

Cocodona 2025

Crew & Pacer Guide



Cocodona250 – May 5th thru 10th, 2025
Sedona Canyons 125 – May 7th thru 10th, 2025

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1. Updates

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

1/10/25 – Crew Guide Created

1/17/25 – Elden Crest renamed Flagstaff Crest, hotel/camping added, **SEDONA CANYONS AS cutoffs corrected**, added sections: Medical, Tracking Info

01/20/25 – Fain Rach GPS coord corrected, documents link corrected, vehicle size restrictions clarified

01/30/25 – Pacer section added, TOC corrected

2. Welcome Crew!

Three incredible race distances; the original Cocodona250, Sedona Canyons 125, and the Flagstaff Crest 39 (no pacers or crew allowed). Come experience the rugged beauty of Arizona while supporting your runner on the race of a lifetime! Please read through this Crew Guide prior to race week to make the best plan for your runner, and do not hesitate to [contact us](#) with any questions.

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

3. Schedule

Sunday May 4th, 2025

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

5:30pm Cocodona250 Race Briefing / Q&A / Food trucks onsite. Highly recommended but not mandatory. Start Line (same location as check-in)

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



Monday May 5th, 2025

3:45am - 4:45am Cocodona250 4-liter capacity check & SPOT Trackers issued. Food/Coffee trucks
5:00am Cocodona250 Race start in mass.

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

Tuesday May 6th, 2025

4:00pm - 7:00pm Sedona Canyons 125 Race check-in & drop-bag drop-off. Start line location at Gold King Mine Ghost Town located at 1000 Perkinsville Rd in Jerome.
7:00pm Sedona Canyons 125 Race Briefing/Q&A. Highly recommended. At Start location

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

Wednesday May 7th, 2025

5:45 am - 6:45am Sedona Canyons 125 SPOT Trackers issued. Gold King Mine Ghost Town located at 1000 Perkinsville Rd in Jerome.
7:00am Sedona Canyons 125 Race start in mass.

Saturday May 11th, 2025

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

4. Rules

pacers and crew who fail to adhere to these rules will subject their runner for disqualification. You are responsible for knowing these rules, adhering to them and helping your runner follow them as well.

- **Pacer Age** – Min age is 18. Younger with a parent or legal guardian present to sign pacer waiver.
- **Gates** – There are numerous gates throughout the course. Close all gates behind you.
- **Residential Areas** – The course passes through some residential areas. Be respectful of local residents during the race; cross in crosswalks, be quiet at night, don't shine headlamps at houses, don't slam car doors, be respectful, etc.
- **Jerome & Sedona** – The towns of Jerome and Sedona are extremely sensitive permits for us. Runners, crew and pacers need to be courteous of vehicles and pedestrians in these towns. Run on sidewalks, not in the vehicle lane.
- **Outside Aid/Muling** – Runners may only receive aid within ¼-mile radius of aid stations. Failure to follow this rule will result in disqualification of your runner or time penalties issued at the race director's discretion. Do not carry items for your runner. Do not park along the course to access / support your runner.
- **Vehicle Size** – **NO CREW VEHICLES OVER 25' and NO VEHICLES TOWING TRAILERS.**
- **Fort Tuthill Aid Station Crew Area** – Crews may not support their runners in the parking lot. Drive the crew vehicle directly into the quad (aid station area) to support your runner.

- **Required Gear** – See [Gear Requirements](#). Pacers are subject to the same gear requirements as runners. Pacers will be checked at specific aid stations, it is imperative that you carry this gear.
- **Electrical Plugs** - Electrical plugs will be available at the following Aid Stations; Crown King, Whiskey Row, Mingus Mnt, Sedona Posse Grounds, and Fort Tuthill. Bring your own cords.
- **Runner Bib** – Runners must display one bib on their pack or outermost layer of clothing at all times during the race. Help you runner keep track of their bib.
- **Pacer Waiver & Bib** – Pacers must check-in at the aid station where they begin pacing, sign a waiver, and receive a pacer bib.
- **Course** – Cutting or deviating from the course will result in disqualification. If a runner gets off course, they must retrace back to the last known marker and continue on the course from there. A time penalty may be issued, at the Race Director's discretion, for inadvertent deviations from the course.
- **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. Crew/pacers will not be issues SPOT trackers, but can track runner's progress via trackers. Make sure your runner leaves aid stations with their SPOT tracker. A change of layers or hydration packs often cause runners to leave their tracker behind. If this happens, the runner must return to the aid station to retrieve their tracker before continuing on the course (IE – EXTRA MILES FOR YOUR RUNNER). See below for info on how runners "check out" of the race.
- **Leaving the Course** – Some runners leave the course to sleep in a hotel. You may drive your runner off course **IF** these rules are followed:
 - Runners may only leave the course FROM AN AID STATION.
 - Before leaving the aid station, runners must check out with the aid station captain and turn in their spot tracker and bib (bib+belt are much easier for this scenario).
 - Prior to returning to the course, the runner must check back at the same aid station to retrieve their spot tracker and bib. Runners who don't restart prior to that aid station's cutoff time OR when the sweepers come through (WHICHEVER HAPPENS FIRST) will be automatically DNFed from the race.
 - If any of the above steps are not followed, it will result in automatic DQ of the runner.

NOTE – Accessing a crew vehicle at an aid station is not considered leaving the course **IF** the crew vehicle is within a ¼-mile radius of the aid station.
- **Dropping from Race** – Runners may only drop from the race at Aid Stations, must fill out a drop form, and turn in their spot tracker. Do not leave the course without informing a staff member.
- **Courtesy/Kindness** – Runners, pacers, and crew must follow direction and be courteous to race officials and volunteers. Aravaipa will not tolerate hateful or discriminatory behavior by any individual, regardless of the cause.
- **Dogs** – **Dogs are not allowed on the course or at aid stations at any time.** Certified service animals are allowed but must be clearly identified.
- **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.

5. Crown King Aid Station Crew Restrictions

THIS SECTION ONLY APPLIES TO THE COCODONA250 RACE

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

No vehicles over 25' or vehicles towing trailer's permitted at any aid station on the course.

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

We will have the Cocodona LiveStream and runner tracking displayed on TVs. Menu includes breakfast burritos and pizzas (gluten free and vegan available) Coffee, tea, hot chocolate and full bar. It is about a 1-hour drive from Bumble Bee to Crown King. There are lots of chairs and shade. You will not find a better place to hang out and wait for your runner between the Start Line and Crown King.

Any cars onsite after 6pm on 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.

6. Foxboro Ranch to Crystal Point Trailhead Section Skip

THIS SECTION ONLY APPLIES TO THE SEDONA CANYONS 125 RACE

The Cocodona course passes through a number of protected wildlife habitats managed by the USFS. The USFS has limited the number of runners passing between Foxboro Ranch and Crystal Point Trailhead (formerly Schnebly Hill to Munds skip from 2024) 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, rest, and receive aid from crew at Foxboro Ranch. Once runners are ready to leave the aid station, they will check out with a staff member and their time will be recorded (ie. their race clock stops). Runners then have two options to get from Foxboro Ranch to Crystal Point: (1) take an Aravaipa provided shuttle OR (2) catch a ride with their crew (or another runner's crew). The shuttle takes around 15 minutes. If they would like, runner's can bring their Foxboro Ranch drop bag with them on the shuttle ride and drop it off at Crystal Point Trailhead. Upon arriving at Crystal Point Trail Head, runners should check in with a staff member and then be prepared to immediately continue on the course. There will be MINIMAL aid at Crystal Point Trailhead. Time to get moving. Runners who fail to check out at Foxboro Ranch and/or check in at Crystal Point Trailhead will be assessed a time penalty.

OUR RECOMMENDATION: Crew should meet their runner at Foxboro Ranch, provide aid and support to their runner AT Foxboro Ranch, and then **when their runner is ready to continue the course**, drive them to Crystal Point Trail Head. Upon arriving quickly drop off their runner. Crews will see their runner again after a quick 6.7 mile run into the Munds Park Aid Station (new location from previous years). After the Munds Park Aid Station you will not see your runner again until Fort Tuthill, which is for 40 miles for the runners.

7. Gear Requirements **(Applies to ALL DISTANCES)**

The required gear applies to:

- Cocodona250 – Most of the course see below
- Sedona Canyons 125 – Most of the course see below

As a crew, you will be responsible for supporting your runner and ensuring they are going onto the course with what they need. Familiarize yourself with these requirements so that you can support your runner as temps change (and their mental state fluctuates). We will check required gear at specific locations on the course. Runners and pacers will not be allowed back on the course without the required gear – crew can help their runner by being familiar with this information. Pacers are also required to carry the same mandatory gear. **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.**

Standard gear required along ALL sections of the course

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

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

Additional gear required along CERTAIN sections of the course

Note that runners/pacers are NOT required to carry the gear listed below with them along the entire course. It will only be checked at specific aid stations prior to cold sections of the course per the list of aid stations below.

All of the required standard gear listed above plus...

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

Aid Stations that will be checking required gear

Runners must check-out of aid stations with required gear or risk a DQ.

- **Cocodona250 START LINE** – 4 Liter capacity check only, cold weather gear will not be checked at the Start Line. Runners must leave the Start Line with the CAPACITY to carry 4 liters of water. You don't need to leave the start line filled up with water. However, all runners must fill up with at least 4 liters of water at the first aid station, Cottonwood Creek Aid Station (mile 7ish). The next 25-mile stretch is the longest section of the course between aid stations and the **hottest and hardest section of the course**. It will be in the heat of the day, extremely remote, and exposed. Lots of electrolytes and sun gear is highly recommended. DO NOT underestimate the difficulty of this section. This 25-mile section takes middle of the pack runners 10 hours and back of the pack runners 12 hours to complete. It is tough. There are two water stations in this section at mile 10.4 and mile 24.6, both of which you can take no more than 1 liter. Leaving aid station 1 with 4 liters is the absolute minimum, you'll probably need MORE.

Cold Weather Required Gear WILL be checked at:

- **Crown King Aid Station** (Cocodona mile 37)
- **Fain Ranch Aid Station** (Cocodona mile 96)
- **Sedona Posse Grounds** (Cocodona mile 161)
- **Sedona Historic Ranger** (Sedona Canyons mile 39)
- **Munds Park Aid Station** (Cocodona mile 189) (Sedona Canyons mile 52)
- **Fort Tuthill Aid Station** + mental status evaluation (Cocodona mile 210) (Sedona Canyons mile 99)
- **Walnut Canyon Aid Station** (Cocodona mile 227)

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

- Lots of sock changes & method to clean feet (wet wipes) recommended every 20-30 miles
- Toilet Paper in a zip lock
- Sun hat
- Lightweight jacket
- Extra zip locks for phone, trash, used TP, etc

- Long sleeve sun layer
- Sunglasses
- Sunscreen
- DuctTape
- Medications, toiletries, contact lenses, etc
- Trekking poles ([LEKI](#))
- Sun gloves
- Ear plugs and facemask
- Long Pants
- Anti-Chafe ([Squirrel's Nut Butter](#)), Leukotape/Moleskin,
- Gaiters ([Kahtoola](#))
- Charging cords, battery packs, and spare batteries
- Comb for [removing Teddy Bear Cholla Cactus](#) (yes really)

MAKE SURE YOUR RUNNER HAS THEIR CAR KEYS & CREDIT CARD & PHONE CHARGER AT ALL TIMES. DNFs HAPPEN and SOMETIMES CREWS CANNOT EASILY GET TO THEIR RUNNER.

8. Race Check-In

Each runner will be required to check-in for the race before race day. Crew does not have to check in, but it is useful to know what is expected of your runner during these times. It is recommended, but not required, that crews and pacers attend the race briefing. See check-in times and locations at the top of this document in the [Schedule](#) section.

9. 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.

10. Start Time

Runners who don't leave the start line to start the race within 10 minutes of the mass start will receive a DNS and not be allowed on the course.

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

Sedona Canyons 125 – Runners need to be at the start line at 5:45am-6:45am on race morning to check in and receive their SPOT trackers. The start will be a mass start at 7:00am on Wednesday May 7th. The Start Line is at the Gold King Mine & Ghost Town at 1000 Perkinsville Rd, Jerome.

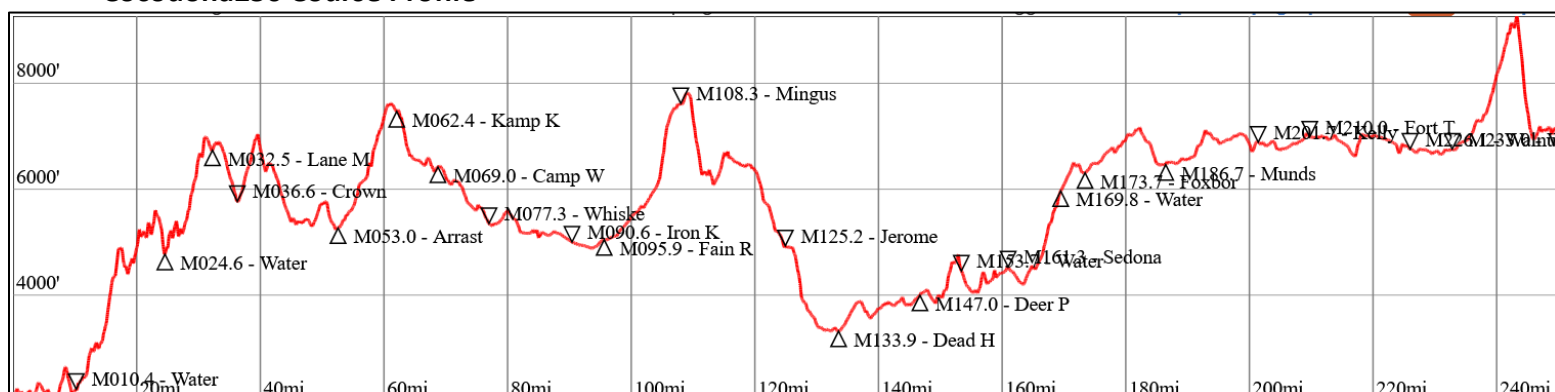
11. Course

Detailed section descriptions and profiles for all race distances can be found [HERE](#) (NOT YET UPDATED FOR 2025). Note that any course changes within the last few weeks of the race will not be included in the course description.

Here is a link to the 2025 courses in CalTopo ([Cocodona250](#), [Sedona Canyons 125](#)). Courses are ever changing as permitting and other conditions develop. We recommend downloading the final course file to your device a few days before the race.

12. Course Profiles

Cocodona250 Course Profile



Sedona Canyons 125 Course Profile



13. Course Marking

The course will be adequately marked, not overly marked. Intersections will be well marked but straightaways will only receive a course marking every ½-ish mile. Self-navigation is part of the expectation. Over the course of 250ish-miles, it is likely that a section or two will be under marked, markings could get removed by disgruntled locals, or, and most likely, you will not be paying attention

and miss a turn. This is why it is mandatory for runners and pacers to carry a GPS enabled device with the course file downloaded. If you experience a section of the course that is under-marked or confusing, please send a text and description of the location to the Race Command phone number on your bib. We will get out and fix it.

The course will be marked with:

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

14. Roads

There are some sections of roads on the course. You will be running around vehicular traffic and ATVs at some point during the race. Vehicles have the right of way and will NOT stop for you. It is your responsibility to:

- Obey all traffic laws
- Don't run in the vehicle lane. Use sidewalks, bike lanes, shoulders when possible.
- Run on the left side, facing traffic unless the course marking specifically directs you to run with traffic
- Look both ways and cross when safe
- Cross in crosswalks, wait for crossing signals, obey pedestrian laws, and stay safe.
- The towns of Jerome and Sedona are extremely sensitive permits for us. See rules above.

15. Cutoff Times and DNFs

Cutoff times are the times runners need to LEAVE the aid station, not arrive. Aravaipa reserves the right to pull runners from the course if we believe that their mental/physical condition puts you, staff, or volunteers in danger.

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

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

Flagstaff Crest 39 – Overall cutoff for the race is 27-hours.*

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

DNFs happen, especially in a race of this distance. Runners may only drop from the race at an aid station, must fill out a drop form, and return their spot tracker to the Aid Station captain. Do not leave the course without informing a staff member.



Runners will not be officially listed as DNF until the aid station cutoff time OR the sweepers have passed the aid station where the runner dropped (WHICHEVER HAPPENS FIRST). This means, runners may re-enter the race after choosing to DNF. If a runner wishes to rejoin the race after some sleep and food, they need to return to the aid station where they dropped and pick up their spot tracker before continuing on the course.

Any runner who receives an IV at any time during the race will automatically be DNFed.

See the [Aid Station Table](#) at the end of this Crew Guide for full cutoff times.

16. Aid Station Menu

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

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

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

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

Drinks: Water, ice, Coke, Ginger Ale, Mountain Dew, and [Tailwind](#)

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

In addition to Traditional Offerings, here is the menu from 2024 (2025 menu TBD):

Aid Station	250 Miles	125 Miles	38 Miles	Menu
Start Line - Deep Canyon Ranch	0	-	-	Food/coffee trucks onsite for purchase
Cottonwood Creek	7.4	-	-	
Water Station	10.6	-	-	1 liter per person only
Water Station	24.9	-	-	1 liter per person only
Lane Mtn	32.4	-	-	Watermelon
Crown King Saloon	36.7	-	-	Pulled pork & Black Bean Burgers. Potato/pasta salad. Potato soup. Spring smoothies
Arrastra Creek	52.4	-	-	Rollups - Turkey/Cheese & Hummus/Avocado. Grilled cheese. Potato soup. Spring rolls.
Kamp Kipa	62.2	-	-	Scrambled eggs, tofu, pancakes, bacon.
Camp Wamatochick	68.9	-	-	Burgers, potato salad, Soup, Fruit, Pancakes, bacon
Whiskey Row	78	-	-	Pizza, soup, Oatmeal
Iron King	90.9	-	-	Mashed potato bar w/ sloppy joe topping, tomato soup, pancakes
Fain Ranch	96.7	-	-	Potatoes/veggies/rice/chicken, french toast, fruit, beans
Mingus Mountain Camp	108.6	-	-	Lasagna, Salad, pasta, Bread, Pancakes
Jerome Historic State Park	121.5	-	-	Chicken tacos, pancakes
Start Line - Gold King Mine Ghost Town	0	-	-	Instant Coffee, oatmeal, fruit, bagels
Dead Horse Ranch State Park	134.1	10	-	Burritos, potato soup, oatmeal
Deer Pass Trailhead	147	22.4	-	Hot dogs, Quesadillas, soup, sandwiches, Fruit, Pancakes
Water Station	154.4	29.1	-	-
Sedona Posse Grounds Park	164.4	36.6	-	Burgers, scrambled eggs, tofu, bacon, pancakes
Water Station	171.2	46.5	-	-
Schnebly Hill	178.4	53.8	-	Chili and pasta, Oatmeal
Munds Park	190	53.8	-	BLT sandwiches, Tomato soup, eggs, tofu
Kelly Canyon	201.4	69.3	-	Chicken burritos, tofu, grits
Fort Tuthill	209.8	86.9	-	Pasta, salad, bread, oatmeal
Walnut Canyon	227.2	102	15.2	Burritos, Roll-ups- Turkey/cheese & Hummus/avo, PotatoSoup, SpringRolls, Oatmeal
Mt Elden	240.9	-	-	BBQ, burgers, soup, pancakes
Sandy Seep	-	111	23.7	Burgers, soup, pancakes
Finish Line - Heritage Square	249.3	126	38.9	Burgers, tomato soup, bacon, pancakes

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

Need a tampon or pad? Ask a volunteer.

17. Restrooms

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

18. Sleep

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

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

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

Dirt Nap – If you sleep along the trail, we HIGHLY recommend leaving yourself an indicator of which direction to start running once you wake up (IE – point your poles towards the finish line). Yes, really.

19. Hotels/Camping

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

- **Cocodona250 Start Line** – Mountain Breeze Hotel is about 2 miles from the start line.
- **Whiskey Row** – The aid station is actually located in the courtyard of the [Grand Highland Hotel](#).
- **Iron King** – [Hampton Inn & Suites Prescott Valley](#) is located 2.2 miles south of the aid station.
- **Jerome** – [Connor Hotel](#) is located on the course, only 1.5 miles before the aid station.
- **Dead Horse Ranch State Park** – [Dead Horse Ranch State Park](#) has cute cabins and RV spots for rent within a stones throw of the aid station. [The Cottonwood Hotel](#) is located 1.5 miles from the aid station and the [Lux Verde Hotel](#) is located 2.5 miles from the aid station.
- **Sedona** – [The Sky Rock Inn](#) is located 0.5 mile from the Posse Grounds aid station.
- **Munds Park** – [Motel in the Pines](#) is less than a mile from the aid station and directly on the course.

- **Flagstaff** – Discounted rates available between 5/3-5/13 at these Flagstaff hotels:
 - **Courtyard** – Use this [link](#) to book rooms.
 - **Green Tree Inn** – Use this [link](#) and be sure to enter coupon code “Aravaipa” at check out.
 - **Village Camp** – Contact Hrodie@villagecamp.com with the following info: full name, group: Cocodona250 (discount applies with this code), address, email, phone number, check-in/out and desired accommodation.

CAMPING: The following info is for dispersed camping on public lands and some private pay options. There are also numerous pay campgrounds along the course. The desert is a fragile ecosystem, so please DO NOT walk, drive, park, or camp on vegetation or [Cryptobiotic soil](#).

- **Cocodona250 Start Line** – Camping available at the start line starting at 2pm on Sunday May 4th. This includes cars, vans, trailers, and RVs. [Instructions on how to reserve and pay to follow](#). 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** – Free dispersed camping on BLM and Forest Service Land along Crown King Rd and Bloody Basin Rd between I-17 and Crown King. Another beautiful option is [Bumble Bee Ranch](#) (pre-payment and reservations required).
- **South of Prescott Area** – Free dispersed camping on Forest Service Land along Senator Highway (FR52) starting about ½ a mile past the Groom Creek Trailhead (near Camp Wamatochick Aid Station).
- **Mingus Mountain** – Free dispersed camping on Forest Service Land. Turn off of Hwy89A at the summit (Mingus Rec Area) onto FR104 like you were going to the Mingus Aid Station. After 1.5 miles turn right on FR413. Caution – Drive slow, FR413 is part of the course.
- **Cottonwood Area** – Free dispersed camping on AZ State Land Trust and Forest Service Land. Headed north from Cottonwood on AZ89A turn left on Bill Gray Rd (FR761), mile marker 358.
- **Southwest of Sedona** – Designated camping on Forest Service Land - Headed south from Sedona on AZ89A turn right near mile market 364 onto Loy Butte Rd (FR525). Look for the Forest Service sign for instructions and permit info. Another beautiful option is paid camping at [Camp Avalon](#) (pre-payment and reservations required).
- **South of Flagstaff Area** – Free dispersed camping on Forest Service Land. Headed north from Sedona on AZ89A turn left on FR535, mile marker 391.
- **South of Flagstaff Area** – Free dispersed camping on Forest Service Land off of I-17 at the Schnebly Hill Rd exit. Camping both east and west of I-17. Caution – Drive slow, FR226 and Schnebly Hill Rd are part of the course.
- **West of Flagstaff Area** – [Village Camp](#) is a plush and full service campground with RV hookups and sweet spots to hang out. Contact Hrodie@villagecamp.com with the following info: full name, group: Cocodona250 (discount applies with this code), address, email, phone number, check-in/out and desired accommodation.

20. Partner Running Store

If your runner needs running gear during the race, check out Run Flagstaff / Run Sedona. These stores are SUPER convenient resource if you need gear / nutrition DURING the race. Give them a call... they may even DELIVER TO THE SEDONA AND FORT TUTHILL AID STATIONS if you ask nice.

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

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

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

21. GPS Enabled Device

Course markings will be sufficient but not overkill and it is always possible that you zone out and miss a turn. It is MANDATORY for every runner (all distances) and pacer to carry a gps enabled device with the course file downloaded. It is HIGHLY advisable for crew and pacers to also carry a gps enabled device with the course downloaded. You will be helping your runner navigate and it is key to have a device that has a current map of the course.

This device can be a handheld GPS unit, watch, or smartphone. BE AWARE that gps watches are very convenient and will help you at about 90% of intersections/turns but are not always great at turns that are confusing (multi-trail junctions), so we recommend that if you use a gps watch to ALSO have the route downloaded to your phone as backup. The smartphone is the easiest and least expensive option. To use a smartphone, install a mapping App such as Gaia, GuruMapsPro, TrailForks, or AllTrails to your phone. Then download the course GPX file from CalTopo ([Cocodona250](#), [Sedona Canyons 125](#).) and open the file in the mapping App. Be sure that you export the GPX version of the file and not the GeoJSON version which is the default file type for exports. The course will appear, as well as your location (blue dot). Be sure to place your phone in airplane mode to maximize battery life. The course is ever changing as permitting and other conditions develop. **We recommend downloading the final course file to your device a few days before the race.**

22. Spot Tracker

For the Cocodona250 and Sedona Canyons 125 races, real-time GPS tracking (SPOT Trackers) will be provided by TrackLeaders. Family, friends, and crew will be able to see the runner's real-time position along the course during the race, as well as some other interesting details such as current pace, moving time, stopped time, avg moving speed, etc. Your runner will NOT need cell service for this device to work, it will work everywhere on the course. However, anyone wanting to see your position WILL need data (cell service) to see the tracking webpage. This applies to crew wanting to see their runner's position during the race. Fortunately, there is very good cell service throughout the course.



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

LINK FOR LIVE TRACKING TO FOLLOW AT LATER DATE

23. Medical

Our medical provider, MedStar Solutions, will have medics at various aid stations along the course. These medic's primary responsibility is emergency care for runners. **Foot care is crew/runner's responsibility.** Our medical team will perform a mental status evaluation on every runner at Fort Tuthill. Runners may be asked to sleep at Fort Tuthill until they can pass this evaluation. Any runner who receives an IV during the event will be automatically disqualified.

Aravaipa reserves the right to pull runners from the course if we believe that your mental/physical condition puts you, staff, or volunteers in danger. This particularly applies to the first section of the race, as evacs in that section can be extremely challenging, especially at night. If you need medical attention out on the trail (not at an aid station) during the race or if you see another runner out on the trail who needs medical attention, please send a **TEXT** to our emergency contact below. Please program this number into your phone before race day.

EMERGENCY CONTACT DURING THE RACE

Send a TEXT to (602) 830-4526

With bib number, location, and issues



24. Pacers

Is it necessary to have pacers? No, not at all. Many 200+mile runners do so without pacers.

Pacers are to accompany their runner on foot (no bikes). Multiple pacers may be used, but only one at a time and must swap out at designated pacer access aid stations. For Cocodona250, theoretically you could have 10 different pacers, one for each pace-able section of the course. Pacers may not provide any assistance to their runner other than encouragement. No pushing, pulling, carrying, ect or mule-ing (carrying of gear/supplies/food/water).

Pacers must be human and on foot (no pets or bicycles or pets on bicycles), 18-years of age or older, sign a waiver and obtain a pacer bib at the aid station where they start pacing, and carry the same required gear as runners (see [Gear Requirements](#)). If a parent or legal guardian desires to have a minor (under 18) pacer, please contact the [Race Director](#). Pacers may NOT park at most aid stations (See [Aid Station Driving Directions](#) for additional information).



There are two sections of the 250-miler course where runners will NOT be permitted to have pacers. Those sections are (1) between Foxboro Ranch aid station and Munds Park aid station and (2) between Fort Tuthill aid station and Walnut Canyon aid station.

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

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

Mule-ing has become a serious issue at the race and is being seen on the course. Mule-ing is carrying food, packs, poles, gear, etc for a runner. **No aid is permitted to any runner (even the front runners) outside of a ¼-mile radius of an aid station.**

Crew/pacers (multiple people) may accompany their runner from Buffalo Park in Flagstaff to the finish line (all race distances).

See the aid station tables for Cocodona and Sedona Canyons at the end of this Runner Guide for [pacer access](#) locations. Flagstaff Crest runners are not allowed pacers at any location along the course.

25. Eco-Responsibility

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

26. Aid Station Information

Below you will find tables with information on the aid stations, be sure to scroll down to your race distance. For the 250 and 125, crew will ONLY be able to access their runners within ¼ mile of CREW ACCESS AID STATIONS.

NO CREW VEHICLES OVER 25' and NO VEHICLES TOWING TRAILERS

Dogs are not allowed on the course or at aid stations at any time

Cocodona 250 Aid Stations – **ONLY APPLIES TO THE 250 DISTANCE**

Aid Station	Miles	Cutoff Time	Crew Access	Pacer Access	Drop Bags	Sleep Station	Medic
Start - Deep Canyon Ranch	0		Yes	-	Yes	-	-
Cottonwood Creek	7.4	5/5/25 9:50 AM	-	-	-	-	-
Water Station	10.4	-	-	-	-	-	-
Water Station	24.6	-	-	-	-	-	-
Lane Mtn by UltrAspire	32.5	5/5/25 11:20 PM	-	-	-	-	Yes
Crown King by Tailwind	36.6	5/5/25 11:55 PM	Yes	-	Yes (A)	-	Yes
Arrastra Creek	53	5/6/25 7:00 AM	-	-	-	-	-
Kamp Kipa	62.4	5/6/25 2:00 PM	-	-	-	Yes	-
Camp Wamatochick	69	5/6/25 4:45 PM	-	-	Yes	Yes	-
Whiskey Row	77.3	5/6/25 10:00 PM	Yes	Yes	Yes	Yes	Yes
Iron King	90.6	5/7/25 3:30 AM	Yes	Yes	-	-	-
Fain Ranch by Satisfy	95.9	5/7/25 6:00 AM	Yes	Yes	Yes	-	-
Mingus Mountain Camp	108.3	5/7/25 1:00 PM	Yes	Yes	Yes	Yes	Yes
Jerome Historic State Park	125.2	5/7/25 8:30 PM	Yes	Yes	-	-	-
Dead Horse Ranch	133.9	5/8/25 12:00 AM	Yes	Yes	Yes	Yes	Yes
Deer Pass Trailhead	147	5/8/25 4:45 AM	Yes	Yes	-	-	-
Water Station	153.7	-	-	-	-	-	-
Sedona Posse Grounds	161.3	5/8/25 12:00 PM	Yes	Yes	Yes	Yes	Yes
Water Station	172.6	-	-	-	-	-	-
Foxboro Ranch	176.5	5/8/25 9:00 PM	Yes	No Pacer Section	Yes	-	Yes
Munds Park	189.4	5/9/25 2:45 AM	Yes	Yes	Yes	Yes	Yes
Kelly Canyon	202.0	5/9/25 8:00 AM	-	-	-	-	-
Fort Tuthill	210.3	5/9/25 12:45 PM	Yes	No Pacer Section	Yes (A)	Yes	Yes
Walnut Canyon	226.5	5/9/25 7:45 PM	Yes	Yes	Yes	-	Yes
Wildcat Hill	233.3	5/9/25 10:45 PM	Yes	Yes	Yes	-	-
Trinity Heights	248.1	5/10/25 8:15 AM	-	-	-	-	-
Finish - Heritage Square	252.0	5/10/25 10:00 AM	Yes	Yes	Yes (ALL)	-	Yes

Sedona Canyons 125 Aid Stations – **ONLY APPLIES TO 125 DISTANCE**

Aid Station	Mile	Cutoff Time	Crew Access	Pacer Access	Drop Bags	Sleep Station	Medic
Start - Gold King Mine Ghost Town	0		Yes	-	Yes	-	-
Dead Horse Ranch	10.1	5/7/25 12:30 PM	-	-	Yes	Yes	Yes
Deer Pass Trailhead	23.3	5/7/25 7:00 PM	-	-	Yes	-	-
Water Station	30	-	-	-	-	-	-
Sedona Ranger Station	38.9	5/8/25 2:45 AM	Yes	-	Yes	-	-
Water Station	48	-	-	-	-	-	-
Foxboro Ranch	51.9	5/8/25 11:00 AM	Yes	-	Yes	-	Yes
Crystal Point TH - Restart Location	51.9*	5/8/25 11:30 AM	Yes	Yes	-	-	-
Munds Park	58.6	5/8/25 2:45 PM	Yes	Yes	Yes	Yes	Yes
Kelly Canyon	76.4	5/8/25 11:45 PM	-	-	-	-	-
Homestead	84.2	5/9/25 3:30 AM	-	-	-	-	Yes
Fort Tuthill	98.6	5/9/25 12:45 PM	Yes	Yes	Yes	Yes	Yes
ADOT	113.1	5/9/25 10:00 PM	Yes	Yes	Yes	-	Yes
Finish Line - Heritage Square	125	5/10/25 10:00 AM	Yes	Yes	Yes (ALL)	-	Yes

*It is not a typo... Foxboro Ranch and Crystal Point are the same mileage. Runners ride a shuttle between these points.

27. Aid Station Driving Directions

Below you will find tables with driving directions and parking information for all crew access aid stations, be sure to scroll down to your race distance.

NO CREW VEHICLES OVER 25' and NO VEHICLES TOWING TRAILERS.

Dogs are not allowed on the course or at aid stations at any time

Pacers are not allowed to park at some aid stations per the notes below.

Cocodona250 CREW ACCESS AID STATION DRIVING DIRECTIONS

Aid Station	Mile	Address	Coord.	Driving Direction Notes
Start - Deep Canyon Ranch	0	18600 E Deep Canyon Trail, Black Canyon City	34.07790, -112.15053	Drive thru gate & across creek. Road veers right into a big field.
Bumble Bee Ranch HOLD	-	23925 Bumble Bee Rd, Mayer	34.19352, -112.15716	Access via BumbleBee / CrownKingRd from I-17. Check-in here FIRST before going to Crown King
Crown King by Tailwind	36.6	7219 Main St, Crown King	34.20600, -112.33900	GO TO BUMBLE BEE RANCH TO OBTAIN PARKING PASS
Whiskey Row	77.3	154 Whiskey Row, Prescott	34.54052, -112.47047	Grand Highland Hotel There is a parking garage behind the aid station at 135 S Granite St (7'-10" clearance)
Iron King	90.6	5731 E Santa Fe Loop Rd, Prescott Valley	34.61401, -112.34775	Dirt shoulder along the north side of Santa Fe Loop Rd
Fain Ranch by Satisfy	95.9	10501 E. State Route 89A, Prescott	34.64519, -112.27958	Arizona Downs. Drive to the far southeast corner of the complex
Mingus Mnt Camp	108.3	8500 W. Forest Service Rd 104, Prescott Valley	34.69944, -112.12420	Drive north on Hwy89. Turn right at the summit, Mingus Recreation Area (FR104), and drive for 2.3 miles
Jerome	125.2	100 Douglas Rd, Jerome	34.75354, -112.11078	No parking for pacers. Pacers park in the huge parking lot at 1300 Jerome-Perkinsville Rd
Dead Horse Ranch	133.9	675 Dead Horse Ranch Rd, Cottonwood	34.75501, -112.02003	After entering park, take first left into Raven Group Campsite. No pacer parking. Pacers park 0.7 miles away at huge dirt lot adjacent the Cottonwood Dog Park on 10th St
Deer Pass Trailhead	147	FR89B just west of Hwy89A	34.81329, -111.90050	Parking very limited. Please wait until your runner is close before arriving & get going once your runner is out. Drive north on Hwy89A. Turn right at Deer Pass Rd (FR89B). Continue 1/2 mile to the aid station. No pacer parking. Pacers can park in the dirt lot on the west side of hwy 89 along Loy Butte Rd (FR525)
Sedona Posse Grounds	161.3	525 Posse Ground Rd, Sedona	34.87015, -111.78517	After entering the park, stay right, and look for the large parking lot on your left.
Foxboro Ranch	176.5	20921 Schnebly Hill Rd, Sedona	34.89730, -111.65843	DO NOT drive up Schnebly Hill Rd directly from Sedona. 1.5 miles west of I-17 exit #320 on FR153 (Schnebly Hill Rd). After entering ranch, turn right at T-intersection
Munds Park	189.4	17670 S Munds Ranch Rd, Munds Park	34.94173, -111.65582	Exit I-17 at Munds Park exit #322. Drive 0.1 miles west of I-17 on Munds Ranch Road, turn left to drive behind church
Fort Tuthill	210.3	2446 Fort Tuthill Loop Rd, Flagstaff	35.14106, -111.69317	Enter park follow signs for Adventure Course. Look for huge parking lot. Crew drive vehicles need to drive directly into the Quad (small white buildings). No setting up in parking lot.
Walnut Canyon	226.5	FR303 at Walnut Canyon / AZT Trailhead	35.18035, -111.53230	FR303 at Walnut Canyon / AZT Trailhead. Road gets rough last 1mile before aid. Parking very limited. Please wait until your runner is close before arriving and get going once your runner is out. Pacers park outside of aid station along FR303.

Wildcat Hill	233.3	2800 N El Paso Rd, Flagstaff	35.22372, -111.55806	Fire Dpt training center. No pacer parking. Pacers park just outside of aid station at Picture Canyon Trailhead.
Finish	252.0	6 E Aspen Ave, Flagstaff		Heritage Square

Sedona Canyons 125 **CREW ACCESS** AID STATION DRIVING DIRECTIONS

Aid Station	Mile	Address	Coord.	Driving Direction Notes
Start - Gold King Mine Ghost Town	0	1000 Perkinsville Rd, Jerome	34.756110, -112.13082	
Sedona Ranger Station	38.9	250 Brewer Rd, Sedona	34.86219, -111.76605	Historic Rager Station Park
Foxboro Ranch	51.9	20921 Schnebly Hill Rd, Sedona	34.89730, -111.65843	DO NOT drive up Schebly Hill Rd directly from Sedona. 1.5 miles west of I-17 exit #320 on FR153 (Schnebly Hill Rd). After entering ranch, turn right at T-intersection
Crystal Point - Restart Location	51.9	1432 Mormon Lake Rd, Munds Park	34.93911, -111.61967	Exit I-17 at Munds Park exit #322. Drive 2.1 miles east of I-17 on Pinewood Blvd. Road turns to dirt when it hits the forest FR240. Trailhead on the left.
Munds Park	58.6	17670 S Munds Ranch Rd, Munds Park	34.94173, -111.65582	Exit I-17 at Munds Park exit #322. Drive 0.1 miles west of I-17 on Munds Ranch Road, turn left to drive behind church
Fort Tuthill	98.6	2446 Fort Tuthill Loop Rd, Flagstaff	35.14106, -111.69317	Enter park follow signs for Adventure Course. Look for huge parking lot. Crew drive vehicles need to drive directly into the Quad (small white buildings). No setting up in parking lot.
ADOT	113.1	1959 S Woodlands Village Blvd, Flagstaff	35.18384, -111.66928	No pacer parking. Pacers park across Rt66 at Home Depot
Finish	125	6 E Aspen Ave, Flagstaff	35.19865, -111.64796	Heritage Square

*It is not a typo... Foxboro Ranch and Crystal Point are the same mileage. Runners ride a shuttle between these points.