

Cocodona Aid Station Specific Instructions

Notes for ALL Aid Stations:

- **Weather** – Be prepared for HOT and COLD at ALL aid stations.
- **Fleece Blankets** – Blankets have been provided for runners at nearly every aid station.
- **Space Blankets** – A small supply of space blankets for runners who are in really bad shape will be provided in the supply bins at some of the colder aid station.
- **Headlamp** – Bring a good headlamp with extra batteries
- **Phone Cords & Batteries** – Bring cords/chargers and battery bricks if you have them.
- **Bluetooth Speaker** – Music is fun. **IF** the Livestream is filming WITH SOUND, please turn off all music.
- **Pacers** – When pacers pick up bib, please tell them to only eat food at aid stations WHILE YOU ARE PACING. TEXT race command if issues persist.
- **Kindness** – Respect of all people (runners, pacers, crew, volunteers, and staff) is required to participate as a volunteer at Cocodona. Harassment of anyone for any reason is not acceptable and will not be tolerated. This goes both ways, we will not tolerate anyone harassing you either. If a runner or crew is harassing you, please text the RD Steve at 801-746-9848.
- **EXTRA ITEMS SUPPLIED BY CAPTAINS AND/OR ASSISTANT CAPTAINS**
This is meant for local captains/assistants that are driving from the race. If you are not local (flying in to volunteer), please do not purchase propane tanks or coolers. However, it would still be great if you were still able to purchase the other items in this list:
 - **Cold Water Dunk Station** – We have planned for a cold water dunking station at the following aid stations; Lane Mtn (provided by UltrAspire), Crown King, Iron King, Fain Ranch, Dead Horse, Deer Pass, Sedona Posse Grounds, and Sedona Ranger Station. Aravaipa will provide the water, a blue bucket, and sponges for a “water dunk station”. Aid Station Captains are asked to please bring a cooler filled with ice for this “water dunk station”. Aravaipa will reimburse for ice after the race with receipt emailed to erika@aravaiparunning.com.
 - **FIRE** – It is OK (and highly encouraged) to build a small fire but ONLY at the following Aid Stations (Lane Mountain, Arrastra Creek, Dead Horse, Foxboro Ranch, and Kelly Canyon). Aravaipa will provide a small amount of wood. We are constricted on the amount of space in the course setup vehicles, so please consider bringing extra wood. Aravaipa will reimburse for firewood after the race with receipt emailed to steve@aravaiparunning.com. **Oversee fire 100% of the time. Douse if it gets windy. At end of the event turn w/ shovel, douse, turn, douse.**

- **Propane** – Refilling propane tanks can often be a pain during Cocodona. Aravaipa supplies all of the propane tanks that we own but we have a limited supply and there is only so much room in the course setup trucks. Use the small green cannisters for cooking FIRST. Aid Station captains and volunteers – please consider bringing your own personal 20# propane tanks. If we end up using it, you can take your empty propane tank home, exchange it for a full tank, and send the receipt to erika@aravaiparunning.com after the event for reimbursement.
- **BYO Bananas** – When we place bananas in the refrigerated food truck for transport it spoils the bananas. Aid Station captain please purchase your own bananas and we will reimburse you if you email a receipt to erika@aravaiparunning.com. See the aid station specific notes below for the quantity of bananas needed at your aid station.
- **Grapes, Strawberries, Blue Berries and/or Veggie Tray** – We are constricted on space in our trucks. Please help us out by purchasing fruit and/or veggie-trays. Finger-serve friendly. Fruit for snacks and/or addition to meals (IE – oatmeal, pancakes...). If you have ideas...go for it...but please be cost conscious. Ask hana@aravaiparunning.com for questions. Receipts after the race emailed to erika@aravaiparunning.com for reimbursement.
- **Cooler + Ice** – Space in our trucks is a limiting factor. We are asking the captain and/or assistant captain to please bring a cooler (Approx 50qt.) and ice for storage of various items that will come off of the trucks not stored in coolers. Save receipts and after the race email to erika@aravaiparunning.com.
- **Water Jugs** – Cocodona takes A LOT of equipment spread over a very long distance. We have maxed out all of our water containers across all of the aid stations. About half of the aid stations have water faucets and therefore will receive (2) 7-gallon aquatainers and (2) 5-gallon drinking igloos for water/Tailwind. That number of jugs is sufficient but it is a pain to be constantly filling water jugs throughout the race. If you have extra water jugs at home, feel free to bring them to your aid station to make your job a bit easier (less trips to fill up jugs). Label your jugs with a piece of tape and your name so you remember to grab them when your aid station closes.
- **Crock Pots and other extra cooking equipment** – If you talked to Hanna about bringing some extra items, we are counting on you bringing them. If you don't know what I'm taking about, you can disregard.
- **Music** – Life is more fun w/ music. So are aid stations. Bluetooth speaker and charge cord. Not required but more fun if you bring it.
- **Clipboard / Dry erase + marker / Pen** – These items are great to have.

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

Cocodona250 Start Line	Mingus Mtn	Homestead
Cottonwood Creek	Jeromereal	Fort Tuthill
Lane Mtn	Dead Horse	Walnut Canyon
Bumble Bee Ranch	Deer Pass	Wildcat Hill
Crown King	Sedona Water Station 1	Trinity Heights
Arastra Creek	Sedona Posse Grounds	Bow & Arrow
Kamp Kipa	Sedona Ranger Station	Sinclair Wash
Camp Wamatochick	Foxboro Ranch	Woody Mountain
Whiskey Row	Crystal Point	FAC
Iron King	Munds Park	
Fain Ranch	Kelly Canyon	

Cocodona250 Start Line (Deep Canyon Ranch) – It can be a cold and dark in the mornings. BRING A HEADLAMP. Monday morning shifts start EARLY. Please arrive on time so that we can get the runners through the final flow and 5am start time. **DRIVE 15MPH OR WE WILL NOT BE INVITED BACK NEXT YEAR.**



Cottonwood Creek – Volunteers should contact the Aid Station Captain for driving directions. DO NOT follow the directions from your phone as often these lead you on roads that are not drivable.

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

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

Please get the aid station setup and the food prepped (and back in the coolers) on Sunday night as runners will be there early on Monday morning (your aid station is at mile 7). Start time for the race is 5am Monday morning. Your main job is all about filling water **quickly**. Have pitchers ready to fill runner's packs. **Don't let runners leave without AT LEAST 4 liters of water.** 4 liters is their required gear for this section but they really should be carrying more. The next 26-miles of the course is extremely difficult and we always have multiple people drop on day one. There are two water stations on this next section, the runners can only take 1 liter from each of these stations, have a look at the mileages of these two water stations so you can tell runners when they ask how far. Keep some water for the 2 sweepers. Stay at aid station until sweep comes through. Get used course markings from the sweep. Record how many jugs of water did not get used.

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



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

Please purchase and bring 4 bunches of bananas to your aid station. Thank you!



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

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

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

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

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

Runners should not drop at this aid station. It is only 4 miles down the hill to Crown King. Runners will need water and salt. They can make it to Crown King. Kick ‘em in the ass. Runners who absolutely can’t make it to Crown King will have to wait until the aid station closes for a ride from the aid station volunteers, staff, or medics.

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

Please purchase and bring 5 bunches of bananas to your aid station. Thank you!



Bumble Bee Ranch – This location will be a “HOLDING” station for the Cocodona250 runner’s crews before they are allowed to drive up to Crown King. Crown King is extremely limited on parking and therefore we need to spread the number of cars out as much as we can.

Food and drinks will be available for purchase at Bumble Bee Ranch.

A big Screen TV will display the Livestream or crew’s enjoyment. We will also have 2 TV screens that will display the runner Tracking. Zoom these TV’s into the spot on the course with the “HOLD RELEASE” location. When a runner passes by this HOLD RELEASE spot on the tracking map, write the runner’s bib number on one of the Parking Passes and give it to the crew. They are to display this parking pass on their dash board for entry into Crown King.

ONLY ONE PASS PER RUNNER = ONLY ONE CREW VEHICLE PER RUNNER.

Vehicles larger than 26’ and trailers are **NOT ALLOWED** up to Crown King.

Crews not driving to Crown King do not need to check-in at Bumble Bee Ranch.

At 7:30pm you can release ALL of the remining crews to drive up to Crown King. Passes will no longer be needed to enter Crown King starting at 8:30pm.

Any cars onsite after 6pm Monday night need to purchase a parking pass from Bumble Bee Ranch staff.

Drive times:

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

Bumble Bee Ranch to Crown King Aid Station is about 1 hour

Crown King Aid Station to the Whiskey Row Aid Station is about 2 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.



Crown King by Tailwind – Parking is tight in Crown King and we ask that ALL volunteers park at the Crown King Forest Service Ranger Station. To get to the Ranger Station, drive to the Crown King Saloon, drive past the Saloon, take your first left after the Saloon, and drive to 0.25 mile. Park and walk back to the Crown King Saloon. GPS coordinates of the Ranger Station are 34.206049, -112.342315.

Be prepared for very cold and dark. Bring very warm layers and a headlamp.

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

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

We are holding crews at Bumble Ranch until their runner gets to a certain point on the course before they are allowed to drive up to Crown King. Runner’s crew vehicles will get a parking pass to place on their dash at Bumble Bee. All vehicles will be realased from Bumble Bee Ranch at 7:30pm without parking passes. Therefore, any vehicle arriving after 8:15pm does not need a parking pass.

You will have a Staff member in Crown King who will oversee everything outside of the aid station (mainly parking). There will also be a Volunteer Parking Manager and 3 parking volunteers. The staff member will work with the volunteer to oversee parking (primary) and parking pass verification (secondary). Volunteers/staff/locals/sponsors/media don’t need a parking pass. If crew vehicles do not have a parking pass direct them to park in your furthest parking space and give them a tongue-in-cheek hard time. DO NOT TURN AWAY ANY CREWS FOR NOT HAVING A PARKING PASS. Parking will be very tight. We have permission to park in front of the general store AFTER 3pm when they close. We have permission to park in the Mill Restaurant parking lot. Open the chain/gate to the Mill Restaurant driveway at start, do a trash sweep of the Mill Restaurant at the end of the parking crew shift, and close chain/gate at end. See the aid station layout for parking locations / which lots to fill first. We can’t park in front of the General store until they close at 3pm. We must do a complete trash sweep of all parking areas, especially the Mill Restaurant parking lot BEFORE DARK.



MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS. **Runners must check-out of aid stations with required gear before continuing the course or risk a DQ.** You will have a form, clipboard, and pen. Assign a volunteer to ask the runners about required gear and check them off of the list. Any runner or pacer gives you harassment, get their bib number and text the Race Director at 801-746-9848

Lots of runners are going to want to drop. Discourage them from dropping. They just completed the hardest section of the race, things will turn around, slow it down, it is a long race. We will have a DNF shuttle driver

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

If there are any DNF runners who need rides down the mtn...anytime a vendor or staff is leaving (tailwind, volunteers, etc) ask them to drive the DNFs down. Otherwise, the DNFs will need to wait until AROUND midnight.

Tom - Remember to take the A-Frame signs with you from Crown King to Sedona Posse Grounds

Please purchase and bring 4 bunches of bananas to your aid station. Thank you!



Arrastra Creek – This aid station has No Pacers, No crew, no drop bag, and no medical. VERY COLD at night. Bring lots of warm layers and a headlamp. You can have a fire (depending on fire restrictions) – see fire info that the top of this PDF.

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

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

Our Course Manager for the section of course from Crown King Aid Station to Prescott (your section) will likely spend a fair amount of time at your aid station on Monday night and can help with any issues that arise along the course and/or at your aid station. The course manager MIGHT be able to transport any DNF runners who drop at your aid station BEFORE the cutoff time. However, the Course Manager will need to leave Arrastra Creek prior to the cutoff to head up to the next aid station, Kamp Kipa.

We are planning to have a DNF shuttle driver arrive near the cutoff time. See the DNF shuttle plan in your aid station binder. Text the shuttle driver to coordinate any DNF shuttles. Another option is for the aid station captain and/or volunteers to give any DNF runners a ride out to Mayer where the DNF shuttle driver can meet you.

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

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



Please purchase and bring 4 bunches of bananas to your aid station. Thank you!



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

This aid station has No Pacers, No crew, no drop bag, and no medical. Text Race Command to reach our medical crew. 911 for major emergencies.

Gate code is **3120**. Drive into the property and all the way down to the bottom of the hill to the main big building. There is a key lock box (code **12345**) at the back door of the building. Camp host is Tom (906)360-1120. Have Tom show you around the main building dining hall and the cabins for runner sleeping.

Take a video of the inside of the kitchen and dining hall. You will need to put things back the way they were when we arrived. Please help make sure we get invited back.

Place a volunteer with a chair (from the dining hall) at the gate to direct runners down the hill to the aid station. Yes - all runners must go down to the aid station even if they don't need anything from the aid station.

Minimal setup of equipment because the aid station is indoors. Be VERY organized, clean, and neat when packing supplies back into bins. All of these supplies will be used at another aid station later in the race.

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

Caretaker may allow the use of dumpster for trash. Teardown crew will haul recycling away. Make sure to teardown all equipment once aid station closes. The course setup crew will come to take it and the trash away. Note that this kitchen / food bins and coolers will be re-used at another aid station further down the course, so please keep things clean and organized.

We have the use of cabins for sleeping. There are lots of blankets for runners to use. Dedicate a volunteer to direct runners to bunks and distribute blankets.



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

Do a rough clean of the kitchen and dining hall. Watch the video you made when you arrived and return the kitchen and dining hall to how it was when we arrived. We have a cleaning crew to do a full cleaning scheduled to arrive Tuesday afternoon.

Please purchase and bring 4 bunches of bananas to your aid station. Thank you!



Camp Wamatochick – Be prepared for cold and dark. Bring warm layers and a headlamp.

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

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

Tear down the aid station and make sure to get all of the supplies as we are spread all over the place at this camp. Periodically and at the close of the aid station, empty the camp's trash cans.

Trash dumpster onsite. Place full trash liners. Keep recycling to be picked up by course cleanup crew

Do a quick clean of the cabins, bathhouse, and mess hall at the end. Start that cleaning BEFORE the last runners (use your volunteers). See cleaning instructions in your aid station binder. We have scheduled a cleaning crew to arrive after teardown.

Please purchase and bring 3 bunches of bananas to your aid station. Thank you!



Whiskey Row – Natasha is our POC at the hotel. Hotel will provide (6) tables, (4) chairs, and propane heaters in the courtyard. We can take ice from the hotel ice machine. Quiet hours are 9:30pm-9am, you will have to remind crews MANY times.

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

First shift of volunteers will setup cots. Last shifts of volunteers start to break down cots as the # of runners start to go down. At the peak use of cots, take a count of how many cots are empty to inform Aravaipa after the race. Sports Therapy inside with the medic/sleeping area.

This is the first location pacers can join the Cocodona250 runners.

You will have a "Livestream" bin with gimbles / charging cords. Livestream runner cam volunteers will check in w/ you and receive gimbles to film out on the trails. When they bring the gimbles back to you, please charge and return to the Livestream bin.

Pizza provided by the Grumpy Sicilian 6 doors to the North. The schedule of quantity/delivery time will be in your binder. Coordinate adjustments to pizza delivery schedule with the shop at (928)277-0726. No delivery during night hours between 7pm-11am – we need to pick up these hours. Pizzas and tip has been paid in advance. Find the vegan cheese in the coolers and give it to the pizza shop so they can cook it on the pizzas. Aid Station captain needs to stay on top of placing orders. Need delivery person's phone number to verify day of delivery and make orders. Do not order too many veggie pizzas. Have Grumpy Sicilian cut GF pizza into 1/6ths instead of 1/4s. Text DNF shuttle driver if there will be a bunch of leftover pizzas from the order. We are getting charged. Might as well go to feed staff.

Make sure that the hotel cleans the restrooms and restocks TP in the evening (before the cleaning staff is gone) and first thing in the morning. Periodically and at the close of the aid station, empty the hotels's trash cans. Hotel has trash and recycle dumpsters. Trash and Recycle dumpsters onsite. Place full trash liners in trash dumpster. Empty comingled recycling into dumpster (no plastic bags).

Please clean and load kitchen bins in an organized fashion at the end of your shift. These kitchen bins will go directly to another aid station down the course.



The Teardown crew will pull into alley behind the hotel. Breakdown any aid station supplies that you can and stack it neatly near the alley entrance, still leaving room to walk in/out of the alley entrance.

Please purchase and bring 3 bunches of bananas to your aid station. Thank you!



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

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

We have accounted for (8) 5-gallon water jugs for the "cold water dunk station". Don't use more than 8 unless you are SURE you will not run out of drinking water - see instructions at the top of this PDF.

Periodically restock TP and clean toilets.

Please purchase and bring 3 bunches of bananas to your aid station. Thank you!



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

Arizona Downs will let us use a water spigot from their building. See the blue teardrop on the aid station layout for the location of the water spigot. Arizona Downs contact is Michael Rodden (928)273-3173. You are going to have to make many trips to fill water (sorry!) You will have a “cold water dunk station” when it is hot during the day – see the instructions at the top of this PDF.

Clean restrooms and restock TP periodically

MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS AND PACERS (250 distance only has pacers at this point). **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.** You will have a form, clipboard, and pen. Station a volunteer at the runner exit to check for gear. Any runner or pacer gives you harassment, get their bib number and text the Race Director at 801-746-9848

Note that the Minus Traverse runners DO NOT NEED to show required gear BEFORE 10am. Starting at 10AM, all Mingus Traverse runners must show required gear.

There will be TWO SETS OF DROP BAGS. One will be for the Mingus Traverse runners and the other will be for the Cocodona250 runners. Keep these drop bags on opposite sides of the aid station and MAKE SURE the used drop bags for these two sets stay separated as they are going to two different finish lines.

The toilets will be picked up right around cutoff time. Please have staff/volunteers use the toilets prior to the cutoff time.

Please purchase and bring 3 bunches of bananas to your aid station. Thank you!



Mingus Mountain Camp – Jonathan is the Camp Manager (901-569-0288). DOGS ARE NOT ALLOWED AT THIS VENUE. VERY COLD and dark at night. Bring lots of warm layers and a headlamp.

There will be TWO SETS OF DROP BAGS. One will be for the Mingus Traverse runners and the other will be for the Cocodona250 runners. Keep these drop bags on opposite sides of the aid station and MAKE SURE the used drop bags for these two sets stay separated as they are going to two different finish lines.

Staff members sleeping onsite on Monday and Tuesday nights. Have Jonathan show you where staff sleeping locations. Full use of camp kitchen for cooking. TVs in the Dining hall can be connected to a computer / camp hotspot to play livestream. Make sure the heaters in the sleeping cabins are on and the hot water is turned on for the showers. Camp will provide Ice as needed and will make coffee for the entire event. Setup power strips through-out the Dining Hall for charging.

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

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

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

Be prepared to feed staff members at 1pm Wed.

Please purchase and bring 4 bunches of bananas to your aid station. Thank you!



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

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

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

Tue8am – Place cones with the “No Cocodona parking” signs on stakes inside of the cones. Place them at the curb between every other stall of the UPPER LEVEL parking stalls.

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

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

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

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

Please purchase and bring 4 bunches of bananas to your aid station. Thank you!



Dead Horse Ranch State Park – When arriving at the park, mention you are volunteering for the Cocodona race and you will not need to pay the park entrance fee. The aid station is the first left after entering the park in the Group Camp Site.

Parking is extremely limited. Volunteers are asked to park at the river access parking lot. To get to this parking area, after entering the park take your first right into Owl Drive and find a parking space. Walk to the aid station.

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

First shift or volunteers will setup tents with 2 cots each and last shift will tear down cots/tents and stack neatly. Take a rough inventory of how many tents/cots are being used for sleeping at the peaks (peaks will probably be Tuesday night and Wednesday during the heat of the day). Have volunteers **START** tearing down sleeper tents/cots as soon as less runners are no longer using tents but leave some up until the very end.

Drop bags for the Sedona Canyons 125 runners will be delivered on Wednesday morning around 7:30am. Please help the Drop Bag crew unload and get the bags sorted as they will be in a huge rush to get drop bags down the course

There will be **TWO SETS OF DROP BAGS**. One will be for the Mingus Traverse runners and the other will be for the Cocodona 250 and Sedona Canyons 125 runners. Keep these drop bags on opposite sides of the aid station and **MAKE SURE** the used drop bags for these two sets stay separated as they are going to two different finish lines.

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

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

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



At the peak, have a volunteer directing traffic (reflective vest and light up baton) because parking will get tight. Park cars in the paved spots AND in the gravel spaces in between.

Trash dumpster in the park can be used for trash. Periodically restock TP and clean restrooms.

This is the first aid station that the Sedona Canyons 125 runners will hit, so it will get EXTREEMLY busy on Wednesday morning around 8:30am-10:30am. The goal is to expand your aid station in advance of this rush between the tents provided, one for liquids and one for food. The goal is for the 250-milers and 125-milers to all receive excellent care despite the crazy rush you will get on Wednesday morning. You have additional volunteers to help during the rush.

Captain and Assistant please be managers, not workers, during this crazy period of time. 125-milers are NOT allowed crew at this aid station but they will have access to drop bags.

Please purchase and bring 5 bunches of bananas to your aid station. Thank you!



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

We have accounted for (17) 5-gallon clear cylinder water jugs for the “cold water dunk station”. Don’t use more than 17 unless you are SURE you will not run out of drinking water – see instructions at the top of this PDF.

This is the second aid station that the Sedona Canyons 125 runners will hit, so it will get very busy on Wednesday around 1-6pm. The goal is to expand your aid station in advance of this rush between the tents provided, one area for liquids and one area for food. The goal is for the 250-milers and 125-milers to all receive excellent care despite the crazy rush you will get on Wednesday afternoon. You have additional volunteers to help during the rush. Captain and Assistant please be managers, not workers, during this crazy period of time.

(1) Water + (1) Tailwind igloo for most of the time. Add a 2 MORE water and 1 MORE Tailwind igloos before Sedona Canyons 125 runners.

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

Drop bags for the Sedona Canyons 125 runners will be delivered on Wednesday morning around 8:30am. Please help the Drop Bag crew unload and get the bags sorted as they will be in a huge rush to get drop bags down the course

There will be TWO SETS OF DROP BAGS. One will be for the Mingus Traverse runners and the other will be for the Sedona Canyons 125 runners. Keep these drop bags on opposite sides of the aid station and MAKE SURE the used drop bags for these two distances stay separated as they are going to two different finish lines. The Cocodona250 runners will NOT have drop bags at Deer Pass.

Wed6:30pm – Release the specific sweepers for the 125/MT course starting once ALL of the 125/MT have come through (verify all 125 runners have come through on the tracker). They need to stay behind all 125/MT runners and ONLY pick up the 125/MT course signage once that course splits away from the 250 course near the airport. Before this split, they will not pick up ANY signage. After this split they will pick up ALL signage all the way to Sedona Ranger Station.



Wed7pm - Verify all 125 and MT runners have been through (cutoff for those two distances is Wed7pm). If so, Aid Station Captain please drive the USED 125/MT drop bags to Sedona Ranger Station and drop off. Try to keep the 125 and 82 bags separated as best you can. Thank you!

Please purchase and bring 5 bunches of bananas to your aid station. Thank you!



Sedona Water Station #1 – Aravaipa will provide two igloo coolers for ice, a cool down station (bucket/sponges), a potable water hose, a water hose shutoff valve, a water key for turning on/off the schools spigot, and a heavy duty wagon. The high school has given approval for use of water spigot and ice again this year. High School contact is Jennifer Chilton, 928-821-5780

12 water jugs will be filled and left for self-serve before the first runners. When you arrive at the water station, most water jugs will be empty. Please refill the jugs and periodically refill as needed during your shift.

At the end of your shift, please leave all water jugs full and the runners will continue with self-service for the remainder of the event.



Sedona Posse Grounds (HUB bldg.) – Aid Station is located at the HUB building. Door code for the building is **065678** (if issues call Monday-Thursday 7am-6pm (928)282-7098 or After-Hours (928)813-7727). Is there a way to keep the door from closing/locking? Only the Cocodona250 runners will hit this aid station this year.

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

MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS AND PACERS. Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ. You will have a form, clipboard, and pen. Any runner or pacer gives you harassment, get their bib number and text the Race Director at 801-746-9848

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

You will have a "Livestream" bin with gimbles / charging cords. Livestream runner cam volunteers will check in w/ you and receive gimbles to film out on the trails. When they bring the gimbles back to you, please charge and return to the Livestream bin. The Drop Bag Crew will pick up the Livestream bin on Tuesday night around 11pm. Please have the bin ready to go.

There will be 2 dumpsters delivered to the HUB parking lot. One for trash and one for recycling. Trash can go directly into the trash dumpster. Recycling can go into the recycle dumpster but it will be removed and sorted by volunteers at the close of the aid station.

Thursday around the close of the aid station there will be a volunteer shift coming to take the recycling out of the recycling dumpster, sort any trash out of the recycling, and put the recycling back in the dumpster as they sort it. Runner's crews can also throw their trash and recycle away in these two dumpsters. Text Steve if either of these dumpsters are getting too full. Trashy Peeps Crew (Steve 623-810-9164 or Lyle 435-313-0019) will be there to get the recycle sorting volunteers started.

Please purchase and bring 4 bunches of bananas to your aid station. Thank you!



Sedona Ranger Station – PA volume MUST be lowered on this schedule:

- **LOW VOLUME – 8:30pm-10pm**
- **NO VOLUME – 10pm-7am**
- **LOW VOLUME – 7am-9am**

This aid station is an aid station for the Sedona Canyons 125 runners and the finish line for the Mingus Traverse race distance. The Cocodona250 runners do not hit this location.

MANDATORY GEAR CHECK LOCATION FOR ALL Sedona Canyons 125 RUNNERS. **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.** You will have a form, clipboard, and pen. Any runner or pacer gives you harassment, get their bib number and text the Race Director at 801-746-9848

Keep track of drop bags. The Mingus Traverse finish line bags and the USED Mingus Traverse drop bags should go in one location (shown closer to the road on the layout). The Sedona Canyons 125 drop bags should go in a different location (shown at the rear of the building on the layout).

Before cutoff and while it is still light outside, do a trash sweep of the parking area and entire park, swap out trash liners of any park trash cans, make sure the area under the cooking grill is clean, and clean the inside of the aid station building well. Also do a trash sweep of the LDS church parking lot up the road.

Please purchase and bring 4 bunches of bananas to your aid station. Thank you!



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

Not an official sleep station but we will have a few tents w/ cots for runners who need it.

Periodically restock TP and clean toilets. You can have a fire at this aid station (pending fire restrictions) – see instructions at top of this PDF. Ranch owner has a trash dumpster onsite that we can use. Place full trash liners in the dumpster. Keep recycling to be picked up by course cleanup crew. Site contact for the ranch is Dawn Karber 602.317.2085

The Cocodona250 runners leaving this aid station CAN'T HAVE A PACER WITH THEM. The next section (Foxboro Ranch to Munds Park) is a pacer-less section.

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

Foxboro Ranch Aid Station to Crystal Point Aid Station – Skip – Mandatory Shuttle Ride

The Cocodona course pass through a number of protected wildlife habitats managed by the USFS. The USFS has recently shared with us a need to limit the number of runners passing through the area between Schnebly Hill and Munds Park due to nesting pairs of the endangered Mexican Spotted Owl. We will therefore be skipping this section of the course for the Sedona Canyons 125-mile distance. **Again, this ONLY applies to the Sedona Canyons 125-mile distance.** As 125-miler runners come into the Foxboro Ranch Aid Station, they can take their time, get their drop bag, eat, and rest at Foxboro Ranch. Once the runner is READY TO LEAVE the Foxboro Ranch aid station, the runner will check out with the aid station captain. At this point their race time will be “paused” as they wait for the race shuttle. When runners get off of the race shuttle at Crystal Point, THE SHUTTLE DRIVER WILL RECORD THE TIME OF DAY THEY GET OFF OF THE SHUTTLE. The difference between these two times will be deducted from their overall race time. Runner's who elect to get a ride to Crystal Point in their crew vehicle instead of the race shuttle will receive an automatic 15-minute pause time. After the race, the race director will subtract all of the “paused” times from the runners' race times.

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

- Are you running the Sedona Canyons 125-miler? – If yes, continue...
- Bib #
- Are you getting a ride from crew or the race shuttle? – Auto 15-min shuttle time for crew shuttles
- Check-Out Time (ONLY NEEDS TO BE RECORDED IF RIDING OUR RACE SHUTTLE)
- Tell the runner they are checked out of the aid station can no longer receive aid from this aid station

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

The race shuttles will be two 15-passenger vans that will be making continuous loops between the Foxboro Ranch Aid Station and the Crystal Point Aid Station. The shuttle drivers will periodically need to take a break, use



the restroom, get food, and fill up with gas. If there are extra volunteers available while the drivers are taking breaks, it would be great if someone could step in to continue the shuttle.

Please purchase and bring 6 bunches of bananas to your aid station. Thank you!



Crystal Point – VERY COLD at night. Bring lots of warm layers and a headlamp. This AS is minimal and will not be full food aid station. You will need to bring your own food/snack/drinks with you to eat while volunteering.

Only the Sedona Canyons 125 runners will hit this aid station. All of the runners will be arriving by shuttle and then leaving on foot. The Cocodona250 runners pass by on the main road, but they will not be turning into the aid station, they will run straight past on the main road.

Leaving Crystal Point is the first place that the Sedona Canyons 125 runners can have a pacer join them.

Thur 11:30am – Sedona Canyons 125 Specific Sweepers – Release the sweepers to clean up ALL course marking but ONLY where the 125 course is split off of the 250 course. When the 250 and 125 are on the same course, don't pick anything up.

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

Foxboro Ranch Aid Station to Crystal Point Aid Station – Skip – Mandatory Shuttle Ride

The Cocodona course pass through a number of protected wildlife habitats managed by the USFS. The USFS has recently shared with us a need to limit the number of runners passing through the area between Schnebly Hill and Munds Park due to nesting pairs of the endangered Mexican Spotted Owl. We will therefore be skipping this section of the course for the Sedona Canyons 125-mile distance. **Again, this ONLY applies to the Sedona Canyons 125-mile distance.** As 125-miler runners come into the Foxboro Ranch Aid Station, they can take their time, get their drop bag, eat, and rest at Foxboro Ranch. Once the runner is READY TO LEAVE the Foxboro Ranch aid station, the runner will check out with the aid station captain. At this point their race time will be “paused” as they wait for the race shuttle. When runners get off of the race shuttle at Crystal Point, THE SHUTTLE DRIVER WILL RECORD THE TIME OF DAY THEY GET OFF OF THE SHUTTLE. The difference between these two times will be deducted from their overall race time. Runner's who elect to get a ride to Crystal Point in their crew vehicle instead of the race shuttle will receive an automatic 15-minute pause time. After the race, the race director will subtract all of the “paused” times from the runners' race times.

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

- Are you running the Sedona Canyons 125-miler? – If yes, continue...
- Bib #
- Are you getting a ride from crew or the race shuttle? – Auto 15-min shuttle time for crew shuttles
- Check-Out Time (ONLY NEEDS TO BE RECORDED IF RIDING OUR RACE SHUTTLE)
- Tell the runner they are checked out of the aid station can no longer receive aid from this aid station

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



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

Please purchase and bring 3 bunches of bananas to your aid station. Thank you!



Munds Park – Munds Park Community Church (Different location than previous years)

The Cocodona250 runners coming into this aid station will not have a pacer with them. The previous section (Foxboro Ranch to Munds Park) is a pacer-less section. Starting at Munds Park they can have pacers again.

The Sedona Canyons 125 runners will have pacers coming into the Munds Park aid station and that is ok.

MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS AND PACERS (both the 250 and the 125 distance). **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.** You will have a form, clipboard, and pen. Any runner or pacer gives you harassment, get their bib number and text the Race Director at 801-746-9848

First shift or volunteers will setup tents w/ 2 cots each and last shift will tear down cots and stack neatly. Take a rough inventory of how many cots are being used at the peak (probably Thur early am). Have the last shift of vols do a good trash sweep of the parking lot (front and back).

If the electrical plug circuit on the building is tripped, please call Steve RD ASAP at 801-746-9848

FYI – Sedona Canyons 125 runners may have a pacer swap between Munds Park and Kelly Canyon. This pacer swap location is a hike in location (no aid station). This location can ONLY be accessed by pacers swapping in/out. Crew may NOT access the hike in pacer swap location. We will have a staff member at the pacer swap location checking that pacers have the required gear, sign a waiver, and get a pacer bib. Pacers hiking in can NOT provide aid to their runner, pacer swap only.

A generator will be dropped off here on Wednesday around noon. Keep this generator set aside because it will be picked up by Course Setup Crew #3 to be taken to the Crystal Point aid station on Wednesday evening.

Thur 2:45pm – Sedona Canyons 125 Specific Sweepers will pass through (they started at Crystal Point). Release these sweepers to clean up ALL course marking but ONLY where the 125 course is split off of the 250 course. When the 250 and 125 are on the same course, don't pick anything up.

Please purchase and bring 6 bunches of bananas to your aid station. Thank you!



Kelly Canyon – COLD at night. Bring lots of warm layers and a headlamp. There will be MANY runners during the peak. Be prepared on Wednesday night with everything restocked and ready. You can have a fire at this location (pending fire restrictions) – see instructions at top of this PDF.

Thur 11:45pm – Sedona Canyons 125 Specific Sweepers will start at Kelly Canyon. Release these sweepers to clean up ALL course marking but ONLY where the 125 course is split off of the 250 course. When the 250 and 125 are on the same course, don't pick anything up.

Please purchase and bring 6 bunches of bananas to your aid station. Thank you!



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

Only the Sedona Canyons 125 runners will hit this location

Please purchase and bring 4 bunches of bananas to your aid station. Thank you!



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

First shift of volunteers will setup cots and last shift will take down cots and stack neatly. Take a rough inventory of how many cots are being used for sleeping at the peak (probably Fri early am).

NEW FOR THIS YEAR – Crew vehicles may drive directly into the Quad and support their runners. Fort Tuthill has asked that crews do not setup tents in the parking lot. Periodically check the parking lot and ask crews to move their setups to inside of the Quad.

NEW FOR THIS YEAR – The Cocodona250 runners leaving this aid station CAN'T HAVE A PACER WITH THEM. The next section (Fort Tuthill to Walnut Canyon) is a pacer-less section.

MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS (250 & 125 distance) AND PACERS (125 distance only). **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.** You will have a form, clipboard, and pen. Any runner or pacer gives you harassment, get their bib number and text the Race Director at 801-746-9848. Medic crew will perform a metal status check on every runner. Runners that do not pass will need to sleep.

You will have a "Livestream" bin with gimbles / charging cords. Livestream runner cam volunteers will check in w/ you and receive gimbles to film out on the trails. When they bring the gimbles back to you, please charge and return to the Livestream bin.

Fort Tuthill is the start of the Flagstaff Crest distance which starts at 7am on Friday. Packet pickup for the Flagstaff Crest race takes place in the Quad on Thursday from 4-7pm. Gear check not required for Flagstaff Crest runners at this location.

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

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

There will be 2 dumpsters delivered to the parking lot. One for trash and one for recycling. Trash can go directly into the trash dumpster. Recycling can go into the recycle dumpster but it will be removed and sorted by volunteers at the close of the aid station. We have a volunteer shift coming on Saturday to take the recycling out of the recycling dumpster, sort any trash out of the recycling, and put the recycling back in the dumpster as they sort it. Runner's crews can also



throw their trash and recycle away in these two dumpsters. Text Steve if either of these dumpsters are getting too full. Trashy Peeps Crew (Steve 623-810-9164 or Lyle 435-313-0019) will be there to get the recycle sorting volunteers started Saturday morning.

Please purchase and bring 8 bunches of bananas to your aid station. Thank you!



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

Only the Cocodona250 runners will hit this aid station, so it should be easier than the past couple of years.

Runners coming into this aid station will not have a pacer with them. The previous section (Fort Tuthill to Walnut Canyon) is a pacer-less section. Starting at Walnut Canyon they can have pacers again.

No longer a gear check location

Please purchase and bring 4 bunches of bananas to your aid station. Thank you!



Wildcat Hill – This aid station is brand new for us in 2025.

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

You will have a "Livestream" bin with gimbles / charging cords. Livestream runner cam volunteers will check in w/ you and receive gimbles to film out on the trails. When they bring the gimbles back to you, please charge and return to the Livestream bin.

MANDATORY GEAR CHECK LOCATION FOR ALL RUNNERS AND PACERS. **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.** You will have a form, clipboard, and pen. Any runner or pacer gives you harassment, get their bib number and text the Race Director at 801-746-9848

FYI – The Cocodona course pass through a number of protected wildlife habitats managed by the USFS. The USFS has recently shared with us a need to limit the number of runners passing through the Mount Elden area due to nesting pairs of the endangered Mexican Spotted Owl. We therefore had to reroute the Sedona Canyons 125-mile runners and the Elden Crest 38-mile runners to avoid going up and over Mount Elden. We also had to change the course for the 250 going up and down (the new trail down is VERY HARD AND TECHNICAL) in order to avoid Mexican Spotted Owl nesting sites.

Aid Station Captain – Please take the FINAL load of drop bags to the 250FinishLine at Heritage Square. There are six blocked off parking spaces along Aspen Street directly in front of Heritage Square. Park there and we will help you unload the remaining drop bags.

Please purchase and bring 6 bunches of bananas to your aid station. Thank you!



Trinity Heights - This aid station is brand new for us in 2025.

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

Please do a really good trash sweep of the entire parking lot at the close of the aid station.

Please purchase and bring 4 bunches of bananas to your aid station. Thank you!



Bow & Arrow - This aid station is brand new for us in 2025.

The main gate to enter the Water Reclamation Site should be unlocked or dummy locked. Close the gate behind you but PLEASE LEAVE IT UNLOCKED.

Please leave the drive lane around the pond OPEN at all times.

Only the Flagstaff Crest distance will pass through this aid station

Please purchase and bring 3 bunches of bananas to your aid station. Thank you!



Sinclair Wash - This aid station is brand new for us in 2025.

Only the Flagstaff Crest distance will pass through this aid station

Please purchase and bring 3 bunches of bananas to your aid station. Thank you!



Woody Mountain – This aid station is brand new for us in 2025.

Only the Flagstaff Crest distance will pass through this aid station. The Sedona Canyons 125 runners will be passing VERY close but they should not access this aid station.

Aid Station Captain – On Friday between 11am-4pm, please periodically take USED drop bags to the Finish Line at Heritage Square. There are six blocked off parking spaces along Aspen Street directly in front of Heritage Square. Park there and we will help you unload the remaining drop bags.

Aid Station Captain – After the aid station is closed, please take the final load of ALL drop bags to the Finish Line at Heritage Square. There are six blocked off parking spaces along Aspen Street directly in front of Heritage Square. Park there and we will help you unload the remaining drop bags.

Please purchase and bring 3 bunches of bananas to your aid station. Thank you!



FAC - This aid station is brand new for us in 2025.

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

This aid station will only see the Sedona Canyons 125 and the Flagstaff Crest runners.

MANDATORY GEAR CHECK LOCATION **ONLY** FOR FLAGSTAFF CREST RUNNERS PASSING BY **AFTER 4PM**. No gear check for them before 4pm. **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.** You will have a form, clipboard, and pen. Any runner or pacer gives you harassment, get their bib number and text the Race Director at 801-746-9848. No gear check for the Sedona Canyons 125 runners.

FAC (Flagstaff Athletic Club) might come by and hang a banner . Contact at FAC is Carla 928-607-3875.

Aid Station Captain – Please have someone do periodic transports of USED drop bags to the finish line (Heritage Square) about every 3-4 hours (for the front runners) going to every 5-6 hours (for the back of the pack). Coordinate with the Drop Bag Team (Terry 702-497-3385 or Kimmi 941-223-5154) as they are scheduled for pickups, they just can't make it often enough. At Heritage Square there are six blocked off parking spaces along Aspen Street directly in front of Heritage Square. Park there and we will help you unload the remaining drop bags.

Aid Station Captain – At aid station close, please have someone transport ALL remaining drop bags to the finish line. At Heritage Square there are six blocked off parking spaces along Aspen Street directly in front of Heritage Square. Park there and we will help you unload the remaining drop bags.

Please purchase and bring 4 bunches of bananas to your aid station. Thank you!