



Cocodona Volunteer Guide

May 6th thru 11th, 2024



Cocodona250 – May 6th thru 11th, 2024
Sedona Canyons 125 – May 8th thru 11th, 2024
Elden Crest 38 – May 10th & 11th, 2024

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1. Welcome!

Now with three race distances; the original Cocodona250, Sedona Canyons 125, and the Elden Crest 38, Cocodona has something for everyone. 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. Welcome to the Cocodona!

Aid Station Captains and Assistant Captains – Please read through this Volunteer Guide prior to race week and do not hesitate to [contact us](#) with any questions.

Aid Station Volunteers – It is recommended but not necessary for you to read this entire Volunteer 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](#).

2. 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](#).

3. Cocodona 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.

4. 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 the work they do to make this world a more socially, economically, and environmentally just place.

5. 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.

6. Race Command (602)830-4526

We have a central dispatch during the race that we call Race Command. This is a TEXT only phone number so send them a text and they can call you back if needed. They have all the race info, all staff's contact info at hand, they know which staff members are on sleep break, know all of the runners and staff member's locations. Race Command is your go to for ANYTHING you need. Send the text to Race Command and they can dispatch the appropriate staff member if needed.

Many times, you are the first to hear of issues. Are runners coming into your aid station saying the course marking is off in a section? Are runners saying there is a runner in trouble ¾-mile back? Text Race Command and we are on it.

7. Aid Station Roles and Responsibilities

Aid Station Captains – The aid station captain role is a BIG job. You are be responsible for:

- Goal #1 – Get runners to the finish line
- It is not always possible but we try to always say, “yes, we can do that” when the runner asks.
- If possible, assist the RD in obtaining your assistant captain and aid station volunteers
- Be available for emails/communications/training in advance of the event
- Obtain Food Handlers Cert
- In addition to the race director's standard communications, coordinate details/instructions with your station volunteers
- Coordinate w/ Asst Captain the expectations between you two, who will do what, etc.
- Might be asked to bring some personal supplies and/or purchase some items for your station (if possible and you will be reimbursed)
- Final setup of the aid station
- Check volunteers in as they arrive to the aid station. Provide a shirt if they are listed on the shirt report (last minute signups do not get shirts).
- Managing and assisting volunteers to support their role at the race
- Providing a safe, efficient, fun, and clean aid station experience for all runners
- Sleep. We want/need you to go on sleep breaks. Try to be proactive and sleep during slow times. Trade sleep shifts with your Assistant. Ideally you can both be awake for the busiest hours.
- Record inventory, volunteer hours, and volunteer no-shows
- Breakdown after the race cutoff
- Providing feedback to race director after the race

Aid Station Assistant Captains - Responsible for supporting the

- Goal #1 – Get runners to the finish line
- It is not always possible but we try to always say, “yes, we can do that” when the runner asks.
- Might be asked to bring some personal supplies and/or purchase some items for your station (if possible and you will be reimbursed)
- Follow the lead of your Aid Station Captain
- Final setup of the aid station

- Managing and assisting volunteers to support their role at the race
- Providing a safe, efficient, fun, and clean aid station experience for all runners
- Sleep. We want/need you to go on sleep breaks. Try to be proactive and sleep during slow times. Trade sleep shifts with your Captain. Ideally you can both be awake for the busiest hours.
- Breakdown after the race cutoff
- Act as aid station captain during captain's absence (e.g., during sleep breaks)

Aid Station Volunteers – Thank you so much for making this race possible! You are helping the runners achieve a feat of a lifetime.

- Goal #1 – Get runners to the finish line.
- It is not always possible but we try to always say, “yes, we can do that” when the runner asks.
- Show up to your aid station on time and with the clothing for the cold/heat.
- Have a great attitude with the runners
- Help where the captain needs you. It may be on the grill, directing parking, making PB&Js, getting drop bags for runners, filling hydration bladders, applying sunscreen, or the myriad of other things needed to get the runners to the finish line.

8. Extra Items Provided by Captains & Assistants

Transporting, setting up, and tearing down all the equipment and supplies needed for a race of this magnitude takes a huge effort. There are some items we ask Aid Station Captains and Assistant Captains to help with. We know you already do so much to support the runners and we realize this is asking even more. Thank you so much for all your time, effort, and care. This is meant for local captains/assistants that are driving from the race. If you are not local (flying in to volunteer), please do not purchase propane tanks or coolers. However, it would still be great if you were able to purchase the other items in this list:

- **Reimbursement** – Aravaipa will reimburse for any of the expenses listed below. AFTER THE RACE, email receipts to steve@aravaiparunning.com and include your mailing address or specify if you prefer Aravaipa UltraSignup credits.
- **Fire** – It is OK (and highly encouraged) to build a small fire but ONLY at the following Aid Stations (Lane Mountain, Arrastra Creek, Dead Horse, Schnebly Hill, and Kelly Canyon). Aravaipa will provide a small amount of wood. We are constricted on the amount of space in the course setup vehicles, so please consider bringing extra wood. **Oversee fire 100% of the time. Douse if it gets windy. At end of the event turn w/ shovel, douse, turn, douse.**
- **Propane** – Refilling propane tanks can often be a pain during Cocodona. Aravaipa supplies all the propane tanks that we own but we have a limited supply and there is only so much room in the course setup trucks. Use the small green cannisters FIRST. Aid Station captains and volunteers – please consider bringing your own personal 20# propane tanks. If we end up using it, you can take your empty propane tank home, exchange it for a full tank, and Aravaipa will cover the cost.
- **Bananas** – When we place bananas in the refrigerated food truck for transport it spoils the bananas. Please purchase and bring bananas for your aid station.
 - o Start thru Jerome AS – 4 Bunches
 - o Dead Horse AS thru Kelly Canyons AS – 6 Bunches
 - o Fort Tuthill AS thru Mount Elden AS – 9 Bunches

- **Grapes, Strawberries, Blue Berries and/or Veggie Tray** – We are space constricted in our course setup and refrigerated trucks. Please help by purchasing fruit or veggie-trays. In addition to the bananas you bring, Aravaipa provides oranges and watermelon. Small quantities of grapes, strawberries, or blueberries as stand-alone items or to add to pancakes are a huge hit with some runners.
- **Cooler(s) + Ice** – Space in our trucks is a limiting factor. Please bring a cooler (approx. 50qt) with ice for storage of various items that will come off our trucks not already stored in coolers.
- **Music** – Life is more fun w/ music. So are aid stations. Bluetooth speaker and charge cord (not required).
- **Clipboard / Dry erase + marker / Pen** – These items are great to have.

9. Aid Station Open Times

In an ideal world, the volunteer shifts for every aid station would start just in time to be prepared for the first runners to come through (with a little buffer time). For the first few aid stations we have very good data on the runner arrival time but as you progress further down the course, the “buffer” of the aid station open time needs to be larger. Big distance = bigger buffer. For example, if the runners are an average of 2-min/mile faster on the whole course, that equated to 8.5 hours of difference.

The 2024 men’s and women’s fields are very competitive. Some of the elites that will be pushing the front of the pack are aiming to take down the course record by 9-10 hours. That is great for them but it puts us in a hard position. It means we need to get the aid stations in the middle of the course open 4.5-5 hours earlier than the first runners last year and at the end of the course open 9-10 hours earlier. We have scheduled the aid station open times to be in line with the faster runner projections. If elite runners really are as fast as they think, we will be prepared. If they are a bit slower, the start of your shift will be very easy. If the front runners are way off of the fastest projections, Race Command might call you to adjust your shift start time. Volunteer hours will still be credited as scheduled.

10. First Steps at the Aid Station

As an Aid Station Captain, it often feels overwhelming when you first arrive at the aid station. Take a breath and relax, there is time to get setup. Here are the steps you should take:

- **Aid Station Already Setup** – The major infrastructure (tent/tables/lights/etc) of the aid station will already be setup when you arrive (except Cottonwood Creek).
- **Race Command** – Text (602)830-4526 saying you are onsite. Include your name and aid station name.
- **Binder** – Find the aid station binder. It will have all the details to get you going.
- **Aid Station Table** – See estimated first runner arrival time in the binder. SPOT Tracking of runners can be seen at <https://trackleaders.com/cocodona24>. Race Command can provide estimated first runner time.
- **Aid Station Specific Notes** – Read through the aid station specific notes in the binder.
- **Look through Bins** – Have a look through ALL the bins/boxes to see what you’ve got. DO IT. The bins/boxes may need some reorganization, spend some time sorting like items with like items; pots/pan, breakfast, hydration, etc. Do not break down the big hefty boxes.
- **Secondary Setup of Aid Station** – Aid Station Captains and Assistant Captain will need to complete the secondary setup (arrange coolers/food-bins, setup handwash and dish wash stations, etc). Most of you will

have 1 volunteer (more vols at larger aid stations) to help with secondary setup. Setup the front tables with the runner grab and go food, fill up water and Gnarly in igloo coolers, setup your kitchen / cooking area / dish-wash / handwash stations. Typically, the first runners are very slow to arrive (see your aid station's runner flow chart in the binder), so you probably do not need to cook a huge volume of food for the front of the pack. Follow Pati's instructions on setting up the kitchen and food.

- **Vol Check-In** – Record on the spreadsheet any no shows and changes of hours. Give volunteers shirt if they are listed on the shirt report (last minute signups do not get shirts). Please have all volunteers wear shirts as their outermost layer of clothing if possible.
- **Drop Bags** – Setup drop bags in order by bib#. One volunteer to help grab bags. MOVE TO USED PILE after runner uses (Dead Horse to the Finish).
- **Read** – After things are setup and running, go back to the binder and read the entire thing.
- **Bins / Coolers Reinspection** – Go through all the bins / food boxes / coolers again. We want you to know what supplies you have and where those supplies are located. Too many times we scramble to go get peanut-butter and it was in a box under the chips all along (this is an example but you get the point). Hopefully we have thought of nearly everything including; sunscreen, lube, electrolyte tabs, tampons, and the aid station sink.

11. Food Safety

Food safety is a major priority. We need to get the runners from the start line to the finish line with plenty of good food. Many runners will deal with stomach issues due to the strain they are putting on their system, we need to ensure our food does not add to those issues. And...we need to pass the Health Inspections.

Most aid stations will receive a visit from the County Health Inspector. There is no need to stress about this inspection. We always pass. The Health Inspector may require some adjustments, just roll with the punches, and make the required adjustments. Follow the setup and food prep instructions that will be in the aid station binder and you will pass with flying colors. We will do our best to have a staff member at your aid station when your aid station is inspected.

The main concepts for food safety are:

- Handwash station with warm water and soap
- 3 bin dish wash station with choline test strips
- Food logs with time food was prepared and placed in chaffing dishes / serving Tupperware bins
- Thermometers to test food temps of cooked and stored foods
- Coolers periodically drained of water and stocked with adequate ice
- ALL THE FOOD WAS PREPARED ONSITE – If ever asked, you answer “ALL FOOD WAS PREPARED ONSITE.”

In addition to the instructions in the Aid Station Binders, our food gurus Pati and Hanna will be bouncing along the course to each aid station helping you with your food setup.

12. Think 4 Hours Ahead

The Aid Station Captain is a big role and we don't want the captain to make every bean roll-up and hand each runner their drop bags. Captains should be utilizing their volunteers to do the work and standing back to think of what is coming next. Periodically have a look at the runner flow chart (or runner tracking) to see if there is a large group of runners coming. Think through the food items you are going through fast. How is the level of your ice, propane, utensils, water, etc? If you need something, please text Race Command. Please try to be strategic, we do not want to send a staff member to restock your ice and then 30-minutes later send another staff member to restock your forks.

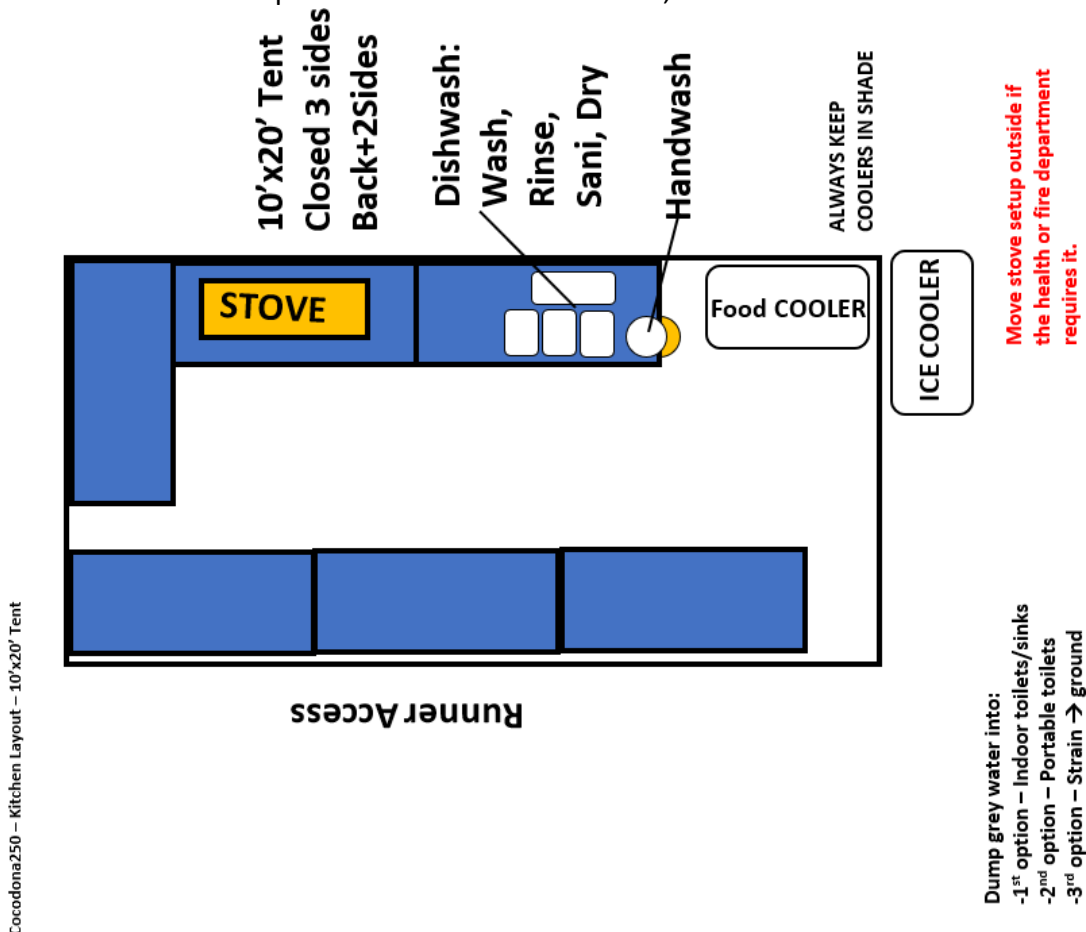
13. Aid Station Driving Directions

Aid Station driving directions can be found [HERE](#).

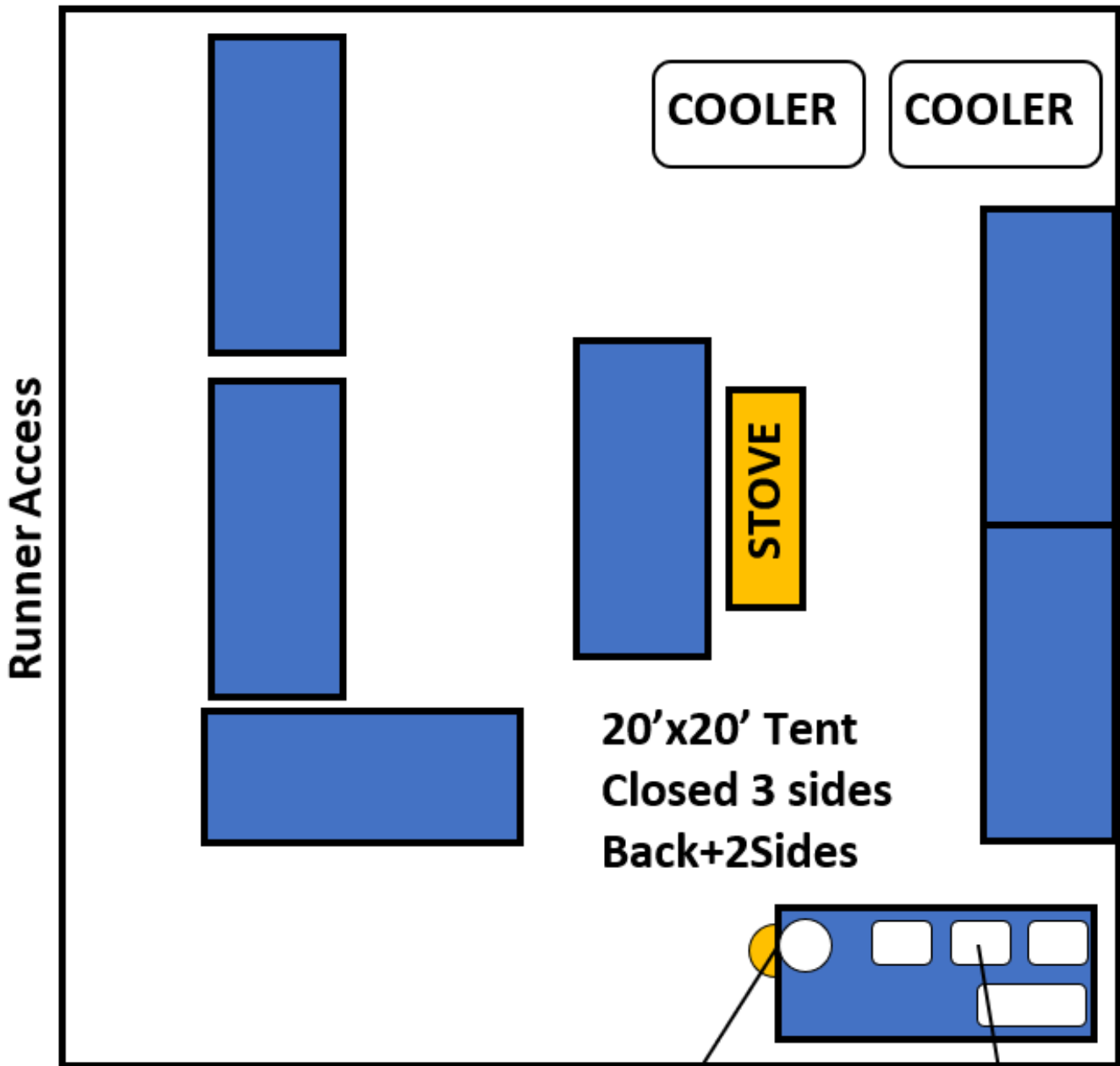
14. Aid Station Specific Instructions

This is arguably the most important information. Specific instructions for each aid station can be found [HERE](#).

In addition to the link above with specific aid station instructions, here are TYPICAL aid station kitchen layouts.



Cocodona250 – Kitchen Layout – 20'x20' Tent



Move stove setup outside tent if the health or fire department requires it.

Handwash

Dishwash:
Wash, Rinse, Sani, Dry

ALWAYS KEEP
COOLERS IN SHADE

Dump grey water into:
-1st option – Indoor toilets/sinks
-2nd option – Portable toilets
-3rd option – Strain → ground

15. Aid Station Runner Arrival Flow Chart

It is very useful to see a graph of the number of runners that will arrive to your aid station by hour. You will quickly get a sense of the busy times at your aid station. Runner Arrival Flow Charts for every aid station can be found [HERE](#).

16. Teardown

The last runners have come through, the race so far has been a success, and you are exhausted. These are the things we would love from you before you head home and yes, please feel free to start working on these items as you wait for the last runners:

- Text Race Command with info on any DNF runners not already communicated to Race Command.
- Wash / clean kitchen utensils, cutting boards, tables, etc.
- Organize kitchen bins.
- Organize and consolidate food in coolers/bins. Drain coolers of water and restock ice if possible.
- Shade all coolers, food bins, soda, water.
- Record volunteer no shows and hour adjustments on the volunteer report in the binder.
- Fill out the Metrics/Feedback form so that we can continue to improve
- For aid stations with fires - Turn, douse, turn, douse the fire to make sure it is 110% out.
- For aid stations with luggable loo toilets – Tear down the toilet / tent and double bag the waste.
- For aid stations with InReach devices – Leave the InReach with the aid station binder.
- Leave enough food / water / Gnarly for the last runners and SWEEP.
- If the last runners / sweep are behind cutoff – Text Race Command if you are NOT able to stay at the aid station until they arrive.
- Make sure finishing sweeper gives the next sweeper their SPOT tracker.
- Any breakdown of tables, chairs, cots, tents, lights, etc would help the course breakdown crew immensely.

17. Special Circumstance Runners

We have three runners on the course in 2024 that have special needs:

- Bib# 197 Alynn – She is an amazing woman and is deaf. Best way to communicate with her is to type on your phone and hand it to her.
- Bib# 98 Zach – He is an awesome young runner who is autistic. His family wanted you to be aware of his weaknesses: He is very shy and often understates his needs. He struggles with communication and slow mental processing. He does not say a lot. He has a poor sense of direction.
- Bib# 50 Brody – 17 years old and running the 250-miler. Ben his 18-year brother and mother are also running and 16- and 13-year brothers are pacing.

18. LiveStream Volunteers

If some volunteers show up to your aid station and they are not on your volunteer list, they are probably LiveStream volunteers or last-minute signups. If they are LiveStream volunteers:

- Please give them a volunteer shirt (included with your aid station volunteer shirts)
- Point them in the direction of the LiveStream bin (hopefully brought to your aid station earlier). These volunteers will need to grab equipment from that bin but should otherwise be self-sufficient.
- Any questions or issues, text the LiveStream logistics crew Lyle 435-313-0019 or Mike 949-701-2066.

19. Eco-Responsibility

Please help us lower our impact of the event by properly sorting recycling and teracycling nutrition wrappers from trash. Only CLEAN items are recyclable (no food residue). See below for the items that are recyclable.

Cardboard Boxes – Do not breakdown the big Hefty boxes. We reuse those for packing aid station supplies.

Recycling – CLEAN Recyclables go in the huge paper bags.

Teracycle – Nutrition wrappers go in the small Tupperware bins labeled “Teracycle.”



20. Cupless

Cold Drinks – Cocodona is cupless for cold drinks. What does that mean? There will be no paper cups for cold drink hydration at the aid stations. Runners are responsible for carrying their own container, cup, flask, or bottle to refill along the way. If a runner does not have a cup, give them a cup, and gently remind them of the cupless policy.

Hot Drinks – We will provide hot cups for coffee, broth, and soup.

21. Rules for Runners/Pacers/Crew

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

- **Age** – Minimum age (at race start) to participate in the race is 18 years without prior approval from the RD.
- **Residential Areas** – The course passes through some residential areas. Be respectful of residents during the race; run single file on side-walks, cross in crosswalks, be quiet at night, do not shine headlamps at houses, do not 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 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** – 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](#)).
- **Access to Crown King Aid Station Restrictions** – **Cocodona250 ONLY** – ALL RUNNERS' CREWS MUST CHECK-IN AT BUMBLE BEE RANCH PRIOR TO MEETING THEIR RUNNER AT CROWN KING AID STATION. ONE CREW CAR PER RUNNER will be released to drive to Crown King once their runner reaches a certain point on the course. Runners whose crew do not check-in a Bumble Bee Ranch will be DQ'ed from the race.
- **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.

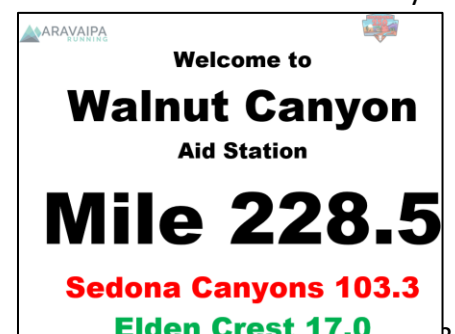
- **Required Gear** – The required gear applies to ALL RACE DISTANCES. Required gear will be checked at specific locations on the course (see [Gear Requirements](#)). Runners will not be allowed back on the course without the required gear. Pacers are also required to carry the same mandatory gear. **Runners 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.
- **Bib & bib belt** – Each 250 and 125 runner will receive TWO bibs and a bib belt for identification purposes. Runners must always display one bib on their pack or outermost layer of clothing during the race. You do not 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 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:
 - o **ONE** – Runners may leave an Aid Station on their own (IE – walking) to access a hotel or crew vehicle for aid or sleep.
 - o **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.

22. Course

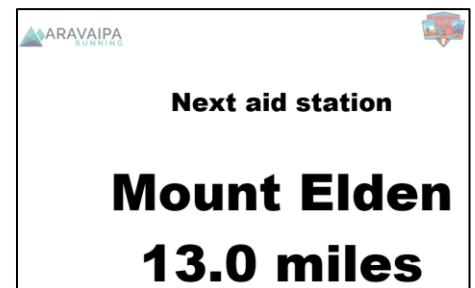
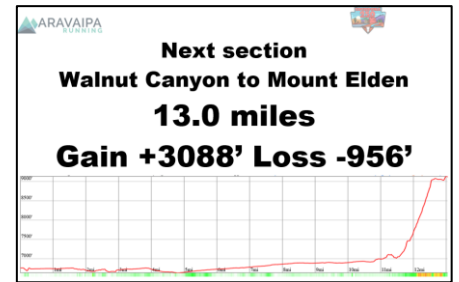
Look at the layout in the binder to see the runner path in and out of your aid station. At some aid stations, the course setup crew may have left you some cones and some course signage that you can place to help guide incoming/outgoing runners. Runners do a great job following the course out on the trails but as soon as they get to an aid station, they cannot figure it out.

Inside your aid station binder will be a few laminated signs with course info:

- **Aid Station Name & Mileage** – This tells the runners arriving to your aid station the name and course mileage of your aid station. Place this sign just out of eye sight from your aid station for runners arriving.



- **Next Section Info** – This tells the runners how many miles and the elevation profile of the next section (from your aid station to the next aid station). Tape this sign to one of the tent poles so runners can see it.
- **Next Aid Station Name & Mileage** – This tells the runners leaving your aid station how many miles to the next aid station. Place on the runner’s path as they are just leaving your aid station.



Detailed section descriptions and profiles for the course can be found [HERE](#).

Here is a link to the courses in CalTopo ([Cocodona250](#), [Sedona Canyons 125](#), and [Elden Crest 38](#)).

23. Drop Bags

Runner Drop Bags should be clearly labeled w/ bib# & aid station name. Drop bags are for runners only, no pacer drop bags. Have the first shift of volunteers sort drop bags by bib# (place on a tarp at dusty locations). Protect from the elements (sun/rain) if possible.

As runners enter the aid station, ask if they have a drop bag (but know they cannot be trusted), get their bib #, look for a drop bag with their bib #, and bring the drop bag to the runner. See a list of aid stations with drop bags at the end of this Volunteer Guide.

NO NEED TO HAVE A USED DROP BAG PILE – Aid Stations btwn Start Line - Mingus Mtn Aid Station (Mile 110). A staff member will take ALL the drop bags to the finish line **after your aid station closes**.

MOVE TO USED DROP BAG PILE – Aid Stations from Dead Horse Aid Station (mile 135) to Finish Line. Place the “Used Drop Bag” sign. Help runners move their used drop bags to the “used drop bag pile.” Be VERY diligent to double check the drop bag label against the runner’s bib number. A mistake here could cause a runner to DNF if the real runner arrives at your aid station and their drop bag is no longer there. A staff member will **periodically** come to your aid station to pick up the used drop bags and move them to the finish line.

24. Runner Bib Numbers

Each race distance has their own bibs:

Cocodona250 – Typically bib #1 thru 299

Sedona Canyons 125 – Typically bib # 300 thru 599

Elden Crest 38 – Typically bib # 600 thru 900

Pacers are also required to wear a bib which they will pick up at the aid station where they start pacing. Pacers must sign a waiver at your aid station before they can receive a pacer bib and safety pins. For a list of aid stations the pacers can start/end, see the table at the end of this Volunteer Guide.



25. SPOT Tracker

For the Cocodona250 and Sedona Canyons 125 races, every runner will carry a real-time GPS tracker. You can see all the runner's real-time positions along the course during the race. You WILL need data (cell service) to see the tracking webpage. Most aid stations have good cell service. [LINK FOR RACE LIVE TRACKING](#). If you have good cell service at your aid station, this is an excellent tool to see if there is a big group of runners coming to your aid station.

The SPOT Trackers are issued to the runners at the Start Line. They are lightweight and small, about the size of a pager (remember those?). They are stored inside of a Velcro sleeve and placed on the shoulder strap of the runner's hydration pack. If there is an issue with a runner's SPOT tracker, please text Race Command.

26. Gear Requirements

This does not apply to every aid station. It only applies at the following aid stations; Crown King, Fain Ranch, Sedona, Munds Park, Fort Tuthill, and Walnut Canyon.

The required gear applies to the 250 and 125-milers...AND Elden Crest 38 runners if they are leaving Walnut Canyon (after 12:30pm).

There will be a laminated page showing the required gear in the aid station binder (see below for example). Runners are not 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.** There will be a checkout form, clipboard, and pen at each aid station.

You do not have to physically examine the runner's required gear. If they do not want to take it out of their packs, make them verbally confirm they have each item one at a time. IE – Do you have gloves? YES/NO

If a runner or pacer does NOT have the required gear our goal is for THE RUNNER (not you the volunteer) to find the required gear so that we can get them back on the course. We are not DQ'ing runners. Other runner's crews that are at the aid station typically are willing to pitch in some extra gear if needed.

We always get questions about the Insulatory Upper Layer. This needs to be an upper with some thickness and insulating properties. A rain jacket does not count. A technical mid-weight layer with some squishy thickness is passable. A down puffy jacket is the best.

Crown King Aid Station

Runner & Pacer Required Gear

Runners (250-milers, 125-milers, AND 38-milers) and Pacers are not allowed to leave this aid station without:

- Light (headlamp, waist light, or handheld) 
- Warm Hat (beanie, buff, or gaiter) 
- Gloves 
- Long sleeve (or sun sleeves) 
- Insulatory Upper Layer
(layer with some insulation/thickness
IE – Fleece, puffy, mid-weight, etc) 
- Space blanket  Emergency Rescue Blanket

AND if raining or snowing... Waterproof jacket with hood

Problem with a runner? Call or text Steve the RD at (801)746-9848

27. Cutoff Times

We do enforce cutoff times because we need to ensure runner safety and be able to predict logistics and volunteer shifts. Cutoff times are the times runners must LEAVE the aid station, not arrive. If you do not feel

comfortable enforcing the cutoff time with a runner, feel free to call or text Steve the RD at (801)746-9848. For a list of cutoff times by aid station, please see the table at the end of this Volunteer Guide. If a runner does not make the cutoff time, take the following steps:

- Text Race Command with the runner's bib#, if the runner has crew, and if the runner needs transport
- Take the runner's SPOT Tracker (does not apply to 38-milers) – Give to a staff member
- Let the runner know that you have informed race command, they are out of the race, and that it may be a while before we can pick them up for transport.

28. DNFs

If a runner wants to DNF (Did Not Finish) please follow these steps:

- Text Race Command with the runner's bib#, if the runner has crew, and if the runner needs transport
- Take the runner's SPOT Tracker (does not apply to 38-milers) – Give to a staff member
- Have the runner fill out the Drop Runner Form (inside the aid station binder)
- Let the runner know that you have informed race command, they are out of the race, and that it may be a while before we can pick them up for transport.

29. Medical

Our medical provider, MedStar Solutions, will have medics at various aid stations along the course. For a list of all these locations, see the table at the end of this Volunteer Manual. Medic shifts start just before the runners are anticipated to arrive. Aid Station Captains please introduce yourself to the medics when they arrive onsite.

Our 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. Any runner who receives an IV during the event will be automatically disqualified.

If there is a major medical issue call 911. All other medical issues should be reported to the medic at your aid station or send a **TEXT** to Race Command.

30. Course Managers

Each 30-ish mile section of the course has a Course Manager (7 CMs over the entire course). These Course Managers marked their section of the course prior to the race and oversee that section during the race. They are the go-to for anything that happens in their section; lost/injured runners, course marking needs touch-up, issues with a runner's SPOT tracker, aid station supply restock, etc. Your Course Manager will check in with the aid station manager periodically through the race. It is great to have your CMs phone number for quick issues but we would prefer all communications be routed through Race Command.

31. Sweeps and Course Marking

A team of two course sweepers should be following closely behind the last runners coming into your aid station. The Sweepers stay behind the last runner and take down all the course markings from a section of the course. Have the Sweep leave the course markings in a leftover cardboard box and do not throw away. We reuse course markings.

If **ALL** runners leave your aid station BEFORE cutoff time:

- Text Race Command
- Teardown of the aid station can commence as soon as the last runner leaves your aid station.
- Leave some food/drinks and the sweeper's volunteer shirts set aside, if for some reason the Sweep has not arrived with the last runners.
- The Sweepers for the next section of course may start their sweep as soon as the last runner leaves your aid station, even if it is before the cutoff time. If the Sweepers for the next section of course are there, they can start. If the Sweep is not yet there, text race command to let them know that the sweeper may arrive to an empty aid station.

If runners are still arriving AFTER cutoff:

- Text Race Command
- Consolidate the aid station down to the barebones while still being able to serve all food/drink offerings to the last runners and Sweepers (also the Sweeper's volunteer shirts).
- Text Race Command if you are not able to wait for the last runner.
- Leave the Sweepers' volunteer shirts set aside if the sweep has not yet arrived.
- The sweepers for the next section may start their sweep at the cutoff time.

32. Runner's Crew

About 75% of our runner have a support crew meeting them at various aid stations along the course. Crew may not provide aid to their runner at any point on the course other than designated crew access aid stations.

For a list of crew accessible aid station, see the table at the end of this Volunteer Guide. Runners will be disqualified if their crew shows up at a non-crew-access aid station.

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

Runner's Crews may not eat or drink from aid stations.

Trash & Recycle from Crew – Crews are asked to please drop trash and recycling at the Sedona Aid Station and/or the Fort Tuthill Aid Station.

Access to Crown King Aid Station Restrictions – COCODONA250 ONLY – ALL RUNNERS’ CREWS MUST CHECK-IN AT BUMBLE BEE RANCH PRIOR TO MEETING THEIR RUNNER AT CROWN KING. ONE CREW VEHICLE PER RUNNER will be released to drive to Crown King once their runner reaches a certain point on the course.

Sedona and Walnut Canyon Crew/Pacer Restrictions – SEDONA CANYONS 125 RACE ONLY – DOES NOT APPLY TO COCODONA250 CREW/PACERS – ALL RUNNERS’ CREWS/PACERS MUST PARK AT THE SHUTTLE 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 – TBD

33. Pacers

About 70% of our runners will have pacers join them at some point during the 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 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. If a parent or legal guardian desires to have a minor (under 18) pacer, they must also sign the minor’s waiver. Pacers may NOT park at most aid stations.

34. Sleep Stations

Seven of the aid stations offer sleeping areas for runners. Sleep stations are for runners only, no pacers. Please be as quiet as possible around sleep stations. See below for a description of these locations:

- Kamp Kipa – Indoor bunks (Heated space)
- Camp Wamatochick Aid Station – Indoor bunk rooms (Heated space)
- 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)

We also want/need the Aid Station Captain and Assistant Captain to go on sleep breaks. Try to be proactive and sleep during slow times. Trade sleep shifts. Ideally you can both be awake for the busiest hours. Yes, you can use the runner sleeping cots/bunks.

35. Runners Leaving the Course for Aid / Sleep

Runners may only leave the course FROM AID STATIONS to receive aid / sleep in one of two ways:

- **ONE** – Runners may leave an Aid Station on their own (IE – walking) to access a hotel or crew vehicle for aid or sleep. Aid Station does not take any action.
- **TWO** – Runners may leave an aid station in a vehicle (to go to a hotel) 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. Make sure the SPOT logo is facing up towards the sky when you put it back on the runner.



36. Restrooms

There will be portable toilets at every aid station except for some of the very remote aid stations which will have bucket toilets (Cottonwood Creek, Lane Mtn, and Arrastra Creek). If you care to use the great outdoors instead, walk well away from the aid station, 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](#).

37. Weather

The desert is known for dramatic daytime to nighttime temperature swings and the midday sun can be intense. Expect all aid stations to be very hot during the day and very cold at night.

Aid Stations to expect **extreme heat** – Whiskey Row, Iron King, Fain Ranch, Dead Horse, Deer Pass, & Sedona.

Aid Stations to expect **extreme cold** – Lane Mtn, Crown King, Arrastra Creek, Schnebly Hill, Munds Park, Kelly Canyon, Walnut Canyon, Sandy Seep, and **ESPECIALLY MOUNT ELDEN**.

38. Camping

Coming to Arizona to volunteer? 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 at the start line on Sunday May 5th. This includes cars, vans, trailers, and RVs. Please do not arrive before 1:00pm on Sunday, May 5th. 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 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 dispersed” 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 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.

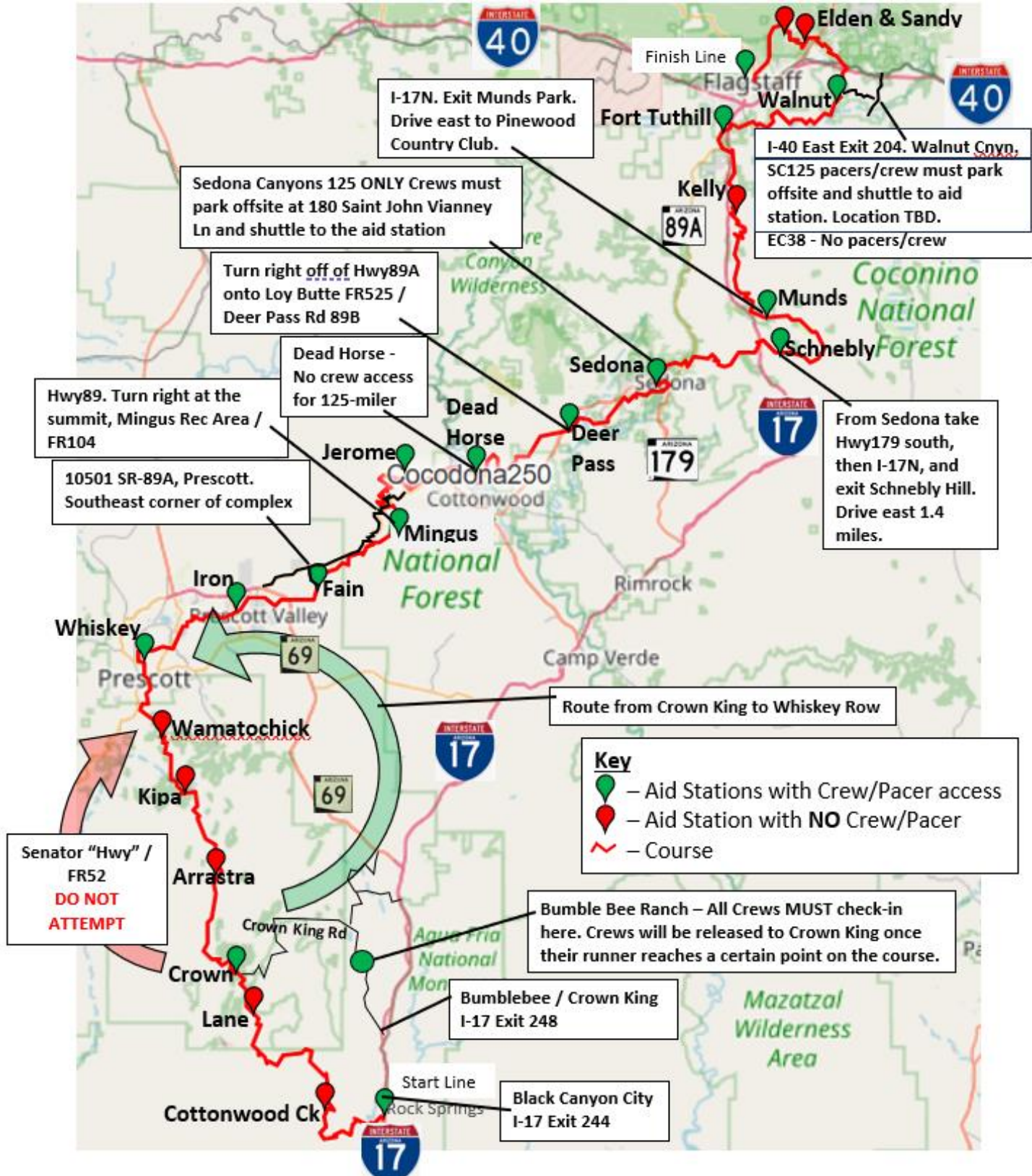
39. Hotels

For volunteers who prefer to go plush, there are hotels close to many aid stations (see below).

- **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 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 stone’s 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 140](#) 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. Aid Station Overview Map

See below for a high-level map view of the course and aid station.



41. Aid Station Table

Aid Station	250 Miles	125 Miles	38 Miles	Fastest Projected Runner (TOD)	Cutoff Times (TOD)	Crew Access	Pacer Access	Sleep Station	Medic	Drop Bags
Start Line - Deep Canyon Ranch	0	-	-	5/6/24 5:00 AM		250	-	-	-	250
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	-	-	-	Yes	-
Bumble Bee Ranch HOLD	-	-	-	-		HOLD	-	-	-	-
Crown King Saloon by Spring Energy	36.6	-	-	5/6/24 12:34 PM	5/6/24 11:55 PM	250	-	-	Yes	250
Arrastra Creek	53	-	-	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	-	-	5/6/24 9:11 PM	5/7/24 5:00 PM	-	-	Yes	-	250
Whiskey Row	78.3	-	-	5/6/24 10:37 PM	5/7/24 9:30 PM	250	250	Yes	Yes	250
Iron King	91.7	-	-	5/7/24 1:23 AM	5/8/24 3:30 AM	250	250	-	-	-
Fain Ranch by Satisfy Running	97	-	-	5/7/24 2:43 AM	5/8/24 8:30 AM	250	250	-	-	250
Mingus Mountain Camp	109.2	-	-	5/7/24 6:40 AM	5/8/24 1:00 PM	250	250	Yes	Yes	250
Jerome Historic State Park	126.2	-	-	5/7/24 10:08 AM	5/8/24 8:00 PM	250	250	-	-	-
Start Line - Gold King Mine Ghost To	-	0	-			125	-	-	-	125
Dead Horse Ranch State Park	134.8	10	-	5/7/24 11:57 AM	5/9/24 12:30 AM	250	250	Yes	Yes	250/125
Deer Pass Trailhead	148	23.2	-	5/7/24 3:02 PM	5/9/24 5:15 AM	250	250	-	-	125
Water Station	154.6	29.9	-	-		-	-	-	-	-
Sedona Posse Grounds Park	162.3	37.5	-	5/7/24 8:28 PM	5/9/24 12:15 PM	250/125*	250	Yes	Yes	250/125
Water Station	172.2	47.5	-	-		-	-	-	-	-
Schnebly Hill	179.5	54.7	-	5/8/24 3:18 AM	5/9/24 9:30 PM	250/125	250	-	Yes	250/125
Munds Park	191	54.7	-	5/8/24 6:45 AM	5/10/24 1:00 AM	250/125	250/125	Yes	Yes	250/125
Kelly Canyon	202.3	70.2	-	5/8/24 8:28 AM		-	-	-	-	-
Fort Tuthill	210.6	87	0	5/8/24 9:46 AM	5/10/24 3:30 PM	250/125	250/125	Yes	Yes	250/125/38
Water Station	-	-	10.7							
Walnut Canyon	227.8	105	17.9	5/8/24 1:56 PM	5/10/24 9:30 PM	250/125*	250/125*	-	Yes	250/125/38
Mt Elden by Kahtoola	240.8	-	-	5/8/24 4:51 PM		-	-	-	-	-
Sandy Seep	-	113	26.4	5/9/24 1:00 AM	5/11/24 12:15 AM	-	-	-	-	-
Finish Line - Heritage Square	249.4	126	38.9	5/8/24 5:41 PM	5/11/24 10:00 AM	ALL	ALL	-	Yes	ALL

*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 – TBD

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