

Aid Station Specific Instructions

- **Weather** – Be prepared for HOT and COLD at ALL aid stations.
- **Fleece Blankets** – Fleece blankets have been provided for nearly every aid station.
- **Space Blankets** – A small supply of space blankets for runners who are in really bad shape will be provided in the supply bins at some of the colder aid station.
- **Headlamp** – Bring a good headlamp with extra batteries
- **Phone Cords & Batteries** – Bring cords/chargers and battery bricks if you have them.
- **Bluetooth Speaker** – Music is fun. Bring it.

- **EXTRA ITEMS SUPPLIED BY CAPTAINS AND/OR ASSISTANT CAPTAINS**

This is meant for local captains/assistants that are driving from the race. If you are not local (flying in to volunteer), please do not purchase propane tanks or coolers. However, it would still be great if you were able to purchase the other items in this list:

- **Cold Water Dunk Station** – We have planned for a cold water dunking station at the following aid stations; Lane Mtn (provided by UltrAspire), Crown King, Iron King, Fain Ranch, Dead Horse, Deer Pass, and Sedona. Aravaipa will provide the water, a blue bucket, and sponges for a “water dunk station”. Aid Station Captain please bring a cooler filled with ice for this “water dunk station”. Aravaipa will reimburse for ice after the race with receipt emailed to steve@aravaiparunning.com.
- **FIRE** – It is OK (and highly encouraged) to build a small fire but ONLY at the following Aid Stations (Lane Mountain, Arrastra Creek, Dead Horse, Schnebly Hill, and Kelly Canyon). Aravaipa will provide a small amount of wood. We are constricted on the amount of space in the course setup vehicles, so please consider bringing extra wood. Aravaipa will reimburse for fire wood after the race with receipt emailed to steve@aravaiparunning.com. **Oversee fire 100% of the time. Douse if it gets windy. At end of the event turn w/ shovel, douse, turn, douse.**
- **Propane** – Refilling propane tanks can often be a pain during Cocodona. Aravaipa supplies all of the propane tanks that we own but we have a limited supply and there is only so much room in the course setup trucks. Use the small green cannisters FIRST. Aid Station captains and volunteers – please consider bringing your own personal 20# propane tanks. If we end up using it, you can take your

- empty propane tank home, exchange it for a full tank, and send the receipt to steve@aravaiparunning.com after the event for reimbursement.
- **BYO Bananas** – When we place bananas in the refrigerated food truck for transport it spoils the bananas. Aid Station captain please purchase your own bananas and we will reimburse you if you email a receipt to steve@aravaiparunning.com
 - Start thru Jerome AS – 4 Bunches
 - Dead Horse AS thru Kelly Canyons AS – 6 Bunches
 - Fort Tuthill AS thru Mount Elden AS – 9 Bunches
 - **Grapes, Strawberries, Blue Berries and/or Veggie Tray** – We are constricted on space in our trucks. Please help us out by purchasing fruit and/or veggie-trays. Finger-serve friendly. Fruit for snacks and/or addition to meals (IE – oatmeal, pancakes...). If you have ideas...go for it...but please be cost conscious. Ask pati@aravaiparunning.com for questions. Receipts after the race emailed to steve@aravaiparunning.com for reimbursement.
 - **Cooler + Ice** – Space in our trucks is a limiting factor. We are asking the captain and/or assistant captain to please bring a cooler (Approx 50qt.) and ice for storage of various items that will come off of the trucks not stored in coolers. Save receipts and after the race email to steve@aravaiparunning.com.

Click the links below to jump straight down to your aid station. Fancy huh?

Start Line	Iron King	Munds Park
Cottonwood Creek	Fain Ranch	Fort Tuthill
Lane Mtn	Mingus Mtn	Walnut Canyon
Crown King	Jerome	Sandy Seep
Arrastra Creek	Dead Horse	Mount Elden
Kamp Kipa	Deer Pass	Finish Line
Camp Wamatochick	Sedona	
Whiskey Row	Schnebly Hill	

Start Line – It can be a cold in the mornings. BRING A HEADLAMP. Monday morning shifts start EARLY. Please arrive on time so that we can get the runners through the final flow and 5am start time.



Cottonwood Creek – Volunteers should contact the Captain for driving directions.

The food coolers for this aid station do not get to the aid station in a refrigerated truck like the other aid stations. By the time you get to the aid station most of the ice will have melted. Please bring additional ice to restock the coolers when you arrive. Keep your receipts and email them to the RD along with your mailing address or let him know if you'd rather get reimbursed in Aravaipa UltraSignup race credits.

This aid station is out of cell reception but you will get a InReach device that you can pair to your phone for texting capability. The InReach device will be included with the aid station equipment when you pick up the supplies. Download the Garmin Earthmate App prior to the race. Pair the InReach to a phone ASAP and test sending / receiving texts. Have it on and paired to your phone while runners are coming through your aid station. Send a text to Race Command at the start of your shift. You will also have a second inReach device that you will give to Sweep1B when they drive past the Cottonwood Creek Aid Station. Be sure to return the inReach with the other supplies.

Please get the aid station setup and the food prepped on Sunday night as runners will be there early on Monday morning (your aid station is at mile 7). Start time for the race is 5am Monday morning. Your main job is all about filling water **quickly**. Have pitchers ready to fill runner's packs. Don't let runners leave without AT LEAST 4 liters of water. 4 liters is their required gear for this section but they really should be carrying more. The first 33-miles of the course is extremely difficult and we always have multiple people drop on day one. There are two water stations on this next section, the runners can only take 1 liter from each of these stations, have a look at the mileages of these two water stations so you can tell runners when they ask how far. Just FYI - [See the DNF and Evac plan for section 1 here](#). Keep some water for the 2 sweepers. Stay at aid station until sweep comes through. Get used course markings from the sweep. Record how many jugs of water did not get used.

This aid station has a Luggable Loo Bucket toilet. Hopefully no runners need to use it but if they do, it is nice to have it and it is much better to double bag the bucket. There are clear vinyl gloves in the aid station kitchen bins. Please periodically check, swap out liners, and restock TP. When you tear it down, please tie the garbage bags tight and double bag it. Sorry and thanks!

Teardown and bring EVERYTHING (except for the water jugs) back to the race Start Line, nothing left onsite (except the water jugs). There is a trash dumpster at the Start Line (Deep Canyon Ranch) that we have permission to use for any trash from the aid station.



Lane Mtn – Be prepared for cold and dark. Bring warm layers and a headlamp. The road to this aid station from Crown King has been improved and is now drivable in a passenger car. This aid station does have decent cell service. If you do not have great cell service, continue past the aid station on the main road for two turns and walk up the small hill for great cell service. Send a text to Race Command at the start of your shift and periodically send someone to the top of the hill to send/receive texts from Race Command.

The food coolers get delivered to this location in a box truck (not the standard refrigerated truck). By the time you get to the aid station most of the ice will have melted. Please bring additional ice to restock the coolers when you arrive. Keep your receipts and email them to the RD along with your mailing address or let him know if you'd rather get reimbursed in Aravaipa UltraSignup race credits.

This aid station has a Luggable Loo Bucket toilet. Hopefully no runners need to use it but if they do, it is nice to have it and it is much better to double bag the bucket. There are clear vinyl gloves in the aid station kitchen bins. Please periodically check, swap out liners, and restock TP. When you tear it down, please tie the garbage bags tight and double bag it. Sorry and thank you!

If close to running out of water. Drive to Crown King and refill. It is ok to have a fire at this aid station (pending fire restrictions) – see instructions at the top of this PDF.

UltraAspire will provide a “cold water dunk station” during the hot hours of the day. They will provide all of their own supplies (ice, water, etc).

Runners should not drop at this aid station. It is only 4 miles down the hill to Crown King. Runners will need water and salt. They can make it to Crown King. Kick ‘em in the ass. Shuttle plan for runners who drop at Crown King and do not have a crew...

Be VERY organized when packing supplies back into bins. All of these supplies will be used at another aid station later in the race.



Crown King by Spring Energy – Parking is tight in Crown King and we ask that ALL volunteers park up the hill in the Mill Restaurant parking lot. Open the chain/gate to the Mill Restaurant driveway, park, and walk down to the Saloon. Be prepared for cold and dark. Bring warm layers and a headlamp.

Spring Energy will be providing smoothies to runners. Saloon owners Lorrie & Casey at (775)772-8637. The Saloon is providing pulled pork sandwiches and black bean burgers for the aid station food. The Saloon will typically close at midnight, so get enough sandwiches for all of the remaining runners before the close.

The outdoor water spigot has a bad taste. Use the indoor water if possible or use the RV filter on the spigot. The Saloon should provide propane heaters and propane to spread through the patio area. You will have a “cold water dunk station” – see instructions at the top of this PDF.

We are holding crews at Bumble Ranch until their runner gets to a certain point on the course before they are allowed to drive up to Crown King. Runner’s crew vehicles will get a parking pass to place on their dash at Bumble Bee. You will have a Parking Manager volunteer from 10am-6:15pm (and please assign them 3 volunteers w/ reflective vests + 4 radios from medical) to oversee parking (primary) and parking pass verification (secondary). Volunteers/ staff/locals/sponsors/media don’t need a parking pass. If crew vehicles do not have a parking pass direct them to park in your furthest parking space and give them a tongue-in-cheek hard time. **DO NOT TURN AWAY ANY CREWS FOR NOT HAVING A PARKING PASS.** Parking will be very tight. We have permission to park in front of the general store **AFTER** 3pm when they close. We have permission to park in the Mill Restaurant parking lot. Open the chain/gate to the Mill Restaurant driveway at start, do a trash sweep of the Mill Restaurant at the end of the parking crew shift, and close chain/gate at end. See the aid station layout for parking locations / which lots to fill first. We can’t park in front of the General store until they close at 3pm.

Tell Staff SPOT MOLLY ASAP if crews are complaining that they didn’t have enough time to drive up to Crown King.

MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS. Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ. You will have a form, clipboard, and pen.



Lots of runners are going to want to drop. Discourage them from dropping. They just completed the hardest section of the race, things will turn around, slow it down, it is a long race. Shuttle plan for runners who drop at Crown King and do not have a crew...

Periodically and at the close of the aid station, empty any trash cans in front of the General Store and anywhere outside of the Saloon. Trash can't stay out overnight once the aid station closes. See if the Saloon will let us store the trash inside the Saloon overnight. Be VERY organized, clean, and neat when packing supplies back into bins. All of these supplies will be used at another aid station later in the race. The more you can tear down the better, our course cleanup crew is tight on time at this location.



Arrastra Creek – The food coolers get delivered to this location in a box truck (not the standard refrigerated truck). By the time you get to the aid station most of the ice will have melted. Please bring additional ice to restock the coolers when you arrive. Keep your receipts and email them to the RD along with your mailing address or let him know if you'd rather get reimbursed in Aravaipa UltraSignup race credits.

This aid station has poor cell reception but you will get a InReach device that you can pair to your phone for texting capability. The InReach device will be included with the aid station equipment. Download the Garmin Earthmate App prior to the race. Pair the InReach to a phone ASAP and test sending / receiving texts. Have it on and paired to your phone while runners are coming through your aid station. Send a text to Race Command at the start of your shift. Be sure to return the inReach with the other supplies.

VERY COLD at night. Bring lots of warm layers and a headlamp. You can have a fire (depending on fire restrictions) – see fire info that the top of this PDF.

This aid station has a Luggable Loo Bucket toilet. Hopefully no runners need to use it but if they do, it is nice to have it and it is much better to double bag the bucket. There are clear vinyl gloves in the aid station kitchen bins. Please periodically check, swap out liners, and restock TP. When you tear it down, please tie the garbage bags tight and double bag it. Sorry and thanks!

Be VERY organized, clean, and neat when packing supplies back into bins. All of these supplies will be used at another aid station later in the race. The more you can tear down the better, our course cleanup crew is tight on time at this location.



Kamp Kipa – Camp host is Tom (906)360-1120. Have Tom show you around the main building dining hall and the cabins for runner sleeping.

VERY COLD at night. Bring lots of warm layers and a headlamp.

Full use of camp kitchen for cooking. Aid station will be setup inside the big building at the VERY bottom of the hill. Place a volunteer with a chair at the gate to direct runners down the hill to the aid station (yes - all runners must go down to the aid station).

Aid Station captain Marlena will meet staff member Craig (702-379-5354) in Prescott on Monday around 11:30am to load coolers into her pickup truck. The rest of the aid station supplies will be on the porch of the main building when you arrive. Minimal setup of equipment because the aid station is indoors. Be VERY organized, clean, and neat when packing supplies back into bins. All of these supplies will be used at another aid station later in the race. Due to the limited setup at Kamp Kipa and our crazy staff logistics we are asking the Captain and Assistant to haul all of the aid station supplies (kitchen bins, food bins, coolers, equipment, EVERYTHING, etc) to the Whiskey Row Aid Station (Grand Highland Hotel) in Prescott. If you are able, please drain water from coolers and restock ice (send the ice receipt to the RD along with your mailing address after the race).

This aid station (down in the dining hall) is out of cell reception but you will get a InReach device that you can pair to your phone for texting capability. The InReach device will be included with the aid station equipment. Download the Garmin Earthmate App prior to the race. Pair the InReach to a phone ASAP and test sending / receiving texts. Have it on and paired to your phone while runners are coming through your aid station. Send a text to Race Command at the start of your shift. You may need to place the inReach outside of the building to push/receive texts. Be sure to return the inReach with the other supplies.

We have the use of cabins for sleeping. There are lots of blankets for runners to use. Have a volunteer help get runners to bunks for sleeping a give them a blanket.

Periodically clean the restrooms and restock TP. Periodically and at the close of the aid station, empty the camp's trash cans.

Do a rough clean of the kitchen and dining hall. We have a cleaning crew to do a full cleaning scheduled to arrive on Tuesday at 2:30pm.



Camp Wamatochick – Parking is very tight at this aid station. Volunteers should park in the Groome Creek Trailhead parking lot and walk the dirt driveway into camp. Be prepared for cold and dark. Bring warm layers and a headlamp.

It is a big spread-out camp. Walk the venue with the camp host. Roxanne 580-252-9105. Understand the layout of the shower house, cabins for sleeping, and cafeteria. Place two volunteers (with chairs and a trash bag) where runners enter the camp as a greeting committee; direct runners down to the aid station in the cafeteria at the bottom of the hill, direct runners to cabins for sleeping, and the bath house for showers/restrooms. Full use of camp kitchen for cooking. Plug in the power strips throughout the Cafeteria.

Sports Therapy in the Cafeteria with the main aid station area.

Get the inReach from Sweep2 and put in aid station binder.

Tear down the aid station and make sure to get all of the supplies as we are spread all over the place at this camp. Periodically and at the close of the aid station, empty the camp's trash cans. We have scheduled a cleaning crew after teardown.

Due to the limited setup at Wamatochick and our crazy staff logistics we are asking the Captain and Assistant to haul all of the aid station supplies (kitchen bins, food bins, coolers, equipment, etc) to the Whiskey Row Aid Station in Prescott. You do NOT need to load the runner drop bags. If you are able, please drain water from coolers and restock ice (send the ice receipt to the RD along with your mailing address after the race).



Whiskey Row – Natasha is our POC at the hotel. Hotel will provide (12) tables, (20) chairs, and propane heaters in the courtyard. We can take ice from the hotel ice machine. Quiet hours are 9:30pm-9am, you will have to remind crews MANY times.

Parking is tough in downtown Prescott. There is a parking garage behind the Grand Highland hotel on Granite Street.

First shift or volunteers will setup cots and last shift will teardown cots. Take a rough inventory of how many cots are being used at the peak.

Sports Therapy inside with the medic/sleeping area.

Pizza provided by the Grumpy Sicilian 6 doors to the North. The schedule of quantity/delivery time will be in your binder. Coordinate adjustments to pizza delivery schedule with the shop at (928)277-0726. No delivery during night hours between 7pm-11am – we need to pick up these hours. Pizzas and tip has been paid in advance. Find the vegan cheese in the coolers and give it to the pizza shop so they can cook it on the pizzas.

Make sure that the hotel cleans the restrooms and restocks TP in the evening (before the cleaning staff is gone) and first thing in the morning. Periodically and at the close of the aid station, empty the hotels's trash cans. Hotel has trash and recycle dumpsters.



Iron King – Please be extremely quiet during nighttime hours due to the apartments across the street. You'll need to kindly remind runners, crew, and pacers to keep their voices down 20 million times.

When you arrive, the generator will probably be hidden inside the aid station. You will need to take it outside of the tent.

We have accounted for (4) blue aquatainer water jugs for the "cold water dunk station". Don't use more than 4 unless you are SURE you will not run out of drinking water - see instructions at the top of this PDF.

Periodically restock TP and clean toilets.

Fain Ranch by Satisfy Running – Satisfy Running is sponsoring this aid station to make it amazing for the runners.

Arizona Downs will let us use a water spigot from their building. Contact Michael Rodden (928)273-3173 to see which water spigot they would like us to use. You are going to have to make many trips to fill water (sorry!) You will have a "cold water dunk station" when it is hot during the day – see the instructions at the top of this PDF.

Clean restrooms and restock TP periodically

Sports Therapy -

Elevated Legs contact info – Jon (303)906-0254. Should be there to setup by EOD Mon.

MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS. **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.** You will have a form, clipboard, and pen.



Mingus Mountain Camp – Jonathan is the Camp Manager (901-569-0288). DOGS ARE NOT ALLOWED AT THIS VENUE. VERY COLD and dark at night. Bring lots of warm layers and a headlamp. Staff members sleeping onsite on Monday and Tuesday nights. Have Jonathan show you where staff sleeping locations. Full use of camp kitchen for cooking. TVs in the Dining hall can be connected to a computer / camp hotspot to play livestream. Make sure the heaters in the sleeping cabins are on and the hot water is turned on for the showers. Camp will provide Ice as needed and will make coffee for the entire event. Setup power strips through-out the Dining Hall for charging.

You have a parking manager and volunteers to direct traffic and tell crews where the aid station is located. Have crew vehicles turn right and park in the grass lot. Please walk around the grass parking area to make sure there are no obstructions or wet/muddy spots. Volunteers/Staff and LARGE crew vehicles should park in the dirt parking area on the left after entering camp.

Sports Therapy in the Dining Hall with the main aid station area.

Periodically and at the close of the aid station, empty the camp's trash cans. PLEASE make sure to CLEAN the kitchen and Dining Hall at end of event.

Be prepared to feed staff members at 1pm Wed. (two from course setup #2 and two from the Reefer crew)



Jerome State Historic Park – Parking gets tight at this aid station. ALL volunteers are asked to park in the dirt parking area on the right just before entering the aid station and walk into the start park. Be prepared for cold and dark. Bring warm layers and a headlamp.

State Park contact is Marc (928)848-8180. State Park will give you a radio for communication. The building will be closed from 4:30pm-9am but there will still be a ranger onsite with a radio. Please allow park staff to eat from the aid station.

DO NOT plug into the parks electrical outlet unless it is for VERY low electrical use (lights). Use generator instead.

Tue8am – Place the “No Cocodona parking” signs at the parking stalls at the upper level.

Tue4:30pm – Place the “NO Cocodona people past this point” A-Frame sign up the sidewalk toward the building entrance. Remove the “No Cocodona parking” signs from the parking stalls at the upper level. Two volunteers to direct traffic, do not let crew vehicles park in upper lot during open hours, when parking lot is full direct cars to the dirt parking lot on the right just before entering the state park.

Wed8am – Place the “No Cocodona parking” signs at the parking stalls at the upper level.

The Sedona Canyons 125 race starts on Wednesday at 7:00am up the road at the Gold King Mine Ghost Town. This race bypasses the Jerome Aid Station. You do not need to provide any volunteers for course direction

Periodically and at the close of the aid station, empty the camp’s trash cans. Periodically restock TP and clean toilets.



Dead Horse Ranch State Park – When arriving at the park, mention you are volunteering for the Cocodona race and you will not need to pay the park entrance fee. After entering the park take your first right into Owl Drive and find a parking space. Walk to the aid station (would have been your first left after entering the park) in the group site.

ASK PARK STAFF TO MAKE SURE PAVILLION POWER/LIGHTS DO NOT TURN OFF AT MIDNIGHT.

First shift or volunteers will setup cots/tents and last shift will teardown cots/tents and stack neatly. Take a rough inventory of how many tents are being used for sleeping at the peaks (peaks will probably be Tuesday night and Wednesday during the heat of the day). Have volunteers **START** tear down sleeper tents/cots as soon as less runners are no longer using tents but leave some up until the end.

Fire Marshall will likely inspect your aid station. Don't stress. Know where the fire extinguisher is located and make any changes he requires. They may make you move the stove outside of the tent. You can have a fire (depending on fire restrictions) – see fire info that the top of this PDF. **THIS LOCATION REQUIRES A FIRE PAN.**

Please be extremely quiet during nighttime hours due to campers nearby. You'll need to kindly remind runners, crew, and pacers to keep their voices down 20 million times. Periodically and at the close of the aid station, empty the park's trash cans.

Cold water dunk station at this aid station - see instructions at the top of this PDF.

At the peak, have a volunteer directing traffic (reflective vest and light up baton) because parking will get tight. Park cars in the paved spots **AND** in the gravel spaces in between. Trash dumpster in the park can be used for trash. Periodically restock TP and clean restrooms. In past years we had to take each runner's SPOT tracker and reset them. We do **NOT** have to do this anymore.

This is the first aid station that the Sedona Canyons 125 runners will hit, so it will get **EXTREEMLY** busy on Wednesday morning around 9am-10:30am. The goal is to expand your aid station in advance of this rush between the two tents provided, one for liquids and one for food. The goal is for the 250-milers and 125-milers to all receive excellent care despite the crazy rush you will get on Wednesday morning. You have additional volunteers to help during the rush. Captain and Assistant please be managers, not workers, during this crazy period of time. 125-milers are **NOT** allowed crew at this aid station but they will have access to drop bags. Drop bags for the 125-milers should arrive around 8am.



Deer Pass Trailhead – The parking area at the trailhead is small and gets very crowded. We ask that all volunteers please park in the multiple other parking areas along 89B (east of Hwy89A) or the large dirt parking area on Loy Butte Rd (just west of Hwy89A).

We have accounted for (11) 5-gallon clear cylinder water jugs for the “cold water dunk station”. Don’t use more than 11 unless you are SURE you will not run out of drinking water – see instructions at the top of this PDF.

This is the second aid station that the Sedona Canyons 125 runners will hit, so it will get very busy on Wednesday around 1-6pm. The goal is to expand your aid station in advance of this rush between the tents provided, one area for liquids and one area for food. The goal is for the 250-milers and 125-milers to all receive excellent care despite the crazy rush you will get on Wednesday afternoon. You have additional volunteers to help during the rush. Captain and Assistant please be managers, not workers, during this crazy period of time. 125-milers will have drop bags but the 250-milers will not have drop bags. 250-milers can have crew here but the 125-milers can not have crew. (1) Water + (1) Gnarly igloo for most of the time. Add a 2nd water and 2nd Gnarly before Sedona Canyons 125 runners.

Periodically restock TP, remove trash, and clean the pit toilet.



Sedona Posse Grounds Park (HUB bldg.) – Aid Station is located at the HUB building. Door code for the building is 034865 (if issues call Monday-Thursday 7am-6pm (928)282-7098 or After-Hours (928)813-7727). Is there a way to keep the door from closing/locking?

First shift of volunteers will setup cots and last shift will take down cots and stack neatly. Take a rough inventory of how many cots are being used for sleeping at the peak. Setup power strips through-out the sleeping room for charging. Periodically restock TP and clean toilets and indoor restrooms. Periodically and at the close of the aid station, empty the park's trash cans. We have a cleaning crew coming to clean the HUB building after the aid station closes. Trash and recycle bins are stored in the HUB building, put in liners and spread through aid station area. Tables and chairs are also stored in the HUB building. Sports Therapy in the HUB with the medics and sleeping area.

Parking gets tight during the day. You have parking volunteers Wed 8am-10pm. First have them drive around the park and look at all of the parking areas. Find open parking spaces and direct traffic. Batons and vests.

MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS. **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.** You will have a form, clipboard, and pen.

You'll have a "cold water dunk station" for hot hours – see instructions at the top of this PDF.

Sedona Crew Restrictions – **SEDONA CANYONS 125 RACE ONLY – DOES NOT APPLY TO COCODONA250 CREW/PACERS** – ALL RUNNERS' CREWS/PACERS MUST PARK AT THE SHUTTLE LOT AND RIDE A SHUTTLE (OR WALK) TO THE SEDONA AID STATION. Shuttles will start running 12pm Wed. Runners whose crew/pacers do not follow this information will be DQ'ed from the race. Shuttle Lot – St. John Vianney Church – 180 Saint John Vianney Ln, Sedona. Shuttle lot manager is Bryce 801-647-7380.

This is the third aid station that the Sedona Canyons 125 runners will hit, so it will get EXTREEMLY busy on Wednesday around 4pm-9pm. The goal is to expand your aid station in advance of this rush between the two tents provided, one for liquids and one for food. The goal is for the 250-milers and 125-milers to all receive excellent care despite the crazy rush you will get on Wednesday morning. You have additional volunteers to help during the rush. Captain and Assistant please be managers, not workers, during this crazy period of time.

We have volunteers coming to sort trash / recycling towards the close of the aid station. Please consolidate all trash/recycling and keep at the aid station...DO NOT throw away in the park dumpsters.



Schnebly Hill – If you come to a locked gate try code **0304 or 1234**, text Steve at (801)746-9848 if that code doesn't work. Not an official sleep station but a couple of tents w/ cots for runners who need it.

VERY COLD at night. Bring lots of warm layers and a headlamp.

Periodically restock TP and clean toilets. You can have two fires at this aid station (pending fire restrictions) – see instructions at top of this PDF. Assign 1 volunteer as fire tender anytime you have a fire going specifically to overseeing the fires - adding wood (not too much), keeping it safe, and watching wind. You have 2 parking volunteers to keep the parking area organized Wed 4pm – Thur 4pm.

The following only applies to the Sedona Canyons 125 race...

Schnebly Hill Aid Station to Munds Park Aid Station – Skip – Mandatory Shuttle Ride

The Cocodona course pass through a number of protected wildlife habitats managed by the USFS. The USFS has recently shared with us a need to limit the number of runners passing through the area between Schnebly Hill and Munds Park due to nesting pairs of the endangered Mexican Spotted Owl. We will therefore be skipping this section of the course for the Sedona Canyons 125-mile distance. **Again, this ONLY applies to the Sedona Canyons 125-mile distance.** As 125-miler runners come into the Schnebly Hill Aid Station, they can take their time, get their drop bag, eat, and rest at Schnebly Hill. Once the runner is READY TO LEAVE the Schnebly Hill aid station the runner will check out with the aid station captain. At this point their race time will be “paused” as they wait for the race shuttle. When runners get off of the race shuttle at Munds Park, their race time will be “restarted”. Runner's who elect to get a ride to Munds Park in their crew vehicle instead of the race shuttle will receive an automatic 10-minute pause time. After the race, the race director will subtract all of the “paused” times from the runners' race times.

Process for Recording Pause Time – Once the runner is READY TO LEAVE the Schnebly Hill aid station the runner will check out with the aid station captain (or assigned volunteer) who will record the following information:

- Are you running the Sedona Canyons 125-miler? – If yes, continue...
- Bib #
- Are you getting a ride from crew or the race shuttle? – Auto 10-min shuttle time for crew shuttles
- Check-Out Time (ONLY NEEDS TO BE RECORDED IF RIDING OUR RACE SHUTTLE)
- Tell the runner they are checked out of the aid station can no longer receive aid from this aid station

The Race Director has reserved the right to issue time penalties for runners who try to cheat this system.

The race shuttles will be two 15-passenger vans that will be making continuous loops between the Schnebly Hill Aid Station and the Munds Park Aid Station. The shuttle drivers will periodically need to take a break, use the restroom, get food, and fill up with gas. If there are extra volunteers available while the drivers are taking breaks, it would be great if someone could step in to continue the shuttle.



Munds Park – Pinewood Country Club – Country Club Contact - Gary Pearce - (928) 286- 9031. Golf course will provide plug in space heaters for activity center. Please be extremely quiet during nighttime hours due to the proximity of houses. You'll need to kindly remind runners, crew, and pacers to keep their voices down 20 million times.

VERY COLD at night. Bring lots of warm layers and a headlamp.

MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS. **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.** You will have a form, clipboard, and pen.

Sports Therapy in the building with the medics and sleeping area.

First shift or volunteers will setup cots and last shift will tear down cots and stack neatly. Take a rough inventory of how many cots are being used at the peak (probably Thur early am). Have the last shift of volunteers do a rough cleaning of the parking lot and activities center and put the furniture in the activities center back the way it was when we arrived (get a text with pic from Jon 602-819-0558). We have a cleaning crew scheduled to do a thorough cleaning of the activity center building after the aid station closes.

You have 2 parking volunteers to keep the parking area organized Wed 5pm – Thur 5pm. Periodically restock TP and clean portable toilets and indoor restrooms. Periodically and at the close of the aid station, empty the trash cans in/around the activity center building.

The following only applies to the Sedona Canyons 125 race...

Schnebly Hill Aid Station to Munds Park Aid Station – Skip – Mandatory Shuttle Ride

The Cocodona course pass through a number of protected wildlife habitats managed by the USFS. The USFS has recently shared with us a need to limit the number of runners passing through the area between Schnebly Hill and Munds Park due to nesting pairs of the endangered Mexican Spotted Owl. We will therefore be skipping this section of the course for the Sedona Canyons 125-mile distance. **Again, this ONLY applies to the Sedona Canyons 125-mile distance.** As 125-miler runners come into the Schnebly Hill Aid Station, they can take their time, get their drop bag, eat, and rest at Schnebly Hill. Once the runner is READY TO LEAVE the Schnebly Hill aid station the runner will check out with the aid station captain. At this point their race time will be “paused” as they wait for the race shuttle. When runners get off of the race shuttle at Munds Park, their race time will be “restarted”. Runner’s who elect to get a ride to Munds Park in their crew vehicle instead of the race shuttle will receive an automatic 10-minute pause time. After the race, the race director will subtract all of the “paused” times from the runners’ race times.



Process for Recording Pause Time – Once the runner is READY TO LEAVE the Schnebly Hill aid station the runner will check out with the aid station captain (or assigned volunteer) who will record the following information:

- Are you running the Sedona Canyons 125-miler? – If yes, continue...
- Bib #
- Are you getting a ride from crew or the race shuttle? – Auto 10-min shuttle time for crew shuttles
- Check-Out Time (ONLY NEEDS TO BE RECORDED IF RIDING OUR RACE SHUTTLE)
- Tell the runner they are checked out of the aid station can no longer receive aid from this aid station

The Race Director has reserved the right to issue time penalties for runners who try to cheat this system.

The race shuttles will be two 15-passenger vans that will be making continuous loops between the Schnebly Hill Aid Station and the Munds Park Aid Station. The shuttle drivers will periodically need to take a break, use the restroom, get food, and fill up with gas. If there are extra volunteers available while the drivers are taking breaks, it would be great if someone could step in to continue the shuttle.



Kelly Canyon – If there is a locked gate, try code 0307. If code doesn't work, text Steve 801-746-9848. VERY COLD at night. Bring lots of warm layers and a headlamp. There will be MANY more runners during the peak. Be prepared on Wednesday night with everything restocked and ready. You can have a fire at this location (pending fire restrictions) – see instructions at top of this PDF.

Fort Tuthill – VERY COLD at night. Bring lots of warm layers and a headlamp. Race Command / Medic Command trailer is in the parking lot.

The setup timeline for our staff is very compressed at this aid station. Please help unload the equipment from the truck and help setup the aid station so our staff can make it to Walnut Canyon in time to setup for the first runners. First shift of volunteers will setup cots and last shift will take down cots and stack neatly. Take a rough inventory of how many cots are being used for sleeping at the peaks (probably Fri early am).

Fort Tuthill has asked that crews do not setup tents in the parking lot. Periodically check the parking lot and ask crews to move their setups to inside of the Quad.

MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS. Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ. You will have a form, clipboard, and pen.

Sports Therapy in the Commercial Building with the aid station setup.

Medic crew will perform a metal status check on every runner. Runners that do not pass will need to sleep at Fort Tuthill.

Fort Tuthill is the start of the Elden Crest 38 race which starts at 7am on Friday. Packet pickup for the Elden Crest race takes place in the Quad on Thursday.

Periodically and at the close of the aid station, empty the facilities' trash cans.

We have a volunteer crew coming on Saturday to sort through all of the recycling so please don't put recycling IN the dumpster. Place it outside the dumpster.



Walnut Canyon – Volunteers, please park along the main roadway and NOT in the trailhead parking lot. VERY COLD at night. Bring lots of warm layers and a headlamp.

MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS. **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.** You will have a form, clipboard, and pen. Applies to 250/125 RUNNERS. Also for Elden Crest 38 runners who leave your aid station AFTER 12:30pm.

You have extra volunteers to help direct parking at peak times.

Walnut Canyon Crew/Pacer Restrictions – **SEDONA CANYONS 125 RACE ONLY – DOES NOT APPLY TO COCODONA250 CREW/PACERS** – ALL RUNNERS' CREWS/PACERS MUST PARK AT THE SHUTTLE LOT AND RIDE A SHUTTLE TO THE WALNUT CANYON AID STATION. Shuttles will start running 12:30am Thur. Runners whose crew/pacers do not follow this information will be DQ'ed from the race. Walnut Canyon Aid Station Shuttle Lot – TBD
Shuttle lot manager is Bryce 801-647-7380.

This is the first aid station that the Elden Crest runners will hit, so it will get EXTREEMLY busy on Friday around 10am-6pm. The goal is to expand your aid station in advance of this rush between the tents provided, one area for liquids and one area for food. The goal is for runners of all distances to all receive excellent care despite the crazy rush you will get on Friday. You have additional volunteers to help during the rush. Captain and Assistant please be managers, not workers, during this crazy period of time.



Sandy Seep – This aid station is brand new for us in 2024.

VERY COLD at night. Bring lots of warm layers and a headlamp.

The Cocodona course pass through a number of protected wildlife habitats managed by the USFS. The USFS has recently shared with us a need to limit the number of runners passing through the Mount Elden area due to nesting pairs of the endangered Mexican Spotted Owl. We therefore had to reroute the Sedona Canyons 125-mile runners and the Elden Crest 38-mile runners to avoid going up and over Mount Elden.

Mount Elden – Location at 35.24645, -111.60318. From Flagstaff drive northwest out of town on Fort Valley Rd (US180). Turn right on Shultz Pass Rd and zero out your odometer. After a short distance, do not curve to the left, but stay straight on Mount Elden Lookout Rd (FR557). If you come to a locked gate code is 0307, text Steve at (801)746-9848 if the code doesn't work. Parking is extremely limited at the aid station and volunteers are asked to park at the large parking area at the base of Mount Elden (odometer will read 3 miles) and carpool to the top. Continue driving on the road, up a steep and switch-backing dirt road to the top of Elden. After driving 7.0 miles the aid station will be the VERY small parking area on the right. Park OFF of the main roadway and walk to the aid station.

IT WILL BE UNBELIEVABLY COLD AND WINDY. NO FIRES. We will have a rental kerosene heater that has a 5-gallon tank. Full tank should last 9hrs on full blast. You will have 25-gallons of kero, so please manager accordingly and/or call for restock if needed during business hours.

It is a long drive for staff to restock this aid station. Please check your supplies and anticipate your needs in advance for restocks at 8am, 1pm, and/or 6pm. Water, ice, food, propane, kerosene, gas, utensils, etc. Schedule restocks with Race Command.

Only the 250-milers will be coming through the Mount Elden aid station this year.

Finish Line – Parking in Flagstaff can be a pain. Mostly it is metered spaces. [See the Finish Line parking lot & shuttle info map HERE](#). Please be quiet during nighttime hours. VERY COLD at night. Bring layers and a headlamp. Periodically and at the close of the event, empty the trash cans around Heritage Square. Sports Therapy under the tents.