

Cocodona Media Guide

May 6th thru 11th, 2024



Cocodona250 – May 6th thru 11th, 2024

Sedona Canyons 125 – May 8th thru 11th, 2024

Elden Crest 38 – May 10th & 11th, 2024

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1. Updates

This Media Guide will be updated periodically as the race planning process continues. Check this section for a summary (listed by date) of information that has been updated or changed. Note that all parts of the race are subject to change based upon permits and conditions.

- 3/5/24 – Initial version of the 2024 Media Guide created
- 4/4/24 – Major changes to the Sedona Canyons 125 and Elden Crest 38 mile distances. Driving directions updated.

2. Welcome!

Now with three race distances; the original Cocodona250, Sedona Canyons 125, and the Elden Crest 38, Cocodona has something for everyone. Come experience the rugged beauty of Arizona!

The Cocodona250 is the most diverse point-to-point 200+ mile footrace in America. The course is challenging, rugged, steeped in history, and stunningly beautiful. For runners, some steps will be effortless, others will feel impossible, but each will carry runners on a life altering adventure. Welcome to the Cocodona!

We welcome all media to the race. Media teams are asked to read through this entire Media Guide, fill out our media check-in survey, print a Media Car Credentials to be placed on each car dash, and follow all rules/restrictions. Do not hesitate to [contact us](#) with any questions.

Like being social and want to be kept up to date with all the deets? Follow the [Cocodona Instagram](#), join our [Cocodona Runners Facebook group](#), and follow our [Cocodona Facebook page](#).

3. Aravaipa Running

Cocodona is organized by Aravaipa Running. Based in Phoenix Arizona, Aravaipa is a runner-driven organization that promotes trail and ultra running and mountain biking events across Arizona, Utah, Colorado, and New Hampshire. The production of Cocodona would not be possible without the help of the communities the race passes through, the many staff and volunteers who help in varying capacities from medical to aid stations to course marking and much much more. Learn more by visiting aravaiparunning.com.

4. Race History

Cocodona links up some of the most diverse terrain that Arizona has to offer and it also runs through the most important historical towns in the State. Event founder Jamil Coury wanted to find a way to run from the outskirts of Phoenix to downtown Flagstaff - from the Sonoran Desert to the ponderosa pine forest of his home State while also incorporating some of Arizona's oldest towns. The goal is to inspire not only those participating in this grand adventure on foot, but also the people who breathe life into these amazing communities the race traverses through.

The name Cocodona is derived from "Coconino", the county and National Forest where the race ends and "Sedona" one of the most iconic towns surrounded by incredible red rocks we'll traverse through.

2021 was the inaugural year for the event and we had 174 starters and 108 finishers (62% finish rate). [Original course](#) progressed west out of Sedona and up onto the Coconino Plateau via the Casner Mountain Grade.

2022 gave us the Crooks Fire and a major reroute (85 miles) of the [course](#). The start line was changed to Prescott with a counterclockwise loop around town and an out-n-back to Skull Valley. Another out-n-back was added in the Munds Park area to keep the mileage up to 250. In addition to the route changes from the fire, we changed the course to leave Sedona to the east and climbed onto the Coconino Plateau via the Casner Canyon Trail. We had 220 starters and 151 finishers (69% finish rate).

2023 was the year we found our final home for the Cocodona [course](#). No more major course changes (hopefully). We also added the [Sedona Canyons 125](#) and the [Elden Crest 38](#) race distances to the event. We had 193 starters and 139 finishers (72% finish rate) for Cocodona, 65 starters/52 finishers for Sedona Canyons, and 112/105 for Elden Crest.

5. Land Acknowledgment

In the spirit of re-education of whose lands we are on, we acknowledge that the course traverses many Indigenous lands, communities, and landscapes. The route crosses the Akimel O'odham (Upper Pima), Hohokam, Yavapai Apache, Ndee/Nnēē (Western Apache), Jumanos, and Hopitutskwa Indigenous, traditional, and ancestral lands. We offer our respect to all ancestor's past, present, and future. The Indigenous communities across this route are still here, protecting, healing, thriving, and centering their culture and traditions. The landscape the runners, pacers, and crews follow shows an intersectionality of many Indigenous Tribes, Pueblos, and Nations since time immemorial, a place to gather, have ceremony, trade, travel, and live. We offer our care and gratitude to the land, water, and air, to the Indigenous peoples still here today, and to the next generations. We would like to thank Rising Hearts for providing this beautifully crafted land acknowledgement and all of the work they do to make this world a more socially, economically, and environmentally just place.

6. Course Records

Cocodona250

Male	Female	Non-Binary
'23 Michael McKnight 69:41:31***	'23 Sarah Ostaszewski 72:50:27***	
'22 Joe McConaughy 59:28:54**	'22 Annie Hughes 71:10:22**	
'21 Michael Versteeg 72:50:25*	'21 Maggie Guterl 85:30:38*	

*Original Course “The Hard Year” – Left Sedona west to climb Coconino Plateau via Casner Mountain Grade
 **Crooks Fire Reroute “The Easy Year” – Start in Prescott w/ counterclockwise loop & Skull Valley out-n-back
 ***Current Course – Minor course changes happen every year but this record was set on the current course

Sedona Canyons 125

Male	Female	Non-Binary
'23 Jeff Browning 25:29:22	'23 Rachel Buzzard 33:22:30	

Elden Crest 38

Male	Female	Non-Binary
'23 Ryan Raff 5:14:44	'23 Sarah Brown 6:35:56	

7. Race Runner Guide

The Runner Guide has ALL the race information you would ever want. If you have a question, the answer is in the Runner Guide. You can access the latest version of the Runner Guide on the [Cocodona website](#).

8. On Course Media Rules

All media must follow these rules:

- **Media Car Credentials** – All media must print media car credentials to be placed on their car dashboard (one credential per vehicle). Instructions on printing the media car credentials can be found in the [Media Credentials](#) section of this Media Guide.
- **Gates** – There are numerous gates throughout the course. Close all gates behind you.
- **Residential Areas** – The course passes through some residential areas. Be respectful of local residents during the race; be quiet at night, don't slam car doors, be respectful, etc.
- **Jerome & Sedona** – The towns of Jerome and Sedona are extremely sensitive permits for us. Be courteous of vehicles and pedestrians in these towns. Media vehicles are not be allowed to park along state highways or within state right of way.
- **Jerome Filming** – The Town of Jerome will not allow ANY still or video footage to be captured of any RESIDENTIAL areas within the town. The aid station, commercial buildings, Sedona Canyons 125 Start Line, etc are all fair game.
- **Drones** – Drone are NOT ALLOWED to fly over any ADOT roads (numbered highways – IE AZ89A, I-17, ect) or any railroad. If you plan to fly a drone in any Forest Service areas, you will need to follow the Forest Service's instructions [HERE](#). Otherwise, filming can be done along the course and at aid stations without restrictions.

- **Media Parking** – Vehicles must park off of roadways, may not shadow or follow runners on road sections, and must obey all traffic laws. We ask media teams to limit the number of vehicles to one vehicle per media team at aid stations. Do not block any public roadways or park along state highways (numbered highways) or within state right of way.
- **Dogs** – **Dogs are not allowed on the course or at aid stations at any time.** Certified service animals are allowed but must be clearly identified.
- **Leave No Trace** – Littering on course by media teams will not be tolerated.

9. Media Credentials

Media teams are asked to read through this entire Media Guide.

Fill out our media check-in survey [HERE](#). At the end of this survey you will be provided a link to download Media Car Credentials. Print one credential per media vehicle and place them on the car dashboard(s).

10. Media Access to Race Photos

This section pertains to media outlets who are not sending their own team to capture imagery but would rather access our race photos for use in various media outlets.

Press Organizations: The following pertains to news-oriented media outlets. These are outlets who focus on recapping or previewing Cocodona and need a general selection of images to convey that story. These are not INDEPTH EDITORIAL, LONG FORM STORY, SPECIFIC ATHLETE FOCUS, OR SPONSOR/BRAND features. If one of those items is your intended use, please see the Commercial Usage category below.

Press Organization usage terms and conditions:

Use: Non-Exclusive Region: Global Term: In perpetuity

Medium: Digital Use Only (print usage can be licensed)

Photo Credit: Correct photographer must be credited. Each file includes photographer name:

Scott Rokis Productions | @scottrokisphoto

Howie Stern Photography | @howiesternphoto

Anastasia Wilde Photography | @_anastasiawilde

Alterations: No alterations are permitted without prior written agreement

Usage Provisions: Photos are only allowed to be used within a news reporting context. This is primarily presented as an event preview or event recap. If there is any question on usage, please contact Scott Rokis | scott@scottrokis.com

Press Photo Access Links: [Press Main Page](#) or [Race Perspectives](#) or [Podium Finishers](#)

Process: Access is free, but please create a userID, select the image(s) you'd like to feature, select the Press Download option and you will be able to complete the order without charge.

Commercial Usage (brands, influencers, podcasts, etc): The following pertains to commercial entities that are not news-oriented media outlets. Please utilize the photo access link below to purchase image usage rights. If you are interested in purchasing usage rights for delivery during the current year's event, we strongly urge you to set this up BEFORE race week. Race week is incredibly hectic for our photographers and license fees will increase 50% if requested during race week. PLEASE PLAN AHEAD if you have products, athletes, etc that you will be highlighting during race week. If you are ok waiting eight days after the race finishes and don't need tailored content, then you can license an image from our general race content starting nine days after the event closes.

Commercial Use Photo Access Link: [Image Access and Information](#)

Purchasing Rights: Please setup a userID, find your desired images from the main galleries and during checkout, select the correct license in the shopping cart. Contact Scott Rokis | scott@scottrokis.com with questions or tailored options.

Example Image Packages:

Social Media Package (5 images): \$400

Blog Feature (7 images): \$650

Podcast Thumbnail (1 Image): \$35

Race Week Request & Delivery: 50% Price Increase

11. Live Stream

Cocodona will feature live-streamed race coverage on [Aravaipa Running's YouTube](#) and [Facebook channels](#). The coverage will feature in-studio and on-course commentary, drone aerials, and on-course filming. Note that this is NOT the same thing as [live runner tracking](#).

12. Live Runner Tracking

For the Cocodona250 and Sedona Canyons 125 races, real-time GPS tracking will be provided for every runner by TrackLeaders. The public will be able to see runners real-time position along the course during the race, as well as some other interesting details such as current pace, moving time, stopped time, avg moving speed, etc. You WILL need data (cell service) to see the tracking webpage. Fortunately, there is very good cell service throughout the course if you are a media team out on course.

Elden Crest 38 race does not include SPOT tracking.

LINK FOR RACE LIVE TRACKING will be provided at a later date

13. Time Zone

Ok, this maybe more confusing than it should be. Arizona does not observe Daylight Savings Time and is therefore ALWAYS on Mountain **STANDARD** Time (BUT KEEP READING). In May, for the race, the time in Arizona will be the same time as in California (Pacific Time).

Bottomline, for race week...you will be on Pacific Time. IE – Same time as San Diego, CA.

14. Course

These courses are point-to-point journeys through central Arizona, linking historic towns and trails off the beaten path. The rich history of the towns combined with some of the little traveled mountain ranges makes these races one-of-a-kind tours of Arizona. From the Sonoran Desert Saguaros to the red rock monoliths of Sedona and then on to the Ponderosa Pine forests and big volcanic peaks of Flagstaff, not to mention all the mining towns and history along the way. These courses pack a lot of beauty in with a big challenge. We are beyond stoked to share the beauty of Central Arizona with you through these rugged courses.

Detailed section descriptions and profiles from the course can be found [HERE](#). Note that this includes ALL sections of the full Cocodona250 course. Sedona Canyons 125 should start reading at Jerome and Elden Crest 38 should start reading at Fort Tuthill Aid Station. Note that any course changes within the last few weeks of the race will not be included in the course description.

Here is a link to the courses in CalTopo ([Cocodona250](#), [Sedona Canyons 125](#), and [Elden Crest 38](#)). Courses are ever changing as permitting and other conditions develop. We recommend downloading the final course file to your device a few days before the race.

15. Airports

If flying for the race, we recommend that you purchase travel insurance that will allow for refunds.

- The closest **major** airport to the course is Phoenix Sky Harbor Airport which is a 45-minute drive to the Cocodona250 Start and 2:15 hour drive to the Finish.
- Flagstaff airport has daily non-stop flights from Phoenix and Dallas. It is conveniently close to the course with a 1:20 hour drive to the Cocodona250 Start and a whopping 0:15 minute drive to the Finish.
- Prescott airport also doesn't have as many flight options as Phoenix but it is closer to the course with a 1-hour drive to the Cocodona250 Start and a 1:30 hour drive to the Finish.
- Tucson & Vegas are also options. Tucson Airport is a 2:30 hr drive to the Cocodona250 Start & 3:45 hr drive to the Finish. Vegas Airport is a 4:10 hr drive to the Cocodona250 Start & 3:30 hr drive to the Finish.

16. Hotels

There are many hotels along the course and many are close aid stations (see below).

- **Cocodona250 Start Line** – Mountain Breeze Hotel is a bit limited but it is only 3 miles from the start line.

- **Whiskey Row** – The aid station is actually located in the courtyard of the [Grand Highland Hotel](#).
- **Iron King** – [Hampton Inn & Suites Prescott Valley](#) is located 2.2 miles south of the aid station.
- **Jerome Historic State Park** – [Connor Hotel](#) is located on the course, only 1.5 miles before the aid station.
- **Dead Horse Ranch State Park** – [Dead Horse Ranch State Park](#) has cute cabins and RV spots for rent within a stones throw of the aid station. [The Cottonwood Hotel](#) is located 1.5 miles from the aid station and the [Lux Verde Hotel](#) is located 2.5 miles from the aid station.
- **Sedona** – [The Sky Rock Inn](#) is located 0.5 mile from the aid station.
- **Munds Park** – [Motel in the Pines](#) is less than a mile from the aid station and directly on the course.
- **Fort Tuthill** – [The Days Inn Flagstaff I40](#) is about 5 miles from the aid station.
- **Finish Line** – [The Hotel Monte Vista](#) is 150' feet from the finish line and [The Weatherford Hotel](#) is only 250'. There are plenty of other hotel options in Flag, check them out [HERE](#).

17. Weather

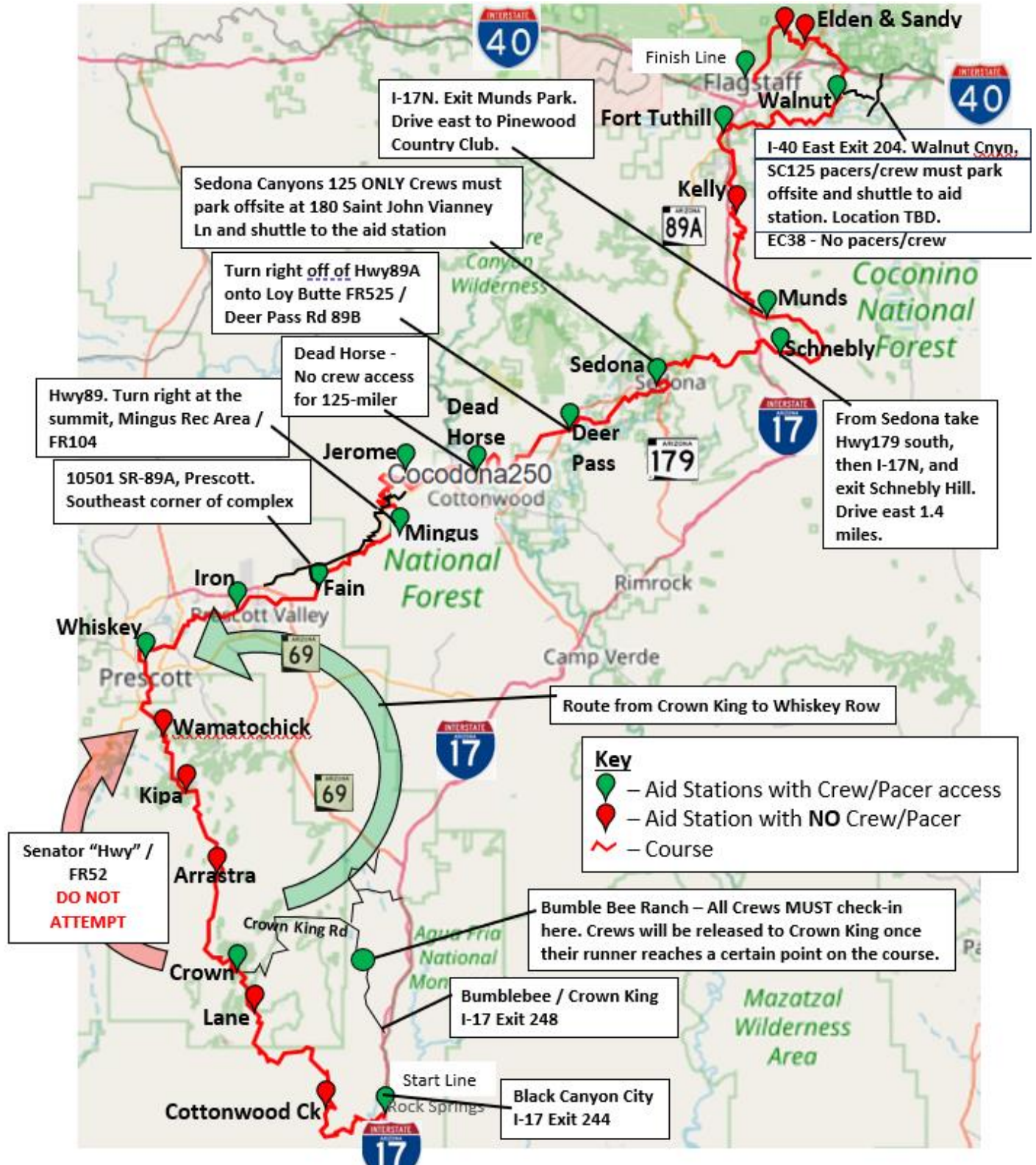
The desert is known for dramatic daytime to nighttime temperature swings and the midday sun can be intense. Expect some parts of the course to be very hot during the day, others to be very cold at night, and yes, there could be snow.

Two parts of the Cocodona250 course specifically will be very hot during midday; the Sonoran Desert (mile 0-30) and the Verde and Sedona Valleys (mile 130-180), each seeing average daytime highs in the mid-80s°F. Not coincidentally, these two sections are the lowest elevation points on the course and don't have much shade. Note that the Verde and Sedona Valleys are mile 5-55 of the Sedona Canyons 125 race.

Conversely, the highest elevation points on the Cocodona250 course will be very cold at night. The Bradshaw Mountains (mile 30-75), Mingus Mountain (mile 111), the Coconino Plateau (mile 172-248), and Mount Elden (mile 242) see average nighttime lows between 40-25°F. Note that the Coconino Plateau and Mount Elden are miles 47-125 and mile 116 respectively for the Sedona Canyons 125 race. Elden Crest 38 runners will not miss out on the freezing cold temps as they go up and over Mount Elden as well. Trust us, it gets cold up there.

18. Aid Station Driving Directions

The follow two pages are driving directions to the CREW ACCESSIBLE aid stations. If you plan to access aid station that are NOT crew accessible, please [email the Race Director](#) for permission and directions.



Aid Station	250 Miles	125 Miles	38 Miles	Address	Coord.	Directions
Start Line - Deep Canyon Ranch	0	-	-	18600 E Deep Canyon Trail, Black Canyon City	34.07790, -112.15053	Use address for navigation
Cottonwood Creek	7.4	-	-			No Crew / Pacer Access
Lane Mtn	32.4	-	-			No Crew / Pacer Access
Bumble Bee Ranch HOLD	-	-	-	23925 Bumble Bee Rd, Mayer	34.19352, -112.15716	Use address for navigation. Access via BumbleBee / CrownKingRd from I-17. Check-in here FIRST before
Crown King Saloon	36.7	-	-	7219 Main St, Crown King	34.20600, -112.33900	Use address for navigation. GO TO BUMBLE BEE RANCH TO CHECK-IN FIRST
Arrastra Creek	52.4	-	-			No Crew / Pacer Access
Kamp Kipa	62.2	-	-			No Crew / Pacer Access
Camp Wamatochick	68.9	-	-			No Crew / Pacer Access
Whiskey Row	78	-	-	154 Whiskey Row, Prescott	34.54052, -112.47047	Use address for navigation
Iron King	90.9	-	-	5731 E Santa Fe Loop Rd, Prescott Valley	34.61401, -112.34775	Use address for navigation
Fain Ranch	96.1	-	-	10501 E. State Route 89A, Prescott	34.64577, -112.28113	Use address for navigation. Drive to the far southeast corner of the complex
Mingus Mountain Camp	108.5	-	-	8500 W. Forest Service Rd 104, Prescott Valley	34.69944, -112.12420	Drive north on Hwy89. Turn right at the summit, Mingus Recreation Area (FR104)
Jerome Historic State Pa	125.5	-	-	100 Douglas Rd, Jerome	34.75354, -112.11078	Use address for navigation
Start Line - Gold King Mine Ghost Town	0	-	-	1000 Perkinsville Rd, Jerome	34.756110, -112.13082	Use address for navigation
Dead Horse Ranch State	134.1	10	-	675 Dead Horse Ranch Rd, Cottonwood	34.75501, -112.02003	Use address for navigation
Deer Pass Trailhead	147	22.4	-	FR89B just west of Hwy89A. SC125 - No crew access	34.81329, -111.90050	Drive north on Hwy89A. Turn right at Deer Pass Rd (FR89B). Continue 1/2 mile to the aid station.
Water Station	154.1	29.1	-	-	34.84609, -111.82858	-
Sedona Posse Grounds F	161.4	36.6	-	525 Posse Ground Rd, Sedona	34.87015, -111.78517	Use address for navigation SC125 Shuttle Lot is at 180 Saint John Vianney Ln,
Water Station	171.2	46.5	-	-	34.88964, -111.70308	-
Schnebly Hill	178.4	53.8	-	1.4 miles east of I-17 exit #320 on FR226 (Schnebly Hill Rd)	34.89883, -111.62238	1.4 miles east of I-17 exit #320 on FR226 (Schnebly Hill Rd)
Munds Park	190	53.8	-	Pinewood Country Club. 395 E Pinewood Blvd, Munds Park	34.93983, -111.64141	Exit I-17 at Munds Park. Drive 1.3 miles east of I-17 on Pinewood Rd (FR240).
Kelly Canyon	201.4	69.3	-			No Crew / Pacer Access
Fort Tuthill	209.8	86.9	-	2446 Fort Tuthill Loop Rd, Flagstaff	35.14106, -111.69317	Use address for navigation
Walnut Canyon	227.2	102	15.2	FR303 at Walnut Canyon / AZT Trailhead SC125 Must park at shuttle lot	35.18035, -111.53230	Take I-40 East from Flagstaff. Take exit 204 for Walnut Canyon and turn right. In 2.5 miles turn right on Old Walnut Canyon Rd. In 1.7 miles arrive at the aid station.
Mt Elden	240.9	-	-			No Crew / Pacer Access
Sandy Seep	-	111	23.7			No Crew / Pacer Access
Finish Line - Heritage Squa	249.3	126	38.9	6 E. Aspen Ave, Flagstaff	35.19865, -111.64796	Use address for navigation

19. Aid Station Vehicle Access & Crew Parking

All Crew accessible aid stations can be reached in a standard passenger vehicle but some roads are a bit rough. See below for specific notes to help you navigate.

- **Crown King Saloon Aid Station** – Long washboard road w/ tight spots and exposed switchbacks. Accessible in any vehicle. RVs not allowed. Drive SLOW & take care. **ONE VEHICLE PER MEDIA TEAM.**
- **Whiskey Row Aid Station** – Parking during lunch and dinner hours in Prescott can be challenging.
- **Deer Pass Aid Station** – Parking here is very limited. No parking on SR89A or w/in state hwy ROW. **ONE VEHICLE PER MEDIA TEAM.**
- **Walnut Canyon Station** – The dirt road gets rough the last mile before the aid station. Accessible in any vehicle if you are very careful and pick your line. RVs are not allowed at this location. Parking at this location is **extremely limited. ONE VEHICLE PER MEDIA TEAM.**
- **Finish Line (Heritage Square)** – Parking in Flagstaff can be challenging. [Check out this map](#) for parking near the finish line (Heritage Square).

Thank you so much for helping bring Cocodona to the world!
Happy running!