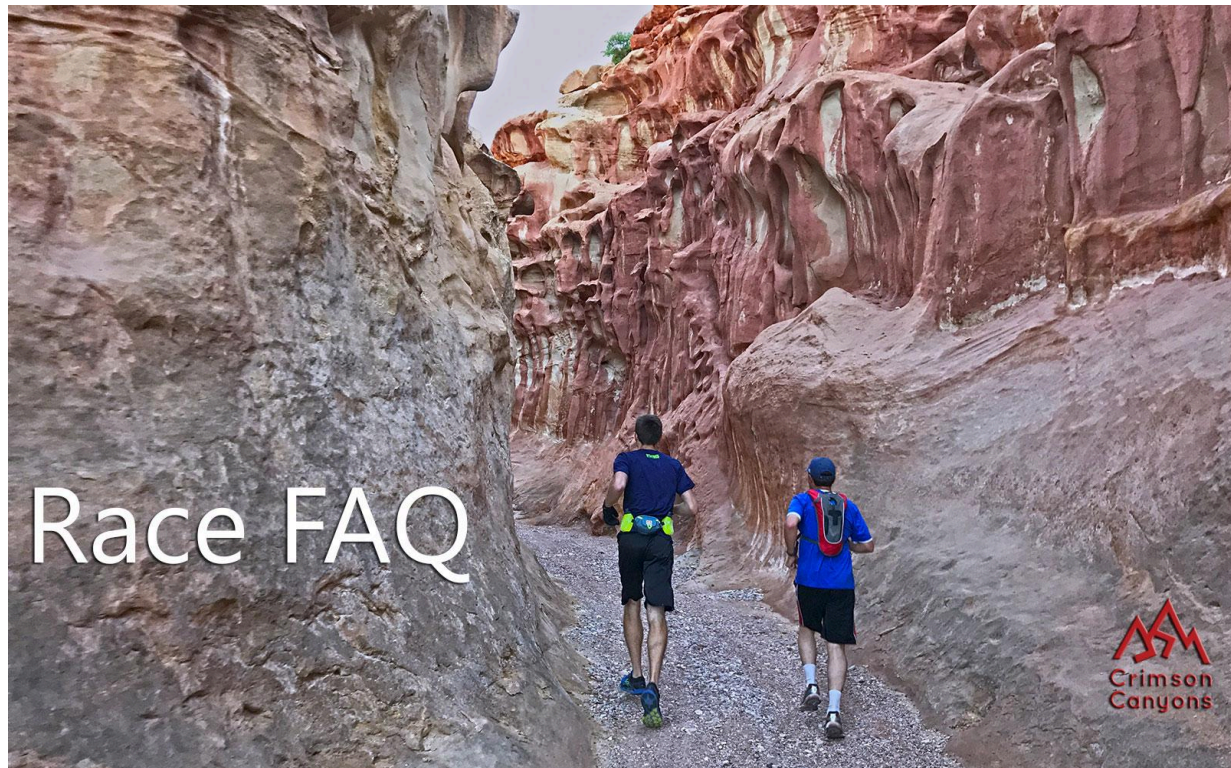


Crimson Canyons Ultra 2023

50 km / 25 km / 10 km

September 16, 2023

Richfield, Utah



Welcome to the 2023 Crimson Canyons Ultra

The Ken Isbell Memorial Run

Welcome to the 2023 Crimson Canyons Ultra and Trail Runs. Red rock canyons, remote corners of the Paiute ATV, and the new Pahvant Trail System await you on Saturday, September 16, 2023! All race distances end on several of the new Pahvant Trail System mountain bike trails. This guide provides answers and instructions to prepare all runners for an unforgettable experience.

The **50km** begins at 7:00 AM, the **25km** starts at 7:30 AM, and the **10km** at 8:00 AM. Packet pickup and drop-bag drop off will be the evening before the race at the Lion's Park. Morning-of packet pickup is available. See below for more details.

Whether coming from far or near, we welcome you all to this seventh official year of the Crimson Canyons Ultra and Trail Runs. Adventure awaits!

Shane & Brandon Harrison
Co-race Directors, Crimson Canyons Ultra

Schedule

Friday, September 15th 2023 Timeline

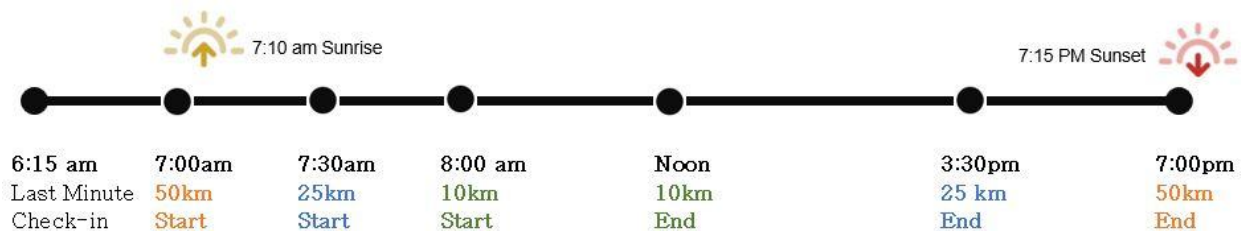
5:00 PM - - - - - 8:00 PM Packet Pickup at the Richfield Lions Park.

[650 W 400 N, Richfield, UT 84701](#)

6:30-7:00 PM Race Briefing at the Lion's Park (start/finish area)

7:15 PM - Volunteer Meeting (Brandon's House)

Saturday September 16th, 2023 Timeline

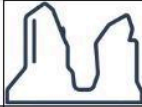






Sunday, September 17th, 2023

Pick-up any unclaimed drop bags at the Lion's Park 8:00am - 8:30am (if needed). Any items not picked up will be donated to charity.

Course Overview

You will run on a mix of natural streambeds, remote sections of the Paiute ATV trail system, parts of the brand new Pahvant Trail mountain biking system, and gravel roads.

Running Surfaces						
	Streambed	ATV Trail	MTB Trail	Gravel Road	Paved Trail	Total
50 KM Ultramarathon	14%	53%	13%	15%	4%	
31.3 miles / 50.4 km	4.4 Miles	15.9 Miles	4.0 Miles	4.7 Miles	1.2 Miles	30.2 Miles*
5,048 Feet or 1,539 Meters Elevation Gain						
25 km	13%	58%	25%	3%	1%	
16.6 Miles / 26.7 km	2.2 Miles	9.3 Miles	4.0 miles	0.5	0.2 Miles	16.2 Miles*
3,104 Feet or 947 Meter Elevation Gain						
10 km	5%	8%	58%	26%	3%	
6.2 Miles / 10.0 km	0.3 Miles	0.5 Miles	3.6 Miles	1.6 Miles	0.2 Miles	6.2 Miles
1,220 Feet or 371 Meter Elevation Gain						

* Measurements here using Google Earth. Actual distances in other GPS programs are slightly longer for the 25km & 50km.

Post-Pandemic Health Precautions

Individuals are still encouraged to use wisdom and take any personal precautions they feel are needed.

Guidelines & Info

- Each runner MUST carry their own personal hydration solution (hydration vest, water bottle, etc) given the time and distances between aid stations. For example, from the Starting Line to the next aid station for the 25km is just five miles, but in running up Dairy Canyon with natural obstacles and some good vertical climbs, it will take most people 1 to 2 hours. You should carry enough water and other nutrition for that period of time. The 10km will cover over 1000 vertical feet and 3 miles to their one aid station, which can take from 30 to 90 minutes for most runners as well.
- Aid stations will be well stocked with water, soda, ultra snacks (pretzels, M&M, PBJ, etc), as well as Hammer Nutrition gels and Hammer Heed electrolyte drinks.
- The trail will be very well marked, but each runner should be aware of the general route they should follow. There are many crossing trails, so you must pay attention.
 - Those running longer distances are ENCOURAGED to use a personal GPS/GPX device. There are several great free apps for most smart phones. One example is GAIA GPS. Links to download the GPX files will be below.
 - For 50km runners, if using a smart phone, you may need to manage battery usage for a long day on the trail (such as turning off cell service for periods), or bring along a battery pack.
 - Despite 1000+ course markings / flag / direction arrows placed for race day, several people get off track each year. This is [Trail Country](#) and there are lots of trails, so it is very easy to miss a turn.
 - One of the key skills in this race is actually route finding :-). If you have gone 5 minutes without seeing a flag or arrow, you are probably off track. But do not dismay, just back track until you find flagging.

Race Rules

- ◆ Have fun and be safe.
- ◆ On technical downhills, stay at speeds you can control.
- ◆ Runners are responsible for the actions of their crew. Crews, if driving to any aid station, should make sure their vehicles are moving slow enough to avoid creating dust. Especially important on the CC Road to AS# 5 Little Valley Ridge

- ◆ No littering anywhere on the course or at any aid stations! Garbage bags will be provided at the aid stations. You may be disqualified for littering. If you see trash others drop, please help pick it up.
- ◆ Follow the trail as it has been marked throughout the course, no shortcuts. On the bike trails, there are a couple spots where the route winds back and forth, and it would be easy to cut, but this damages the trail, and you would be cheating yourself.
- ◆ A single pacer for a runner is allowed, but you must work out on your own the logistics of where & how to meet.
- ◆ Vehicle and bicycle pacing is prohibited, and pretty much impractical because of the streambeds we run in.
- ◆ Dogs are not allowed on this course.
- ◆ All runners will follow the directions of race officials, medical and aid station personnel.
- ◆ Violation of any rule will be grounds for disqualification.
- ◆ Race cut-off times are listed with the aid station information graphic. These times are enforced for runner safety.

Drop Bags & Gear Drops

- ◆ Drop Bags are bags you put your own gear, drinks, or nutrition in that are carried to the designated Aid Station. These are available for 50km runners at two locations.
 - Aid Station #1 (mile 6): Rifle Range Road
 - Aid Station # 5 (mile 25): Little Valley Ridge
- ◆ 50km runners can also drop items at the designated roped-off area to the side of the starting line the morning of the race. As you check-in back at the Starting Line at mile 14.7, you have access to your items here.
- ◆ Drop bags carried to Aid Station #1 or #5 must be dropped off at the Packet Pick up the night before the race by 8:00 PM.
- ◆ Your bag must be clearly marked with your name, bib #, race distance, and the desired Aid Station.
- ◆ Please do not place any valuable or fragile items in your drop bag. We will do the best we can to take care of your things, but we are not responsible for lost or damaged drop bags or items
- ◆ Minimum size 1-gallon freezer zip-lock. No grocery store plastic bags or garbage bags. Maximum size equivalent to a small duffel bag. No large coolers. Please try to keep them small.
- ◆ Bags should be back to the starting/finish line an hour after the aid station closes.
- ◆ We try to get bags back from Aid Station #5 as soon as possible, but there may be a delay of a couple hours as shifts change at the aid station.

Please arrange to pick up your drop bags at the finish line the afternoon or evening of the race. We want you to get your gear back, but unclaimed gear will be donated to charity.

Awards

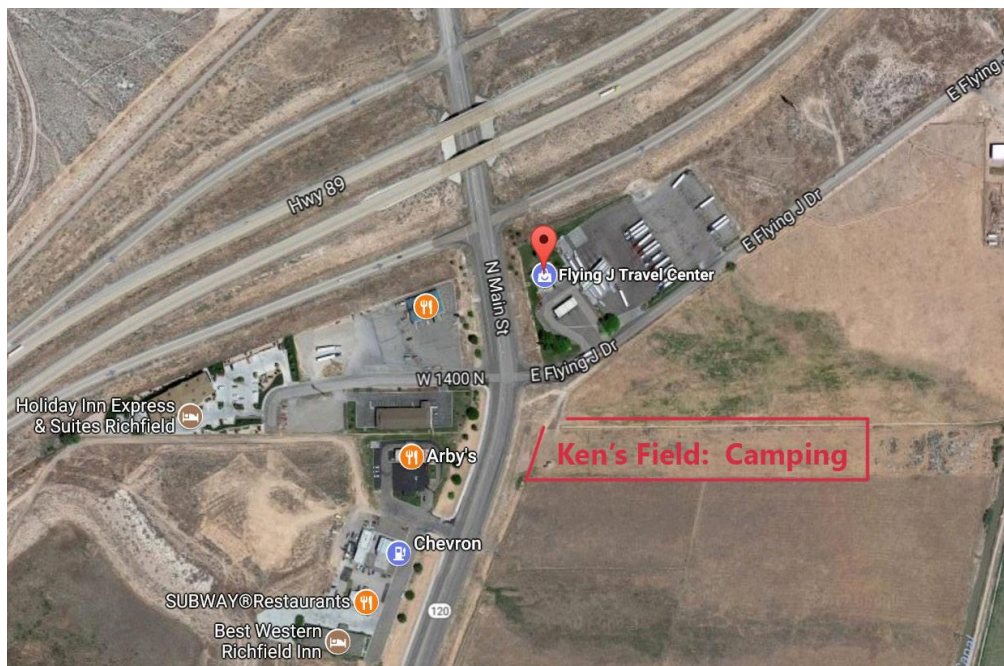
- ◆ Finishers medals will be provided to all finishers.
- ◆ Awards:
 - Special medals for the top three finishers in each distance, for both male and female runners.
 - **Gary's Shoes** is providing a \$50 coupon for the top male and females racers in each distance
 - Other awards are pending confirmation from vendors.

Timing and race results

- ◆ Approximate times will be recorded for each runner at several aid stations, and overall times entered into Ultrasignup.com. Race results will be uploaded in near real-time to Runnerscard.com, and within a couple days to ultrasignup.com.

Camping & Accommodations

- ◆ Our partner hotel for this event is Ramada by Wyndham - under new management and with a new major remodel in 2022. Mention the race for special pricing. Race participant pricing of \$___ /room (to confirm pricing).
 - <https://www.expedia.com/Richfield-Hotels-Inn-By-The-Park.h25941.Hotel-Information>
 - Address: 333 North Main Street Richfield, Utah 84701
 - Phone: (435) 896-6476
- ◆ Other hotels in the area can be found at:
<http://www.sevierutah.net/index.aspx?nid=191>
- ◆ There is also a KOA (<http://koa.com/campgrounds/richfield/>).
- ◆ Free camping is available in Ken's Field near the Northern freeway off ramp in Richfield. Race signage will be at the site. Some cleanup and minor improvements have been made to the field this summer.
 - It is a mostly unimproved horse field, so there are no onsite amenities, just plenty of space. There will be at least one port-a-potty on site. Across the street, there is a Flying J truck stop, which has showers available and a 24 hour convenience store.
 - Rules for camping in Ken's Field: Leave nothing, take nothing.
 - Utah is extremely dry this year, so no fires please.
 - Fun fact, this is very close to the spot of Aid Station #3: Lime Kilns, just the other side of the freeway bridge.



Packet Pick-Up and Drop-Bag Drop Off

Pick up your chipped bib number, race shirt, and other packet items at the Richfield Lion's Park, the location of the start/finish of the race.

- Where: [650 W 400 N, Richfield, UT 84701](#) Under the main West pavillion
- When:
 - Friday, September 15, 2023
 - Packet Pickup from 5 PM to 8 PM
 - Race Orientation at 6:30 PM there at the park.

Drop Bag boxes will be available during packet pickup.

Starting and Finishing Line

The race starts and ends at the Richfield Lion's Park, at [575 West 400 North, Richfield, UT 84701](#). Covered pavilions, a fire pit (if cold in the morning), restrooms, and water are available at the park. You will park on the street around the park and around the baseball field. There will also be a dedicated drop-bag location for 50 km runners here, since they circle back past the starting line mid-race.

Weather, Sunlight, and Headlamps

Weather in Utah in September is highly variable. It could be in the 90's during the day, or there could be a blizzard, though we hope for something comfortable in the middle. In any case, prepare your clothing and gear appropriately. Average temperatures in mid-September are a low of 48 degrees to a high of 78 degrees. Running gloves in the morning may be comfortable if it is cool. But, most likely you will need to be managing heat. We will have ice at aid stations in the afternoon.

Summary in two words of weather the past few years:

2022 - 45 - 75

2021 - muggy showers

2020 - hot afternoon

2019 - epic wind

2018 - cool start

2017 - cold start

Sunrise on September 16th is about 7:10am. The first waves of the 50km will start at 7AM in the pre-dawn light, so personal lighting is not needed. 25km and 10km runners will not need a personal light.

The final cut-off for the 50km is 7:00 PM. Any runners on the mountain after 7:00 PM without a light will be stopped and driven in a vehicle off the mountain for their own safety.

Distance Changes

- ◆ You should be able to change the distance you are registered for right on the UltraSignup website yourself. If changing to a shorter distance, there is no refund for the difference in registration fees. If you would like to upgrade, UltraSignup *should* collect the difference in registration fees. To make these changes go into your account and select "registration history" and then click "edit" next to theCrimson Canyons event.

Cancellation / Roll-over Policy

- ◆ The cancellation and roll-over functionality is now enabled on the Ultrasignup.com website.
 - “Users can cancel their registration via their registration history, or via the "Edit" link on their receipt.”
- ◆ If, after registering for the race, you are unable to attend for any reason (injury, sickness, wedding, etc), you may cancel or roll-over your registration for a future event. The amount of the credit is determined by how soon before the event you change your registration.
 - If cancel/roll-over 45 days before the race, eligible for a 100% credit. (August 1st)
 - If cancel/roll-over 30 days before the race, eligible for a 75% credit. (August 16th)
 - If cancel/roll-over 15 days before the race, eligible for a 50% credit. (September 2st)
 - If cancel/roll-over less than 15 days before the race there is no credit or roll-over. Shirts, medals, and supplies have already been ordered by this point.
- ◆ In the event the race is canceled for any reason, we will make every effort to make it right, and issue a credit for a future event.

Crimson Canyons Ultra Pricing

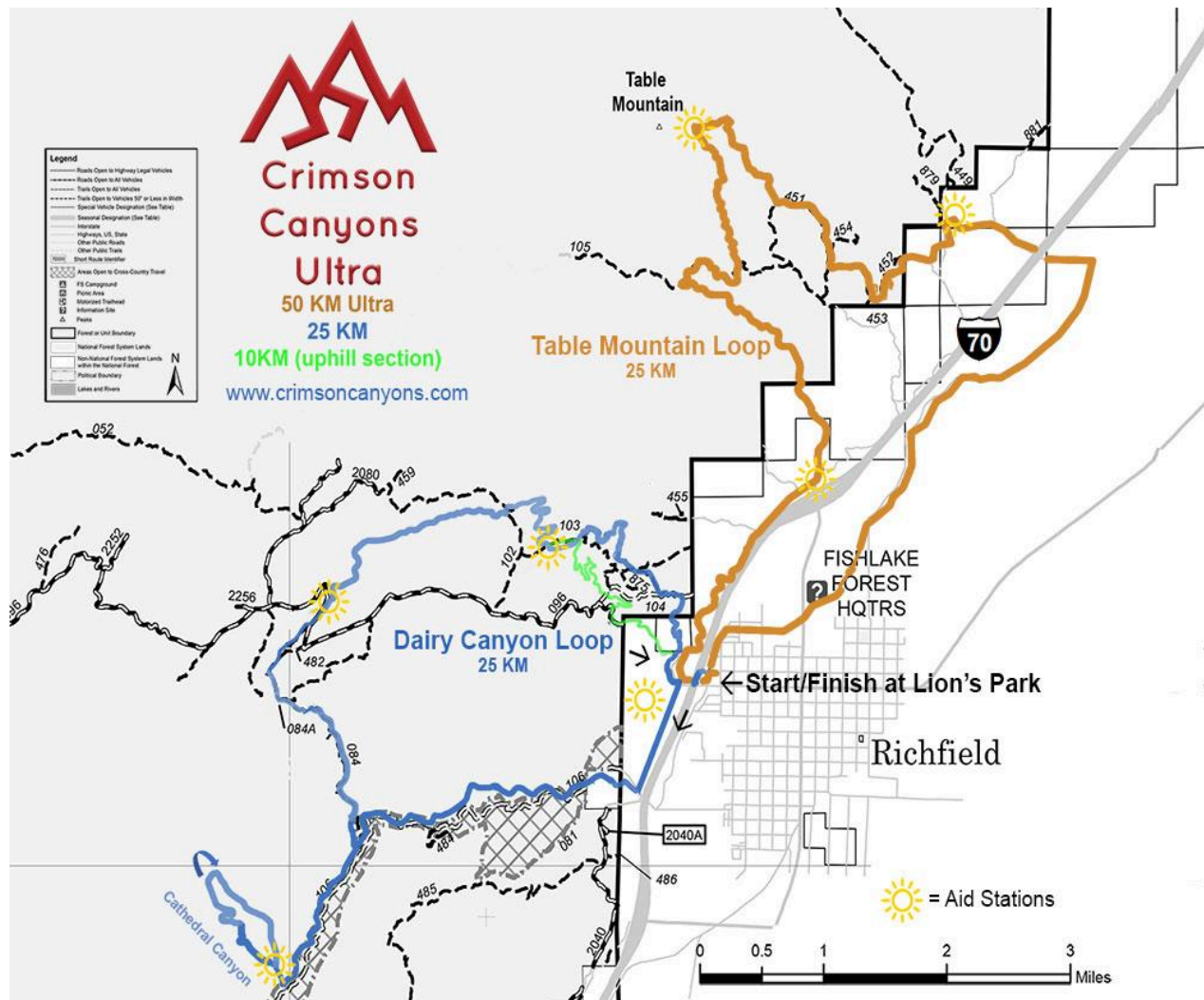
	10 km	25 km	50 km (ultramarathon)
Early Bird: thru March 31st	\$35	\$60	\$90
April 1st - August 31st	\$45	\$70	\$120
Late Registration: September 1st - 11th	\$55	\$90	\$140

Contact

If you have any questions or need any assistance, please contact us at crimsoncanyons@gmail.com. Runners may want to carry a cell phone, both for mapping purposes and in case of an emergency; contact numbers will be provided.

2023 Maps and Elevation Profile

1) Forest Service Map Overview



The flagging of the course is color coded.

BLUE = 25 km route on the Dairy Canyon Loop

ORANGE = 50 km routing for the first half, on the Table Mountain Loop.

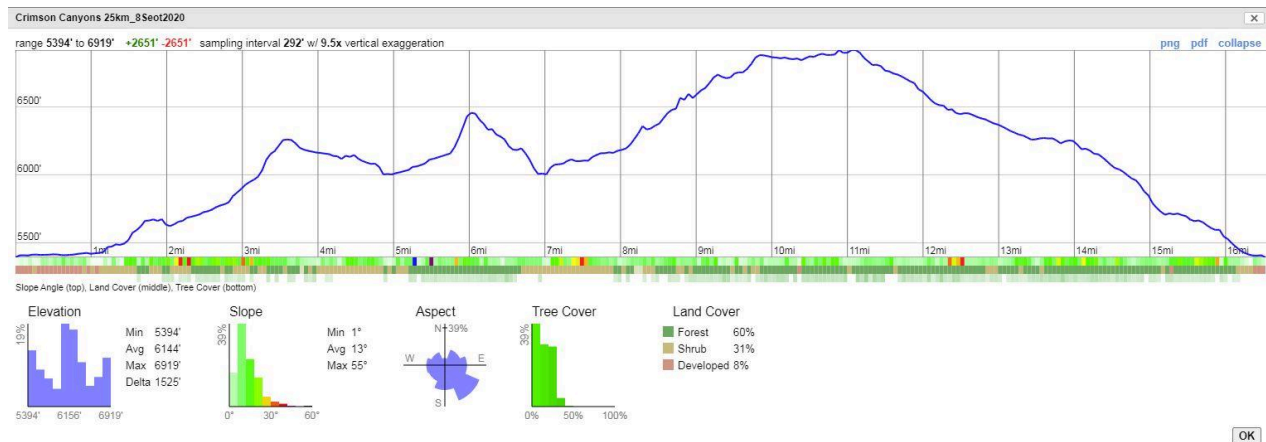
GREEN = 10km route uphill to Aid Station #6, then follows the blue 25km route back down.

50km runners will complete the orange-flagged Table Mountain Loop, and after checking in at the start/finish area, will then follow the blue-flagged 25km Dairy Canyon Loop.

Over the first several years of this race, incremental route changes were made in an obsessive drive to achieve the greatest running experience possible! With the new bike trails since 2020, great routing for all 3 distances has really been dialed in. The course routes in 2023 for the 50km & 25km are the same as the past three years. The 10km started in 2021, and will have the same route this year.

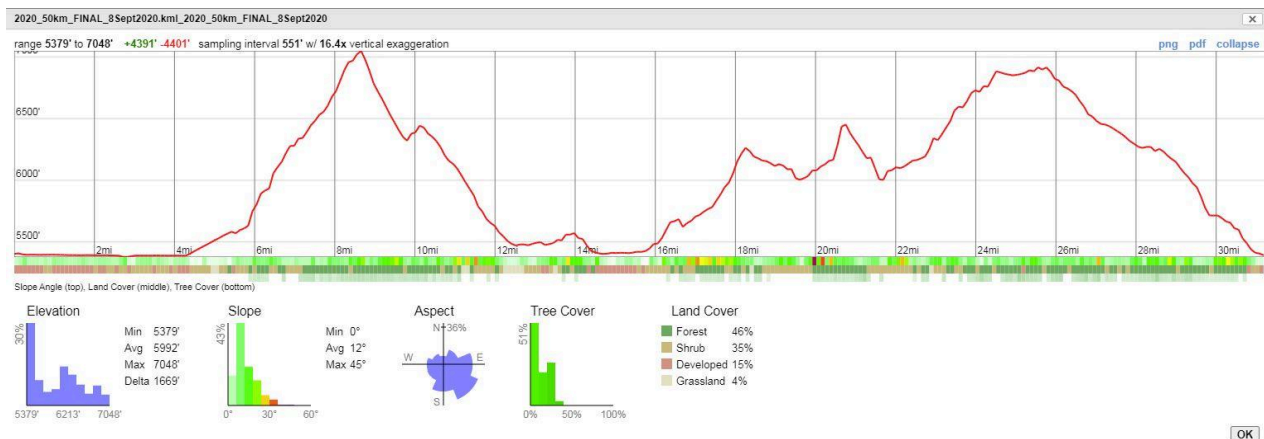
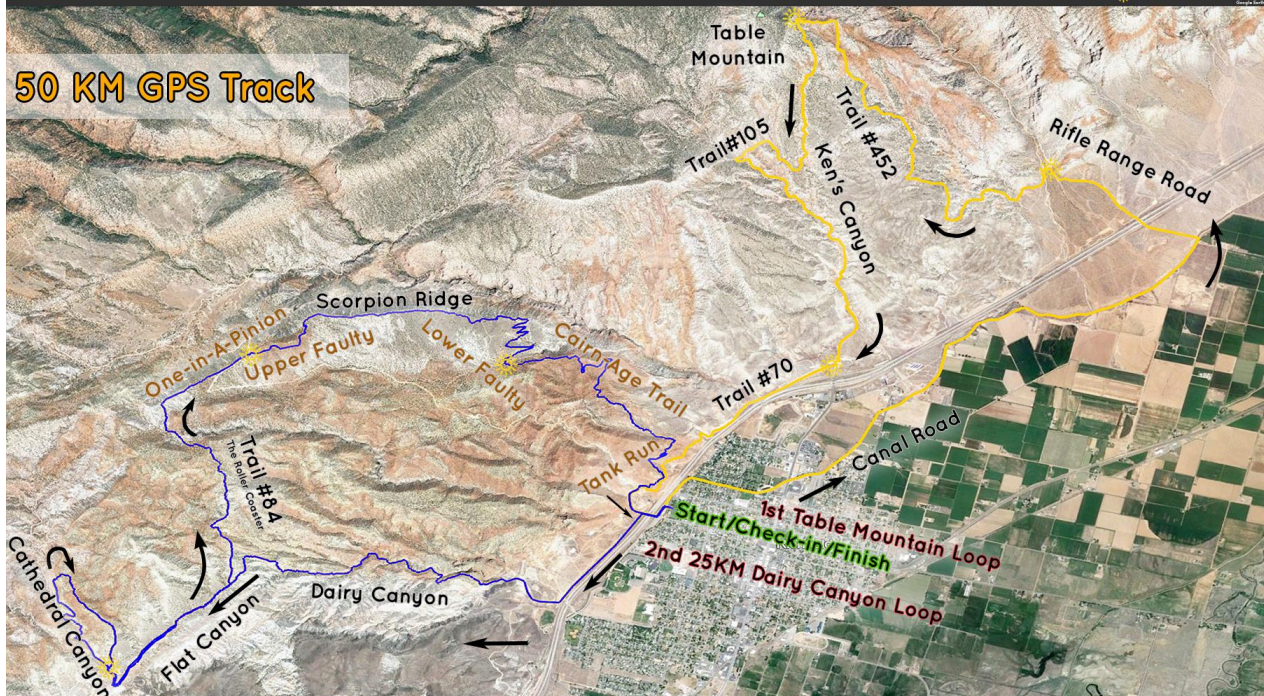
25km Map

After Dairy & Flat Canyons, runners hit an approximate 2-mile loop in Cathedral Canyon, which includes a vigorous $\frac{1}{4}$ mile climb. Runners will catch 5 different mountain bike trail segments the last 5 miles of the course. Descriptions & downloadable maps below.



50km Map

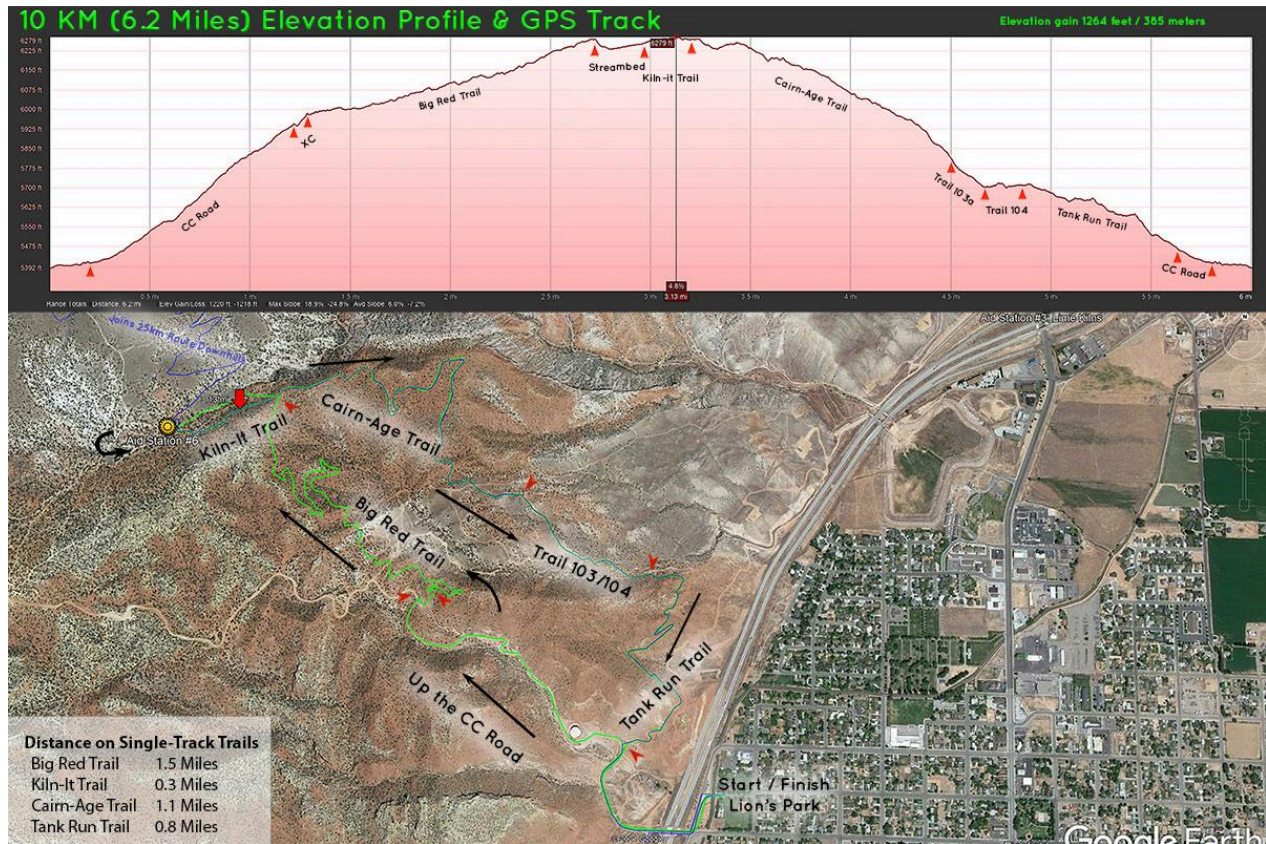
The 50km route has two large loops, approximately 25km each. First runners do a loop up Table Mountain. After returning past the start/finish area (also used as an aid station), runners follow the 25km course up Dairy Canyon.



At the end of this guide are detailed descriptions of the routes.

10km Map

The 10km runs up the new Big Red Trail to aid station #6, and there connects with the 25km route coming back down Cairn-Age & Tank Run trails. It just over 3 miles up, and then 3 miles back down, with about 1220 feet of elevation gain.

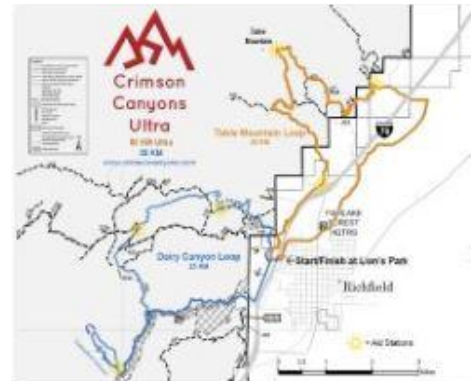


Downloadable Links

Higher Resolution Maps and GPX/GPS file downloads

You can download a free GPX viewer for your mobile device (such as Gaia GPS, AllTrails, etc), and carry with you in the race if you would like. This is recommended given the remote areas you will run through, but also be mindful of battery drain.

+ [Combined Overview Forest Service Map](#)



+ [Full resolution map of the 50 KM course](#)

+ [50 KM GPX file](#).

+ [50 KM KMZ file](#) for Google Earth alternatively

+ [Caltopo 50km Interactive Map](#): a great backcountry GPS mapping website



+ [Full resolution map of the 25 KM course](#)

+ [25 KM GPX file](#)

+ [25 KM KMZ file](#) for Google Earth alternatively

+ [Caltopo 25 KM Interactive Map](#): a great backcountry GPS mapping website

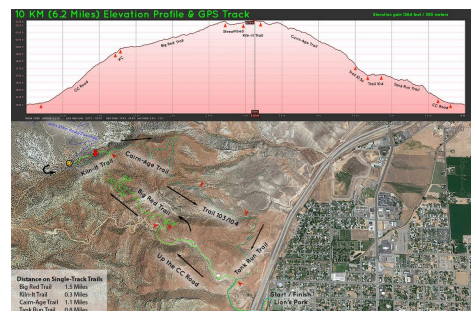


+ [Full resolution map of the 10 KM course](#)

+ [10 KM GPX File](#)

+ [10 KM KMZ file](#) for Google Earth alternatively

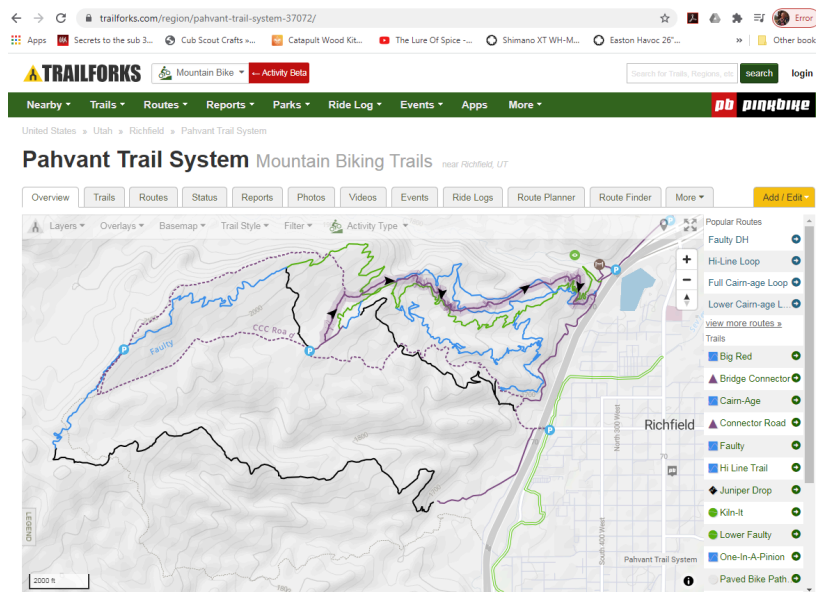
+ Caltopo 10 KM Interactive Map: a great backcountry GPS mapping website (coming soon)



The Pahvant Trail System (construction from 2019-2023)

We started this race through spectacular wild red-rock country, and shortly afterwards the local mountain bike community began working with the Bureau of Land Management and the Forest Service for permission for 100+ miles of single track trails to be constructed. After 4 years of furious engineering and construction, about 100 miles have been completed. More trails are on the master plan, but these are pending future Forest Service approval. These newly constructed single track trails go right through the Crimson Canyons Ultra course, which works out nicely in that we can catch some great new single-track, bypassing dusty mountain roads or rocky ATV trails we used to run in some sections.

- More info: <https://www.utahmountainbiking.com/trails/pahvant.htm>
- <https://www.trailforks.com/region/pahvant-trail-system-37072/> (great interactive map for biking or running in the area)



- Runners catch 5 new single-track trail segments in the last 5 miles of both the 25km and 50km routes.
 - **One-in-A-Pinion Trail:** for a few hundred yards, bypassing the dirt road on top just before the Little Valley Ridge Aid Station.
 - **Faulty Trail:** upper section for about 0.5 miles, lower section for about about 1.3 miles. For great vistas, we leave Faulty and hit an ATV trail on the rim of the canyon in-between.
 - **Kiln-It Trail** for about 0.3 miles
 - **Cairn-Age Trail** for about 1.3 miles [[10km follow from here back down the mountain]]
 - **Tank Run Trail** for 0.8 miles
- 10k runners hit the Big Red & Kiln-It Trail on their way up, then follow the 25k/50k route back down on the Cairn-Age and Tank Run trails.

Aid Stations and Time Limits

Aid Stations	Crew / Drop Bags	Mile	50 KM Cut-Off Time	Mile	25 KM Cut-Off Time	Mile	10 KM Cut-Off Time	Note:
0: Lion's Park (Start)	Yes Yes	0	7:00 AM					Restrooms
1: Rifle Range Aid Station	No Yes	5.4	9:00 AM					Portapotty
2: Table Mountain Aid Station	No No	8.6	11:00 AM					
3: Lime Kiln Aid Station	Yes No	12.6	12 Noon					
0: Lion's Park (Check-in/Start)	Yes Yes	14.7	1:00 PM	0.0	7:30 AM	0.0	8:00 AM	Restrooms
4: Flat Canyon Aid Station	No No	19.7	3:00 PM	5.0	10:00 AM			
on return past Flat Canyon Aid St.	No No	21.6	4:00 PM	7.0	11:00 AM			
5: Little Valley Ridge Aid Station	Yes Yes	25.0	6:00 PM	10.4	1:30 PM			Portapotty
6: Faulty Streambed Aid Station	Via ATV No	28.2	6:30 PM	13.5	2:00 PM	3.1	10:00 AM	
0: Lion's Park (Finish)	Yes Yes	31.3	7:00 PM	16.6	3:30 PM	6.2	12 Noon	Restrooms
Bold times are hard cut-offs			12 Hours		8 Hours		4 Hours	

Overview Map of Key Event Locations in Richfield, Utah



Getting There:

Richfield, Utah is a 1hr 45 min drive South of Provo, and 2hrs 35 minutes South of Salt Lake City. Getting to Richfield should be easy with modern electronic maps. Coming from the North, take Interstate-15 to Scipio, then turn onto Highway 50. You will turn off Highway 50 and pass through Aurora (watch for speed traps) before jumping onto Interstate-70 the last few miles to Richfield.

There are 2 freeway exits off I-70 into Richfield. To the starting line, from the North exit, drive South into town until you hit the first stoplight (300 North), next to the City Park and our sponsor hotel, Ramada Inn. Here turn West towards the mountains and drive 6 blocks to the Lion's Park (600 West).

From the South, Richfield is about 1hr 50 minutes North of Cedar City, or 4hrs 15 minutes North of Las Vegas.

Course Markings

There will be many colored flags, directional arrows, and signs throughout the course. There will also be flour/chalk arrows on the ground in some locations. Ribbons mark the direction you will be going, and the ribbons will be color coded based on race distance.

BLUE = 25 KM distance (the Dairy Canyon Loop)

ORANGE = 50 KM distance (marked in orange for the Table Mountain loop only.

After checking back in and refueling after this first loop, 50km runner will then follow the 25km blue course markings)

GREEN = 10km distance, but only this first 3.1 miles up to Aid Station #6. At this point, the 10km distance follows the BLUE markings back down the bike trails off the mountain.

As noted above, there are many trails in the area, so again, pay attention to markings, and know beforehand generally what direction you should be heading at different points in the race.

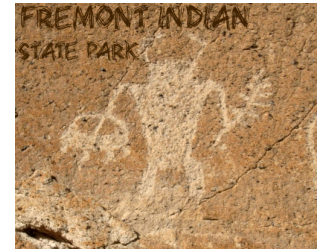
Things to Do and See in the Area (distance from

Richfield):

- Cove View Golf Course (1 mile):
 - <http://coveviewgolf.com/>
 - Trivia: This course was actually named by Ken Isbell as part of community naming competition when he was in high school about 100 years ago (literally).



- Fremont Indian State Park (24 miles):
 - <https://utah.com/fremont-indian-state-park>
 - <https://stateparks.utah.gov/parks/fremont-indian/>



- Big Rock Candy Mountain (27 miles)
<https://candymountainresort.com/>



- Fish Lake (42 miles):
<https://utah.com/fish-lake-national-forest>
 - Fishing, camping, RVs, hiking.
 - The oldest and largest living organism on Earth, the Pando Aspen Grove, is at Fishlake. 80,000 years old, 47,000 cloned trees.



- <https://www.youtube.com/watch?v=lGYBTma6y8s>
- <https://www.youtube.com/watch?v=VjiCsSTF4-U>

- Check out a run on the Fishlake Shoreline Trail. A glorious 17 mile loop:

<https://www.youtube.com/watch?v=UX7meEbGWwg&t=27s>

- Hitting Fish Lake & Capitol Reef N. P. in one day is possible.

- Cove Fort (42 miles)

- <https://www.covefort.com/>
- https://www.lds.org/locations/cove-fort-historic-site?lang=eng&_r=1



- Explore the countless trails in the area via mountain bike, ATV/UTV, or on foot. Check out the new site: <http://trailcountry.com/>
 - Runners will have touched some small sections of the Paiute ATV Trail. Explore more at: <https://utah.com/atv/paiute-trail>



- Hillside Minigolf (9 miles):
 - <https://www.yelp.com/biz/hillside-adventure-golf-and-games-monroe-2>

National Parks: if you haven't visited these, the Mighty 5 of Utah, you definitely should!

<https://www.nps.gov/state/ut/index.htm>

- Capitol Reef N.P. (67 miles)
- Bryce Canyon N.P. (102 miles)
- Zion N.P. (173 miles)
- Arches N.P. (171 miles)
- Canyonlands N.P.
 - Island In The Sky (212 miles)
 - Needles District (249 miles)



Another awesome place:

- Goblin Valley State Park (146 miles)
 - <https://stateparks.utah.gov/parks/goblin-valley/>

A new Aug 2018 promo video of Richfield:
<https://youtu.be/VIYXuPiSnmw>



Course Detailed Descriptions:



[The 50km follows this exactly, AFTER the Table Mountain Loop]

Section A: Frontage Road (1.5 miles)

From the Richfield Lion's Park, pass under the I-70 overpass, and run 1 mile to the South on a raised ATV road paralleling the freeway. At a second overpass, turn West towards the mountains, following markings. You will climb one of the closest hills to a large metal power pole. Continue past the power pole towards the mountains, and through a dug-out notch as you approach Dairy Canyon, which is the middle of 3 canyons feeding into this constructed spillway.

Section B: Dairy Canyon (about 2 miles)

In the 1970's there was a church-run dairy where I-70 now sits, thus the name of this canyon. It is the most beautiful, diverse, and narrow of the 6 dry canyons running into the Richfield area. Because it is a living canyon, and a huge SUV sized boulder is precariously dangling over a 20 foot cliff, you will start by taking a rocky ATV road along the rim of the canyon the first $\frac{1}{3}$ mile, then you drop down into the streambed. (our first couple of years of the race, we started up the canyon and climbed a ladder, but that big boulder is has rotated and is dangling precariously, and you do not want to be climbing a

ladder under this thing!) One you drop into Dairy Canyon, keep working your way up this narrow red-rock canyon, paying attention to trail marking ribbons at a couple junctions. Watch for the owl of Dairy Canyon at the Pillars section. Towards the top of the canyon it becomes smooth carved sandstone with an approximately 4' overhang. A rope and step will be there to help with the overhang. There is an ATV trail that parallels the ridgeline just above the stream bed, and just after the overhang you merge with this trail. There are a couple of steep climbs on the ATV trail, and at the top you merge with Flat Canyon as you turn left to the South.

Section C: Flat Canyon & Cathedral Canyon (*about 4 miles round trip*)

You run out Flat Canyon, do a loop in Cathedral Canyon, then run back up Flat Canyon. Then continue up Trail 84 - DO NOT go back down Dairy Canyon. 1 person a year on average does this.

Flat Canyon changes the running surface up, and this easily runnable section starts slightly downhill, then climbs atop a natural raised fin of smooth packed clay. To the left are rainbow colored hills, while to the right crumbled red sandstone ravines. At the end of the raised fin, drop down, and curve to the right (West) to **Aid Station #4: Flat Canyon**. This is the first aid station for the 25km runners. Check in at the aid station, then head up Cathedral Canyon, making sure to take the right fork of the main streambed about 200 yards after the aid station.

You will enter the picturesque entrance of Cathedral Canyon - there used to be a large boulder here to climb over, but someone literally blew it up with dynamite in 2022. So much easier to get past this obstacle. Several hundred yards later, there is an easy ledge to climb also. Follow the markings to exit the canyon onto a very old abandoned road, that steeply climbs approximately 315 feet over 1/3 mile. Then follow the ATV trail circling back down to Aid Station #4.

Check back in at Aid Station #4, then run back up Flat Canyon to connect to Trail #84. Again, DO NOT go back down Dairy Canyon, rather head up Trail 84. It will be well marked, but still it is a critical junction.

Section D: Trail #84 (3.4 miles of roller coaster climbs)

This trail rolls up and down (mostly up!) like a roller-coaster through unique red rock views. Stay on the main ATV trail, which as you stay left technically turns into trail #84a. Follow this until it peaks out with a panoramic view into Little Valley to your left, and a nice broad view of the Sevier Valley stretching off to the distance to your right. Do not turn onto the new "SpinalTap trail" that crosses the ATV road/trail. On the last climb you also pass the new "One-in-a-Pinion Trail" DO NOT enter this trail YET. Continue up the ATV road to the ridgeline, and follow high along the ridgeline to the North about .4 miles. **Aid Station #5: Little Valley Ridge** is located here. The parking area here was expanded in 2023 (this summer) - only car accessible spot for crew.. This parking lot off the main mountain road is where the One-In-A-Pinion trail crosses the ATV road. After checking in at the aid station and refueling after your tough climbs to get here, follow the One-in-a-Pinion bike trail a few hundred yards, until you cross the CC road.

Section E: Faulty Trail & Scorpion Ridgeline (≈ 2.5 miles)

After crossing the dirt mountain road (beware of cattle that frequently are being run off the mountain in September, and any gun happy cowboys with them!), the trail continues left / North. You will run on the Faulty trail for 0.5 miles, then cut over onto the Scorpion Ridge ATV trail, following along the

upper rim of Cottonwood Canyon. You will probably want to stop to snap a photo or two of the expansive canyon below. After about 1 mile you reconnect to Faulty for another 1.3 miles, and you are treated with more views of Cottonwood Canyon, and you also pass the actual crack/fault in the Earth the trail is named after. The final aid station #6 will be at the streambed at the bottom of Faulty.



Image: Cottonwood Canyon Rim

Section F: Kiln-It, Cairn-Age, and ATV Trails (≈ 2 miles)

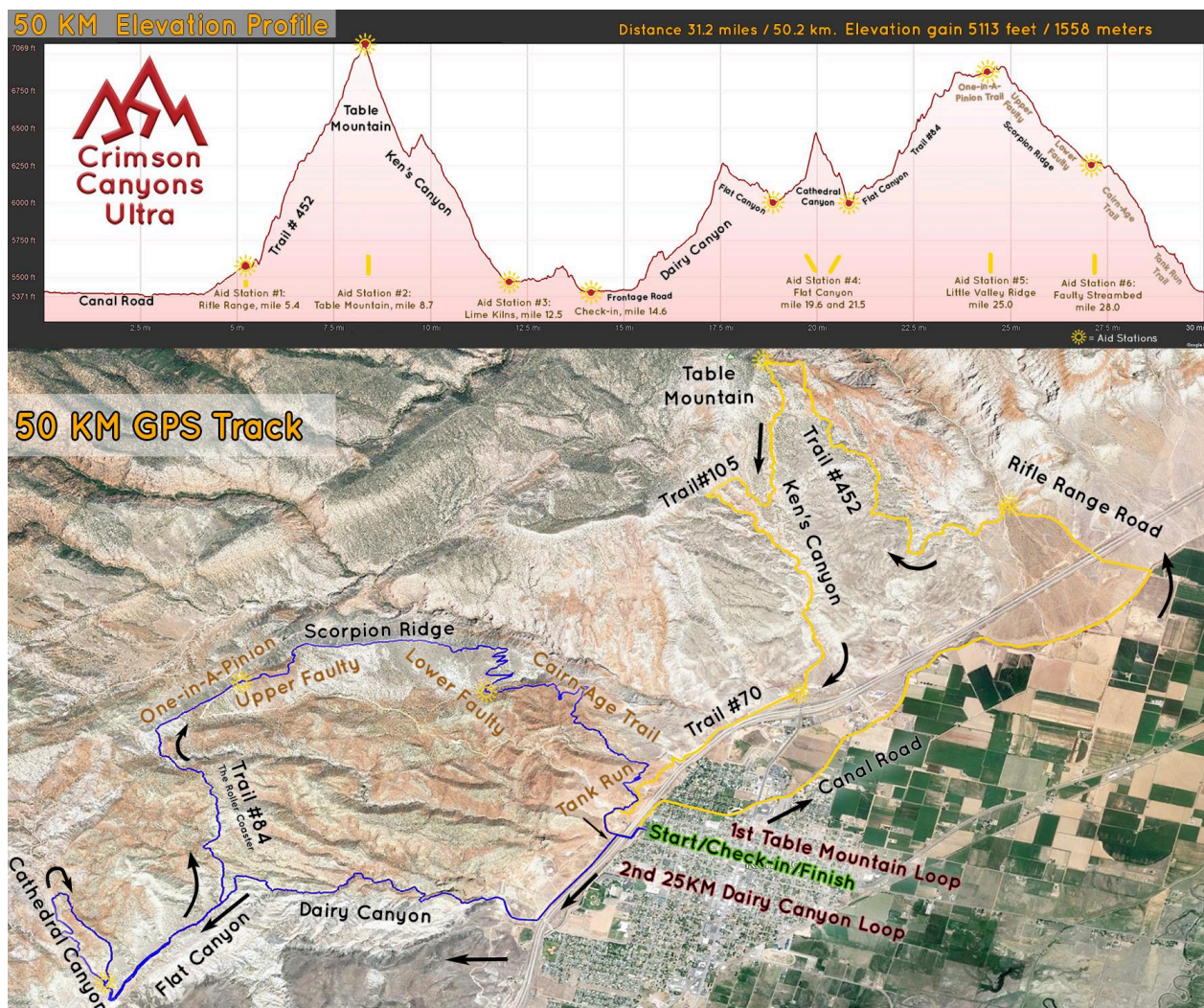
From the last aid station, you climb slightly to connect to the Kiln-It Trail, which turns left for a few hundred yards. At the top of a little draw between the hills, you catch the Cairn-Age Trail. There will be green markings at this draw area for the 10km course as they come up, so make sure you continue following the blue markings to the Cairn-Age trail. Cruise along the ridgeline and down Cairn-Age 1.2 miles, weaving between interesting red rock formations. You will follow trail markings to leave the bike trail and turn down an old ATV fairly steep & rocky trail/road (#103a, though it might not be labeled) about 300 yards/meters until you hit another ATV road (104) which turns downhill to the East. Follow this trail about 300 yards / meters more until you come to the new “Tank Run Trail” crossing the road.

Section G: Tank Run to Finish (≈ 1.3 miles)

Tank Run (0.8 miles) is a mostly smooth single-track paralleling the freeway far below. This also parallels ATV trail #70 between the two, that 50km runners caught earlier in the day. As you circle to where you can see the pink water tank on the CC Road, exit the single-track trail where marked. This flat area atop the mesa is where Richfield fires off their 4th of July fireworks over the freeway and the Lion's Park. Take the access dirt road down to the CC road. Turn left and go down the CC road **back under the freeway to** where you started the day, and finish at the Lion's Park.

25k runners start the day cross the canal and then crossing the freeway, and end the day coming back under the freeway in the same spot, and crossing the canal in the same spot.

50 Kilometer Course Description



50KM Ultramarathon racers start with a loop around Table Mountain, described below. Afterwards, 50km runners will then follow the 25km course up Dairy Canyon described above.

Ultra Part 1: Start, Canal Road, to Rifle Range Road (5.2 miles)

From the Lion's Park, run on a paved bike trail 1 mile following the canal. Carefully cross Richfield Mainstreet (police will be there to assist) and continue on the gravel canal road another 3 miles to the Rifle Range Road.

At the Rifle Range Road turn left to cross the canal bridge, pass under the freeway, and continue on the Rifle Range Road (1.2 miles) towards the mountains and towards the mouth of Willow Creek Canyon to **Aid Station #1: Rifle Range**.

Ultra Part 2: Trial # 452 & #451 up Table Mountain (3.4 miles)

From the Aid Station, turn left (South) and cross the rocky Willow Creek Streambed, and connect to the ATV trail on the other side. Follow along the hillside (continuing South) gently up and drop down to the next streambed to start on Trail #452 (turning West to the right). Follow this steep ATV trail up

0.6 miles, and at the first junction, stay right on Trail #452. After 0.5 more miles of uphill climbing, you turn right again onto Trail #451. Stay on the #451 trail, and continue climbing. DO NOT turn off downhill on trail 454. At approximately 8 miles into your run, you leave the ATV trail and follow flagging down briefly, then up the hillside to the North up to the ridgeline looking down into Willow Creek Canyon. Follow the ridgeline .25 mile to **Aid Station #2: Table Mountain**. Check in, then catch Trail #451 again, heading downhill to the South.

Ultra Part 3: Trail #451 to Upper Ken's Canyon to Trail #105 (about 1.8 miles)

Follow the ATV trail down about 0.5 miles, then drop down into the upper fork of Ken's Canyon. Follow the streambed down 0.6 miles - it is fairly primitive here, so there may be logs and drops in the streambed. When you hit Trail #105 as it crosses the streambed, turn right (West) and follow Trail #105 for 0.7 miles. Trail #105 will have several short climbs and descents. When you hit the larger small gravel streambed, turn left and enter the lower fork of Ken's Canyon.

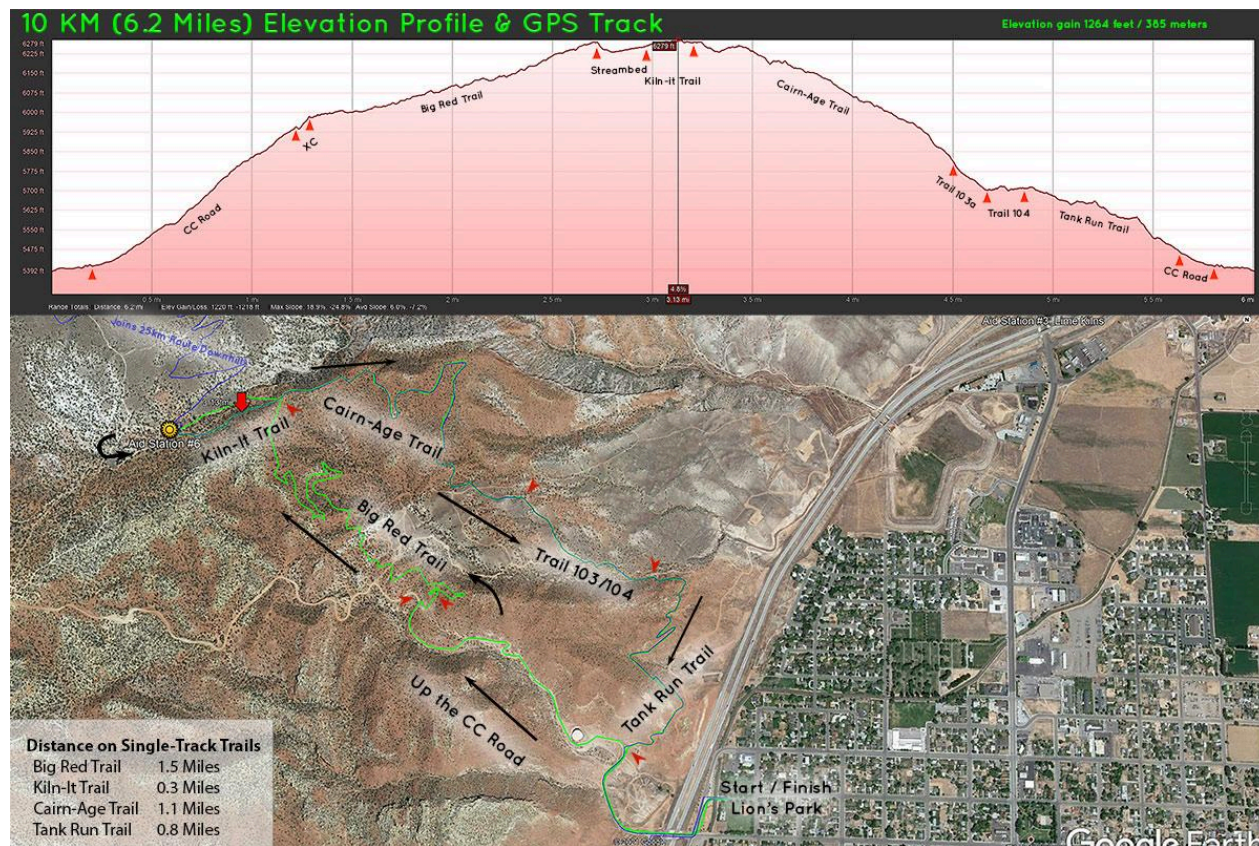
Ultra Part 4: Lower Ken's Canyon to the Lime Kilns (about 1.8 miles)

Here you leave the defined ATV trail #105 and enter a unique dry, yet living, red rock canyon. Watch for markings and **beware of cliffs!** Follow the streambed down, and pay attention to four cliffs that require leaving the streambed to follow horse trails up and around the main channel. Continue downhill until you exit into the Sevier Valley just North of Richfield next to the old Lime Kilns. **Aid Station #3: Lime Kilns** will be set up near the freeway frontage road.

Ultra Part 6: Frontage Road to Horizon Trail #70 back to Start/Finish (about 2 miles)

From Aid Station #3, follow the freeway frontage road South to Cottonwood Creek / Canyon, and cross the creekbed - it might have a little water in September, or more likely it might be dry. Continue South on the frontage road as it climbs up a couple hundred feet. At the pink Water Tank on the CC Road, follow the road down to the Lion's Park where you started the day. **Important:** pass under the freeway and check-in at the start/finish area before starting the 25km loop. So you will run under the freeway and to the park there for several minutes, and then run back under the freeway. As you come back under the freeway, turn LEFT to start the 25km Dairy Canyon loop.

10 Kilometer Course Description



Two notes for 10km runners:

- a) with **1220 feet of vertical gain**, this is a challenging 10km! Be prepared for the climb.
- b) the trail is well marked and easy to follow, but you have to make one single clear-headed directional choice at the very top of your climb. There is a **tear-drop shaped loop at the top** where you cross over and drop down an old ATV trail to your one aid station (#6) and then loop back on the Kiln-It/Cairn-Age trails you crossed a few minutes previously. The start of this short loop will be marked with a large sandwich board with directional arrows, and possibly some balloons.

Part 1: Civil Conservation Corp (CC) Road. (1.2 miles)

As you leave the Lion's Park, you pass under the freeway overpass and begin up the gravel dirt mountain road created by the Civilian Conservation Corp during the Great Depression. (Interesting fact, Ken Isbell, who this race is held in honor of, actually oversaw teams of workmen on this road when it was first being constructed 80+ years ago). You will run up this steep road, past the pink water tower. Run to the side in case there are vehicles on the road. Stay on the main road, and do not take any cut-offs. **DO NOT** take the cut-off just before the Fishlake

National Forest sign, rather continue on the road around that hill. Did we mention the road is fairly steep?

Part 2: Cross County Climb (0.1 miles)

At about 1.2 miles into your run, you will leave the road where boulders have been placed to keep cars from driving to an old overlook spot. Go around these boulders and follow flagging up the side of the hill a couple hundred yards to connect to the Big Red bike trail.

Part 3: The Big Red Trail (and a little Kiln-In) (1.5 miles)

OK, things level out quite a bit when you hit the bike trails, and while you are still climbing, it is much less steep. Follow the Big Red Trail up. As you first hit this trail, there are some easy spots to cut the trail, but come on, just follow the trail or you will be cheating yourself. After 0.4 miles, you cross an ATV road; just continue straight on the marked Big Red Trail. You will pass a small section with planks over rocks which is cool. At about mile 2.6 (cumulative distance since starting) there is a trail junction. Stay left, and continue up the Kiln-It trail another 0.2 miles to the top of the draw, where several bike and ATV trails merge.

IMPORTANT: you will make a loop, almost a figure-8 through this draw atop the hill. Pay attention. First you continue following GREEN straight (slightly to the left) and drop down an old rocky ATV trail, that leads you to a streambed and then the Aid Station. Then you will circle back up and follow the blue-marked trail.

Photo of lots of markings at this spot in 2022:



Part 4: ATV Trail and Streambed (0.25 miles)

As noted above, cross the top of the draw, and take the rocky ATV road down a hundred or so yards to the streambed below. Turn left and follow this smooth gravel streambed a couple hundred yards to **Aid Station #6: Faulty Streambed**. This is the only aid station for the 10km, but it is #6 for 50km runners. You MUST check-in here with the aid station volunteers, before you zoom up slightly to catch another section of the Kiln-It trail

To Aid Station #6, 10km runners follow **GREEN** flagging, but after the aid station, then you will follow **BLUE** flagging back to the finish.

Part 5: Kiln-It and Cairn-Age Bike Trails (1.8 miles)

Turn left at the aid station, and head briefly uphill to catch the Kiln-It trail, as it circles back to the top of the draw you crossed a few minutes earlier. This time, follow the blue flagging to the Kiln-It Trail. This is a fun trail, with interesting rock formations and amazing views, especially at the beginning. At about mile 4.5 into your run, you will exit the Kiln-It trail onto a crossing ATV road.

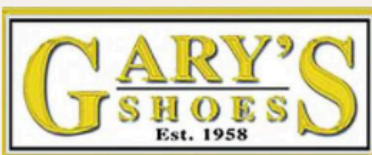
Part 6: ATV Trails 103/104 (0.25 miles)

Trail #103a is a steep, rocky descent. Keep speeds under control as you zoom down this section, which is only a few hundred yards. You will turn onto another ATV trail, #104, which isn't quite as steep, but it is still blessed with lots of rocks.

Part 7: Tank Run Trail to Finish (1.3 miles)

Take a hard right onto the new Tank Run trail. Tank Run (0.8 miles) is a mostly smooth single-track paralleling the freeway far below. This also parallels trail #70 between the two, that 50km runners caught earlier in the day. As you circle to where you can see the pink water tank on the CC Road, exit the single-track trail where marked. This flat area atop the mesa is where Richfield fires off their 4th of July fireworks over the freeway and the Lion's Park. Take the access dirt road down to the CC road. Turn left and go down the CC road back under the freeway to where you started the day, and finish at the Lion's Park.

Sponsors



Gary's Shoes provides gift certificates to the male and female winners of each distance



Partner hotel in Richfield, just 5 blocks from the start/finish.



Partners



The spectacular lands of the Fishlake National Forest and their permission makes this race possible



Check out some of their great races



CJF helps create good sustainable jobs for disadvantaged young adults in Cambodia through several programs. To support the good work they do, 10% of race profits will be donated to this 501c3 non-profit.

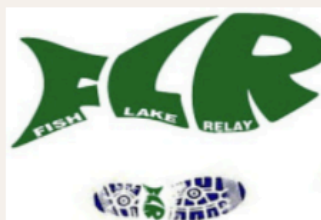


ENDURANCE FUELS

Hammer provides endurance products for all participating athletes.



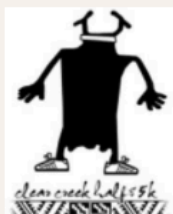
The local Richfield Bottling Plant provides drinks for runners



An annual 65 mile, 6-person relay race starting at Fishlake and ending in downtown Richfield.



Run the Bonneville Salt Flats from Dusk to Dawn! August 21-22, 2020.



A downhill road 1/2 marathon and 5km through an amazing abandoned canyon. Also runs through the Fremont Indian State Park. Located about 20 minutes South of Richfield..

The Story of the Crimson Canyons Ultra (The Ken Isbell Memorial Run)

By Shane Harrison, August 2018

The rugged sandstone canyons and aspen-covered mountains around Richfield were not just my playground as a child, and my cross-country training grounds in high school, they are a spiritual place, and in many ways are in my DNA. Several of my ancestors were early settlers in the Sevier Valley in the mid-1800's. Jens Larson Jenson set up the lime kilns in the late 1800's. His granddaughter was my grandmother. She married Kenneth Isbell, who loved the nearby mountains and would visit them as often as he could. And lucky for us, he would throw his grandkids in the back of his old Dodge pickup truck while exploring. He always had some adventure to pursue. He knew exactly the best spots throughout central Utah to rock hound, both in Sevier County and across the Tushar Mountains.

Born 116 years ago, Ken Isbell grew up in Richfield in a family of 10 children. He was high school valedictorian, and although he started medical school, he returned to support his extended family during the Great Depression. He managed a crew that built parts of the Civil Conservation Corp road (CC Road) runners travel on at the end of the race. For a couple seasons while younger, he also would take a wagon and horses up the nearby mountains (Table Mountain & Willow Creek areas) to cut wood, which they would return to town to sell. The mantle over the fireplace in the home he built is from a tree that hit his wagon every time he and his brother went up the mountain to cut wood, until one day they cut it down. He spent years in the postal service, initially delivering mail via horse and buggy throughout central Utah before managing the local postal office for decades. Some of you have run the "Mail Trail" near Escalante, which he used to describe the few times he did that route via horse and buggy. He was a fixture in the local community, served in the local civil defense corps in WWII, and was an accomplished orator-- he spoke at many hundreds of funerals over the years, even up to three in one day. He loved to explore the nearby mountains and canyons every chance he could get, and he shared this passion with his son and later his grandkids. Several of his grandkids are now organizing this race in the same canyons and mountains he helped them discover.

My trail & canyon connection: My first day of high school, someone asked if I was going to run cross-country since my brother was a returning state champion. I had never given it much thought but tried out anyway. Boy, that was so physically painful, yet totally transformative. Richfield High School is next to the "Red Hills", where we ran most days in the fall. Every day was an adventurous exploration, even if only in the lower foothills. In the summers I started exploring higher and further, and discovered many of the trails and canyons we will cover in the Crimson Canyons Ultra. In those days, they were not numbered trails, just wild tracks scratched in the Earth.

I subsequently lived and worked in Asia for 13 years. People frequently asked what I missed most about living in the USA, and my answer was always "the mountains." When we moved back to Utah, a friend 20 years my senior threw down what I considered an impossible challenge, to run an ultra-marathon. Training for my first ultra was, again, incredibly transformative both physically and mentally. About that time, I heard for the first time of the 10.5 mile "Christensen's Red Rock Runoff" held on the lower Red Hills of Richfield. It looked like it covered some of the trails I had grown up running, and I knew I just had to join. It is a great little race held each spring, but actually only hits the Sunrise Trail #70 after running through town. I shared with the race organizers that they should extend the race up to some of the more spectacular canyons right next to their route. They were not interested. So over the next three years I made many journeys back to Richfield for the purpose of exploring

different routing and methods of connecting various canyons and trails into a viable and fun and challenging unique race (with near standard distances). Several have joined in these exploratory adventures, thanks to Brandon, Jimmy, Jef, Danny, and others, who have all been lost, cliffed out, and probably lost blood through scratches in figuring out the routes that are used on race day. We have been obsessive in finding the best routing through these amazing landscapes, and we feel we have dialed in a most excellent route for runners who participate from near and far..

Now the course is set, and this race of adventure is about to begin.