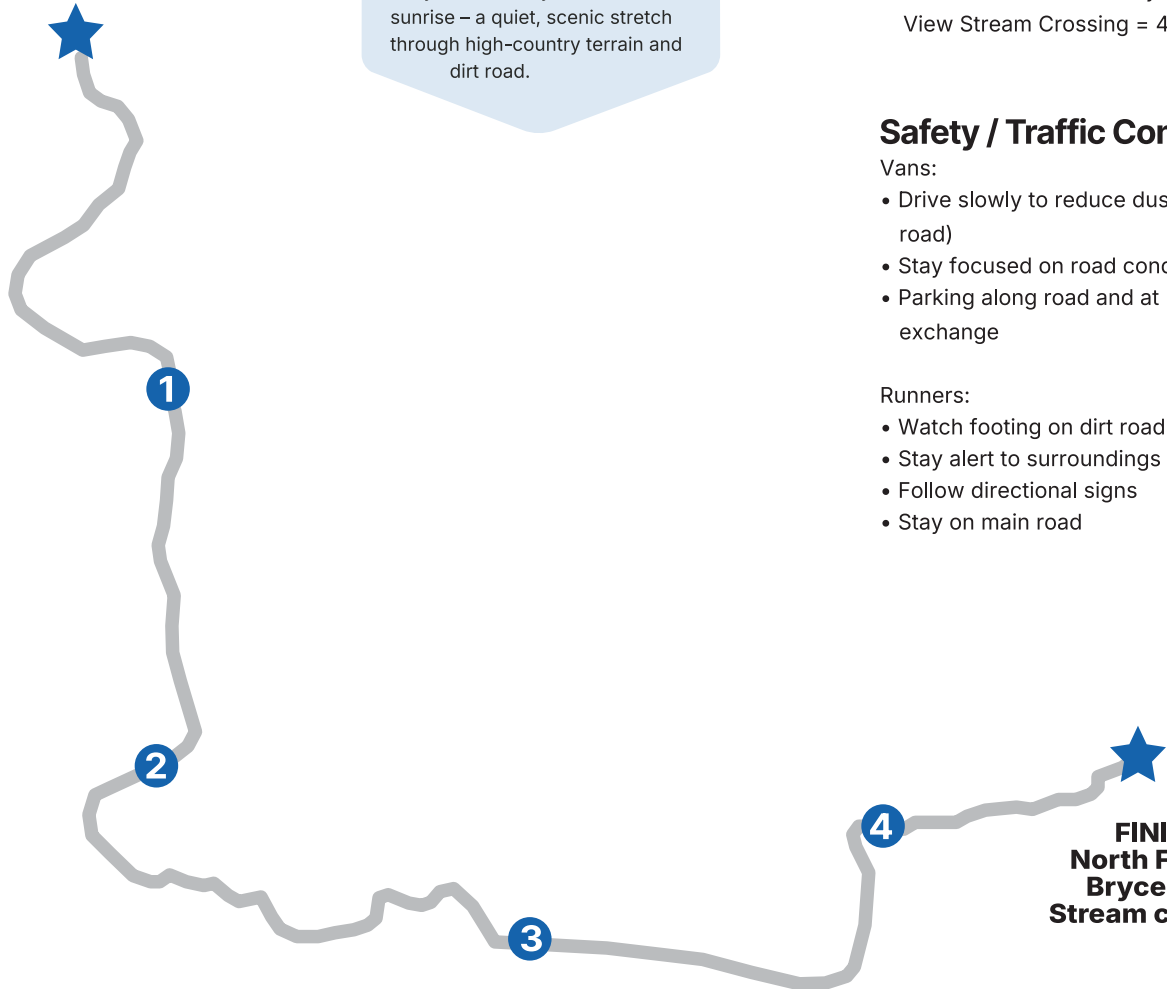
Safety / Traffic Control

Vans:

- Drive slowly to reduce dust (dirt road)
- Stay focused on road conditions
- Parking along road and at exchange

Runners:

- Watch footing on dirt road
- Stay alert to surroundings
- Follow directional signs
- Stay on main road



FINISH
North Fork Rd
Bryce View
Stream crossing

Leg 33 | 4.7 mi | Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

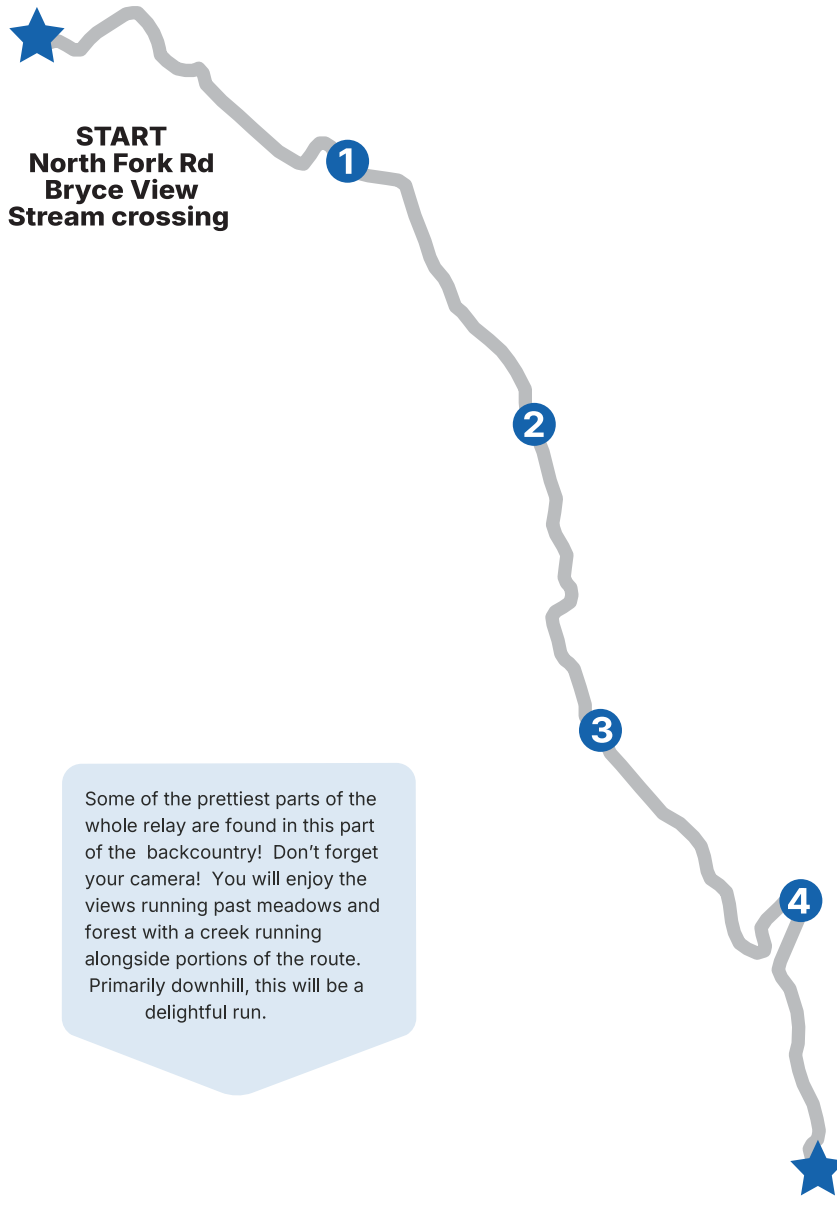
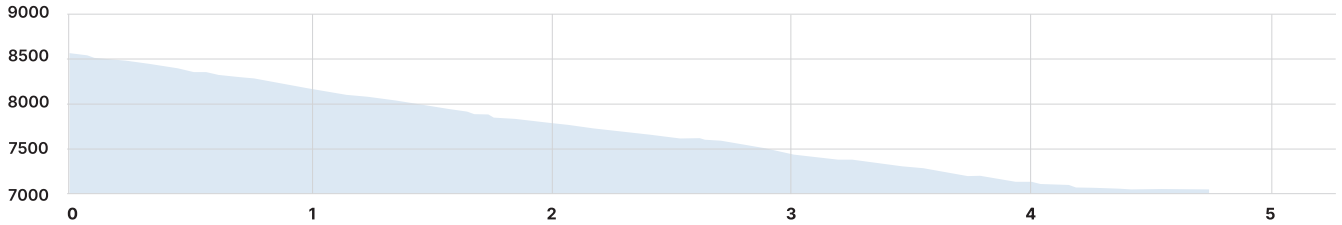
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 4.7 mi
Total Climb: +129 ft
Net Elevation: -1420 ft
Start: 8,518 ft | **End:** 7,098 ft



Some of the prettiest parts of the whole relay are found in this part of the backcountry! Don't forget your camera! You will enjoy the views running past meadows and forest with a creek running alongside portions of the route. Primarily downhill, this will be a delightful run.

Directions

1. Head south on North Fork Rd = 4.7 mi
2. End at North Fork Circle Drive Corral = 4.7 mi

Safety / Traffic Control

Vans:

- Drive slowly to reduce dust (dirt road)
- Stay focused on road conditions
- Parking along road and at exchange

Runners:

- Watch footing on dirt road
- Be prepared for mud or small stream crossings
- Stay alert to surroundings
- Follow directional signs
- Stay on main road

Leg 34 | 7.0 mi | Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

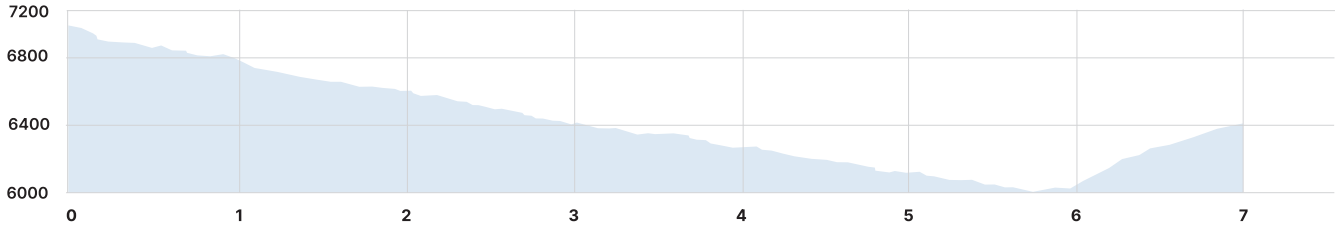
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

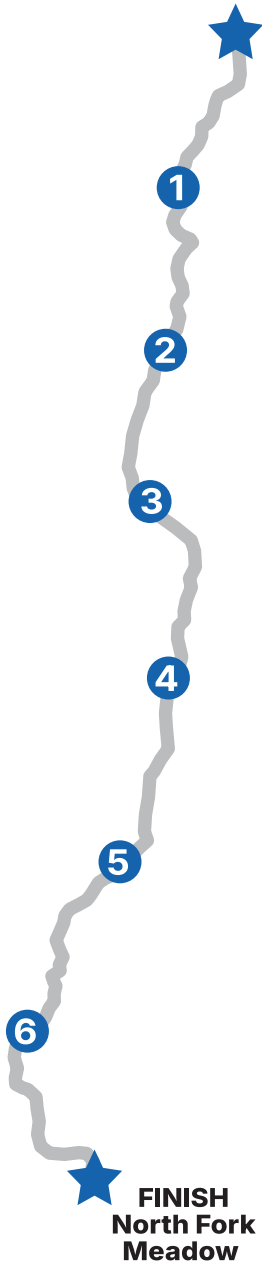
Elevation Profile

Distance: 7.0 mi
Total Climb: +459 ft
Net Elevation: -1136 ft
Start: 7,098 ft | End: 6,431 ft



Let 34 continues south on the North Fork Rd with amazing views overlooking the Top of Zion NP. Lower elevation brings warmer temperatures and more open terrain. A mixed profile with both climbing and descent on rugged dirt roads. Includes access point signage for the Zion's "Narrows" hike.

START
North Fork
Circle Drive Corral



FINISH
North Fork
Meadow

Directions

1. Continue south on North Fork Rd = 7.0 mi
2. Turn left to stay on N Fork Rd = 7.0 mi
3. End at North Fork Meadow = 7.0 mi

Safety / Traffic Control

Vans:

- Drive slowly to reduce dust (dirt road)
- Stay focused on road conditions
- Parking along road and at exchange

Runners:

- Watch footing on dirt road
- Stay alert to surroundings
- Follow directional signs
- Stay on main road

Leg 35 | 7.0 mi | Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

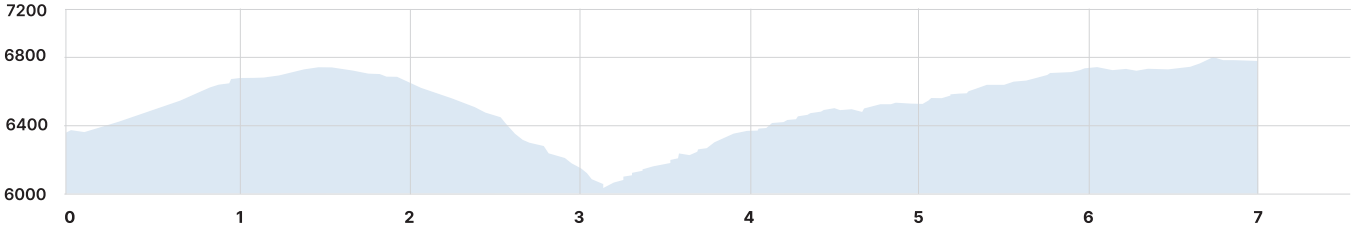
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

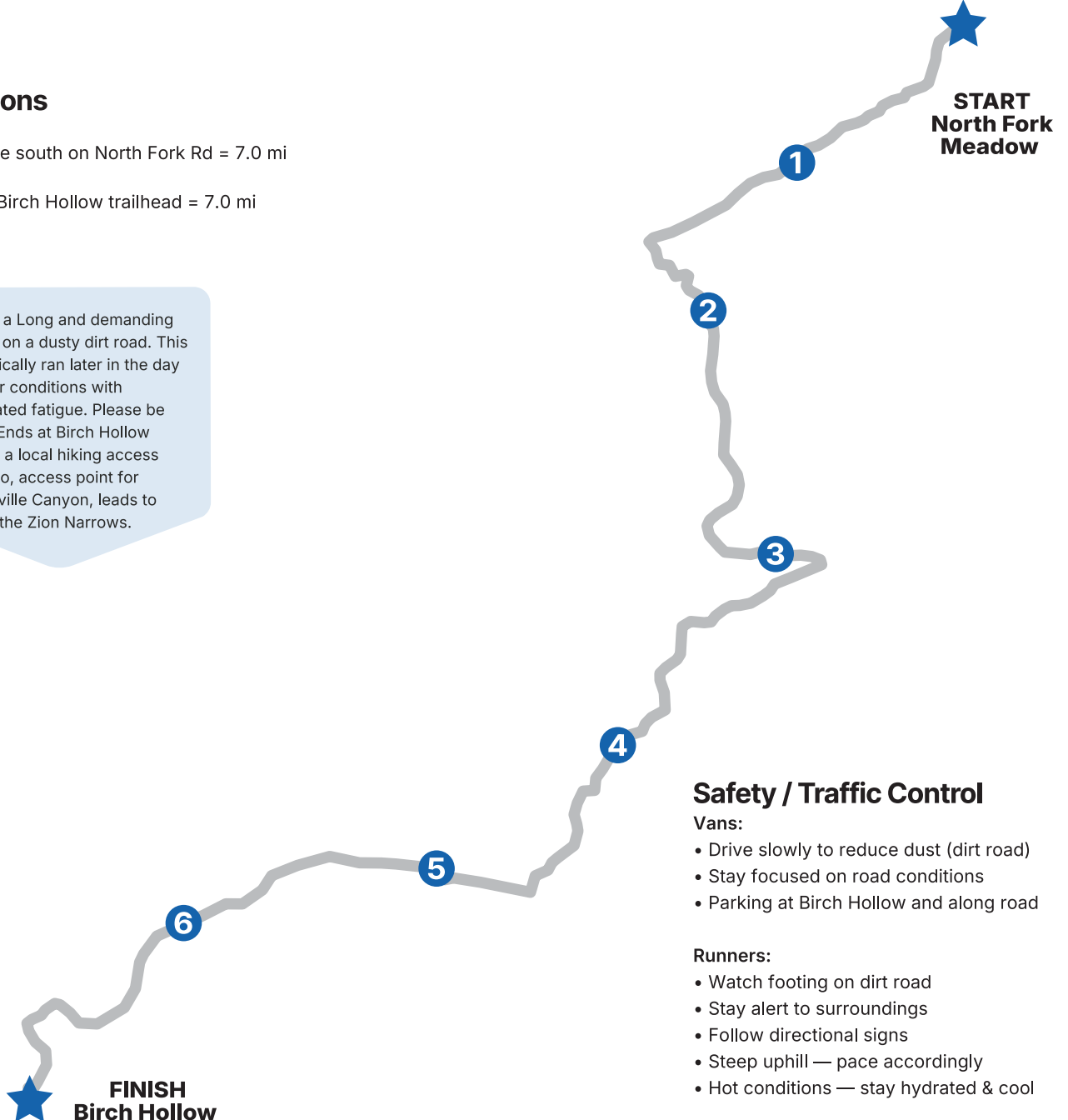
Distance: 7.0 mi
Total Climb: +999 ft
Net Elevation: -659 ft
Start: 6,431 ft | **End:** 6,799 ft



Directions

1. Continue south on North Fork Rd = 7.0 mi
2. End at Birch Hollow trailhead = 7.0 mi

Leg 25 is a Long and demanding uphill leg on a dusty dirt road. This leg is typically ran later in the day in warmer conditions with accumulated fatigue. Please be careful. Ends at Birch Hollow trailhead, a local hiking access point. Also, access point for Orderville Canyon, leads to the Zion Narrows.



Safety / Traffic Control

Vans:

- Drive slowly to reduce dust (dirt road)
- Stay focused on road conditions
- Parking at Birch Hollow and along road

Runners:

- Watch footing on dirt road
- Stay alert to surroundings
- Follow directional signs
- Steep uphill — pace accordingly
- Hot conditions — stay hydrated & cool

Leg 36 | 7.2 mi | Hard

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

RACE LOGISTICS

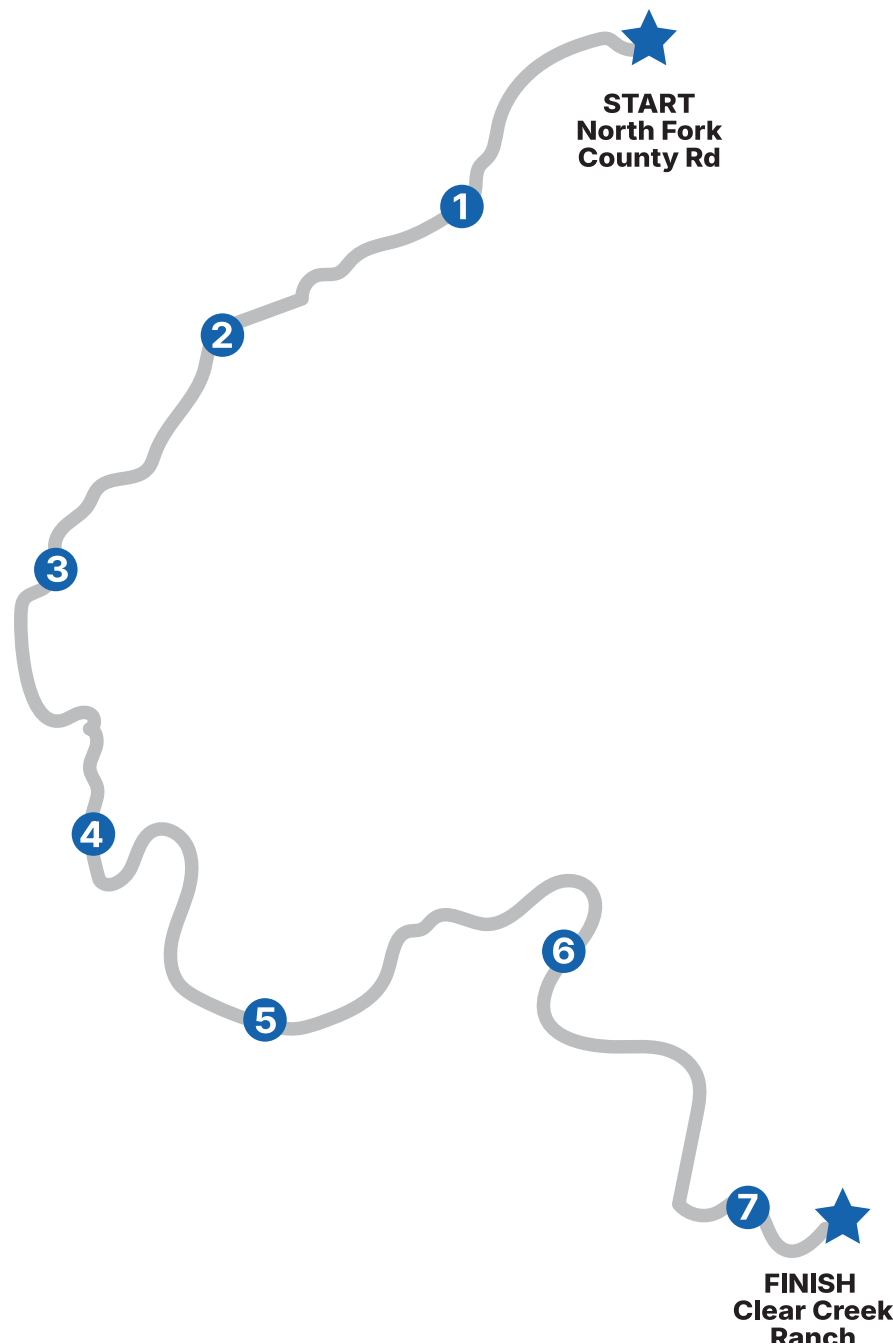
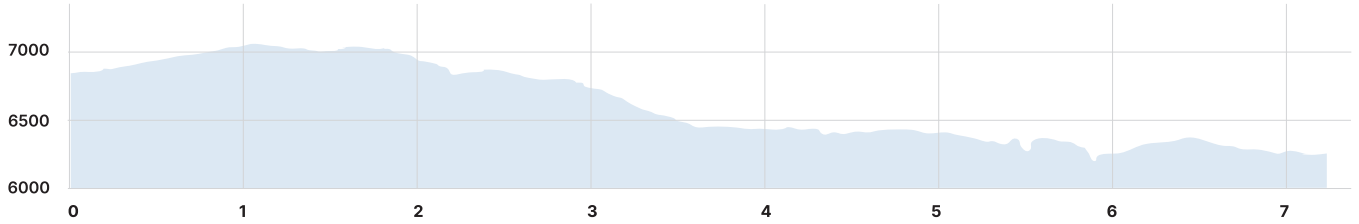
SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO

Elevation Profile

Distance: 7.2 mi
Total Climb: +771 ft
Net Elevation: -488 ft
Start: 6,799 ft | End: 6,252 ft



Directions

1. Head south on North Fork Rd = 6.7 mi
2. Turn left at Clear Creek Ranch = 6.8 mi
3. Follow dirt road around lake = 7.2 mi
4. End at Finish Line (Clear Creek Ranch) = 7.2 mi

Safety / Traffic Control

Vans:

- Drive slowly to reduce dust (dirt road)
- Stay focused on road conditions
- Parking near finish in designated areas
- Follow parking signs

Runners:

- Watch footing on dirt road
- Stay alert to surroundings
- Follow directional signs
- Early climb — pace and hydrate
- Descent after climb — control speed

Final leg to the finish at Clear Creek Ranch. Begins with a steep climb, then transitions to a longer downhill toward the finish. Mix of dirt and paved surfaces. Ends at the Ranch at Zion near Zion National Park.

Finish Line Map | Clear Creek Ranch at Zion

FINISH LINE MAP

EVENT OVERVIEW

TEAM INFO & REQUIREMENTS

FINISH LINE FESTIVITIES & PARKING

PAVILLION

- 1. Finish Line
- 2. Restrooms & Showers
- 3. Race Food
- 4. Awards/Medals
- 5. Snow Cones
- 6. TOZ Apparel
- 7. Medical Tent

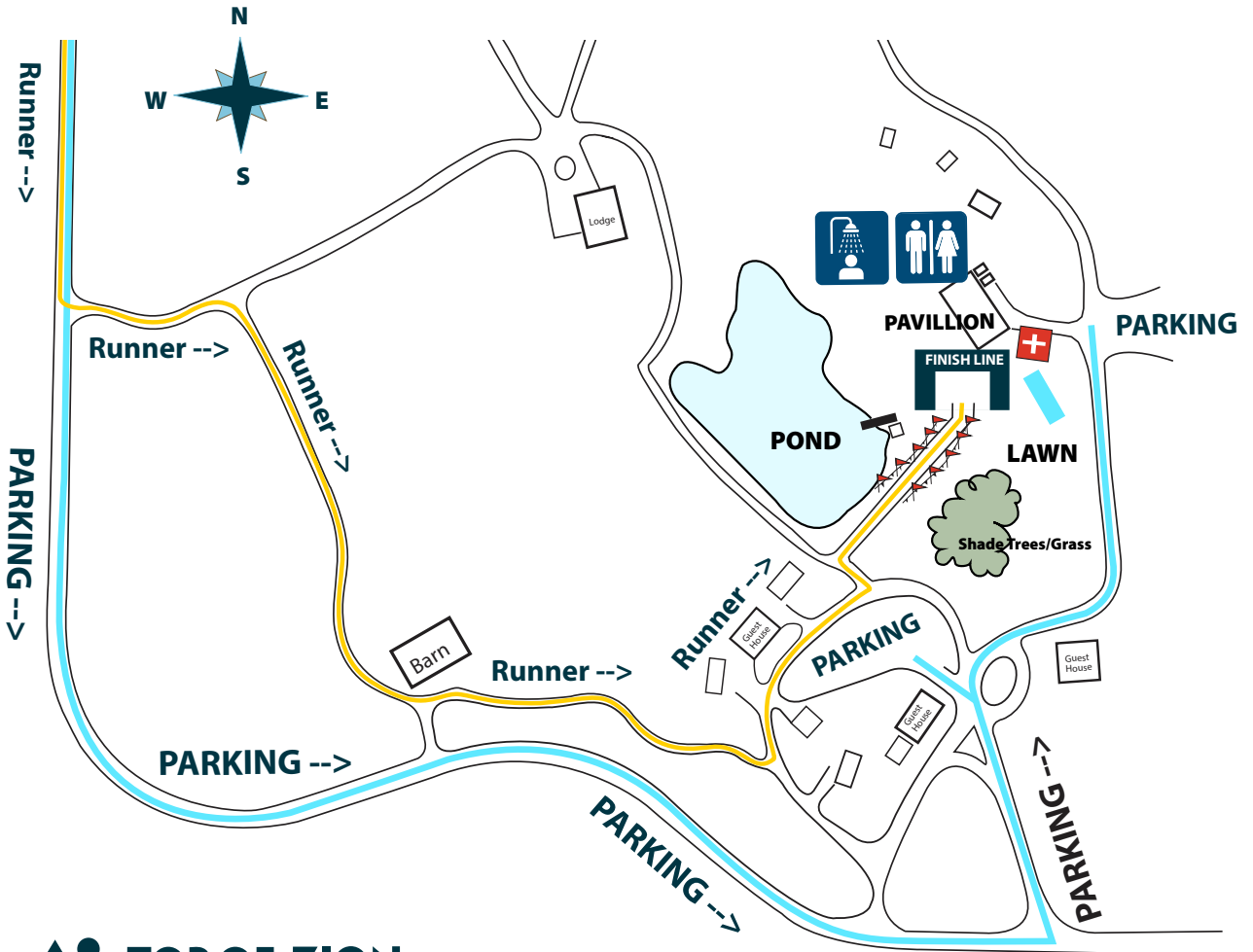
LAWN

- 8. Photo Booth
- 9. Findlay Auto
- 10. DJ Music
- 11. Slip n' Slide
- 12. Shade Trees/Grass

POND

- 13. Boating & Swimming
- 14. Parking

--> **Runner Route (YELLOW)**
 --> **Parking Route (BLUE)**



RACE LOGISTICS

SAFETY & MEDICAL

AWARDS & TRAVEL

CONTACT INFO




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- ☎ 801-641-6067
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- ♡ REALTORMARTEJOHNSON

Runners Rules

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 unless your declared pace is slower than 12 minutes per mile. In that case, you will receive a designated leapfrog schedule to follow. This ensures your team stays within the volunteer support window at each exchange and finishes within the allowed time.

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 <https://nathansports.com/collections/running-safety-gear>.

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 will be there 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 runners exchange places. 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 closet hospitals and clinics. Where possible, call 911 immediately for severe emergencies. 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 4 day time volunteers, 3 hybrid volunteers or 2 night time volunteers 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

Portable toilets 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 Ranch -Vehicle Exchange 24

For fast teams, we recommend staying at Riverside Ranch – 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
- Water clothes

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 [First Aid & Common Injuries](#) in the Safety & Medical section. 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). For local hospitals and clinics see the [Medical Information](#) section.

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.



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CONTACT SMILES PSYCHIATRY :

 (801) 406-6256
 contact@smilepsychiatry.com

 2183 W. Main ST A209, Lehi, UT 84043
 <https://smilepsychiatry.com>

Support Vehicles

Vehicle Support Requirements

Each team must provide properly equipped and compliant support vehicles.

- Vehicles must be legally registered and insured
- All drivers must have a valid driver's license
- Each vehicle must have access to the Race Guide (digital version). Teams may print a copy if desired
- Each vehicle must carry blinking tail lights and a headlamp or knuckle lights for runners
- A functioning first aid kit is required
- A cell phone with a charger is required
- Vehicles must carry sufficient water to support runners
- Each vehicle must have one orange safety flag (available for purchase at Team Check-In while supplies last)
- Carry a garbage bag for vehicle trash. Littering is illegal

Vehicle Rotation

A standard 12-runner team uses two vehicles:

- **Vehicle One:** Runners 1–6
- **Vehicle Two:** Runners 7–12

The race begins with Runner 1 from Vehicle One at the Rim Rock Patio start line. Vehicle One continues through its assigned legs and meets Vehicle Two at the first major van exchange (Exchange 6 in Boulder, UT).

At each van exchange:

- The final runner from the active vehicle hands off the slap band to the next team runner
- The incoming vehicle begins its rotation
- The resting vehicle should leave the course until it is their turn to rejoin

This alternating pattern continues through each van exchange to the finish line at Clear Creek Ranch.

Vehicles may stop to support runners only in safe, legal locations that do not obstruct traffic or other participants.

Resting Vehicles

The “non-running” vehicle refers to the team vehicle not currently on the course.

During this time, teams should:

- Rest
- Refuel
- Travel ahead to the next exchange

Exception:

Exchange 24 is the recommended location for extended rest and sleep. It is preferred over Exchange 30 (Navajo Lake), where amenities are limited.

Key towns with services include: Boulder, Escalante, Cannonville, Tropic, and Hatch

Driving and Parking

- Drivers must follow all posted speed limits or drive slightly below for safety and dust control
- Headlights must remain on at all times (day and night)
- Hazard lights must be used when:
 - Pulled off the road
 - Re-entering the road
 - Traveling significantly below the speed limit
 - Vehicles must park only in legal, designated areas
- Do not park in:
 - Residential or private driveways
 - Grassy areas where fire risk is present
 - Dangerous locations such as curves or near barriers
- Drivers must remain alert and yield appropriately to runners and other vehicles
- Do not shine high beams directly at runners

Safety & Best Practices

Allow extra time to reach exchanges—do not speed

- Pull completely off the road when stopping, without creating hazards
- Be respectful of local communities, homes, and businesses
- Follow all race signage and volunteer instructions

Dust & Road Conditions

- The final section for Vehicle Two includes dirt roads.
- Maximum speed on dirt roads is 20 mph
- Slow further when approaching runners to reduce dust
- Maintain low speeds until safely past the runner
- If weather conditions create unsafe road conditions (e.g., mud), the course may be altered or rerouted to highways.

Communication & Navigation

Cell service is limited along the course.

- Service is generally strongest with **AT&T and Verizon**, but coverage is still inconsistent
- Areas with little or no service include:
 - Legs 25–28
 - Legs 30–35

Teams should:

- Plan exchange timing in advance
- Consider using two-way radios for communication
- Carry GPS or additional maps as backup navigation

Navigation Requirements

- Each vehicle must have access to the Race Guide
- Additional maps or GPS navigation are strongly recommended

Runner Safety & Course Guidelines

Running on the Course

Runners must run against traffic unless otherwise directed by signage. This improves visibility and allows approaching vehicles to see runners more easily. Always follow posted course signs and instructions.

Safety Gear Requirements

- Safety vests are required at night (7:00 PM – 7:00 AM)
- Safety vests are required during the day on Legs 8, 9, and 10
- During night hours, runners must wear a reflective vest, headlamp (or knuckle lights), and blinking tail light
- Failure to meet these requirements may result in team disqualification

Road Crossings

Certain legs require road crossings, including Legs 8, 9, 21, 22, 25, 29 and 30. These crossings will be clearly marked. Runners must wait for traffic to clear before crossing and use caution at all times.

Traffic & Awareness

All participants must obey traffic laws and remain aware of their surroundings. The use of headphones is discouraged, as it can limit awareness of traffic and instructions. If used, volume should be kept low enough to hear what is happening around you and use only 1 earbud. You may not use headphones.

Night Running & Shadowing

Night hours are from 7:00 PM to 7:00 AM. During this time, support vehicles may “shadow” runners by driving ahead, parking safely, and monitoring the runner’s progress.

Shadowing helps improve visibility, safety, and navigation, but vehicles may not follow directly behind runners at the runner’s pace except at night time and only when it is safe to do so.

Heat & Hydration

Running conditions can be hot and demanding, especially during lower elevation legs. Runners should wear light-colored clothing, use sun protection, and reduce intensity as needed.

Hydration is critical. Drink electrolytes regularly (approximately every 15–20 minutes) and alternate with water. Cooling strategies such as ice, wet towels, and spray bottles are strongly recommended.

Dust & Course Conditions

Dust is common, particularly on later legs of the course. Runners should be prepared with eye protection or a face covering such as a bandana or buff.

Weather & Elevation

The race will take place rain or shine, and weather conditions can change quickly.

Typical temperatures range from 50°F to 90°F, with extremes from 30°F to 114°F.

The course includes significant elevation changes, with a total gain of 14,618 feet and loss of 14,885 feet. The highest point is 9,600 feet (Leg 4), and the lowest is 5,200 feet (Leg 9).

Legs 8–11 and 30–35 are typically the hottest sections of the course. Teams should plan and train accordingly.

Safety Planning

Teams are responsible for supporting their runners and planning for safety throughout the race. Be aware of each runner’s health conditions and monitor for signs of heat exhaustion, dehydration, or fatigue.

Runners should be kept cool, hydrated, and properly fueled. Each vehicle must carry a first aid kit.

Emergency Procedures

- Call 911 immediately in a life-threatening emergency
- Notify the Race Director: 801-809-3230
- Medical Director: 801-809-3250

If there is no cell service, drive until reception is available or proceed to the nearest medical facility.

Medical stations are located at:

- Exchange 9 (Kiva Koffeehouse)
- Exchange 12
- Exchange 33 (Meadow Brook Frolic)
- Finish Line (Clear Creek Ranch)

Environmental & Course Safety

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!

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.

Flooding may alter sections of the course—follow all posted signs and directions. If a runner encounters aggressive wildlife, move them into a vehicle and relocate safely. Be aware that snakes may be present on roadways.

Additional Rules

- Alcohol is not allowed during the relay
- Sleep only in designated safe areas such as parking lots

Reporting Issues

To report safety violations, call or text: 801-809-3230 or 801-809-3250

Include who, what, where, and when.

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**



KEY INFO

In an emergency, call 911 first. If there is no cell service, drive to the nearest reception area or medical facility.

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 the following two pages 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.

In Case of Emergency

- **Call 911 immediately** for any serious emergency

Then contact:

- Race Director: 801-809-3230
- Medical Director: 801-809-3250

Local EMT units will be on call and prepared to respond.

If there is no cell service:

- Drive until you reach reception and call 911
- OR transport the injured person to the nearest hospital or clinic (if safe to do so)

For hospital and clinic locations, see the following two pages.

Medical Stations

For minor medical assistance, visit the nearest medical station:

- **Exchange 9** – Kiva Koffee House
Hours: 2:00 PM - 5:30 PM
- **Exchange 12** – Escalante Clinic
Hours: Exchange 12 - 3:00 PM – 8:00 PM
- **Exchange 33** – Meadow Brook Frolic (North Fork Road)
Hours: 11:00 AM - 5:00 PM
- **Finish Line** – Clear Creek Ranch / Ranch at Zion
Finish Line - 10:00 AM - 7:00 PM

These stations are located in key areas where runners may need additional support.

KEY INFO

In an emergency, call 911 first. If there is no cell service, drive to the nearest reception area or medical facility.

Emergency Contacts by Location

Legs 1–2 (Wayne County – Torrey & Grover)

Emergency Management Director — Teresa Brian
E-mail: tbrian@wayne.utah.gov
Phone: 435-836-1348

Sheriff — M. A. Gulley
E-mail: wco@wayne.utah.gov
Phone: 435-836-1308

Fire Marshall — Steve Lutz
Phone: 801-376-2027
Email: waynfiremarashall@gmail.com

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

Emergency Services Director — Kara Owens
E-mail: kara.owens@garfield.utah.gov
Phone: 435-676-2662

Sheriff — Eric Houston
E-mail: eric.houston@garfield.utah.gov
Phone: 435-676-2678

Boulder Fire Chief — Peter Benson
Peter.Benson@boulder.utah.gov
fireauthority@boulder.utah.gov

Escalante Fire Chief — Donnie Porter
435-826-4672

Tropic Fire Chief — Ron Harris
Cell: 435-616-8834
Tropic Volunteer Fire Department - (435) 679-8696

Hatch Fire Chief — Jon Spendlove
Phone: 435-735-4364 (11 am - 2 pm)

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

Emergency Services Director—Stuart Willoughby
Phone: 435-644-4144
Email:

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

Cedar Mountain Fire Department (435) 682-3225

AAA Advanced Air Ambulance(800) 633-359

KEY INFO

In an emergency, call 911 first. If there is no cell service, drive to the nearest reception area or medical facility.

Major Clinics Along The Course

Legs 1 – 6

(11.6–50.8 miles away)

Wayne Community Health Center

128 S 300 W
Bicknell, UT 84715
Phone: 435-425-3744

Hours:

Mon–Fri: 9:00 AM – 12:00 PM, 1:30 PM – 5:00 PM
Sat: 9:00 AM – 1:00 PM

Legs 6 – 15

(0–65 miles away)

Kazan Memorial Clinic

570 East Moqui Lane
Escalante, UT 84726
Phone: 435-826-4374

Hours:

Mon, Tues, Wed, Fri: 9:00 AM – 12:00 PM
Thurs: 9:00 PM – 5:00 PM

Legs 33 - 36

(33.1 to 53.1 miles away)

Kane County Hospital

355 North Main St., Kanab, UT 84741
Reception: (435) 644-5811

Phone:

Reception: 435-644-5811
Clinic: 435-644-4100
Skilled Nursing: 435-644-4155

Emergency Room: Open 24/7

KEY INFO

In an emergency, call 911 first. If there is no cell service, drive to the nearest reception area or medical facility.

Major Hospitals Along The Course

Legs 1-17

(69-150 miles | 1 hr 21 min - 2 hr 57 min)

Sevier Valley Medical Center
Richfield, UT 84701

Phone:
435-893-4100
435-896-8271

Emergency Room: Open 24/7

Legs 17-33

(26-122 miles | 38 min - 2 hr 33 min)

Valley View Medical Center
1303 North Main Street
Cedar City, UT 84721

Phone:
435-868-5000

Emergency Room: Open 24/7

Legs 33-36

(58-77 miles | 1 hr 35 min - 2 hr 41 min)

Dixie Regional Medical Center
1380 East Medical Center Drive
St. George, UT 84790

Phone:
435-251-1000

Emergency Room: Open 24/7

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KEY INFO

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

First Aid & Common Injuries +

Quick reference for treating common race-related injuries and conditions.

Heat-Related Illnesses

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.

Heatstroke follows two less serious heat-related conditions: Heat Exhaustion and Heat Cramps (See below)

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, nonalcoholic beverages, getting into an air-conditioned area or taking a cool shower. If your symptoms persist, seek medical attention immediately.

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.

Skin Injuries

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.

Joint & Muscle Injuries

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.

JUNE 11-13, 2026



SPONSORSHIP » GUIDE

Contact Info | Ellen Mueller Ph | 801.809.3230 Email | elcmue@gmail.com

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THE SPONSOR » EXPERIENCE - 3 NATIONAL PARKS, 2 NATIONAL MONUMENTS, 1 NATIONAL FOREST 4X & 3 SCENICS BYWAYS

Our sponsors make the Top of Zion Relay an unforgettable adventure year after year! We are deeply grateful for your support and are excited to showcase the benefits your business will receive in return.

To ensure your investment makes the biggest impact, we offer flexible sponsor packages that can be tailored to meet your goals and connect with your target audience.

SPONSORSHIP » AT-A-GLANCE

		SUMMIT SPONSOR \$30,000	MOUNTAIN SPONSORS \$10,000	YAN SPONSORS \$6500	LEG SPONSORS \$3000
Logo with link on website for year	(\$800)	✓	✓	✓	✓
Logo on Exchange page & 1/4 Page Ad in Race Guide	(\$200)	✓	✓	✓	✓
Sponsor recognition on Facebook & Instagram	(\$300)	(6)	(3)	✓	✓
Flier Advertisement in Race Bag	(\$200)	✓	✓	✓	✓
Free 1-Day or 2 Mini Race Entry into Top of Zion Relay	(\$800)	(2)	✓	✓	✓
Spot at Packet-Pickup, Finish Line and Sponsored Leg	(\$700)	✓	✓	✓	✓
Branded Gear Insert	(\$300)	✓	✓	✓	
Logo on race shirt given to all runners & volunteers	(\$500)	✓	✓	✓	
Half page Ad in Race Guide	(\$800)	✓	✓	✓	
Free Full Entry into Top of Zion Relay	(\$2268+)	(2)	✓	✓	
Verbal Recognition at Start and Finish	(\$200)	(2)	✓		
Exclusive Email Feature sent to all Registered Runners	(\$600)	✓	✓		
Full Page Ad in Race Guide	(\$1200)	✓	✓		
3' X 5' Banners at start and finish line	(\$900)	✓	✓		
Featured Sponsor Spotlight (Website + Social)	(\$750)	✓	✓		
Logo and Link on all Top of Zion Relay Pages	(\$1000)	✓			
Sponsor Highlighted in Race Recap Video	(\$1200)	✓			
Logo on Finisher Medal Lanyard	(\$2000)	✓			
Title Sponsor (see description for more info)	(\$5000)	✓			

FYI - Some In-kind payment accepted. Contact Ellen for custom plan and payment at 801 809 3230.

Awards

Top-performing teams will be recognized with awards based on overall performance and category placement. Review the award categories below to see how your team can qualify.

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 Saratoga Springs at a later date.

Division Award

First place awards will be given for each division. But awards are based on participation within each division, with a minimum of two teams required for division awards. 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!

Course Record Award

Teams that finish the relay in under 22 hours and 23 minutes will receive the Super Warrior Awards at a later date.

Warrior Spirit Award

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

Full Relay Overall Winner

Overall winner in the Full Relay will receive the following award:

- Overall Winner: Medals
- 1st Place: Medals
- 2nd Place: Medals
- 3rd Place: Medals

- Overall winners in each relay option will also receive medals.

Most Enthusiastic Volunteer Award

Prizes will be awarded to the **Most Enthusiastic Volunteer**, delivered either by mail or in person.

Volunteers are encouraged to be creative and make their exchange fun and memorable. Runners will vote at the end of the relay for their favorite volunteer in Van 1 and Van 2. Winners will be announced on Facebook after the race.

Ideas may include costumes, themed exchange stations, treats for runners, music, and plenty of enthusiasm. Local businesses are also encouraged to participate.

Award Pickup & Ceremony

Award ceremonies will be held throughout the day on Saturday near the pavilion at the finish line. If your team earns an award but is unable to attend, a team member may arrange to pick it up at one of our South Jordan or St. George locations.

Please email topofzioninfo@gmail.com for details.

See next page for contests and additional prize opportunities.

KEY INFO

Info BarQui remporum eatem lacias quiae volores truptus.

Contests

Keep the momentum going after the race—share your best moments through our photo, blog, and video contests for a chance to win prizes and be featured.

Photo Contest

Capture the spirit of the race and your team's personality.

Submit your photos within **two weeks after the race** to topofzioninfo@gmail.com. You may submit multiple entries, with a minimum of **10 photos required**.

Prize: TBD

Selected photos may be featured on Facebook and used in future promotional materials.

Blog Contest

Share your race experience in a blog post (minimum one page) and include photos.

Publish your post online and send the link to topofzioninfo@gmail.com.

Prize: TBD

Capture the Moment Video Contest

Edit your footage into a 1–4 minute video, add music, and upload it to YouTube. Submit the video link to topofzioninfo@gmail.com, including your team name and team captain's name.

Videos must be submitted by **August 1st**.

Prize: TBD

Selected videos may be used to promote the Top of Zion Relay.

Do all Three

Enter all three contests—photo, blog, and video—and receive a prize (TBD).

Email topofzioninfo@gmail.com for more information.

EXPLORE...

THREE ADVENTUROUS ZONES



SEARCH FOR A TRAIL

   [click here](#)



THREE REGIONS MAP [click here](#)

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!!

Travel & Course Logistics

Lodging, dining, and services along the course.

Key Locations

Start Line

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

Finish Line

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

Getting There

Driving Distances to Start Line (Rim Rock Inn)

Salt Lake City → Rim Rock Inn
225 miles | ~4 hours

Las Vegas → Rim Rock Inn
228 miles | ~5 hours

Use GPS navigation for real-time directions.

⚠ Course Driving Conditions

Most of the 195-mile course is on paved roads. However, runners and vehicles will encounter:

- Narrow shoulders
- Limited parking areas
- Active runner traffic

Use caution when assisting runners:

- Always use orange flags and reflective gear
- Do not stop or linger in the roadway
- Unsafe vehicle behavior may result in disqualification

Final 6 Legs (Dirt Roads):

- Low-clearance vehicles are strongly discouraged
- Expect dust, ruts, washboards, rocks, and a possible stream crossing
- Higher-clearance vehicles (including minivans) are recommended

Van 1 and low-clearance vehicles (including RVs) should use alternate routes.

Alternate Routes

Van 2 (Leg 24 → 30)

To avoid Mammoth Creek Road, remain on Highway 89 after Exchange 24. Turn right (west) at Todd's Junction onto Highway 14. Continue past Duck Creek Village, then turn left onto Navajo Lake Road.

Van 1 (Leg 30 → Finish)

Do not take North Fork Road directly. Instead:

- Return to Highway 14

- Travel east to Highway 89
- Turn right and continue through Glendale, Orderville, and Mt. Carmel
- Turn right onto Highway 9 toward Zion
- Travel approximately 10.5 miles
- Turn right onto North Fork Road
- Continue 1.2 miles to Clear Creek Ranch

Turn right onto North Fork Road to reach the finish.

Zion National Park Fee

Travel through Zion National Park requires an entrance fee (valid for 7 days).

If you prefer to avoid the fee, alternate routes are available via:

- Sand Dunes route
- Fredonia, Arizona

Fuel & Gas Stations

▲ Fuel is limited along the course. Plan ahead.

Recommended fuel stops:

- Torrey
- Escalante
- Panguitch
- Duck Creek Village

Best locations:

Escalante and Duck Creek Village

Important notes:

- Many stations close at night
- Most are NOT self-pay after hours
- You must be able to pay inside when open

Late-night fuel option:

Panguitch (approx. 10 miles off course via Highway 89) has limited self-pay stations

Last available gas on course:

Duck Creek Village (near Exchange 29)

Always carry a credit card and monitor fuel levels closely. Turn right onto North Fork Road to reach the finish.

Rim Rock Inn (Start Line & Packet Pickup Host)

2523 E Highway 24, Torrey, UT
888-447-4676
therimrock.net

- Start line and packet pickup location
- On-site dining
- Scenic views of Boulder Mountain and red rock cliffs

Capitol Reef Resort (Across from Start Line)

Torrey, UT
capitolreefresort.com

- Closest hotel to Capitol Reef National Park
- On-site restaurant with red rock views
- Pool, hot tub, and conference facilities
- Pet-friendly accommodations

Red Sands Hotel

670 E Highway 24, Torrey, UT
redsandshotel.com

- Modern rooms with desert views
- Pool and hot tub
- Convenient location near start line

Broken Spur Inn

955 E SR-24, Torrey, UT
brokenspurinn.com

- Comfortable rooms and cabins
- On-site steakhouse
- Quiet location with scenic surroundings

Skyview Hotel

1012 E Highway 24, Torrey, UT
skyviewtorrey.com

- Modern, design-forward hotel
- Panoramic views of red rock landscapes
- Quiet setting just outside town

Cougar Ridge Resort

275 E Cougar Ridge Ln, Torrey, UT
cougarridgelodge.com

- Luxury cabins with expansive views
- Ideal for groups and team stays
- Private, high-end retreat experience

HERITAGE COURTHOUSE



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THE COURTHOUSE HAS 9 BEDROOMS WITH 4 1/2 BATHS THAT ACCOMMODATES UP TO 50+ GUESTS INCLUDING ADDITIONAL SPACES FOR OUTSIDE RVs AND CAMPERS (CONNECTIONS NOT AVAILABLE)

-
- Large dining room perfect for shared meals and memories
 - Historic courtroom turned entertainment hub featuring:
 - Pool table, air hockey, and foosball
 - TV and movie setup
 - Original handmade judge's bench
 - Extra seating and sleeping space
 - Unique and fun sleeping options:
 - Vault bunk room with 4 beds (a favorite for kids)
 - Library loft with 20-ft ceilings, books, puzzles & chess
 - Library doubles as an extra bedroom with sleeper sofa
 - Expansive outdoor space with large lawns and shade trees
 - Room for RVs, campers, and tents
 - Outdoor amenities include:
 - Fire pit with provided wood
 - Two BBQ grills
 - Picnic tables and lounge chairs
 - Family-friendly fun with toy shed games: volleyball, horseshoes, badminton & croquet
 - Playground onsite



**CALL KATHERINE KENNEY (808)557-2079 OR VISIT UTAHFAMILYREUNION.COM
FOR QUESTIONS OR TO BOOK!**

Ideal for teams breaking up travel or planning rest between exchanges.

Escalante Area

Escalante Outfitters Lodge

Escalante, UT
escalanteoutfitters.com

- Cabins and lodge rooms
 - Restaurant and gear shop on-site
 - Great stop between exchanges
-

Canyon Country Lodge

760 E Highway 12, Escalante, UT
canyoncountrylodge.com

- Modern hotel with updated amenities
 - Pool, hot tub, and fitness center
 - One of the nicest options in Escalante
-

Entrada Escalante Lodge

25 S 100 W, Escalante, UT
entradaescalante.com

- Stylish, newer accommodations
 - Comfortable rooms with modern design
 - Walkable to dining and services
-

Circle D Motel

Escalante, UT

- Budget-friendly option
- Central location in town

Panguitch Area (Off-course, good services stop)

Bryce Canyon Pines

Near Bryce Canyon
brycecanyonpines.com

- Cabins and motel rooms
 - Restaurant on-site
 - Good midway stop option
-

Quality Inn Bryce Canyon

3800 S Highway 89, Panguitch, UT
choicehotels.com

- Reliable national chain hotel
- Pool and breakfast options
- Easy access off Highway 89

Duck Creek Village (Late race / final legs)

Duck Creek Village Inn

Duck Creek Village, UT

- Simple and convenient lodging
 - Walking distance to food and services
-

The Lodge at Duck Creek

885 E Church Dr, Duck Creek Village, UT
thelodgeatduckcreek.com

- Cabin-style accommodations
- Quiet, scenic setting
- Good option near final exchanges

Additional lodging is available in Springdale and surrounding Zion areas, though travel times may be longer during peak season.

Great for post-race recovery, team gatherings, and exploring Zion National Park.

Clear Creek Ranch (Finish Line Location)

North Fork Road, Utah
theranchatzion.com

- Finish line venue
- Large group accommodations
- Ideal for teams staying on-site

Zion Mountain Ranch

Near Mt. Carmel, UT
zionmountainranch.com

- Upscale cabins with scenic views
- Quiet, relaxed setting
- On-site restaurant

Zion Ponderosa Ranch Resort

East Zion Area
zionponderosa.com

- Cabins, lodge rooms, and glamping options
- Resort-style amenities and activities
- Popular for larger groups and teams

Best Western East Zion Thunderbird Lodge

Mt. Carmel Junction, UT
bestwestern.com

- Convenient location near Highway 9
- Easy access to Zion and finish line
- Reliable hotel amenities

Zion Mountain Ranch

Mt. Carmel Junction, UT
zmr.com

- Budget-friendly option
- Simple and convenient location
- Close to multiple route connections

Arrowhead Country Inn & Cabins

2155 S State St, Mt. Carmel, UT
arrowheadcountrycabins.com

- Comfortable rooms and private cabins
- Quiet location with scenic views
- Great mid-range option

East Zion Resort

985 E State St, Orderville, UT
eastzionresort.com

- Modern cabins and unique stays
- Pool, hot tub, and open space
- Great for groups and teams

Camping and RV accommodations are available throughout the course. Advance reservations are strongly recommended, especially during peak season.

Start Area

Thousand Lakes RV Park & Campground (Torrey / Start Area)

Torrey, UT
thousandlakesrvpark.com

- Full RV hookups available
- Showers, laundry, and camp store
- Convenient access to the start line

Capitol Reef RV Park & Glamping

1012 E Highway 24, Torrey, UT
capitolreefrvpark.com

- RV sites and glamping options
- Modern amenities and clean facilities
- Convenient location near start line

Mid-Course Area

Escalante Outfitters Campground (Escalante)

Escalante, UT
escalanteoutfitters.com

- Tent sites, cabins, and RV spots
- On-site restaurant and outfitter
- Great mid-course stop

Bryce Canyon / Cannonville KOA (Cannonville Area)

Cannonville, UT

- RV sites, cabins, and tent camping
- Showers, laundry, and pool
- Good access near Bryce Canyon section

Late-Course Area

Duck Creek Campground (Dixie National Forest)

Duck Creek Village, UT

- Forest Service campground
- Close to late-course exchanges
- Scenic, shaded sites

Great for pre-race meals, team dinners, and early morning fuel.

Rim Rock Restaurant (Start Line)

Torrey, UT
therimrock.net

- Located at the start line
- Breakfast, lunch, and dinner
- Most convenient option for teams

Rock Reef Cafe

Torrey, UT
rockreef.cafe

- Breakfast, lunch, and dinner
- Reliable, casual option
- Central location in Torrey

Hunt & Gather Restaurant (Upscale / Sit-Down)

Torrey, UT
huntandgatherrestaurant.com

- Seasonal menu with locally sourced ingredients
- Vegetarian and vegan options available
- Upscale dining — allow extra time

Slackers Burger Joint

Torrey, UT
slackersburgerjoint.com

- Burgers, fries, and shakes
- Quick and casual
- Great for teams on the go

Shooke Coffee Roasters

Torrey, UT
shookecoffee.com

- Local specialty coffee and espresso
- Quick grab-and-go stop
- Best option for early caffeine

Escalante Outfitters Café (Escalante)

Escalante, UT
escalanteoutfitters.com

- Pizza, sandwiches, and coffee
- Fast and reliable

Circle D Eatery (Escalante)

Escalante, UT

- Limited hours: Open M/W/F only
- Breakfast, lunch, and dinner
- Central location

Kiva Koffeehouse (Exchange 9 stop)

Near Escalante, UT
kivakoffeehouse.com

- Coffee, pastries, and light bites
- Incredible views

Cowboy's Smokehouse Cafe

Panguitch, UT
thecowboysmokehouse.com

- BBQ, burgers, and comfort food
- Large portions and fast service
- Very reliable stop

Hot Mama's Pizza & Brew (Duck Creek Village)

Duck Creek Village, UT
www.facebook.com/HotMamasPizza

- Pizza, sandwiches, and drinks
- Popular late-course stop
- Casual and convenient

Great for post-race meals, celebrations, and team gatherings.

Zion Ponderosa Ranch Restaurant

East Zion Area
zionponderosa.com

- Casual dining with scenic views
- Good for groups

Thunderbird Restaurant (Mt. Carmel Junction)

Mt. Carmel Junction, UT
thunderbirdutah.com

- Classic American and Southwest menu
- Breakfast through dinner
- Convenient location near Highway 9

Archies Food To Die For

Orderville, UT
www.facebook.com/archiesftdf/

- Burgers, sandwiches, and shakes
- Fast and casual
- Great post-race stop

The Rock Stop

Mt. Carmel Junction, UT
therockstoputah.com

- Coffee, snacks, and light bites
- Quick roadside stop
- Easy access along route

Hours and availability may vary, especially in smaller towns. Plan ahead for late-night and early-morning meals.

Zion Mountain Ranch Restaurant

Near Mt. Carmel, UT
zionmountainranch.com

- Farm-to-table dining
- Scenic setting
- Sit-down experience

Oscar's Café (Springdale)

Springdale, UT
oscarscafe.com

- Large menu with casual options
- Popular and reliable
- Busier Zion area location

Contact Info

Ellen Mueller
Race Director
801-809-3230
topofzioninfo@gmail.com

Warren Mueller
Medical Director
801-809- 3250
warmelmue@gmail.com

Websites

topofzion.com
facebook.com/topofzionrelay
runbackcountry.com

General Questions

topofzioninfo@gmail.com



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or until spots are filled.



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NATIONAL PARKS RELAY

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