



# Cocodona Runner Guide

May 6<sup>th</sup> thru 11<sup>th</sup>, 2024



**Cocodona250 – May 6<sup>th</sup> thru 11<sup>th</sup>, 2024**  
**Sedona Canyons 125 – May 8<sup>th</sup> thru 11<sup>th</sup>, 2024**  
**Elden Crest 38 – May 10<sup>th</sup> & 11<sup>th</sup>, 2024**

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## 1. Updates

This Runner 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.

- 9/23/23 – Initial version of the 2024 Runner Guide created
- 11/10/23 – Withdrawal policy updated, Transgender & Non-Binary Policy added
- 3/3/24 – Training partner. Elden Crest walk-up reg available at packet pickup. Cut off times added to Lane Mtn, Arrastra Crk, Kamp Kipa, & Schnebly Hill. Packet pickup times adjusted. Fri 2pm finish line celebration at Uptown Pub. Volunteer Shifts open for sign up. Multiple crew/pacers allowed to accompany runner on last mile of course (all distances). Cocodona250 start line change. **Sedona Canyons 125 ONLY; No crew at Dead Horse & Deer Pass Aid Stations, drop bags added at Deer Pass Aid Station, and required shuttle for pacers/crew to Sedona & Walnut Canyon Aid Stations.**
- 3/15/24 – Preliminary menu, Race Command phone #, SC125 Aid Station crew shuttle location, correction of SC125 crew/pacer access aid stations
- 3/20/24 – Elden Crest walk up registration not available due to race capacity being reached
- 4/1/24 – Major course changes to Sedona Canyons 125 and Elden Crest 38 courses.
- 4/16/24 – May 5<sup>th</sup> Cocodona250 shake out run, many course micro-adjustments, Flagstaff partner hotel, Pre-race shuttle pickup and parking locations, Flagstaff finish line parking area info, Satisfy bladder and soft flask cleaning and repair at May 5<sup>th</sup> packet pickup, Elden Crest required gear adjusted, link for runner SPOT tracking site live
- 4/24/24 – Mandatory aid station “check-out” at gear check aid stations, Bumble Bee Crew Hold not needed for 250-miler crews NOT planning to go to Crown King, minor 125/38-miler adjustments at Dead Horse, near Fort Tuthill, & between SandySeep-BuffaloPark, Elden Crest 2<sup>nd</sup> Water Station added, SedonaCanyons125 crew/pacer parking/shuttle lot for Walnut Canyon location, bib assignments



## 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. Some steps will be effortless, others will feel impossible, but each will carry you on a life altering adventure. So...welcome to the Cocodona!

Please read through this Runner Guide prior to race week to make the best of your race, and do not hesitate to [contact us](#) with any questions. We HIGHLY recommend that Pacers and Crew also read this Runner Guide.

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](http://aravaiparunning.com).

## 4. 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. Schedule

### Saturday May 4<sup>th</sup>, 2024

1:00pm - 4:00pm Race check-in and drop-bag drop off (Option 1) for **ALL DISTANCES** at the Aravaipa office. (2401 S. 24<sup>th</sup> St., Phoenix, AZ). Aravaipa and Cocodona specific merchandise available for purchase. Walk-up registration available for the Elden Crest 38 race until we hit race cap (race shirt and other race goodies not provided).

### Sunday May 5<sup>th</sup>, 2024

2:00pm Cocodona250 Shake Out Run lead by Naak. Departs at 2pm from the Start Line for an out-n-back on the Black Canyon Trail. 3-mile and 5-mile options.

2:00pm - 5:00pm Cocodona250 Race check-in and drop-bag drop-off (OPTION 2). Start Line (Deep Canyon Ranch, 18600 E Deep Canyon Trail, Black Canyon City, AZ). Aravaipa and Cocodona specific merchandise available for purchase. Food trucks onsite.

2:00pm – 7:00pm Bladder & soft-flask cleaning & repairs. Drop off bladders/softflasks to Satisfy & HydraPak. They'll clean, patch, & repair in about an hour at the Cocodona250 start line.

5:30pm Cocodona250 Race Briefing / Q&A / Food trucks onsite. Highly recommended but not mandatory. Start Line (Deep Canyon Ranch, 18600 E Deep Canyon Trail, Black Canyon City, AZ).

*A pre-recorded race info session will be available prior to race week for those not able to attend.*

### Monday May 6<sup>th</sup>, 2024

3:45am - 4:45am Cocodona250 4-liter capacity check & SPOT Trackers issued. Food/Coffee trucks onsite.

5:00am Cocodona250 Race start in mass.

### Tuesday May 7<sup>th</sup>, 2024

4:00pm - 7:00pm Sedona Canyons 125 Race check-in & drop-bag drop-off (OPTION 2). Gold King Mine Ghost Town located at 1000 Perkinsville Rd in Jerome.

7:00pm Sedona Canyons 125 Race Briefing / Q&A. Highly recommended. Gold King Mine Ghost Town located at 1000 Perkinsville Rd in Jerome.

*A pre-recorded race info session will be available prior to race week for those not able to attend.*

### Wednesday May 8<sup>th</sup>, 2024

6:00am - 6:45am Sedona Canyons 125 SPOT Trackers issued. Gold King Mine Ghost Town located at 1000 Perkinsville Rd in Jerome.

7:00am Sedona Canyons 125 Race start in mass.

### Thursday May 9<sup>th</sup>, 2024

4:00pm - 7:00pm Elden Crest 38 Race check-in and drop-bag drop-off (OPTION 2) at the Start Line (Fort Tuthill County Park).

*A pre-recorded race info session will be available prior to race week.*

6:00pm-7:00pm Drinking Horn Meadery (downtown Flagstaff) – Mead Me on the Trails talk event

### Friday May 10<sup>th</sup>, 2024

- 7:00am Elden Crest 38 Race start in mass. Fort Tuthill County Park located at 2446 Fort Tuthill Loop in Flagstaff.
- 10:00am - 10:00pm Aravaipa and Cocodona specific merchandise available for purchase at the finish at Heritage Square in Flagstaff.
- 2:00pm - 3:30pm Official Finish Line Celebration at Uptown Pubhouse (145' from the finish at Heritage Square in Flagstaff).

### Saturday May 11<sup>th</sup>, 2024

- 6:00am – ??? Aravaipa and Cocodona specific merchandise available for purchase at the finish at Heritage Square in Flagstaff. Sat 6am-until 30 mins after last finisher.
- ???am Last Cocodona 250 finisher celebration. Heritage Square in Flagstaff. Come spirit tunnel in the last finisher and see them receive the DFL award. Typically, sometime between 7:00am-10:00am.

## 8. Rules

Runners (including runner's pacers, crew, and spectators) who fail to adhere to these rules will be subject to disqualification from the race.

- **Qualification** – While there are no actual qualification requirements for entry, Cocodona250 and Sedona Canyons 125 runners are expected to have adequate mountain/ultra/trail experience to be prepared for the course. We recommend entrants have completed a 100-mile race or greater before race day. However, through-hiking, multi-day backpacking, or other relevant experience is also acceptable. Aravaipa Running reserves the right to refuse entry.
- **Age** – Minimum age (at race start) to participate in the race is 18 years without prior approval from the RD.
- **Volunteer Requirement** – Runners are NOT required to provide trail work in order to run the race.
- **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; run single file on side-walks, cross in crosswalks, be quiet at night, don't shine headlamps at houses, don't slam car doors, be respectful, etc.
- **Jerome & Sedona** – The towns of Jerome and Sedona are extremely sensitive permits for us. Runners need to be courteous of vehicles and pedestrians in these towns. Run on sidewalks, not in the vehicle lane. Crew vehicles should proceed directly to aid stations, be quiet, and NEVER park in residential areas. Crew/Pacer vehicles will not be allowed to park along state highways or within state right of way. Park only in designated parking spaces. Unfortunately, these will be automatic disqualifications if not followed.
- **Outside Aid** – Runners may not receive any aid outside of designated aid stations. This includes carrying of gear/supplies/food/water by pacers and support from crew outside of designated aid stations.
- **Crew Access** – Crew may not provide aid to their runner at any point on the course other than designated crew access aid stations. Vehicles must park off of roadways, may not shadow or follow their runner on road sections, and must obey all traffic laws.
- **Pacer Sections** – Cocodona250 pacers are allowed starting at the Whiskey Row Aid Station (mile 79ish). Sedona Canyons 125 pacers are allowed starting at the Munds Park Aid Station (mile 54ish). Pacers are not allowed for the Elden Crest 38 race. Pacers are to accompany their runner on foot (no bikes). Multiple

- pacers may be used, but only one at a time and must swap out at designated pacer access aid stations. Pacers must also carry the required gear. Check the [Gear Requirements](#) section. Crew / pacers (multiple people) may accompany their runner on the last mile of the course to the finish line (all race distances).
- **Pacer Bibs & Waivers** – Pacers must sign a paper waiver which will be available at each pacer-access aid station. Pacers will be provided with a pacer bib which must be worn and visible while out on the course.
  - **Crew / Pacer Parking** – Vehicles must park off of roadways, may not shadow or follow their runner on road sections, and must obey all traffic laws. We ask crew vehicles be kept to 1 per runner and that they not arrive at aid stations excessively early or stay long after their runner leaves the aid station. Pacers may NOT park at most aid stations (See [Pacer Parking](#)). Do not block any public roadways. Crew/Pacer vehicles will not be allowed to park along state highways (numbered highways) or within state right of way. The desert is a fragile ecosystem, please DO NOT walk, drive, park, or camp on vegetation or [Cryptobiotic soil](#).
  - **Access to Crown King Aid Station Restrictions – Cocodona250 ONLY** – ALL CREWS SUPPORTING RUNNERS AT CROWN KING MUST CHECK-IN AT BUMBLE BEE RANCH AND RECEIVE A PARKING PASS PRIOR TO DRIVING TO CROWN KING AID STATION. VEHICLES WITHOUT PARKING PASSES WILL NOT BE ALLOWED INTO CROWN KING. ONLY ONE PARKING PASS PER RUNNER. Parking passes will be distributed to crews at Bumble Bee when their runner reaches a certain point on the course. This point will be displayed on the LiveTracking site. Crews not driving to Crown King do not need to check-in at Bumble Bee Ranch.
  - **Access to Sedona AND Walnut Canyon Aid Station Restrictions – SEDONA CANYONS 125 ONLY** – ALL RUNNERS' CREWS/PACERS MUST PARK AT THE SHUTTLE LOTS AND RIDE A SHUTTLE TO THE SEDONA AND WALNUT CANYON AID STATIONS. Shuttles will start running 12pm Wed for Sedona and 12:30am Thur for Walnut Canyon. Runners whose crew/pacers do not follow this information will be DQ'ed from the race.
  - **Schnebly Hill to Munds Park Section Skip – SEDONA CANYONS 125 ONLY** – All Sedona Canyons 125 runners must check-out of Schnebly Hill Aid Station before they board a race shuttle or get transported in a crew vehicle to the Munds Park Aid Station. All Sedona Canyons 125 runners must then immediately check-in to the Munds Park Aid Station upon arriving. Runners who do not check-out of Schnebly Hill and/or check-in to Munds Park will be assessed a time penalty.
  - **Fort Tuthill Aid Station Crew Area** – Crews may only setup tents / support areas for their runners inside of the Quad area adjacent to the aid station, not anywhere else within Fort Tuthill.
  - **Required Gear** – The required gear applies to ALL RACE DISTANCES. Required gear will be checked at specific locations on the course (see [Gear Requirements](#)). Runners will not be allowed back on the course without the required gear. Pacers are also required to carry the same mandatory gear. **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.**
  - **SPOT Trackers** – Each 250 and 125 runner will receive a SPOT for tracking purposes. Runners may not alter, adjust, or turn off the device and must leave the device on their person for the entire race.
  - **Starting Race** – Runners who don't leave the start line to start the race within 10 minutes of the mass start will receive a DNS and not be allowed on the course.
  - **Bib & bib belt** – Each 250 and 125 runner will receive TWO bibs and a bib belt for identification purposes. Runners must display one bib on their pack or outermost layer of clothing at all times during the race. You don't have to wear BOTH bibs at the same time.
  - **Course** – Cutting or deviating from the course will result in disqualification. If a runner gets off course, they must retrace back to the last known marker and continue on the course from there. A time penalty may be issued, at the Race Director's discretion, for inadvertent deviations from the course.
  - **Leaving the Course** – Runners may only leave the course FROM AID STATIONS in one of two ways:

- **ONE** – Runners may leave an Aid Station on their own (IE – walking) in order to access a hotel or crew vehicle for aid or sleep.
- **TWO** – Runners may leave an aid station in a vehicle but they must check out of the race with the aid station captain and leave their SPOT tracker and bib (bib+belt are much easier for this scenario). Before returning to the course, the runner must first check back into the race with the aid station captain and retrieve their SPOT tracker and bib. If either of these two steps are missed, it will result in an automatic disqualification for the runner.
- **Dropping from Race** – Runners may only drop from the race at Aid Stations and must fill out a drop form. Do not leave the course without informing a staff member.
- **Courtesy/Kindness** – Runners must follow direction and be courteous to race officials and volunteers. Aravaipa will not tolerate hateful or discriminatory behavior by any of our runners, or those associated with the race, regardless of the cause.
- **Dogs** – **Dogs are not allowed on the course or at aid stations at any time.** Make sure to tell your crew. Certified service animals are allowed but must be clearly identified.
- **Restroom use on Course** – It happens. Step 30' off the trail and dig a 6" (or deeper) hole. Used wet wipes / TP must be packed out in a zip-lock. DO NOT LEAVE TP ON THE TRAILS!
- **Leave No Trace** – Littering on course by runners, pacers, or crew will not be tolerated.

## 9. Charity Bibs & Scholarship Entry

We are proud to provide a charity bib program and scholarship entry for Cocodona.

**Cocodona Charity Bib Program** – **CHARITY BIBS ARE SOLD OUT FOR THE '24 EVENT.** Aravaipa has partnered with [Wander Project](#) to offer a charity bib program for Cocodona (all race distance options). Runners in this program commit to raising a minimum amount for charity (\$5000 for the Cocodona250, \$3000 for Sedona Canyons, or \$1250 for Elden Crest). A portion of these funds go to cover race costs and charity bib administration and the rest goes to the non-profit(s). Runners have the ability to select their own charity as well as benefitting the official non-profit of Cocodona, [Wilderness Volunteers](#). If you are interested in participating in this program, please DO NOT register on UltraSignup. Instead, register on [RunSignup](#). More information on the program can be found on [RunSignup](#).

**Cocodona250 Scholarship Entry** – **SCHOLARSHIPS FOR THE '24 RACE HAVE BEEN AWARDED & ANNOUNCED.** Competing in the Cocodona250 is a life changing event. If everyone could experience it, we feel the world would be a better place. But the barriers are high. Commitment, training time, logistics, crew, pacers, travel, and the determination needed to complete the race make this a big pill to swallow. Not to mention the large registration fee (it isn't cheap to organize, we might add). Aravaipa extends the opportunity to one runner who might not otherwise be able to afford the race entry for Cocodona250. If you are not able to afford the Cocodona250 registration, will be ready to take on the physical challenge, and need something to do the first week of May, please email the [Race Director](#) with info about yourself, your running history, and why you feel you should be selected for the scholarship. Selection will be made and announced on 10/23/23. THREE ADDITIONAL scholarships entries were made available for the 2024 race thanks to donations from the amazing Cocodona community. If you would like to donate to our scholarship entry pool, you can do so [HERE](#).



## 10. Transgender & Non-Binary Policy

At Aravaipa Running, we want to create and ensure a space for every athlete, fostering inclusivity within our sport. It is important to us that all runners and participants are accepted and welcome at our events. In that respect, we have established the following Transgender & Non-Binary Policy.

**Transgender Athletes** – We will accept each entrant’s declared gender at face value. No additional supporting evidence is required.

**Challenges of Results Involving Transgender Athletes** – Aravaipa Running will not tolerate hateful or discriminatory behavior by any of our runners, or those associated with the race, regardless of the cause. Our commitment to inclusivity extends to fostering a culture of respect and understanding among all participants. We expect all parties to behave in a manner that is honest, compassionate, and respectful. Discriminatory behavior or challenges based on gender identity will not be tolerated or entertained.

**Non-Binary Athletes** – Non-binary and gender non-conforming athletes are encouraged to register as their self-identified gender. UltraSignup now offers a non-binary option for runners upon registration. We pass this option on to our runners when they register. If you have an existing account, you may need to edit your account to indicate your gender as non-binary.

**Non-Binary Awards** – Awards will be provided to the top-three Non-Binary athletes, alongside the Men’s top-three, Women’s top-three, and DFL awards.

**Policy Review and Feedback** – We are committed to ensuring this policy remains up-to-date and equitable. Your feedback is important to us. If you have questions, comments, or suggestions, please do not hesitate to email the [race director](#).

## 11. Withdrawal / Cancellation Policy

Entry fees are non-refundable. A 75% UltraSignup credit of entry fees paid will be available until 60 days prior to event or 50% between 30-60 days. No race credits will be issued within 29 days of the event. Credits will be good for one year from date of issuance and can only be used once. If you withdraw from an event for which credits were used, you will not be reissued those credits. This reissuance policy also includes credits earned and used by volunteering. No cash refunds or transfers to another participant or event will be issued under any circumstance. No rollovers or transfers to next year. Withdrawals can be made directly in UltraSignup and the credits will be automatically credited to your account. Selling or transferring race entries is not permitted.

Whether planned or unplanned, an expected or unexpected start or end to a pregnancy, healing and recovery time are required for a women’s overall health. Aravaipa is committed to being fair across the board...to everyone. Individuals who need a deferral due to these circumstances are eligible to receive 100% UltraSignup race credit, good for two years from date of issuance.

For merchandise or other add-ons (but not including the standard shirt or equivalent goodie), we will provide a 100% future race credit for the cost of the merchandise or other add-on in UltraSignup up until we order the

items. These credits can only be used on race entry fees. After we place the order, we cannot provide any refunds or credits. Race shirts may only be picked up in person at packet pickup, we cannot mail out shirts to participants that do not attend the event.

We understand that issues arise at the last minute that can prevent a runner from arriving at the start line. We incur most costs early in the planning process, and this policy represents our ability to reasonably provide something to runners who cannot attend, while keeping our entry fees low and race quality high.

## 12. Gear Requirements **(Applies to ALL DISTANCES)**

The required gear applies to ALL RACE DISTANCES. Yes, even Elden Crest 38 if you are leaving Walnut Canyon Aid Station after 12:30pm.

As a runner, you are expected to know your body and how to get through situations of extreme heat, cold, navigation, etc. We will be there if things go way wrong during the race but you must be prepared for the elements. Therefore, we'll check required gear at specific locations on the course. Runners will not be allowed back on the course without the required gear. Pacers are also required to carry the same mandatory gear.

**Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.**

### Standard Gear that is required along ALL sections of the course

**Runners/Pacers must carry this gear along ALL sections of the course.**

- **Cell Phone** – Good idea of label it with tape/name in case you are charging at an aid station
- **GPS Enabled Device** with the course file loaded (smartphone in airplane mode is recommended) and extra batteries or method of charging (See GPS Enabled Device section for more info)
- **Headlamp** w/ extra batteries or method of charging
- **Collapsible Cup** (we're cupless yo!)
- **Space Blanket**
- **Whistle** – Yes, really. They don't weight that much people.
- **Extra Food** – What you need for the segment at hand +400 calories
- **Electrolytes & Hydration**

### Gear that will be checked at SPECIFIC aid stations (See below for gear check aid station locations)

**Note that runners/pacers are NOT required to carry the gear listed below with them along the entire course. It will only be checked at specific aid stations prior to cold sections of the course per the list of aid stations below. Runners/pacers DO NOT have to carry the gear listed below on the following sections (Start to Crown King, Whiskey Row to Fain Ranch, and Mingus Mtn to Sedona).**

- **All of the required standard gear listed above plus...**
- **Hydration** – Capability to carry 4 liters (Only required for the 250 from Start to Crown King Aid Station)
- **Gloves**
- **Warm Hat** (neck gaiter counts)
- **Long Sleeve**
- **Insulatory Upper Layer** (layer with some insulation/thickness. IE – Fleece, puffy, mid-weight, etc)
- **Waterproof jacket w/ hood** WILL ONLY BE REQUIRED IN CASE OF RAIN OR SNOW

**Aid Stations that will be checking required gear**

**Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.**

- **Cocodona250 START LINE** – 4 Liter capacity check only, no other cold weather gear checked at the Start Line. Runners must leave the Start Line with the CAPACITY to carry 4 liters of water. You don't need to leave the start line filled up with water. However, all runners must fill up with at least 4 liters of water at the first aid station, Cottonwood Creek Aid Station (mile 7ish). The next 25-mile stretch is the longest section of the course between aid stations and the **hottest and hardest section of the course**. It will be in the heat of the day, extremely remote, and exposed. Lots of electrolytes and sun gear is highly recommended. DO NOT underestimate the difficulty of this section. This 25-mile section takes middle of the pack runners 10 hours and back of the pack runners 12 hours to complete. It is darn tough. There are two water stations in this section at mile 10.4 and mile 24.6, both of which you can take no more than 1 liter. Leaving aid station 1 with 4 liters is the absolute minimum, you'll probably need MORE.
- **Crown King Aid Station** (Cocodona mile 37)
- **Fain Ranch Aid Station** (Cocodona mile 97)
- **Sedona Aid Station** (Cocodona mile 162) (Sedona Canyons mile 37)
- **Munds Park Aid Station** (Cocodona mile 191) (Sedona Canyons mile 55)
- **Fort Tuthill Aid Station** (Cocodona mile 211) (Sedona Canyons mile 87) – Includes mental status evaluation
- **Walnut Canyon Aid Station** (Cocodona mile 228) (Sedona Canyons mile 105) (Elden Crest mile 18 required if leaving Walnut Canyon after 12:30pm)

In addition to the Required Gear above, we recommend you have access to the following items via crew and/or drop bags. Consider marking/labeling gear to quickly identify it as yours.

- Lots of [Darn Tough](#) sock changes & method to clean feet (wet wipes) recommended every 20-30 miles
- Toilet Paper in a zip lock
- Sun hat
- Long sleeve sun layer
- Sunglasses
- Sunscreen
- Gaiters ([Kahtoola](#))
- Trekking poles ([LEKI](#))
- Sun gloves
- WE RECOMMEND CARRYING YOUR CAR KEYS & CREDIT CARD IN YOUR PACK AT ALL TIMES. DNFs HAPPEN.
- Lightweight jacket
- Extra zip locks for phone, trash, used TP, etc
- Ear plugs and facemask
- Long Pants
- Anti-Chafe ([Squirrel's Nut Butter](#)), Leukotape/Moleskin, DuctTape
- Medications, toiletries, contact lenses, etc
- Charging cords, battery packs, and spare batteries
- Comb for [removing Teddy Bear Cholla Cactus](#) (yes really)

## 13. Partner Running Store

And speaking of gear...We've partnered with the good folks at Run Flagstaff / Run Sedona. They are a SUPER convenient resource if you need gear / nutrition DURING the race. Give them a call... they may even DELIVER TO THE SEDONA AND FORT TUTHILL AID STATIONS if you ask nice.

Run Flagstaff – 204-A E Route 66, Flagstaff. <https://www.runflagstaff.com>. (928)774-2990.

Run Sedona – 150 SR-179 in Sedona. <https://www.runsedonashop.com/>. (928)862-2145.

Both store's hours – Mon–Fri 10am–6pm, Sat 10am–5pm, and Sun 11am–4pm.

## 14. GPS Enabled Device

Course markings will be sufficient but not overkill and it is always possible that you zone out and miss a turn. It is MANDATORY for every runner (all distances) and pacer to carry a gps enabled device with the course file downloaded. This device can be a handheld GPS unit, watch, or smartphone. BE AWARE that gps watches are very convenient and will help you at about 90% of intersections/turns but are not always great at turns that are confusing (multi-trail junctions), so we recommend that if you use a gps watch to ALSO have the route downloaded to your phone as backup. The smartphone is the easiest and least expensive option. To use a smartphone, install a mapping App such as Gaia, GuruMapsPro, TrailForks, or AllTrails to your phone. Then download the course GPX file from CalTopo ([Cocodona250](#), [Sedona Canyons 125](#), or [Elden Crest 38](#)) and open the file in the mapping App. Be sure that you export the GPX version of the file and not the GeoJSON version which is the default file type for exports. The course will appear, as well as your location (blue dot). Be sure to place your phone in airplane mode to maximize battery life. Electrical plugs will be available at the following Aid Stations; Camp Wamatochick, Whiskey Row, Mingus Mountain, Sedona, Munds Park, and Fort Tuthill. The course is 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. Eco-Responsibility

The earth is the only one we have. As trail runners, we are blessed to see the beauty, complexity, and fragility of the ecosystems we run through. It is essential for all of us to do our part every day to minimize our own first-world gigantic footprints. We can all do a better job. Help us as we take steps toward a more eco-conscience race experience. We will be reducing where we can, recycling, teracycling nutrition wrappers, accepting used shoe donations for Soles-4-Soles, and purchasing carbon offsets for the event operations. Please consider reducing waste wherever you can and offsetting the carbon you produce from the race through a company like [Terrapass](#). And when you are out in the desert, remember it is a fragile ecosystem, so please DO NOT walk, drive, park, or camp on vegetation or [Cryptobiotic soil](#).

## 16. Cupless

In an effort to cut down on the waste produced by this event, Cocodona will be a cupless event for cold drinks. What does that mean? There will be no paper cups for cold drink hydration at the aid stations. Runners will be responsible for carrying their own container, cup, flask, or bottle to refill along the way. Please consider a bottle or hydration pack for water and a reusable, easy-to-carry cup for electrolyte refills and soda. We will provide hot cups for coffee, broth, and soup.

## 17. Race Check-In

Each runner will be required to check-in for the race before race day. See below for check-in options:

- **ALL DISTANCES (OPTION1) – Saturday, May 4<sup>th</sup>, 2024** - 1:00 PM – 4:00 PM: Race check-in and drop-bag drop off at the Aravaipa office. (2401 S. 24<sup>th</sup> St., Phoenix, AZ). Walk-up registration available for the Elden Crest 38 race until we hit race cap (race shirt and other race goodies not provided).



OR

- **Cocodona250 (OPTION 2) – Sunday, May 5<sup>th</sup>, 2024** - 2:00 PM – 5:00 PM: Race check-in & drop-bag drop-off at the Start Line (Deep Canyon Ranch, 18600 E Deep Canyon Trail, Black Canyon City, AZ). Food trucks will be onsite. Race briefing and Q&A session will be held at 5:30pm at the Start Line. This race briefing is highly recommended but not mandatory. A pre-recorded race info session will be available prior to race week for those not able to attend.
- **Sedona Canyons 125 (OPTION 2) – Tuesday, May 7<sup>th</sup>, 2024** – 4:00 PM – 7:00PM: Race check-in & drop-bag drop-off at the Gold King Mine Ghost Town located at 1000 Perkinsville Rd in Jerome. A race briefing and Q&A session will be held at 7:00pm. This race briefing is highly recommended but not mandatory. A pre-recorded race info session will be available prior to race week for those not able to attend.
- **Elden Crest 38 (OPTION 2) – Thursday, May 9<sup>th</sup>, 2024** – 4:00 PM – 7:00PM: Race check-in at the Start Line (Fort Tuthill County Park).

During the check-in process, runners will:

- Confirm GPS enabled device with course file uploaded
- Confirm race emergency contact text number is programmed into phone. (602) 830-4526
- Receive runner bag with goodies, race bibs, and bib belt. Runners who register after 4/15/24 are not guaranteed name on bib, race shirt, or other race goodies.
- Drop off any used shoes for donation to Soles-4-Soles

## 18. Drop Bags

We request that you keep drop bags as minimal in size as possible and no larger than 60 liters (approx.

24"x12"x12"). Bags larger than 60 liters will not be transported to aid stations. **Bags should be clearly labeled w/ bib# & aid station name. DO NOT write runner name or mile of the aid station.**

Drop bags are for runners only, no pacer drop bags. There will NOT be rain or sun protection over drop bags. Please weatherproof your bags if this is a concern. Aravaipa is not responsible for any lost or damaged items in drop bags, including the drop bags themselves. When you pass through an aid station, PLEASE move your drop bag to the "discard" pile. If you do this, our goal is for all of your drop bags to beat you to the finish. Drop bags left at the finish line will not be shipped out to runners after the race but can be picked up at the Aravaipa Running office in Phoenix after the race. Make sure to read the required gear section as we WILL be checking gear at certain aid stations and you should plan your drop bags accordingly.

See the aid station tables for all 3 races distances at the end of this Runner Guide for drop bag locations.

## 19. 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.**

## 20. Start Time & Bib Numbers

Bib numbers are assigned and can be found at [HERE](#). We do not accept requests for bib numbers. Runners who register after 4/15/24 are not guaranteed their name on their bib. Runners who don't leave the start line to start the race within 10 minutes of the mass start will receive a DNS and not be allowed on the course.

**Cocodona250** – Runners need to arrive at the start line between 3:45am – 4:45am on race morning to complete a final check before race start (4-Liter capacity check and SPOT trackers issued). Food trucks will be onsite for breakfast and coffee. The start will be a mass start at 5:00am on Monday May 6<sup>th</sup>. The Start Line is located at Deep Canyon Ranch, 18600 E Deep Canyon Trail, Black Canyon City, AZ.

**Sedona Canyons 125** – Runners need to be at the start line at 6:00am on race morning to receive their SPOT trackers. The start will be a mass start at 7:00am on Wednesday May 8<sup>th</sup>. The Start Line is at the Gold King Mine & Ghost Town at 1000 Perkinsville Rd, Jerome.

**Elden Crest 38** – Mass start at 7:00am on Friday May 10<sup>th</sup>. The Start Line is at Fort Tuthill County Park located at 2446 Fort Tuthill Loop in Flagstaff. Follow the signs for the Adventure course.

## 21. 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 all three courses can be found [HERE](#) (These section descriptions are only the Cocodona250 section descriptions, it does not include the '24 Sedona Canyons 125 or Elden Crest 38 miles course changes). 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.

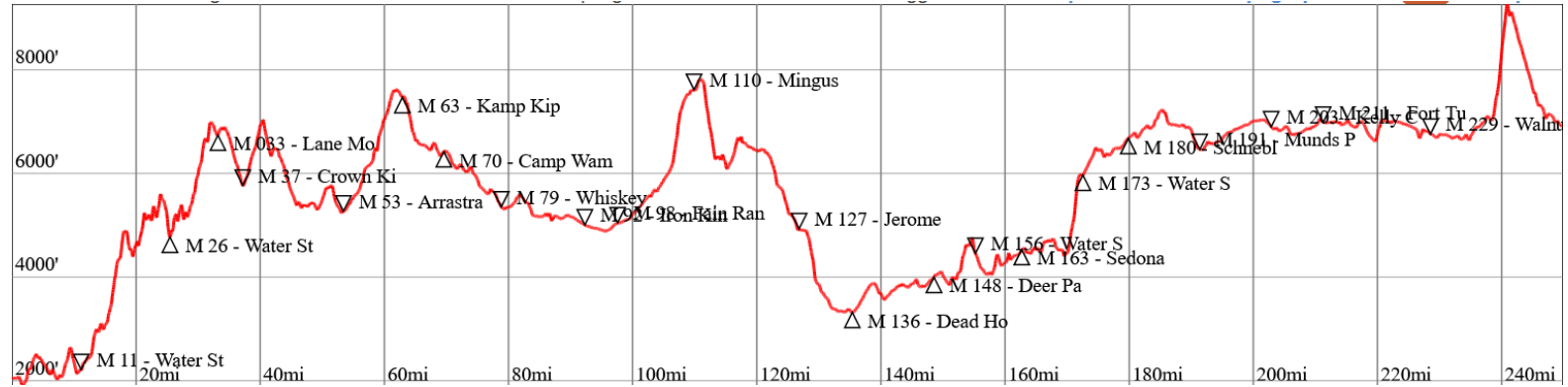
## 22. Course Profiles

The lowest point on the Cocodona25 course (1,996') is within 2-miles of the start and the highest point (9,241') is 8-miles from the finish. Let's just say that last little hill is going to hurt. Total gain for the Cocodona250 course is 40,154' and loss is 34,958', so you have more to gain from doing the race than you have to lose. Yuck yuck yuck! Detailed section descriptions and profiles for all three courses can be found

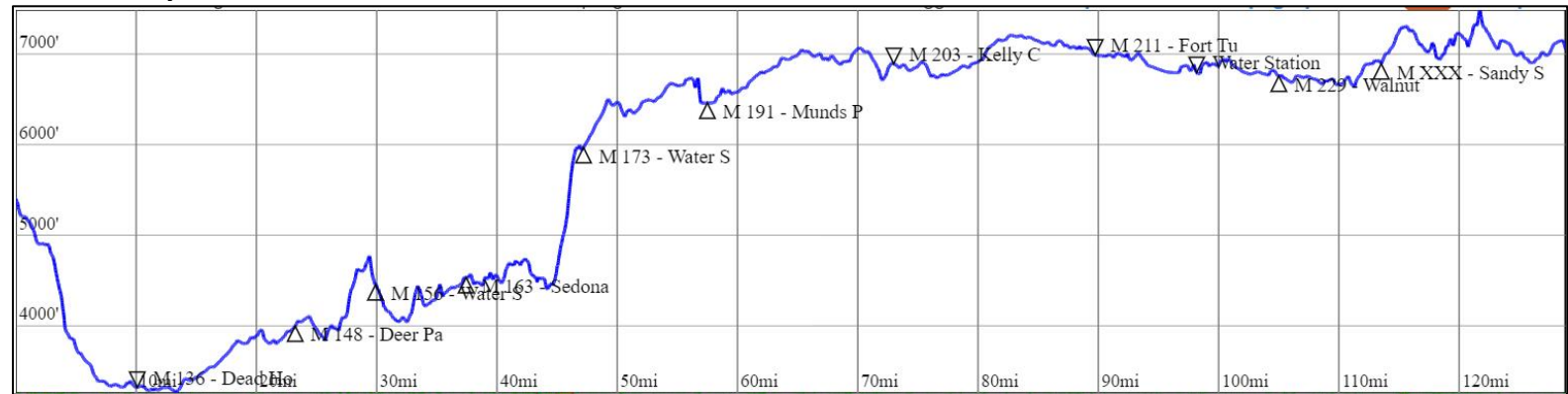
[HERE](#) (These section descriptions are only the Cocodona250 section descriptions, it does not include the '24 Sedona Canyons 125 or Elden Crest 38 miles course changes).

Sedona Canyons 125 has 14,775' gain / 12,463' loss. Elden Crest 38 has 3,964' gain / 3,873' loss

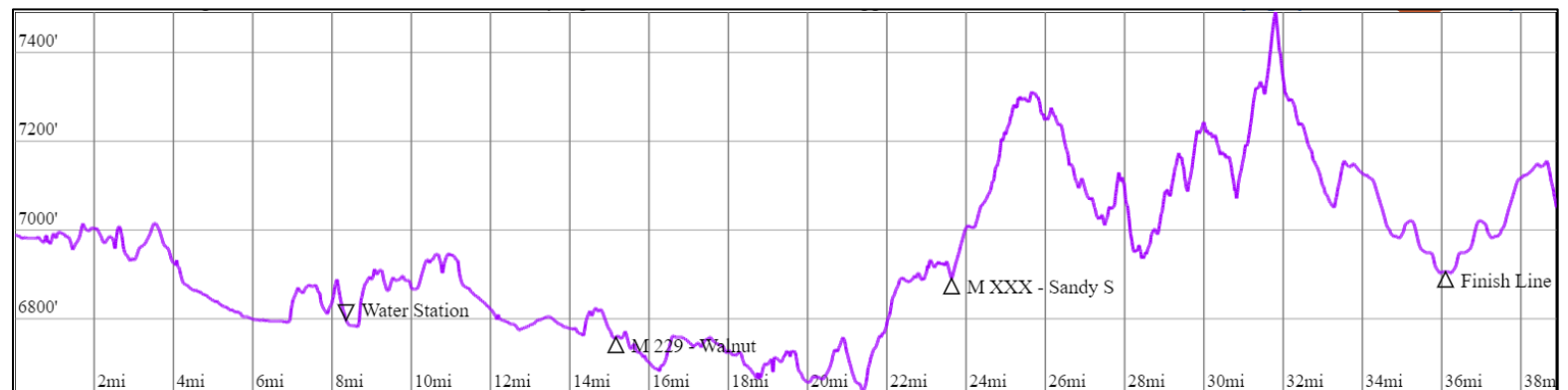
### Cocodona250 Course Profile



### Sedona Canyons 125 Course Profile



### Elden Crest 38 Course Profile



## 23. Course Marking

The course will be adequately marked, not overly marked. Intersections will be well marked but straightaways will only receive a course marking every ½-ish mile. Self-navigation is part of the expectation. Over the course of 250ish-miles, it is likely that a section or two will be under marked, markings could get removed by disgruntled locals, or, and most likely, you will not be paying attention and miss a turn. This is why it is mandatory for runners and pacers to carry a GPS enabled device with the course file downloaded.

If you experience a section of the course that is under-marked or confusing, please send a text and description of the location to the Race Command phone number on your bib. We will get out and fix it.

The course will be marked with:

- Orange with black polka dot tape w/ reflectors
- Orange pin flags w/ reflectors
- Some critical turns will be marked with arrows
- Some sections in towns (pavement) will be marked with road sticker
- Wrong Way – Blue & white checkerboard tape

## 24. Roads

The Cocodona250 course has about 120-miles of dirt roads and 26-miles of pavement. The Sedona Canyons 125 course has about 40-miles of dirt roads and 22-miles of pavement. The Elden Crest 38 course has about 12-miles of dirt roads and 10-miles of pavement. Roads will include Forest, County, local, municipal, and state-owned highways, which are subject to all applicable traffic laws. Therefore, you will be running around vehicular traffic and ATVs at some point during the race. Vehicles have the right of way and will NOT stop for you. It is your responsibility to:

- Obey all traffic laws
- Don't run in the vehicle lane. Use sidewalks, bike lanes, shoulders when possible.
- Run on the left side, facing traffic unless the course marking specifically directs you to run with traffic
- Look both ways and cross when safe
- Cross in crosswalks, wait for crossing signals, obey pedestrian laws, and stay safe.

The towns of Jerome and Sedona are extremely sensitive permits for us. Runners need to be courteous of vehicles and pedestrians in these towns. Run on sidewalks, not in the vehicle lane. Crew vehicles should proceed directly to aid stations, be quiet, and NEVER park in residential areas. Parking will not be allowed along state (numbered) highways or within state highway right-of-way. Only parking in designated parking spaces. Unfortunately, these will be automatic disqualifications if not followed.

## 25. Cutoff Times and DNFs

You've all worked hard to make it to Cocodona and we don't want to cut anyone from the course. However, it is a long race and there are so many moving parts. We need to ensure runner safety and be able to predict



logistics and volunteer shifts. So...cutoff times will be enforced. Cutoff times are the times you need to LEAVE the aid station, not arrive.

**Cocodona250** – Overall cutoff for the race is 125-hours.

**Sedona Canyons 125** – Overall cutoff for the race is 75-hours.\*

**Elden Crest 38** – Overall cutoff for the race is 27-hours.\*

\* Note that these cutoff times are based around the 250-miler and are not indicative of the difficulty of the race or that we think that it will take any runner this long to complete the course.

DNFs happen, especially on a race of this distance. Runners may only drop from the race at Aid Stations with crew access and must fill out a drop form. Do not leave the course without informing a staff member. If a dropped runner doesn't have crew, we will shuttle you to the Start Line or the Finish Line as soon as we are able but please understand that it may take a LONG TIME. Please be patient.

See the **Aid Station Table** at the end of this Runner Packet for full cutoff times.

## 26. Volunteers

### Volunteer signup [NOW OPEN HERE](#)

A race of this magnitude takes hundreds of volunteers to pull off. We are looking for a few (actually more than a few) volunteers to help on race week in many different aspects of the race, including:

- **Staff Roles** – There are lots of behind-the-scenes staff roles, including: course markers, aid station setup/teardown crews, shuttle drivers, PTs/massage therapists, and many more. The positions are not listed on the general volunteer signup page, so email the Race Director, [steve@aravaiparunning.com](mailto:steve@aravaiparunning.com), if interested.
- **Aid Station Captains, Assistant Captains, and Volunteers**
- **Course Sweep** – We will need 2 runners per section of trail to run behind the last runner and clear the trail of course markings and any litter.
- **Setup & Teardown** – We will need volunteers to help us setup and teardown the Start and Finish Lines. Look in the Start Line(s), Fort Tuthill Aid Station, and Finish Line locations for these shifts in the volunteer signup system.
- **Medical** – We have a medical provider, MedStar, who will be in charge of all things medical. Your role will be to assist MedStar should the need arise with a specific focus on footcare issues (cleaning, blisters, taping, KT tape, etc). It isn't a glamorous job but for some runners, it can mean the difference between a DNF and a buckle. Super important but kinda gross. What can we say, we'll have nitrile gloves for you.
- **LiveStream** – Like the idea of filming Cocodona runners on a GoPro? Would you like to be part of the Cocodona LiveStream team? Find out more details and sign-up for a LiveStream shift [HERE](#).

Volunteers will receive Aravaipa race credits (\$14-\$18/hr of Aid Station Captains depending upon seniority, \$12-\$14/hr for Aid Station Assistant Captains depending upon seniority, or \$10/hr for volunteers) that can be used for registration costs at any future Aravaipa race. Volunteers will also receive either a race shirt or an additional Aravaipa race credit. Extra credits will also go to volunteers who take more than one shift per race. Finally, you will be part of one of the most exciting races in the world!

## 27. Aid Stations

Our goal is to provide top notch aid stations at Cocodona. In addition to all the normal staples, most aid stations will have a hot “meal” option. See below for a preliminary menu listed by aid station. *Aid station food may be slightly different from location to location on race week based upon race day logistics and last-minute changes but consider this a pretty solid plan of what you can expect for food on race week.*

Vegetarian and vegan options may not be listed in the menu below but they WILL be available at every aid stations. Gluten free can be made to order at most aid stations. We are not a restaurant or a grocery store but if you have special dietary needs please contact our [Aid Station Guru Pati](#) directly **ASAP**, so that we can prepare in advance.

ALL aid station will have **TRADITIONAL OFFERINGS** similar to the following:

PB&J sandwiches, bean roll-ups, Pretzels, Chips, trail mix, Motts Gummies, Oreo Cookies, pickles, cooked potatoes, granola bars, bananas, oranges, and when possible... watermelon. There will be Spring Energy gels at ten aid stations, otherwise aid stations will not have “prepackage endurance fuel”, only real food, so bring your own nutrition.

Drinks: Water, ice, Coke, Ginger Ale, Mountain Dew, and [Gnarly Fuel20](#) (tropical flavor without caffeine)

HOT offerings: Hot water for instant coffee, hot chocolate, tea, Ramen & GF ramen, broth, and oatmeal.

In addition to Traditional Offerings, here is the PRELIMINARY 2024 menu:

Aid Station	250 Miles	125 Miles	38 Miles	Menu
Start Line - Deep Canyon Ranch	0	-	-	Food/coffee trucks onsite for purchase
Cottonwood Creek	7.4	-	-	
Water Station	10.6	-	-	1 liter per person only
Water Station	24.9	-	-	1 liter per person only
Lane Mtn	32.4	-	-	Watermelon
Crown King Saloon	36.7	-	-	Pulled pork & Black Bean Burgers. Potato/pasta salad. Potato soup. <b>Spring smoothies</b>
Arrastra Creek	52.4	-	-	Rollups - Turkey/Cheese & Hummus/Avocado. Grilled cheese. Potato soup. Spring rolls.
Kamp Kipa	62.2	-	-	Scrambled eggs, tofu, pancakes, bacon.
Camp Wamatochick	68.9	-	-	Burgers, potato salad, Soup, Fruit, Pancakes, bacon
Whiskey Row	78	-	-	Pizza, soup, Oatmeal
Iron King	90.9	-	-	Mashed potato bar w/ sloppy joe topping, tomato soup, pancakes
Fain Ranch	96.1	-	-	Potatoes/veggies/rice/chicken, french toast, fruit, beans
Mingus Mountain Camp	108.5	-	-	Lasagna, Salad, pasta, Bread, Pancakes
Jerome Historic State Park	125.5	-	-	Chicken tacos, pancakes
Start Line - Gold King Mine Ghost Town	0	-	-	Instant Coffee, oatmeal, fruit, bagels
Dead Horse Ranch State Park	134.1	10	-	Burritos, potato soup, oatmeal
Deer Pass Trailhead	147	22.4	-	Hot dogs, Quesadillas, soup, sandwiches, Fruit, Pancakes
Water Station	154.1	29.1	-	-
Sedona Posse Grounds Park	161.4	36.6	-	Burgers, scrambled eggs, tofu, bacon, pancakes
Water Station	171.2	46.5	-	-
Schnebly Hill	178.4	53.8	-	Chili and pasta, Oatmeal
Munds Park	190	53.8	-	BLT sandwiches, Tomato soup, eggs, tofu
Kelly Canyon	201.4	69.3	-	Chicken burritos, tofu, grits
Fort Tuthill	209.8	86.9	-	Pasta, salad, bread, oatmeal
Walnut Canyon	227.2	102	15.2	Burritos, Roll-ups- Turkey/cheese & Hummus/avo, PotatoSoup, SpringRolls, Oatmeal
Mt Elden	240.9	-	-	BBQ, burgers, soup, pancakes
Sandy Seep	-	111	23.7	Burgers, soup, pancakes
Finish Line - Heritage Square	249.3	126	38.9	Burgers, tomato soup, bacon, pancakes

The Elden Crest 38 race will also include water stations at mile 10.7 and 32.5.

Fortunately, the terrain allows the Aid Stations to be spaced well. The average distance between aid is 12 miles. The longest distance between aid on the Cocodona250 course is 25 miles (so sorry about that one). The rest are spaced really well.

Pacers are welcome to all the food and drinks they would like from aid stations while they are **CURRENTLY** pacing. Crew and inactive pacers may not partake of food/drink from aid stations. Please drop your used nutrition wrappers at the aid station Teracycling container so they can be upcycled by Teracycle.

Electrical plugs will be available at the following Aid Stations; Camp Wamatochick, Whiskey Row, Mingus Mountain, Sedona, Munds Park, and Fort Tuthill.

Need a tampon or pad? Ask a volunteer. We got you.

## 28. Restrooms

There will be portable toilets at every aid station. Please do your best to time your bowels. If you can't, we get it, it happens. Carry toilet paper with you. Step 30' off the trail and dig a 6" (or deeper) hole. All toilet paper and wet wipes must be packed out in a zip-lock and thrown away in the trash. DO NOT leave toilet paper on the course! And when you are out in the desert, remember it is a fragile ecosystem, so please DO NOT walk on vegetation or [Cryptobiotic soil](#).

## 29. Sleep

You might be able to pull it off without sleep...but probably not. Feel free to take a trail nap or sleep in an aid station chair at any time. We will also have 7 aid stations designated for sleep stations. Sleep stations are for runners only, no pacers. See below for a description of these locations:

- Kamp Kipa – Indoor bunks (Heated space) + limited blankets – NO CREW ACCESS. NO DROP BAGS
- Camp Wamatochick Aid Station – Indoor bunk rooms (Heated space) – NO CREW ACCESS. YES DROP BAGS
- Whiskey Row Aid Station – Indoor cots (Heated space)
- Mingus Mountain Camp Aid Station – Indoor bunks (Heated space)
- Dead Horse Ranch State Park Aid Station – Outdoor individual tents w/ cots (NOT heated)
- Sedona Aid Station – Indoor cots (Heated space)
- Munds Park Aid Station – Indoor cots (Heated space)
- Fort Tuthill Aid Station – Indoor cots (Heated space)

Note that we will supply the cot/bunk but not the sheets, blankets, pillows, or snuggles.

Most Aid Stations with sleep stations (listed above) are accessible by crew/pacers and also have drop bags. We recommend placing a sheet or a sleeping bag liner in your drop bag where you plan to sleep at an INDOOR location. We recommend placing a light sleeping bag in your drop bag if you plan to sleep at Dead Horse.

Many runners will choose to sleep in crew vehicles / vans / RVs. See the [Aid Station Vehicle Access & Crew Parking](#) section in this Runner Guide for aid stations with adequate parking for larger vehicles. Remember the rule that runners may only leave the course FROM AID STATIONS, see the [Rules](#) section for the two options on how this can be done.

For runners who prefer to go plush, there are hotels very close to aid stations in many locations; Whiskey Row, Iron King, Jerome, Dead Horse, Sedona, Munds Park, & Fort Tuthill. Remember that runners may only leave the course FROM AID STATIONS, see the [Rules](#) section for the two options on how this can be done. See [Hotels](#) section for info.

## 30. Crew

Is it necessary to have a Crew? No, but a good crew can sometimes mean the difference between a buckle and a DNF. And life is more fun when you share it with friends and family.



Crew may not provide aid to their runner at any point on the course other than designated crew access aid stations.

If your crew observes a major issue or problem during the race, please TEXT our Race Command at (602)830-4526. This is a TEXT only phone number. We are extremely busy, so please reserve this for major issues only.

Crew vehicles must park off of roadways, may not shadow or follow their runner on sections of road, and must obey all traffic laws. We ask crew vehicles be kept to 1 vehicle per runner and that they not arrive at aid stations excessively early or stay long after their runner leaves the aid station. Crews are not permitted to stop or park along state (numbered) highways or within state highway right-of-way. The towns of Jerome and Sedona are extremely sensitive permits for us. Crew vehicles should proceed directly to aid stations, be quiet, and NEVER park in residential areas. Crews are not permitted to stop or park along state (numbered) highways or within state highway right-of-way. Only parking in designated parking spaces. Unfortunately, these will be automatic disqualifications if not followed.

**Dogs are not allowed on the course or at aid stations at any time.** Certified service animals are allowed but must be clearly identified.

We ask that Crew members not eat or drink from aid stations. Crew are only allowed at certain aid stations. See the [Aid Station Table](#) at the end of this Runner Guide for a list of the aid stations where crew is allowed. Runners will be disqualified if their crew shows up at a non-crew-access aid station.

Trash & Recycle – Crews are asked to please drop trash and recycling at the Sedona Aid Station and/or the Fort Tuthill Aid Station. Please don't drop trash/recycling at any other aid station.

**Access to Crown King Aid Station Restrictions – COCODONA250 ONLY** – ALL CREWS SUPPORTING RUNNERS AT CROWN KING MUST CHECK-IN AT BUMBLE BEE RANCH AND RECEIVE A PARKING PASS PRIOR TO DRIVING TO CROWN KING AID STATION. VEHICLES WITHOUT PARKING PASSES WILL NOT BE ALLOWED INTO CROWN KING. ONLY ONE PARKING PASS PER RUNNER. Parking passes will be distributed to crews at Bumble Bee when their runner reaches a certain point on the course. This point will be displayed on the LiveTracking site. Crews not driving to Crown King do not need to check-in at Bumble Bee Ranch. See the Crown King Restrictions Section for more info.

**Access to Sedona AND Walnut Canyon Aid Station Restrictions – SEDONA CANYONS 125 ONLY** – ALL RUNNERS' CREWS/PACERS MUST PARK AT THE SHUTTLE LOTS AND RIDE A SHUTTLE TO THE SEDONA AND WALNUT CANYON AID STATIONS. Shuttles will start running 12pm Wed for Sedona and 12:30am Thur for Walnut Canyon. Runners whose crew/pacers do not follow this information will be DQ'ed from the race.

**Sedona Aid Station Shuttle Lot** – St. John Vianney Church – 180 Saint John Vianney Ln, Sedona.

**Walnut Canyon Aid Station Shuttle Lot** – Far NW corner of Hobby Lobby parking lot at 4620 US-89 N, Flagstaff

Crew/pacers (multiple people) may accompany their runner the last mile to the finish line (all race distances). Hang out at Uptown Pubhouse in Flagstaff (145' from the finish line in Heritage Square) while you wait for your runner to finish. They will have the race LiveStream and runner tracking up on the projector. Lots of beers on tap, tons of Whiskey and Scotch options, and a full food menu.

See the aid station tables for all 3 races distances at the end of this Runner Guide for crew access locations.

## 31. Pacers

Is it necessary to have pacers? No, not at all. Many 200+mile runners do so without pacers. Pacers are to accompany their runner on foot (no bikes). Multiple pacers may be used, but only one at a time and must swap out at designated pacer access aid stations. For Cocodona250, theoretically you could have 12 different pacers, one for each pace-able section of the course. Pacers may not provide any assistance to their runner other than encouragement. No pushing, pulling, carrying, ect or mule-ing (carrying of gear/supplies/food/water). Pacers must be human (no pets), 18-years of age or older, sign a waiver and obtain a pacer bib at the aid station where they start pacing, and carry the same required gear as runners (see [Gear Requirements](#)). If a parent or legal guardian desires to have a minor (under 18) pacer, please contact the [Race Director](#). Pacers may NOT park at most aid stations (See [Pacer Parking](#)).

Please do not email the Race Director asking for help finding pacers. The best locations to request pacers are the Cocodona social media channels, the Aravaipa social media channels, and/or Arizona local running group social media channels.

**Access to Sedona AND Walnut Canyon Aid Station Restrictions – SEDONA CANYONS 125 ONLY – ALL RUNNERS' CREWS/PACERS MUST PARK AT THE SHUTTLE LOTS AND RIDE A SHUTTLE TO THE SEDONA AND WALNUT CANYON AID STATIONS.** Shuttles will start running 12pm Wed for Sedona and 12:30am Thur for Walnut Canyon. Runners whose crew/pacers do not follow this information will be DQ'ed from the race.  
**Sedona Aid Station Shuttle Lot** – St. John Vianney Church – 180 Saint John Vianney Ln, Sedona.  
**Walnut Canyon Aid Station Shuttle Lot** – Far NW corner of Hobby Lobby parking lot at 4620 US-89 N, Flagstaff.

Sleep stations are for runners only, no pacers. Pacers are welcome to all the food and drinks they would like from aid stations while they are **CURRENTLY** pacing but not before/after they are done pacing.

Crew/pacers (multiple people) may accompany their runner the last mile to the finish line (all race distances).

See the aid station tables for all 3 races distances at the end of this Runner Guide for pacer access locations.

## 32. SPOT Tracker

For the Cocodona250 and Sedona Canyons 125 races, real-time GPS tracking (SPOT Trackers) will be provided by TrackLeaders. Your family, friends, and crew will be able to see your 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 (the runner) will NOT need cell service for this device to work, it will work everywhere on the course. However, anyone wanting to see your position WILL need data (cell service) to see the tracking webpage. This applies to crew wanting to see their runner's position during the race. Fortunately, there is very good cell service throughout the course.

The SPOT Trackers will be issued at the Start Line just before the mass start of the race. They are lightweight and small, about the size of a pager (remember those?). They are stored inside of a Velcro sleeve that can be easily attached to your person, ideally the shoulder strap of a hydration pack. Runners may not alter, adjust, or turn off the device and must leave the device on their person for the entire race.

Elden Crest 38 race does not include SPOT tracking.

[LINK FOR RACE LIVE TRACKING](#)

## 33. Medical

Our medical provider, MedStar Solutions, will have medics at various aid stations along the course. These medic's primary responsibility is emergency care for runners. **Foot care is the runner's responsibility.** Medics will do their best to help runners with foot care issues when they are not handling more urgent medical care issues. Due to medical protocols, our medics are not able to pop blisters. Our medics will clean the area beforehand, providing a lancet, and dressing the area afterward if the runner chooses to pop their own blister. See the [Aid Station Table](#) at the end of this Runner Packet for exact medic locations. Our medical team will perform a mental status evaluation on every runner at Fort Tuthill. Runners may be asked to sleep at Fort Tuthill until they can pass this evaluation. Any runner who receives an IV during the event will be automatically disqualified.

If you need medical attention out on the trail (not at an aid station) during the race or if you see another runner out on the trail who needs medical attention, please send a **TEXT** to our emergency contact below. Please program this number into your phone before race day.

**EMERGENCY CONTACT DURING THE RACE**  
**Send a TEXT to (602) 830-4526 TO BE PROVIDED AT A I**  
**With bib number, location, and issues**



## 34. Training and Coaching

The distance is long. The course is steep and rugged. It will be hot and cold. That pretty much sums it up.

**Official Cocodona Training Run presented by Kahtoola** to take place on April 6<sup>th</sup>, 2024 – The first 37 miles of the course is darn tough. It is arguably the hardest of the entire race. Come join us for a training run on this section on April 6<sup>th</sup>. Thank you, Kahtoola, for providing each Training Run runner with a pair of gaiters and for donating \$50/Training Run runner to Wilderness Volunteers (the race non-profit partner). **SOLD OUT**

**Official Training and Coaching Partner** – We are very happy to announce our partnership with [Sundog Running](#), the official training and coaching partner of Cocodona. Every runner is unique, which is why Sundog only provides custom training plans, specifically tailored to each athlete. Whether you're a beginner, elite, or find yourself somewhere in between, Sundog wants to work with you. They prioritize individualized training,

close communication, and thorough race planning. Sundog Running offers local knowledge of the Cocodona course. Based in Flagstaff, Arizona, their coaches have successfully completed the Cocodona 250 and Sedona 125 events as well as coached runners to the Cocodona finish line. Find them at [sundogrunning.com](http://sundogrunning.com).

Coaching options:

- The YOUR (Your Own Ultimate Running) Plan (\$15/week). The most hands off option. Your coach builds your customized plan in its entirety based on your experience level and goals—then you're on your own to carry it out.
- Coaching Advisor (\$125/month) - You work closely with your coach and communicate once a week.
- Personal Coaching (\$175/month) - Our most hands-on option. You work closely with your coach and communicate with unlimited availability.
- Strength Training (\$60/month) - We offer customized run-specific strength coaching building you into a stronger, injury-proof athlete.

**Heat Training** – The race is in the desert and it will get hot during the day. Arizona typically has very low humidity, so your sweat will evaporate quickly. Remember to drink even if you don't feel like you are sweating. There are sections with absolutely no shade or tree cover. Heat, dehydration, and hyponatremia can take a huge toll on runners who are unprepared. Train in the heat if you can. If you can't, set up a plan to keep cool. Experiment with sun hats, long sleeve shirts, sun sleeves, and sun gloves. In addition, make sure you have your pack dialed in to carry the [required gear](#), including enough salts and fluid capacity.

**Terrain** – Some sections of the course are butter smooth single-track. Other sections are barely paths at all but more resemble rocky riverbeds or eroded ravines. It's beautiful and it's rugged. Prepare by training on rocky terrain when you can. You will also be running through water crossing and sandy desert. Know thy feet. Merino Wool [Darn Tough](#) socks and [Kahtoola](#) gaiters are highly recommended.

**Slow It Down** – Keep it at an easy pace, especially early in the race. Walk the uphill. The more Long Slow Distance training you can do the better. And yes, long hiking days are great training.

**Multi-Day** – The 200+ mile distance is all about multi-day. We recommend a few trainings blocks of 3-4 days with 25-40 miles/day.

## 35. 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.

## 36. Shuttles

We will be running shuttles to help with transportation for all race distances. Below is a summary of the shuttle options. Tickets must be purchased in advance. Refunds will not be provided for shuttle tickets. Purchase the shuttle tickets [HERE](#). We will send out details via email the week before the race to all runners who have purchased shuttle tickets. [See the Finish Line parking lot & shuttle info map HERE](#). More info below.

### Cocodona250 Pre-Race

- \$50 Cocodona250 Phoenix to Start Line – Sun May 5<sup>th</sup> – Departs Phoenix Airport (Terminal 4 Passenger Pickup North side Door 3) at 11:00am (1-hr drive). This gets you to the start line in time for the shake out run, race check-in, and pre-race briefing. Camping is available for free overnight at the start line on 5/5/24. You can leave a drop bag at the start line with camping gear that will go directly to the finish line.
- \$50 Cocodona250 – Flagstaff to Start Line – Sun May 5<sup>th</sup> – Departs from the City of Flagstaff parking lot at the Northwest corner of Cherry Ave & Beaver St (¼-mile from finish line) in Flagstaff at 2:30pm (1.5-hr drive). [See the Finish Line parking lot & shuttle info map HERE](#). Note that you MUST PURCHASE A PARKING PASS from the city of Flagstaff for this parking option. Parking passes can be purchased in advance but this does not reserve you a parking space. See the link above for parking pass purchase info. This shuttle gets you to the start line in time for race check-in and race briefing. Camping is available for free overnight at the start line on Sun 5/5. You can leave a drop bag at the start line with camping gear that will go directly to the finish line.

### Cocodona250 Post-Race

- \$50 Cocodona250 – Flagstaff to Start Line – May 9<sup>th</sup>, 10<sup>th</sup>, or 11<sup>th</sup> – Departs from Heritage Square (finish line) daily at 12pm (1.5-hr drive). Your ticket is good for any day, the 9<sup>th</sup>, 10<sup>th</sup>, or 11<sup>th</sup> and you do not need to let us know which day in advance. Check in with a staff member at the finish line by 11:30am. [See the Finish Line parking lot & shuttle info map HERE](#).
- Cocodona250 Flagstaff to Phoenix – Multiple options per day. Book this option directly with Groome Transportation at <https://groometransportation.com>. [See the Finish Line parking lot & shuttle info map HERE](#).

### Sedona Canyons 125 Pre-Race Only – No post-race shuttle

- \$50 Sedona Canyons 125 – Flagstaff to Start Line – Tue May 7<sup>th</sup> – Departs Flagstaff (LDS Church at 625 E Cherry Ave which is a ½-mile walk from the finish line) at 4:00pm (1.5-hr drive). [See the Finish Line parking lot & shuttle info map HERE](#). This shuttle gets you to Jerome in time for race check-in. No cost for this parking lot. Cars must be removed by the afternoon of Sat 5/11. Camping is available for free overnight at the start line on Tue 5/7. You can leave a drop bag at the start line with camping gear that will go directly to the finish line. If you need a shuttle to your hotel in Jerome on Tue night and back to the Start Line on Wed morning, please email the [Race Director](#) with your name, cell#, and hotel.

### Elden Crest 38 Pre-Race Only – No post-race shuttle

- \$25 Elden Crest 38 – Flagstaff to Start Line – Fri May 10<sup>th</sup> – Departs Flagstaff (LDS Church at 625 E Cherry Ave which is a ½-mile walk from the finish line) at 5:45am (20 min drive). [See the Finish Line parking lot & shuttle info map HERE](#). No cost for this parking lot. This gets you to Fort Tuthill in plenty of time to drink some coffee at the start, use the porto, and drop your drop bag. No race day check-in. Cars must be removed by the afternoon of Sat 5/11. Please see THIS MAP for where to park in the church lot. Uber is



another excellent option as you can park at the start line before the race and Uber back to your car after you finish.

This section does NOT pertain to Sedona Canyons 125 crew/pacer shuttles for the Sedona AND Walnut Canyon Aid Stations. Those shuttles are free shuttles for crew/pacers between the parking areas and the aid stations.

## 37. Runner Parking

**Cocodona250 Start Line** – Parking is available and free to runners/crew/pacers at the start line beginning on Sunday May 5<sup>th</sup> until Sunday May 12<sup>th</sup>. Text the ranch manager Jacie at 602-885-9369 when you are on your way to pick up your vehicle. The Cocodona250 Start Line is located at Deep Canyon Ranch, 18600 E Deep Canyon Trail, Black Canyon City. See the Shuttle section for details regarding shuttle pick-up/drop-off.

**Sedona Canyons 125 Start Line** – Parking is available and free to runners/crew/pacers at the start line beginning on Tuesday May 7<sup>th</sup> until Sunday May 12<sup>th</sup>. This parking lot is open daily from 10am-5pm. Gold King Mine & Ghost Town is located at 1000 Perkinsville Road, Jerome.

**Elden Crest 38 Start Line** – Parking is available for free during the entire race at the Start Line, Fort Tuthill County Park. Feel free to park here before the race start and once you finish, catch a ride or quick Uber back to your car.

**Flagstaff Parking Lot** – [See the Finish Line parking lot & shuttle info map HERE.](#)

## 38. Camping

The following camping info is for free dispersed camping on public lands. There are also numerous pay campgrounds along the course. When you are out in the desert, remember it is a fragile ecosystem, so please DO NOT walk, drive, park, or camp on vegetation or [Cryptobiotic soil](#).

- **Cocodona250 Start Line** – Camping is available and free to runners/crew/pacers at the start line on Sunday May 5<sup>th</sup>. This includes cars, vans, trailers, and RVs. Please don't arrive before 1:00pm on Sunday, May 5<sup>th</sup>. The Start Line is located at Deep Canyon Ranch, 18600 E Deep Canyon Trail, Black Canyon City, AZ. If you need RV hookups, checkout the nearby Black Canyon Ranch RV Resort.
- **East of Crown King Area** – [Bumble Bee Ranch](#) (reservations required). Free dispersed camping on BLM and Forest Service Land along Crown King Rd and Bloody Basin Rd between I-17 and Crown King.
- **South of Prescott Area** – Free dispersed camping on Forest Service Land along Senator Highway (FR52) starting about ½ a mile past the Groom Creek Trailhead (near Camp Wamatochick Aid Station).
- **Mingus Mountain** – Free dispersed camping on Forest Service Land. Turn off of Hwy89A at the summit (Mingus Rec Area) onto FR104 like you were going to the Mingus Mountain Aid Station. After 1.5 miles turn right on FR413. Caution – Drive slow, FR413 is part of the course.
- **Cottonwood Area** – Free dispersed camping on AZ State Land Trust and Forest Service Land. Headed north from Cottonwood on AZ89A turn left on Bill Gray Rd (FR761), mile marker 358.

- **Southwest of Sedona** – Designated camping on Forest Service Land - Headed south from Sedona on AZ89A turn right near mile market 364 onto Loy Butte Rd (FR525). Look for the Forest Service sign for instructions and permit info. Another beautiful option is paid camping at [Camp Avalon](#) (online reservation needed).
- **South of Flagstaff Area** – Free dispersed camping on Forest Service Land. Headed north from Sedona on AZ89A turn left on FR535, mile marker 391.
- **South of Flagstaff Area** – Free dispersed camping on Forest Service Land off of I-17 at the Schnebly Hill Rd exit. Camping both east and west of I-17. Caution – Drive slow, FR226 and Schnebly Hill Rd are part of the course.

## 39. Hotels

For runners who prefer to go plush, there are hotels close to many aid stations (see below). Remember the rule that runners may only leave the course FROM AID STATIONS, see the [Rules](#) section for info.

- **Cocodona250 Start Line** – Mountain Breeze Hotel is a bit limited but is about 2 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** – Our partner finish line hotel is the Americana Motor Hotel. Use [THIS LINK](#) to book and use COCORUN for the best rate. There are plenty of other hotel options in Flag, check them out [HERE](#).

## 40. Things to do in Flagstaff

Flagstaff is not only the finish line for the Cocodona races, it is also a very cool town. From breweries, restaurants, coffee shops, a cool Observatory, to endless miles of single-track, Flagstaff has it all. Checkout the [city's website](#) for a guide to all things such as [restaurants](#), [breweries](#), [hotels](#), and much much more.

## 41. Weather

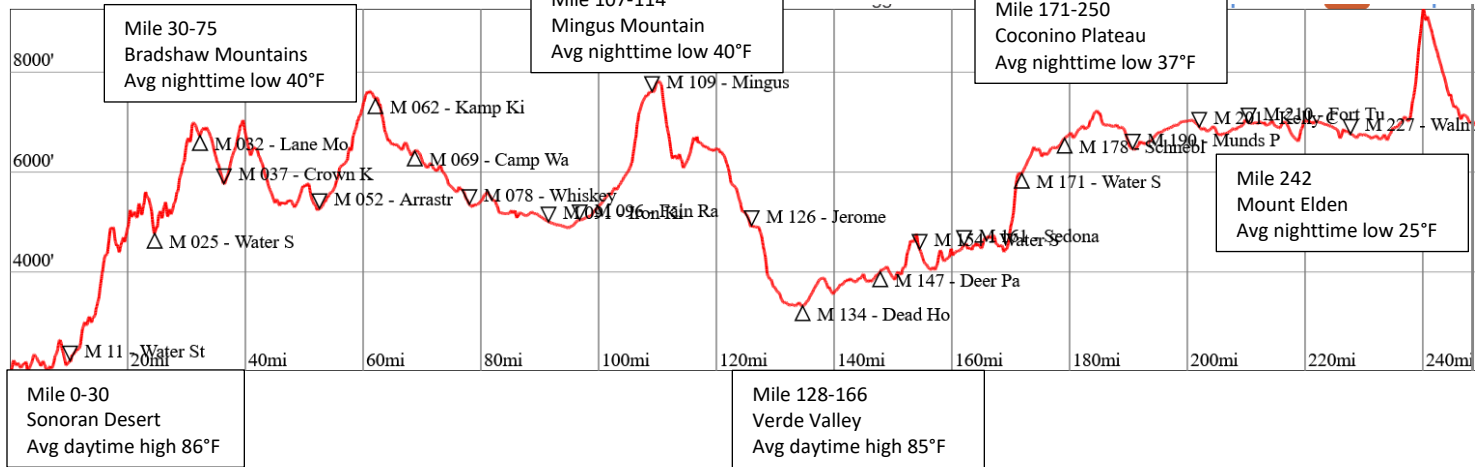
The desert is known for dramatic daytime to nighttime temperature swings and the midday sun can be intense. Expect some parts of the course to be very hot during the day, others to be very cold at night, and yes, there could be snow.

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 5-46 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 is miles 48-125 for the Sedona Canyons 125 race. Elden Crest 38 runners will not miss out on the freezing cold temps if they are still on the course at nightfall. Trust us, it gets cold up there.

**SEE REQUIRED GEAR SECTION**



## 42. Qualifiers and Points

We're pleased to announce that the 2024 Cocodona250 is a qualifier for '25 Western States. Runners who complete the Cocodona250 within the cutoff of 125 hours will automatically qualify to enter a lottery where the runners for 2025 Western States will be selected. Runners do not need to submit anything; this is an automatic process.



Runners who complete the Cocodona250, Sedona Canyons 125, and Elden Crest 38 within cutoff will automatically receive ITRA points and UTMS points. Runners do not need to submit anything; this is an automatic process.

## 43. Photography

We are stoked that you and the course will be captured by our friends Howie and Anastasia. They are experienced adventure photographers who will get a before and after race shot of you as well as lots of candid and action shots from the course. Photos will be available for purchase about a week after the race.

## 44. 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. This coverage presents an excellent opportunity to grow the sport and provide an outlet for friends and family to watch you race from afar. Please take note that there will be videographers on the ground and drones in the air to capture this footage at key points throughout the race. Note that this is NOT the same thing as [live runner tracking](#).

## 45. Merchandise

Online – Merchandise purchased from [OUR ONLINE STORE](#) by April 2<sup>nd</sup> will be shipped to you before the race. Any orders AFTER April 2<sup>nd</sup> will be shipped to you after the race.

At the Race – For those who wish to purchase Aravaipa and Cocodona specific merchandise, we will have that option available to you at the Saturday Packet Pickup in Phoenix, the Sunday Cocodona250 Packet Pickup, the crew hold area at Bumble Bee Ranch, the Tuesday Sedona Canyons 125 Packet Pickup, and at the Finish Line on Friday 10am-10pm and Saturday 6am until 30 mins after the last finisher.

## 46. Sponsors and Non-Profit Partners

We are very thankful for all of our great partners for Cocodona. See below for a full list of race partners.

- [Beaver Street Brewery](#) – The Beaver Street Brewery opened its doors in 1994 as Flagstaff's first brewpub. Over the years Beaver Street Brewery's beer has been well received by the public and has won numerous awards. Beaver Street Brewery continues to brew the flagship beer; Railhead Red, Flagstaff IPA, and Red Rock Raspberry, for those that are visiting Flagstaff's first brewpub.
- [Darn Tough](#) – Darn Tough makes socks as tough as Cocodona. Still made in Vermont with a lifetime guarantee, unlike coarse wool, Darn Tough's Merino Wool is finer and naturally wicks moisture away from your body while keeping your feet cool and dry. Darn Tough Running socks are designed to keep feet cool while you push the pace in the Arizona heat. They also actively prevent blisters and thwart hot spots before they form. Footcare is one of the most important things you'll deal with at Cocodona. Don't leave it to chance. Make sure your socks are Darn Tough.
- [Discover Flagstaff](#) – We're all trying to get to Flagstaff...that's really what it's all about. We think Flagstaff is a very cool town. But don't take our word for it, check out Discover Flagstaff of ALL of the things to do and see in and around Flagstaff.
- [Drinking Horn Meadery](#) – This local Flagstaff family run business wants you to know that mead is the best alcoholic beverage for runners and other outdoor lifestyle enthusiasts. It is very easy for the body to digest because of its simple grain and sulfite free recipe, it boasts no hangover, and is a perfect choice for the desert because of its low water use during brewing. Oh, and the folks there are ultra-runners themselves. Drinking Horn Meadery is providing all runners with a discount after the race. Stop in for a mead!
- [Gnarly](#) – Gnarly will provide Gnarly Tropical flavor Fuel2O (without caffeine) at aid stations throughout the course. Gnarly Fuel2O is the all-in-one, vegan friendly solution for long days on the trails. Fuel2O is packed

with electrolytes and calories to replace what is lost during a long endurance effort. It also has the added bonus of HMB, which is a metabolite which helps prevent muscle degradation - so you can kickstart your recovery during your performance workout! Fuel2O is ideal for trail runs and alpine adventures, especially for big pushes like Cocodona! Cocodona runners use code "PUSH250" for a discount at gognarly.com.

- [Kahtoola](#) – Kahtoola means "directly" in Tibetan and the company was founded to help people get directly where they want to go. Headquartered in Flagstaff, Kahtoola is ideally situated to design and test outdoor gear, including their flagship MICROspikes footwear traction, gaiters, and hiking crampons. Kahtoola's purpose extends beyond products and they give at least 1% of revenue each year through the Kahtoola Philanthropy Program to support indigenous cultures, the outdoor community, and environmental responsibility. Don't forget to grab your INSTAgaiters or RENAgaiters and keep those feet protected for all 250 miles! Also...Thank you, Kahtoola, for providing each Training Run runner with a pair of gaiters and for donating \$50/Training Run runner to Wilderness Volunteers (the race non-profit partner).
- [Latinos Run](#) – Latinos Run is an international organization that promotes running as way to improve physical and mental health of the Latino community. They celebrate diversity and aim to empower others to Get Inspired By The Journey. Thanks Latinos Run, for volunteering with us at the Lane Mtn Aid Station!
- [LEKI](#) – LEKI has been making poles since 1948 and is the only global brand that has developed poles 100% for Trail Running. From the world's top trail runners to weekend warriors, LEKI provides a Tailwind for your top performance. Built using the most environmentally friendly manufacturing processes, LEKI creates innovative products designed to help you reach your destination faster and fresher than ever. Do poles really make you a more efficient trail runner? Yes! Watch this great [VIDEO](#) for info on proper pole usage.
- [Lumberyard Brewing Company](#) – Lumberyard Brewing opened its doors in 2010 after Winne and Evan, owner's of Beaver Street Brewing, Flagstaff's first brewpub, were looking to expand their operation. Located just south of the railroad tracks on San Francisco Street, Downtown Flagstaff, Arizona. The location of the old Copeland Lumberyard building in the middle of downtown Flagstaff lent itself to becoming a gateway to the Southside community and creating a space for locals and tourists alike to come together for great beer, great food and great times. Winnie and Evan created a unique menu filled with all the pub favorites to accompany their award-winning beers. The food and beer both attract a large demographic of people which creates a fun and welcoming environment for all. Over the last decade, Lumberyard Brewing Company has been brewing and distributing its flagship beers throughout Arizona including Flagstaff IPA, Railhead Red, Red Rock Raspberry alongside new creations that have been added into the family. Most recently our Hazy Angel IPA.
- [Näak](#) – Näak was born in Canada with one mission: build the most efficient and sustainable fuel for trail and ultra runners. It's all based in one radical idea...long-lasting energy powered by high quality and sustainable ingredients. Made with plant-based proteins and natural ingredients, Näak bars provide you with a complete nutrition to help you go longer, farther. Check out their [Nutrition Tool](#) to help you dial in your running endurance fuel and get 15% on [naak.com](#) with code CCDN15.
- [Prescott Creeks](#) – Prescott Creeks is a not-for-profit organization with a mission to achieve healthy watersheds and clean waters in central Arizona for the benefit of people and wildlife through protection, restoration, education, and advocacy. They work to protect some beautiful riparian areas along the course and we are happy to be able to support their mission with the Cocodona event.
- [Satisfy Running](#) – Since launching in 2015, Satisfy Running has become renowned for its unique take on developing technical equipment that reduce distractions to help runners unlock the High. We're excited to announce Satisfy as a sponsor of the Cocodona 250 as they curate a first of its kind, premium aid station recovery experience for runners as they make their way through the Satisfy Fain Ranch Aid Station.



- [Speedland](#) – Speedland takes a no compromise approach. They use the best of the best components and materials at every turn. From dual Li2 BOA® dials in the upper, to their removable Carbitex® GearFlex plate in the midsole, to the thin web Michelin® Rubber outsoles; their quality, technology, and performance is unrivaled. Speedland wants you to focus on the mountains, run your best race, and remove all distractions. Speedland goes as fast as you, and helps you enjoy every step. @runspeedland #RunWithTheLand
- [Spring Energy](#) – Real food. REAL good! Spring will be providing cold fruit smoothies at the Spring Energy Crown King Aid Station. They are also proving gels at half of the aid stations to grab and go (OMG YES!!!). Real food is a powerful source of energy. At Spring Energy, we took what is offered by nature and carefully crafted a line of healthy nutrition products for endurance athletes. With proper nutrition, training, and racing should be full of joy, **without the worry of GI problems**, harmful sugar highs and dips, or other negative effects from low quality ingredients and chemicals. Spring Energy is driven by science. Equipped with vast athletic experience and inspired by passion for a healthy lifestyle, we designed a unique formula for a 100% natural product. We embrace the culture of active and healthy living, providing nutritious endurance fuel for athletes who choose this path. [Here from Cocodona course record holder Sarah Ostaszewski for 200-miler nutrition tips and tricks and which is her favorite #SpringEnergy HERE.](#)
- [Squirrels Nut Butter](#) – SNB has supported Aravaipa for many years. They make great products and are amazing people. Based in Flagstaff, SNB will be staffing the Fort Tuthill Aid Station, so please tell them thank you! Don't let chafing stop you from reaching your limits--keep your little bits protected! SNB has generously offered Cocodona runners a 20% discount (enter "COCODONALUBE" all caps at checkout) to help lube your anti-chafing purchase. They'll also be providing every runner with a tin in the goodie bag.
- [Sundog Running](#) – We are very happy to announce our partnership with Sundog Running, the official training and coaching partner of Cocodona. Every runner is unique, which is why Sundog only provides custom training plans, specifically tailored to each athlete. Whether you're a beginner, elite, or find yourself somewhere in between, Sundog wants to work with you. They prioritize individualized training, close communication, and thorough race planning. Sundog Running offers local knowledge of the Cocodona course. Based in Flagstaff, their coaches have completed the Cocodona250 and Sedona Canyon 125 events themselves, as well as coached runners to the finish line. Find them at [sundogrunning.com](#).
- [Tanri](#) – We've used lots of sunscreen over the years, so we consider ourselves experts at Aravaipa. This stuff is good and we know you'll love it too. Sunscreen created specifically FOR runners! The two most concerning issues with runners and their sun care are durability and application. TANRI was carefully formulated to apply as smoothly as a lotion while enduring the most challenging adventures. Sun care that's as active as you are. Created for runners, by runners.
- [UltrAspire](#) – Each 250-distance runner will receive an UltrAspire collapsible silicone cup for the race. UltrAspire is comprised of athletes of all types, ranging from the newest adventurers to the most elite competitors in the world. They design gear from the ground up to meet your needs, and they accomplish this by working with athletes directly. UltrAspire gear is inspired by athletes, designed for performance, and revised to perfection. Run in comfort at any distance in their ErgoFit Vests and ErgoFit Waistbelts, keep cool over the long haul with the UltraCool System, and light up the trails for the most natural night running experience with 3D Lighting™. Want to see how the pros pack for the 200 mile distance? [Check out this](#) video with UltrAspire athletes Mike McKnight and Jeff Browning. UltrAspire has generously offered Cocodona runners a 15% discount (enter "coco15" all lowercase at checkout). On top of all this, UltrAspire will be out at the Lane Mountain Aid Station with a cool down station, helping you recover from that brutal first 33 miles. Thanks UltrAspire!

- [Uptown Pubhouse](#) – Uptown Pubhouse in Flagstaff is 145’ from the finish line in Heritage Square, we think you should be able to walk that far for a beer...even after 250-miles. Uptown has beers on tap, tons of Whiskey and Scotch options, and a full food menu. Join us on Friday May 10<sup>th</sup> from 2:00-3:30pm for the official finish line race celebration and who knows, the Race Director might even buy you a drink and give you a hug. Uptown is also providing every runner (all distances) a free beer, wine, or well drink gift certificate in the goodie bag. Thanks Uptown!
- [Wander Project](#) – Creating and administering a charity bib program would have been a big task, especially with all the other things we have going on for Cocodona. That is why partnering with Wander Project was a no-brainer. Cocodona charity bib runners get to have a big impact on the causes they believe in and Wander Project does the legwork. Win-Win! Wander Project engages with athletes and racing events to support local communities through inspiring fundraising and service. By working with race events and nonprofit organizations around the country we provide a platform for individuals to connect their passion of running with a greater purpose. Our charity bib program empowers individuals to raise awareness and funds for a cause that means a lot to them through running events. Thanks Wander Project!
- [Wilderness Volunteers](#) – We are happy to continue our support of Wilderness Volunteers, our official nonprofit partner for Cocodona! Wilderness Volunteers will receive a portion of the funds from the Cocodona charity bib program. Wilderness Volunteers is a 501(c)3 nonprofit organization with a mission to engage people in meaningful service that conserves and protects America's wild lands. Their affordable week-long volunteer service projects are nationwide: from Maine to California, Hawaii, and Alaska. Volunteers assist land agencies with trail maintenance, invasive species removal, wildlife habitat restoration, erosion control, archeological surveys, and much more. Learn more about their organization and sign up for one of their amazing trips today.

## 47. Crown King Aid Station Crew Restrictions

### **THIS SECTION ONLY APPLIES TO THE COCODONA250 RACE**

Parking in Crown King is very limited and we have therefore enacted some controls for crews.

ALL CREWS SUPPORTING RUNNERS AT CROWN KING MUST CHECK-IN AT BUMBLE BEE RANCH AND RECEIVE A PARKING PASS PRIOR TO DRIVING TO CROWN KING AID STATION. VEHICLES WITHOUT PARKING PASSES WILL NOT BE ALLOWED INTO CROWN KING. ONLY ONE PARKING PASS PER RUNNER. Parking passes will be distributed to crews at Bumble Bee when their runner reaches a certain point on the course. This point will be displayed on the LiveTracking site. Crews not driving to Crown King do not need to check-in at Bumble Bee Ranch.

After the runners leave the Start Line in Black Canyon City, come hang out with us at Bumble Bee Ranch. We will have the Cocodona LiveStream and runner tracking displayed on TVs. Food (breakfast, lunch, and drinks) will be available for purchase ([MUST RESERVE ORDER IN ADVANCE HERE](#)). It is about a 1-hour drive from Bumble Bee to Crown King. There are lots of chairs and shade. You will not find a better place to hang out and wait for your runner between the Start Line and Crown King.

Drive times:

- Start Line in Black Canyon City to Bumble Bee Ranch (23925 Bumble Bee Rd, Mayer, AZ) is about 30 mins

- Bumble Bee Ranch to Crown King Aid Station is about 1 hour
- Bumble Bee Ranch to the Whiskey Row Aid Station is about 1.25 hours

Camping at Bumble Bee Ranch on Sunday and Monday nights is available with a reservation ([WHICH CAN BE MADE HERE](#)). Crews of mid to back-of-the-pack'ers are encouraged to camp at Bumble Bee Ranch on Monday night after returning from Crown King. These crews will still have ample time to meet their runner at the Whiskey Row Aid Station on Tuesday. Crews of leaders to mid-pack should not stay at Bumble Bee Ranch on Monday night as they will not have time to meet their runner at the Whiskey Row Aid Station.

## 48. Sedona & Walnut Canyon Aid Stations Crew/Pacer Restrictions

### **THIS SECTION ONLY APPLIES TO THE SEDONA CANYONS 125 RACE**

ALL RUNNERS' CREWS/PACERS MUST PARK AT THE SHUTTLE LOTS AND RIDE A SHUTTLE TO THE SEDONA AND WALNUT CANYON AID STATIONS. Shuttles will start running 12pm Wed for Sedona and 12:30am Thur for Walnut Canyon. Runners whose crew/pacers do not follow this information will be DQ'ed from the race.

**Sedona Aid Station Shuttle Lot** – St. John Vianney Church – 180 Saint John Vianney Ln, Sedona.

**Walnut Canyon Aid Station Shuttle Lot** – Far NW corner of Hobby Lobby parking lot at 4620 US-89 N, Flagstaff.

## 49. Schnebly Hill to Munds Park Section Skip

### **This only applies to the Sedona Canyons 125 race**

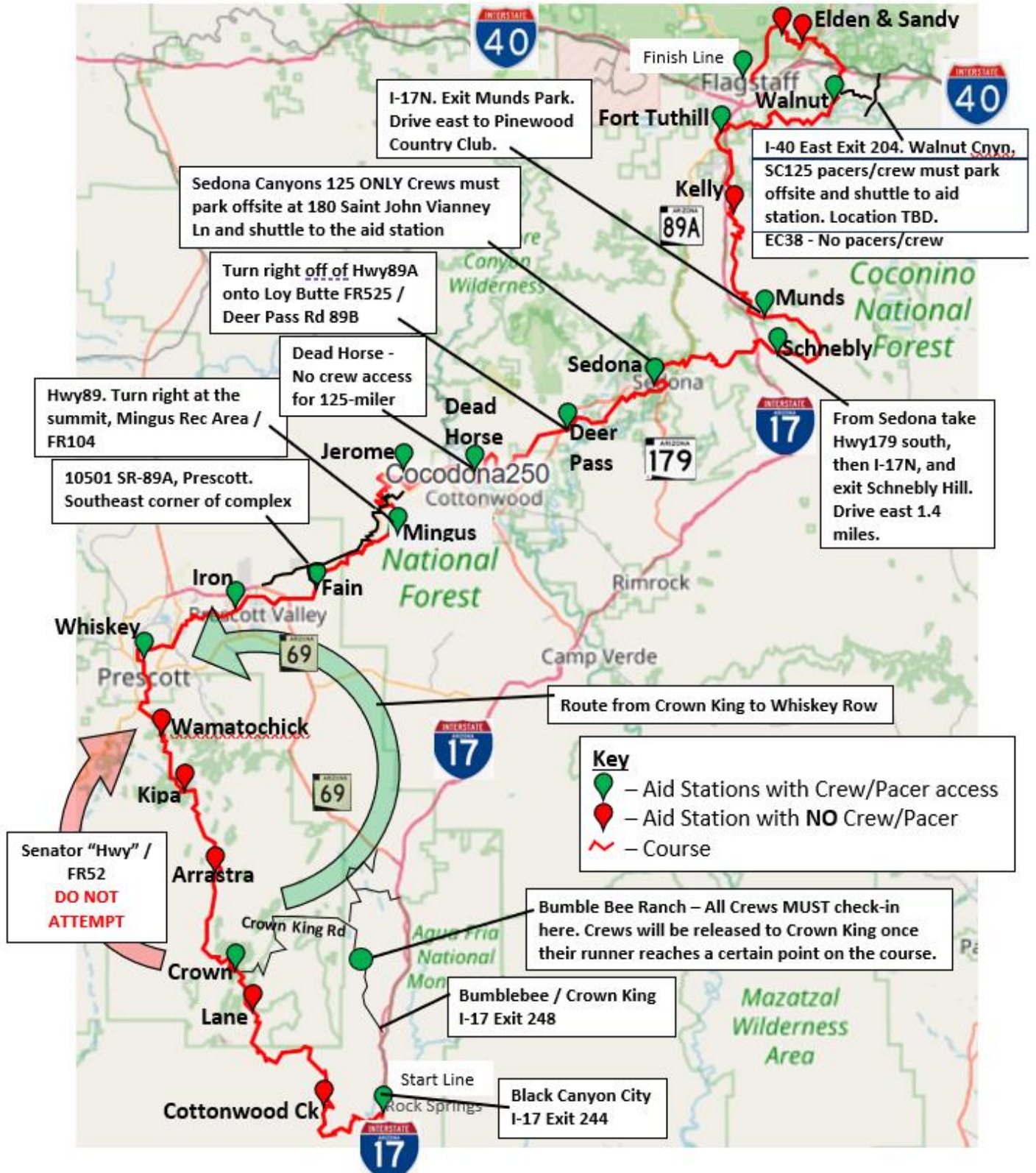
The Cocodona course pass through a number of protected wildlife habitats managed by the USFS. The USFS has recently shared with us a need to limit the number of runners passing through the area between Schnebly Hill and Munds Park due to nesting pairs of the endangered Mexican Spotted Owl. We will therefore 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, you can take your time, get your drop bag, eat, and rest at Schnebly Hill. Once you are ready to leave the aid station you will check out with a staff member and your time will be recorded (your race clock stops). From this time, you will not be allowed to receive any aid from the Schnebly Hill Aid Station. Next you can wait to board a race shuttle (your race clock is not running while you wait) or you can have your crew transport you to the Munds Park Aid Station (9-min drive). When you arrive at Munds Park Aid Station, immediately check in to the aid station (this will start your race clock again). Runners who fail to check out at Schnebly Hill and/or check in at Munds Park will be assessed a time penalty.



# 50. Aid Station Driving Directions

Keeping your runner in the race, prepping food, refilling hydration packs, dealing with logistics, and navigating from aid to aid is a big job. This section should have the info you need to navigate to aid stations.



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



## 51. Aid Station Vehicle Access & Crew Parking

All Crew/Pacer accessible aid stations can be reached in a standard passenger vehicle but some roads are a bit rough and some of the aid stations have limited parking. See below for specific notes to help you navigate.

- **Crown King Saloon Aid Station** – ALL CREWS SUPPORTING RUNNERS AT CROWN KING MUST CHECK-IN AT BUMBLE BEE RANCH (23925 Bumble Bee Rd, Mayer, AZ) AND RECEIVE A PARKING PASS PRIOR TO DRIVING TO CROWN KING AID STATION. VEHICLES WITHOUT PARKING PASSES WILL NOT BE ALLOWED INTO CROWN KING. ONLY ONE PARKING PASS PER RUNNER. Parking passes will be distributed to crews at Bumble Bee when their runner reaches a certain point on the course. This point will be displayed on the LiveTracking site. Crews not driving to Crown King don't need to check-in at Bumble Bee Ranch. Long washboard road w/ tight spots & exposed switchbacks. Accessible in any vehicle but a huge RV might be tough. Drive SLOW & take care.
- **Whiskey Row Aid Station** – Parking during lunch and dinner hours in Prescott can be challenging. RVs consider parking at the middle school track at 315 W. Goodwin St (0.3 mile from the aid station).
- **Deer Pass Aid Station** – Parking at this location is very limited. Please wait until your runner is close before arriving and pack up and get going once your runner is out. No parking on SR89A or w/in state hwy ROW.
- **Sedona Aid Station** – **THIS ONLY APPLIES TO THE SEDONA CANYONS 125 RACE** – ALL RUNNERS' CREWS MUST PARK AT THE SHUTTLE LOT AND RIDE A SHUTTLE TO THE SEDONA AID STATION. Shuttles will be running continuously through the entire event. Runners whose crew don't follow this rule will be DQ'ed.  
**Sedona Aid Station Shuttle Lot** – St. John Vianney Church – 180 Saint John Vianney Ln, Sedona.
- **Fort Tuthill Aid Station** – Paved roads. Plenty of parking. NOTE - crews may only setup tents/support areas for their runners inside of the Quad area adjacent to the aid station, not anywhere else w/in Fort Tuthill.
- **Walnut Canyon Station** – The dirt road gets rough in 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**. If your runner doesn't need the support at this location, please skip it. Please wait until your runner is close before arriving and pack up and get going once your runner is out.  
**THIS ONLY APPLIES TO THE SEDONA CANYONS 125 RACE** – ALL RUNNERS' CREWS/PACERS MUST PARK AT THE SHUTTLE LOT AND RIDE A SHUTTLE TO THE WALNUT CANYON AID STATION. Shuttles will be running continuously through the entire event. Runners whose crew/pacers don't follow this rule will be DQ'ed.  
**Walnut Canyon Aid Station Shuttle Lot** – Far NW corner of Hobby Lobby parking lot at 4620 US-89 N, Flagstaff.
- **Finish Line (Heritage Square)** – [See the Finish Line parking lot & shuttle info map HERE](#).

## 52. Pacer Parking

Most of the aid station parking areas are not big enough to accommodate crews AND pacer vehicles. We ask pacers not to park at aid stations. Here is some info to help you figure out a good place to park:

- **Whiskey Row Aid Station** – Parking Garage at 135 S Granite St, Prescott
- **Iron King Aid Station** – Santa Fe Station Park
- **Fain Ranch Aid Station** – Pacer parking acceptable at the aid station.
- **Mingus Mtn Camp Aid Station** – Mingus Rec Area Large dirt parking at intersection of Hwy89A and FR104
- **Jerome Historic State Park Aid Station** – Park at the Jerome town parking lot at 1350 Perkinsville Rd.
- **Dead Horse Ranch Aid Station** – Pacer parking at Cottonwood Riverfront Park 1284 E. River Front Rd.

- **Deer Pass Aid Station** – Large parking lot on Loy Butte Rd (FR525) just west of Hwy89A. No parking on SR89A or w/in state hwy ROW. NO PACER PARKING AT DEER PASS.
- **Sedona Aid Station** – NO PACER PARKING AT SEDONA AID STATION. Lots of parking in the town of Sedona. 125-miler pacers must park in the designated parking lot (TDB) and ride the shuttle to the aid station or your runner will be DQ'ed from the race.
- **Schnebly Hill Aid Station** – Pacer parking in the large dirt parking area just WEST of I-17 at Schnebly Hill Rd.
- **Munds Park Aid Station** – Park at the Munds Park Gas Mini Mart. 17700 S Munds Ranch Rd.
- **Fort Tuthill Aid Station** – Pacer parking acceptable at the aid station.
- **Walnut Canyon Aid Station** – NO PACER PARKING AT WALNUT CANYON AID STATION. 125-miler pacers must park in the designated parking lot at the far NW corner of Hobby Lobby parking lot at 4620 US-89 N, Flagstaff and ride the shuttle to the aid station or your runner will be DQ'ed from the race.
- **Finish Line (Heritage Square)** – [See the Finish Line parking lot & shuttle info map HERE](#).

## 53. Cocodona 250 Aid Station Table

Aid Station	250 Miles	Fastest Projected Runner (TOD)	Cutoff Times (TOD)	Crew Access	Pacer Access	Sleep Station	Drop Bags
Start Line - Deep Canyon Ranch	0	5/6/24 5:00 AM		Yes	-	-	Yes
Cottonwood Creek	7.4	5/6/24 6:40 AM	5/6/24 9:50 AM	-	-	-	-
Water Station	10.4	-		-	-	-	-
Water Station	24.6	-		-	-	-	-
Lane Mtn	32.5	5/6/24 11:58 AM	5/6/24 11:20 PM	-	-	-	-
Crown King Saloon by Spring Energy	36.6	5/6/24 12:34 PM	5/6/24 11:55 PM	Yes	-	-	Yes (A)
Arrastra Creek	53.0	5/6/24 4:04 PM	5/7/24 6:30 AM	-	-	-	-
Kamp Kipa	62.4	5/6/24 6:48 PM	5/7/24 1:00 PM	-	-	Yes	-
Camp Wamatochick	69.0	5/6/24 9:11 PM	5/7/24 5:00 PM	-	-	Yes	Yes
Whiskey Row	78.3	5/6/24 10:37 PM	5/7/24 9:30 PM	Yes	Yes	Yes	Yes
Iron King	91.7	5/7/24 1:23 AM	5/8/24 3:30 AM	Yes	Yes	-	-
Fain Ranch by Satisfy Running	97.0	5/7/24 2:43 AM	5/8/24 8:30 AM	Yes	Yes	-	Yes
Mingus Mountain Camp	109.2	5/7/24 6:40 AM	5/8/24 1:00 PM	Yes	Yes	Yes	Yes
Jerome Historic State Park	126.6	5/7/24 10:08 AM	5/8/24 8:00 PM	Yes	Yes	-	-
Dead Horse Ranch State Park	134.8	5/7/24 11:57 AM	5/9/24 12:30 AM	Yes	Yes	Yes	Yes
Deer Pass Trailhead	148.0	5/7/24 3:02 PM	5/9/24 5:15 AM	Yes	Yes	-	-
Water Station	154.6	-		-	-	-	-
Sedona Posse Grounds Park	162.3	5/7/24 8:28 PM	5/9/24 12:15 PM	Yes	Yes	Yes	Yes
Water Station	172.2	-		-	-	-	-
Schnebly Hill	179.5	5/8/24 3:18 AM	5/9/24 9:30 PM	Yes	Yes	-	Yes
Munds Park	191.0	5/8/24 6:45 AM	5/10/24 1:00 AM	Yes	Yes	Yes	Yes
Kelly Canyon	202.3	5/8/24 8:28 AM		-	-	-	-
Fort Tuthill	210.6	5/8/24 9:46 AM	5/10/24 3:30 PM	Yes	Yes	Yes	Yes (A)
Walnut Canyon	227.8	5/8/24 1:56 PM	5/10/24 9:30 PM	Yes	Yes	-	Yes
Mt Elden by Kahtoola	240.8	5/8/24 4:51 PM		-	-	-	-
Finish Line - Heritage Square	249.4	5/8/24 5:41 PM	5/11/24 10:00 AM	Yes	Yes	-	Yes (ALL)

Drop Bags available at 11 of the 20 aid stations. Luggage/Bags left at Start will be transported to the Finish.

(A) Drop Bags from Crown King Aid Station will also go to Fort Tuthill Aid Station. One bag goes to both.

All Drop Bags will be at the Finish Line. Our goal is for all of your drop bags to beat you to the finish.

Drop bags left at race will not be shipped after the race but can be picked up at the Aravaipa office in Phoenix.

## 54. Sedona Canyons 125 Aid Station Table

Aid Station	125 Miles	Cutoff Times (TOD)	Crew Access	Pacer Access	Sleep Station	Drop Bags
Start Line - Gold King Mine Ghost Town	-		YES	-	-	Yes
Dead Horse Ranch State Park	10.1	5/9/24 12:30 AM	-	-	Yes	Yes
Deer Pass Trailhead	23.2	5/9/24 5:15 AM	-	-	-	Yes
Water Station	29.9		-	-	-	-
Sedona Posse Grounds Park	37.5	5/9/24 12:15 PM	Yes**	-	Yes	Yes
Water Station	47.5		-	-	-	-
Schnebly Hill	54.7	5/9/24 9:30 PM	Yes	-	-	Yes
Munds Park	54.7	5/10/24 1:00 AM	Yes	Yes	Yes	-
Kelly Canyon	70.2		-	-	-	-
Fort Tuthill	87.0	5/10/24 3:30 PM	Yes	Yes	Yes	Yes
Walnut Canyon	104.9	5/10/24 9:30 PM	Yes**	Yes**	-	Yes
Sandy Seep	113.3	5/11/24 12:15 AM	-	-	-	-
Finish Line - Heritage Square	125.8	5/11/24 10:00 AM	Yes	Yes	-	Yes (ALL)

Drop Bags available at 6 of the 9 aid stations. Luggage/Bags left at Start will be transported to the Finish.  
 \*\*Sedona & Walnut Canyon - 125-mile runners' crews/pacers must park offsite & ride shuttle to these aid stations. **Sedona Aid Station Shuttle Lot** – St. John Vianney Church – 180 Saint John Vianney Ln, Sedona.  
**Walnut Canyon Aid Station Shuttle Lot** – Far NW corner of Hobby Lobby parking lot at 4620 US-89 N, Flagstaff

## 55. Elden Crest 38 Aid Station Table

Aid Station	38 Miles	Cutoff Times (TOD)	Crew Access	Drop Bags
Start Line - Fort Tuthill	-	5/10/24 3:30 PM	Yes	-
Water Station	10.7	-	-	-
Walnut Canyon	17.9	5/10/24 9:30 PM	-	Yes
Sandy Seep	26.4	5/11/24 12:15 AM	-	-
Water Station	32.5	-	-	-
Finish Line - Heritage Square	38.9	5/11/24 10:00 AM	Yes	Yes (ALL)

Make sure to read the required gear section as we WILL be checking gear at Walnut Canyon.  
 Runners can leave a drop bag at the Start Line that will be taken directly to the Finish Line.  
 Drop Bags from Walnut Canyon will be brought to the Finish Line periodically.  
 No crew or pacers for the 38-mile race anywhere on the course.

Thank you so much for running Cocodona with us! **Happy running!**