

Cocodona Crew + Pacer Guide

COCODONA

CREW + PACER GUIDE

MAY 4TH THRU 9TH 2026



Welcome & Info

THIS IS THE 2026 Crew and Pacer Guide - Updated 2027 Guide will be available in October 2027

Welcome Crew!

We love our runners. And we REALLY love our crews and pacers. We know that you are doing as much work as the runner and are thrilled you are here. Thank you for everything you do to make this race the incredible, supportive community that it is. We see you out there. We know how much work it is. You are the heart and soul of ultrarunning. Welcome to Cocodona!

Five incredible race distances; the original Cocodona 250, Sedona Canyons 125, Bradshaw Brute 100 (no pacers or crew), Mingus Traverse 80 (no pacers), and the Flagstaff Crest 40 (no pacers or crew). 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](#).

Race Information

History - Cocodona is organized by Aravaipa Running. Based in Phoenix Arizona, Aravaipa is a runner-driven organization that promotes trail and ultra running and mountain biking events across Arizona, Utah, California, Colorado, New Hampshire, Michigan, and Wisconsin. The production of Cocodona would not be possible without the help of the communities the race passes through and over 1000 staff and volunteers who help in varying capacities from medical to aid stations to course marking and much much more. Learn more about volunteering at the race by visiting [the Cocodona volunteer page](#).

Land Acknowledgement - In the spirit of re-education of whose lands we are on, we acknowledge that the course traverses many Indigenous lands, communities, and

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

Eco-responsibility - In keeping with our deep respect for the land, we care deeply about our responsibility to this beautiful environment we have the privilege to pass through. The earth is the only one we have. As trail runners, we are blessed to see the beauty, complexity, and fragility of the ecosystems we run through. It is essential for all of us to do our part every day to minimize our own first-world gigantic footprints. We can all do a better job. Help us as we take steps toward a more eco-conscience race experience. We will be reducing where we can, recycling, composting, 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](#).

City of Flagstaff - We are so grateful to the City of Flagstaff. Flagstaff is not only the finish line for the Cocodona 250, Sedona Canyons 125, and Flagstaff Crest 40, it is also a very cool town. From breweries, restaurants, coffee shops, a cool Observatory, to endless miles of single-track, Flagstaff has it all. Checkout the [city's website](#) for a guide to all things such as [restaurants](#), [breweries](#), [hotels](#), and much much more.

The Flagstaff airport has daily non-stop flights from Phoenix and Dallas. It is conveniently close to the course with a 1:20 hour drive to the Cocodona 250 Start and a 15-minute drive to the Finish.

Updates listed by date

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2026 Crew + Pacer Guide Updates

All substantive changes to this Crew + Pacer Guide will be noted in this section.

2/3/2026 - Major update to the Runner Guide and Crew Guide

2/6/2026 - Drop bags added to Camp Wamatochick for the Cocodona 250 distance

2/7/2026 - Drop bags removed from Dead Horse for the Sedona Canyons 125 distance

2/19/2026 - Elevation profiles, gain/loss, course descriptions updated w/ 2/3/26 course changes

3/6/2026 - Aid Station menu updated

3/12/2026 - Slight change to 250 and 100 aid station mileages due to an itty bitty course change

3/30/2026 - Parking section added

4/1/2026 - Information added in the rules section about a “No Passing / No Leaving Trail” section just after Dead Horse AS.

4/2/2026 - Watson Lake Park - \$5/car park entry fee. Watson Lake Park is an aid station for the 250, finish line for the 100, and start line for the 80.

4/6/2026 - FAC aid station menu changed

4/8/2026 - Slight change to mileage of Deer Pass Aid Station due to a change in the positioning of the aid station (same location, different side of the parking lot)

4/10/2026 - Watson Lake Park (Bradshaw Brute 100 Finish Line & Mingus Traverse 80 Start Line) camping and long term parking info added. Sedona Canyons 125 Race Morning Crew Shuttle section added.

4/14/2026 - Sedona Canyons 125 Race Morning Shuttle for runners and crews. Parking / pickup location updated.

4/20/2026 - Location of Fain Ranch Aid Station changed. Course mileage adjustments.

4/23/2026 - Schedule Update. Friday May 8th 5:30pm - 6:30pm. **TRIVIA NIGHT** benefit for Runners for Public Lands. Free beer from **Dark Sky Brewing** and Uptown Pub. Pizza from Pizzicletta! Sponsor prizing. All **FREE**.

4/27/2026 - Bib numbers assigned

Schedule

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Schedule

Each runner is required to go through packet-pickup the day before the race (NO RACE DAY packet-pickup). 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 in-person race briefing or watch the pre-recorded info session.

In May, the time in Arizona is the same time as California (Pacific Time).

Sunday May 3rd, 2026

- 12:45pm Deep Canyon Ranch venue gates open. **DRIVE 15MPH IN DEEP CANYON RANCH.**
- 1:00pm - 5:00pm **ALL RACE DISTANCES** packet pick-up and merch sales. Drop bag drop-off for Cocodona only (runners can also drop off their drop bags on race morning). Food trucks. Deep Canyon Ranch. **DRIVE 15MPH IN DEEP CANYON RANCH.**
- 5:30pm Cocodona 250 Race Briefing / Q&A. Highly recommended for runners, crew, and pacers but not mandatory. Deep Canyon Ranch.
- A pre-recorded race info session will be available prior to race week for those not able to attend.*

Monday May 4th, 2026

- 3:45am - 4:45am Cocodona 250 4-liter capacity check & SPOT Trackers issued. Food/Coffee trucks onsite. Race morning packet pickup not available. Drop bag drop-off for Cocodona 250. Deep Canyon Ranch. **DRIVE 15MPH IN DEEP CANYON RANCH.**
- 5:00am Cocodona250 race start in mass. Deep Canyon Ranch.
- 6:00am Bradshaw Brute 100 race start in mass. Deep Canyon Ranch.
- 4:00pm - 7:00pm Mingus Traverse 80 packet pick-up. No drop bag drop-off. Fleet Feet, 122 N Cortez St, Prescott, AZ.
- 7:00pm Mingus Traverse 80 Race Briefing / Q&A. Highly recommended for runners and crew but not mandatory. Fleet Feet, 122 N Cortez St, Prescott, AZ.
- A pre-recorded race info session will be available prior to race week for those not able to attend.*

Tuesday May 5th, 2026

- 5:00am - 6:00am Mingus Traverse 80 drop bag drop-off. Race morning packet pickup not available. Watson Lake Park. Park entry fee of \$5/car.
- 6:00am Mingus Traverse 80 race start in mass. Watson Lake Park.
- 4:00pm - 7:00pm Sedona Canyons 125 packet pick-up and merch sales. No drop bag drop-off. Springhill Suites, 565 S 6th Street, Cottonwood AZ.
- 7:00pm Sedona Canyons 125 Race Briefing / Q&A. Highly recommended for runners, crew, & pacers but not mandatory. Springhill Suites, 565 S 6th Street, Cottonwood AZ.

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

Wednesday May 6th, 2026

- 5:45am - 6:45am Sedona Canyons 125 SPOT Trackers issued. Drop bag drop-off. Race morning packet pickup not available. Gold King Mine Ghost Town.
- 7:00am Sedona Canyons 125 race start in mass.

Friday May 8th, 2026

- 7:00am Flagstaff Crest 40 race start in mass. Fort Tuthill County Park.
- 9:00am - 10:00pm Flagstaff Free Parking & Shuttle. We will have a free shuttle running continuously during the day on Friday for crews. Park for free at the LDS church in Flagstaff (625 E Cherry Ave). Catch a free shuttle from the church to the finish line at Heritage Square. Shuttle leaves Heritage Square at the top of every hour (9am, 10am, ect) and leaves the LDS church parking area on the 15s (9:15am, 10:15am, etc). The LDS church is a 0.6 mile walk from the Finish Line.
- 5:30pm - 6:30pm **TRIVIA NIGHT** benefit for Runners for Public Lands. Free beer from **Dark Sky Brewing** and Uptown Pub. Pizza from Pizzicletta! Sponsor prizing. All **FREE**.
- 10:00am - 10:00pm Merch sales and vendor village. Heritage Square in Flagstaff.

Saturday May 9th, 2026

- 6:00am – ??? Merch sales and vendor village. Heritage Square in Flagstaff. Closes 30 minutes after the final finisher.
- ???am Cocodona 250 final finisher celebration. Heritage Square in Flagstaff. Come spirit tunnel in the last finisher and see them receive the DFL award. Typically, sometime between 6:00am-10:00am.

Aid Station Tables

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Aid Station Tables

Scroll down the page for the 125 and 80-mile distance Aid Station Tables.

Cocodona 250

Aid Station	Mile	Cutoff Times (TOD)	Crew Access	Pacer Access	Gear Check	Drop Bags	Sleep / Shower	Medic
Start Line - Deep Canyon Ranch	0	-	Yes	-	4L Cap	Yes	-	-
Cottonwood Creek	7.4	Mon 9:50 AM	-	-	4L	-	-	-
Water Station	10.4	-	-	-	-	-	-	-
Water Station	24.6	-	-	-	-	-	-	-
Lane Mtn by UltrAspire	32.5	Mon 10:45 PM	-	-	-	-	-	Yes
Bumble Bee Ranch HOLD	-	-	HOLD	-	-	-	-	-
Crown King by Tailwind	36.6	Mon 11:55 PM	Yes	-	Yes	Yes (A)	-	Yes
Arrastra Creek	51	Tue 7:00 AM	-	-	-	-	-	-
Kamp Kipa	60.8	Tue 2:00 PM	-	-	-	Yes	InD	-
Camp Wamatochick	67.4	Tue 4:45 PM	-	-	-	Yes	InD+Sh	-
Whiskey Row	75.6	Tue 10:00 PM	Yes	Yes	-	Yes	InD	Yes
Watson Lake	82.8	Wed 3:30 AM	Yes \$5	Yes \$5	-	-	-	-
Fain Ranch by Satisfy	96.5	Wed 6:00 AM	Yes	Yes	Yes	Yes	-	-
Mingus Mountain	107.2	Wed 1:00 PM	Yes	Yes	-	Yes	InD+Sh	Yes
Jerome	124.2	Wed 8:30 PM	Yes	Yes	-	-	-	-
Dead Horse	132.9	Thur 12:00 AM	Yes	Yes	-	Yes	OutD+Sh	Yes
Deer Pass	146.9	Thur 4:45 AM	-	-	-	Yes	-	-
Water Station	153.6	-	-	-	-	-	-	-

Sedona Posse Grounds	159.1	Thur 12:00 PM	Yes	Yes	Yes	Yes	InD	Yes
Water Station	170.4	-	-	-	-	-	-	-
Schnebly Hill	176.1	Thur 9:00 PM	Yes	NONE↓	-	Yes	-	Yes
Munds Park	190.0	Fri 2:45 AM	Yes	Yes	Yes	Yes	OutD	Yes
Kelly Canyon	202.7	Fri 8:00 AM	-	-	-	-	-	-
Fort Tuthill	211.0	Fri 12:45 PM	Yes	Yes	Yes	Yes (A)	InD	Yes
Walnut Canyon	227.1	Fri 7:45 PM	Yes	Yes	-	Yes	-	Yes
Wildcat Hill	234.1	Fri 10:45 PM	Yes	NONE↓	Yes	Yes	-	-
Trinity Heights	249.4	Sat 8:15 AM	-	-	-	-	-	-
Finish Line - Heritage Square	253.3	Sat 10:00 AM	Yes	Yes	-	Yes (ALL)	-	Yes

- At the Start Line, runners can place one "direct to finish" drop bag for Luggage/Bag.
- (A) Drop Bags from Crown King Aid Station will also go to Fort Tuthill Aid Station. One bag goes to both.
- After you use your drop bag at each aid station, move the bag to the "USED DROP BAG" pile so that we can get it to the finish line before you get to the finish line.
- Drop bags left at race will not be shipped after the race but can be picked up at the Aravaipa office in Phoenix.
- Sleep Stations - InD = Indoor heated space. OutD = Outdoor & unheated. Sh = Showers available
- Watson Lake Park (Finish Line) - Park entry fee is \$5/car

Sedona Canyons 125

Aid Station	Mile	Cutoff Times (TOD)	Crew Access	Pacer Access	Gear Check	Drop Bags	Sleep Station	Medic
Start Line - Gold King Mine Ghost Town	0	-	Yes	-	-	Yes	-	-
Dead Horse	10.2	Wed 12:30 PM	-	-	-	-	OutD	Yes
Deer Pass	24.2	Wed 7:00 PM	-	-	-	Yes	-	-
Water Station	30.9	-	-	-	-	-	-	-
Sedona Ranger Station	40.3	Thur 2:45 AM	Yes	-	Yes	Yes	-	Yes
Water Station	49.6	-	-	-	-	-	-	-
Schnebly Hill	55.2	Thur 12:30 PM	Yes	-	-	Yes	-	Yes
Munds Park	73.4	Thur 10:15 PM	Yes	Yes	Yes	Yes	OutD	Yes
Kelly Canyon	91.0	Fri 8:00 AM	-	-	-	-	-	-

Fort Tuthill	99.3	Fri 12:45 PM	Yes	Yes	Yes	Yes	InD	Yes
FAC	114.1	Fri 10:00 PM	Yes	Yes	-	Yes	-	Yes
Finish Line - Heritage Square	125.6	Sat 10:00 AM	Yes	Yes	-	Yes (ALL)	-	Yes

- At the Start Line, runners can place one "direct to finish" drop bag for Luggage.
- After you use your drop bag at each aid station, move the bag to the "USED DROP BAG" pile so that we can get it to the finish line before you get to the finish line.
- Drop bags left at race will not be shipped after the race but can be picked up at the Aravaipa office in Phoenix
- Sleep Stations - InD = Indoor heated space. OutD = Outdoor & unheated.

Mingus Traverse 80

Aid Station	Mile	Cutoff Times (TOD)	Crew Access	Gear Check	Drop Bags	Sleep / Shower	Medic
Start Line - Watson Lake Park	0	-	Yes \$5	-	Yes	-	-
Fain Ranch	13.8	Tue 1:45 PM	Yes	>10AM*	Yes	-	-
Mingus Mountain	24.5	Tue 10:30 PM	Yes	-	Yes	InD+Sh	Yes
Jerome	41.5	Wed 8:00 AM	-	-	-	-	-
Dead Horse	50.2	Wed 12:30 PM	Yes	-	Yes	OutD+Sh	Yes
Deer Pass	64.2	Wed 7:00 PM	-	-	Yes	-	-
Water Station	70.9	-	-	-	-	-	-
Sedona Ranger Station	80.3	Thur 2:45 AM	Yes	-	Yes (ALL)	-	Yes

- At the Start Line, runners can place one "direct to finish" drop bag for Luggage.
- After you use your drop bag at each aid station, move the bag to the "USED DROP BAG" pile so that we can get it to the finish line before you get to the finish line.
- Drop bags left at race will not be shipped after the race but can be picked up at the Aravaipa office in Phoenix
- No pacers for the Mingus Traverse 80 distance anywhere on the course
- *Required Gear + Cold Weather Gear WILL be checked at Fain Ranch for runners leaving after 10am.
- Sleep Stations - InD = Indoor heated space. OutD = Outdoor & unheated. Sh = Showers available.
- Watson Lake Park (Start Line) - Park entry fee is \$5/car

Driving Directions

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Driving Directions

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

All aid stations can be reached with a standard passenger vehicle. The roads to Crown King and Walnut Canyon are rough but can still be accessed with a standard passenger vehicle if you are a competent rough road driver.

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

Cocodona 250: Crew Accessible Aid Station Driving Directions

Aid Station	Mile	Address	GPS Cord.	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. DRIVE 15MPH
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. Don't just type it into your phone and go, make sure you Access via BumbleBee / CrownKingRd from I-17.
Whiskey Row	75.7	154 Whiskey Row, Prescott	34.54052, -112.47047	DO NOT drive Senator Hwy from Crown King. Drive back down to I-17. Grand Highland Hotel There is a parking garage behind the aid station at 135 S Granite St (7'-10" clearance)
Watson Lake	82.8	3101 Watson Lake Park Rd, Prescott	34.59083, -112.42052	Enter the park and continue straight. Park entry fee is \$5/car.
Fain Ranch by Satisfy	96.5	8075 N Prescott Ridge Rd, Prescott valley	34.65999, -112.26221	Living Waters Church. Enter parking lot and drive to the far left back corner of the building.
Mingus Mountain	107.2	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. DOGS MUST REMAIN INSIDE OF CREW VEHICLES
Jerome	124.2	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	132.9	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.
Sedona Posse Grounds	159.1	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.
Schnebly Hill	176.1	Schnebly Hill Rd, Sedona	34.911534, -111.64307	DO NOT drive up Schnebly Hill Rd directly from Sedona. 0.1 miles west of I-17 exit #320 on FR153 Schnebly Hill Rd (not the Fox Ranch exit). Pacers park outside of aid station

				parking in pulloffs along Schnebly Hill Road. Pacers are not allowed between Schnebly Hill and Munds Park.
Munds Park	190.0	17680 S Munds Ranch Rd, Munds Park	34.94177, -111.65534	Exit I-17 at Munds Park exit #322. Drive 0.1 miles west of I-17 on Munds Ranch Road, turn left into church to park. Pacers park at the dirt parking lot next to the gas station.
Fort Tuthill	211.0	2446 Fort Tuthill Loop Rd, Flagstaff	35.14106, -111.69317	Enter park follow signs for Adventure X 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	227.1	FR303 at Walnut Canyon / AZT Trailhead	35.18035, -111.53230	I-40 East from Flagstaff. DON'T take Country Club. DO take Walnut Canyon exit. 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	234.1	2800 N El Paso Rd, Flagstaff	35.22387, -111.55748	Water Treatment Plant. No pacer parking. Pacers park just outside of aid station at Picture Canyon Trailhead. Pacers are not allowed between Wildcat Hill and Finish Line.
Finish	253.3	6 E Aspen Ave, Flagstaff		Heritage Square. See parking section for info

Sedona Canyons 125: Crew Accessible Aid Station Driving Directions

Aid Station	Mile	Address	GPS Cord.	Driving Direction Notes
Start - Gold King Mine Ghost Town	0	1000 Perkinsville Rd, Jerome	34.756110, -112.13082	
Sedona Ranger Station	40.3	250 Brewer Rd, Sedona	34.86219, -111.76605	Ranger Station Park, Sedona. Park at LDS Church @ 160 Mormon Hill Rd, Sedona
Schnebly Hill	55.2	Schnebly Hill Rd, Sedona	34.911534, -111.64307	DO NOT drive up Schnebly Hill Rd directly from Sedona. 0.1 miles west of I-17 exit #320 on FR153 Schnebly Hill Rd (not the Fox Ranch exit).
Munds Park	73.4	17680 S Munds Ranch Rd, Munds Park	34.94177, -111.65534	Exit I-17 at Munds Park exit #322. Drive 0.1 miles west of I-17 on Munds Ranch Road, turn into church to park. Pacers park at the dirt parking lot next to the gas station.
Fort Tuthill	99.3	2446 Fort Tuthill Loop Rd, Flagstaff	35.14106, -111.69317	Enter park follow signs for Adventure X 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.
FAC	114.1	1151 S Woodlands Village Blvd, Flagstaff	35.18868, -111.66896	No PACER parking. PACERS park across Rt66 at Home Depot
Finish	125.6	6 E Aspen Ave, Flagstaff	35.19865, -111.64796	Heritage Square. See parking section for info.

Mingus Traverse 80: Crew Accessible Aid Station Driving Directions

Aid Station	Mile	Address	GPS Cord.	Driving Direction Notes
Start Line – Watson Lake Park	0	3101 Watson Lake Park, Prescott	34.59080, -112.42044	Enter park, pay \$5/car park entry fee, park in the 1st parking area on left. Walk up the hill to the start area.

Fain Ranch by Satisfy Running	13.8	8075 N Prescott Ridge Rd, Prescott valley	34.65999, -112.26221	Living Waters Church. Enter parking lot and drive to the far left back side of the building.
Mingus Mountain	24.5	8500 W. Forest Service Rd 104, Prescott Valley	34.69944, -112.12420	Drive north on Hwy89. Turn right at the summit, Mingus Recreation Area (FR104), drive 2.3 miles
Dead Horse	50.2	675 Dead Horse Ranch Rd, Cottonwood	34.75501, -112.02003	After entering park, take first left into Raven Group Campsite.
Finish Line - Sedona Ranger Station	80.3	250 Brewer Rd, Sedona	34.86219, -111.76605	Ranger Station Park, Sedona. Park at LDS Church @ 160 Mormon Hill Rd, Sedona

250 ONLY - Crown King

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THIS SECTION ONLY APPLIES TO THE COCODONA 250 RACE

Crown King Aid Station Crew Restrictions

Parking in Crown King is very limited. You can support your runner from any parking space in Crown King.

Only one vehicle per runner. No vehicles over 25'. No vehicles towing trailers. This applies to all aid stations.

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 Ranch when their runner reaches a certain point on the course. This point will be displayed on the LiveTracking site as "HOLD RELEASE". Crews who are not driving to Crown King do not need to check-in at Bumble Bee Ranch.

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

Drive times:

- Deep Canyon Ranch (250 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.

The Crown King General Store will be open all day on Monday. It is the only store in town and they have a gas pump, amazing homemade fudge, soda, water, beer, ice, sandwiches, Crown King merchandise, and more.

Rules

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.

EMERGENCY CONTACT DURING THE RACE

Send a TEXT to (602)830-4526

Include bib number, location, and description of issue

Pacer Age – Minimum age to pace in any of the race distances is 18 years. Contact the Race Director for individual approval for runners less than 18 years of age.

Outside Aid/Muling – Runners may only receive aid within a ¼-mile radius of aid stations. Failure to follow this rule will result in a DQ or time penalties issued at the Race Director's discretion. Pacers may not carry items for their runner. Crew and pacers may not park along the course to access / support their runner. Note: Please feel free to accept aid from locals who live along the course and come out to support the race. IE) A lemonade stand along the course, set up for ALL runners is a great place to stop and chat with a local family and get a drink.

Crew Vehicle & Vehicle Size Restrictions – **ONE CREW VEHICLE PER RUNNER AT AID STATIONS. NO CREW VEHICLES OVER 25'. NO VEHICLES TOWING TRAILERS.**

Required Gear – Pacers are required to carry the same gear requirements as runners. Pacers will be checked at specific aid stations, it is imperative that you carry this gear. Reference the [Required Gear Section](#).

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 "Leave the course".

Dogs – Dogs may not accompany their runner on any section of the course. Crews may have dogs at aid stations but the dog must be; 1-well behaved, 2-leashed at all times, 3-you must pick up after your dog. **Dogs are not allowed out of crew vehicles at the Mingus Mountain Aid Station.**

Runner Bib – Runners must display one bib on their pack or outermost layer of clothing at all times during the race. Help your 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.

Leaving the Course – Some runners leave the course to sleep in a hotel. Crews may drive their runner off course **IF** these rules are followed:

- Runners may only leave the course from CREW ACCESSIBLE AID STATIONS.
- 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, runners 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 DNF or 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 an Aid Station, must fill out a drop form, and turn in their spot tracker. Do not leave the course without informing a staff member.

DNFing vs DNF – Runners will be listed as DNFing 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.

Gates – There are numerous gates throughout the course. Close all gates behind you.

NO PASSING ZONE – There is one 7-mile “No passing / No leaving trail” section on the 250, 125, and 80-miler courses. Leaving Dead Horse Aid Station there are many endangered Arizona Cliffrose plants and the Forest Service and Fish & Wildlife Service

have mandated that this section be single file runner traffic and no leaving the trail. There will be “No Passing Signs” along this section of the course and waypoints on the course GPX file.

Roads – 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.
- Cross in crosswalks, wait for crossing signals and obey pedestrian laws.

Residential Areas – The course passes through some residential areas. Be respectful of local residents during the race; run single file on side-walks, cross in crosswalks, be quiet at night, don't shine headlamps at houses, don't slam car doors, be respectful, etc.

Jerome & Sedona – The towns of Jerome and Sedona are extremely sensitive permits for us. Runners need to be courteous of vehicles and pedestrians in these towns. Run on sidewalks, not in the vehicle lane. Crew vehicles should proceed directly to aid stations, be quiet, and NEVER park in residential areas. Crew/Pacer vehicles will not be allowed to park along state highways or within state right of way. Park only in designated parking spaces.

Fort Tuthill Aid Station Crew Area – Crews may not support their runners in the parking lot. Crew must drive vehicles directly into the quad (aid station area) to support their runner.

Courtesy/Kindness – Runners must follow direction and be courteous to race officials and volunteers. Aravaipa will not tolerate hateful or discriminatory behavior by any of our runners, or those associated with the race, regardless of the cause.

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.

Medical Tent – If your runner is visiting a medic tent at an aid station, please limit the crew accompanying the runner to ONE PERSON.

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

Required Gear

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

Runners AND PACERS must carry the Required Gear along the ENTIRE COURSE. In addition, we will check for Required Gear + Cold Weather Gear at specific locations on the course. Runners AND PACERS will not be allowed on the course without the Required Gear + Cold Weather Gear.

As crew and pacers, you are 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).

Required Gear – The following Required Gear must be carried by runners (all race distances) AND PACERS for the entire course:

- **Cell Phone**
- **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 are a cupless event for cold drinks. Runners are responsible for carrying their own container, cup, flask, or bottle to refill at aid stations. We will provide hot cups for coffee, broth, soup, etc.
- **Space Blanket**
- **Whistle**

Cold Weather Gear – In addition to the Required Gear listed above, the following Cold Weather Gear must be carried by runners AND PACERS along SOME SECTIONS OF THE COURSE:

- **Hydration** – Capability to carry 4 liters of water (Required for the 250-milers leaving the Start Line).
- **Hydration** – 250-milers must leave Cottonwood Creek Aid Station with AT LEAST 4 liters of water.
- **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

We will check all runners AND PACERS for Required Gear + Cold Weather Gear at the locations in the table below. **Runners must check-out of these aid stations with Required Gear + Cold Weather Gear before continuing on the course or risk a DQ.**

Aid Station	Required Gear + Cold Weather Gear checked at		
	250 Miler	125 Miler	80 Miler
Deep Canyon Ranch	4L Cap ¹	-	-
Cottonwood Creek	4L ²	-	-
Crown King	Yes	-	-
Fain Ranch	Yes	-	>10AM ³
Sedona Posse Grounds	Yes	-	-
Sedona Ranger Station	-	Yes	-
Munds Park	Yes	Yes	-
Fort Tuthill	Yes	Yes	-
Wildcat Hill	Yes	-	-

Note 1 – **Cocodona 250 START LINE** – Required Gear AND 4 Liter CAPACITY check. Cold Weather Gear not required from Start Line to Crown King. Runners must leave the Start Line with the CAPACITY to carry 4 liters of water. Runners don't need to leave the start line filled up with water.

Note 2 – **Cocodona 250** – All runners must leave the Cottonwood Creek Aid Station with AT LEAST 4 liters of water. 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 13-hours+ to complete. There are two water stations in this section, both of which runners can take only 1 liter. Leaving Cottonwood Creek Aid Station with 4 liters is the absolute minimum, your runner will probably need MORE.

Note 3 – **Mingus Traverse 80** – Required Gear + Cold Weather Gear is required for Mingus Traverse 80 runners LEAVING the Fain Ranch Aid Station (mile 12) AFTER 10:00am.

Additional Recommended Gear – The following items are not required but we do recommend that runners have access to them via crew and/or drop bags:

- Lots of sock changes & method to clean feet (wet wipes) recommended every 20-30 miles
- Trekking poles ([LEKI](#))
- Lightweight jacket
- Long Pants
- Sunscreen
- Sun hat
- Long sleeve sun layer
- Sunglasses
- Sun gloves
- Gaiters ([Kahtoola](#))
- Anti-Chafe ([Squirrel's Nut Butter](#)), Leukotape/Moleskin, DuctTape
- Toilet Paper in a zip lock
- Extra zip locks for phone, trash, used TP, etc
- Ear plugs and eyemask
- Medications, toiletries, contact lenses, etc
- Charging cords, battery packs, and spare batteries
- Comb for [removing Cholla Cactus](#) (yes really). Only needed in the first 30 miles of 250/100-milers

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

Packet Pick-up

Packet Pick-up

Each runner is required to go through packet-pickup the day before the race (NO RACE DAY packet-pickup). 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 in-person race briefing or watch the pre-recorded info session.

There is no race morning packet pick-up for any race distance.

ALL RACE DISTANCES – Sunday, May 3rd, 2026 – 12:45pm Deep Canyon Ranch venue gates open. 1pm-5pm: Packet pick-up & merch sales. Drop bag drop-off for the Cocodona 250 only (runners can also drop off their drop bags on race morning). Cocodona 250 Race Briefing / Q&A at 5pm, highly recommended for runners, crew, and pacers but not mandatory. A pre-recorded race info session will be available prior to race week for those not able to attend. Deep Canyon Ranch. **DRIVE 15MPH IN DEEP CANYON RANCH.**

Mingus Traverse 80 – Monday, May 4th, 2026 – 4pm-7pm: Packet pick-up. No drop bag drop-off. Mingus Traverse 80 Race Briefing / Q&A at 7pm, highly recommended for runners and crew but not mandatory. A pre-recorded race info session will be available prior to race week for those not able to attend. Fleet Feet, 122 N Cortez St, Prescott, AZ.

Sedona Canyons 125 – Tuesday, May 5th, 2026 – 4pm-7pm: Packet pick-up and merch sales. No drop bag drop-off. Sedona Canyons 125 Race Briefing / Q&A at 7pm, highly recommended for runners and crew but not mandatory. A pre-recorded race info session will be available prior to race week for those not able to attend. Springhill Suites, 565 S 6th Street, Cottonwood AZ.

Check-in process for runners:

- Confirm GPS enabled device with course file uploaded
- Confirm race emergency contact text number **(602)830-4526** is programmed into phone.
- Provide crew chief contact info
- Receive runner bag with goodies and race bib.
- Drop off any used shoes for donation to Soles-4-Soles

125 ONLY - Shuttle to Start

125 Race Morning Shuttle to Start Line

THIS SECTION ONLY APPLIES TO THE SEDONA CANYONS 125 DISTANCE

IF YOU ALREADY PURCHASED A SHUTTLE FROM FLAGSTAFF TO COTTONWOOD, YOU DO NOT NEED TO ALSO PURCHASE THIS TICKET.

With 400 runners, the streets of Jerome will be very congested getting to the start line. Don't miss the race start. We have provided this shuttle for runners AND crews from Cottonwood (839 N tenth St, Cottonwood) to the Start Line in Jerome. This shuttle will also take crew/spectators back to Cottonwood after the race starts. The Shuttle will leave from Cottonwood promptly at 5:00am. Long term parking is available at no charge at the shuttle pickup location at 839 N tenth St, Cottonwood.

Shuttle tickets available for purchase [HERE](#). Please note, all shuttles will have space for drop bags.

Parking

Parking

FOR PACER PARKING INFO, SEE THE [DRIVING DIRECTIONS TAB](#)

Cocodona 250

- **Pre-race Shuttle** – For those interested in a pre-race shuttle, see the [Shuttles section](#).
- **Start Line** – Long-term parking is available at the start line (Deep Canyon Ranch, 18181 E Deep Canyon Trail, Black Canyon City). Vehicles must be picked up before 5pm on Sunday May 10th. **Speed limit is 15MPH in Deep Canyon Ranch.**
- **Flagstaff - Short Term Parking - Flagstaff Free Parking & Shuttle.** We will have a free shuttle running continuously during the day on Friday May 8th for crews. Park for free at the LDS church in Flagstaff (625 E Cherry Ave). Catch a free shuttle from the church to the finish line at Heritage Square. Shuttle leaves Heritage Square at the top of every hour (9am, 10am, ect) and leaves the LDS church parking area on the 15s (9:15am, 10:15am, etc). The LDS church is a 0.6 mile walk from the Finish Line.

Sedona Canyons 125

- **Pre-race Shuttle** – For those interested in a pre-race shuttle, see the [Shuttles section](#).
- **Morning of Race Shuttle** – The start line is in the SMALL town of Jerome and traffic on race morning getting to the start line can get extremely slow. Don't miss your race start. We highly recommend parking in Cottonwood and riding the shuttle up to the start line. This option is available not only for runners, Crew/Spectators can ride the shuttle up, watch the start, and ride the shuttle back down to their car. For those interested in the morning of race shuttle, see the [Shuttles section](#).
- **Start Line** – Long-term parking is available at the start line (Gold King Mine Ghost Town, 1000 Perkinsville Rd, Jerome). Vehicles can be picked up between 9am-5pm any day except Tuesday.
- **Flagstaff - Short Term Parking - Flagstaff Free Parking & Shuttle.** We will have a free shuttle running continuously during the day on Friday May 8th for crews. Park for free at the LDS church in Flagstaff (625 E Cherry Ave). Catch a free shuttle from the church to the finish line at Heritage Square. Shuttle leaves Heritage Square at the top of every hour (9am, 10am, ect) and leaves the LDS

church parking area on the 15s (9:15am, 10:15am, etc). The LDS church is a 0.6 mile walk from the Finish Line.

Bradshaw Brute 100

- **Pre-race Shuttle** – For those interested in a pre-race shuttle, see the [Shuttles section](#).
- **Start Line** – Long-term parking is available at the start line (Deep Canyon Ranch, 18181 E Deep Canyon Trail, Black Canyon City). Vehicles must be picked up before 5pm on Sunday May 10th. **Speed limit is 15MPH in Deep Canyon Ranch.**
- **Finish Line** – Long term parking is available at the finish line (Watson Lake Park, 3101 Watson Lake Park Rd, Prescott). It is a \$5/car entry fee for EVERY CAR going into Watson Lake Park. In addition to the \$5/car park entry fee, if you plan to leave your vehicle parked at Watson Lake Park overnight, you must print out [THIS PDF](#) and place it on your dash board or you will get a ticket from the City of Prescott.

Mingus Traverse 80

- **Pre-race Shuttle** – For those interested in a pre-race shuttle, see the [Shuttles section](#).
- **Start Line** – Long-term parking is available at the start line (Watson Lake Park, 3101 Watson Lake Park Rd, Prescott). It is a \$5/car entry fee for EVERY CAR going into Watson Lake Park. In addition to the \$5/car park entry fee, if you plan to leave your vehicle parked at Watson Lake Park overnight, you must print out [THIS PDF](#) and place it on your dash board or you will get a ticket from the City of Prescott.
- **Finish Line** – Long-term parking is available a short walk from the finish line at the Sedona LDS Church (160 Mormon Hill Rd, Sedona). Vehicles must be picked up by 3:00am on Thursday May 7th. There is NO LONG-TERM parking at the actual finish line of Ranger Station Park.

Flagstaff Crest 40

- **Pre-race Shuttle** – For those interested in a pre-race shuttle, see the [Shuttles section](#).

- **Start Line** – Long-term parking is available at the start line (Fort Tuthill County Park, 2446 Fort Tuthill Loop, Flagstaff). Vehicles must be picked up by 12:00pm on Saturday May 9th.
- **Flagstaff** - Flagstaff Free Parking & Shuttle. We will have a free shuttle running continuously during the day on Friday May 8th for crews. Park for free at the LDS church in Flagstaff (625 E Cherry Ave). Catch a free shuttle from the church to the finish line at Heritage Square. Shuttle leaves Heritage Square at the top of every hour (9am, 10am, ect) and leaves the LDS church parking area on the 15s (9:15am, 10:15am, etc). The LDS church is a 0.6 mile walk from the Finish Line.

Hotels & Camping

Hotels

There are many hotels along the course. See below for info on the hotel closest to aid station along the course. For runners who wish to leave the course to sleep in a hotel, make sure to reference the [Rules](#) section for info.

Cocodona 250 / Bradshaw Brute 100 Start Line – [Hampton Inn in Anthem](#)

Bumble Bee Ranch (Crew Hold Area) – [Bumble Bee Ranch](#)

Crown King – [Crown King Cabins](#). Also check out the Crown King General Store which will be open all day on Monday. It is the only store in town and they have a gas pump, amazing homemade fudge, soda, water, beer, ice, sandwiches, Crown King merchandise, and more.

Whiskey Row – The aid station is actually located in the courtyard of the [Grand Highland Hotel](#).

Prescott (Mingus Traverse 80 Start Line Hotel) – [Prescott Spring Hill Suites](#), 200 East Sheldon Street, Prescott.

Cottonwood (Sedona Canyons 125 Start Line Hotel) – Springhill Suites, 565 S 6th St, Cottonwood, AZ 86326. Book [HERE](#) for discounted participant rate.

Dead Horse – [Dead Horse Ranch State Park](#) has cute cabins and RV spots for rent within a stones throw of the aid station.

Sedona – [Info to follow](#)

Munds Park – [Motel in the Pines](#) is less than a mile from the aid station and directly on the course.

Flagstaff – Courtyard by Marriot, 2650 S Beulah Blvd, Flagstaff, AZ 86001. Book [HERE](#) for discounted participant rate.

Camping

The following camping info is for dispersed camping on public lands and some private pay options. There are also numerous pay campgrounds along the course which include RV hook-ups. 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](#).

Cocodona 250 Start Line – Camping is available at the start line beginning at 1pm on Sunday May 3rd. This includes cars, vans, trailers, and RVs. The Start Line is located at Deep Canyon Ranch @ 18600 E Deep Canyon Trail, Black Canyon City, AZ. If you need RV hookups, check out the nearby Black Canyon Ranch RV Resort. **DRIVE 15MPH IN DEEP CANYON RANCH.**

East of Crown King – 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 – Free dispersed camping on Forest Service land along Senator Highway (FR52) starting ½-mile past the Groom Creek Trailhead.

Watson Lake Park (Bradshaw Brute 100 Finish Line + Mingus Traverse 80 Start Line) – 19 Paid campsites. \$25/night. See campsite map below. [Campsite rental reservation link](#). This City of Prescott currently has campsites blocked out on Tuesday May 5th and Wednesday May 6th but if you kindly email [Michelle Stacy-Schroeder](#) with the City of Prescott, she can get you set up with a reservation for the 5th and/or the 6th. Before you email her, set up an account at the Campsite rental reservation link above.

Mingus Mountain Area – Free dispersed camping on Forest Service land. Turn off of Hwy89A at the summit (Mingus Rec Area) onto FR104 like you were going to the Mingus Mountain Aid Station. After 1.5 miles turn right on FR413. Caution – Drive slow, FR413 is part of the course.

Sedona Canyons 125 Start Line – Camping is available at the start line but you must arrive between 2pm-8pm. After these hours, the venue gate will be closed and locked. Gold King Mine Ghost Town, 1000 Perkinsville Rd, Jerome.

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 marker 364 onto Loy Butte Rd (FR525). Look for the Forest Service sign for instructions and permit info. Another option is paid camping at [Camp Avalon](#) (pre-payment and reservations required).

North of Sedona – Free dispersed camping on Forest Service land. Headed north from Sedona on AZ89A turn left on FR535, mile marker 391.

South of Flagstaff – Free dispersed camping on Forest Service land off I-17 along Schnebly Hill Rd. Camping both east and west of I-17. Drive slow, FR226 and Schnebly Hill Rd are part of the course.

Watson Lake Park Campsite map



Bib# & SPOT Trackers

Bib Numbers

Bib numbers for all race distances have been assigned and can be found at <https://live.aravaiparunning.com/#/cocodona-2026> . The bib numbers will NOT be loaded into UltraSignup.

SPOT Trackers

For the Cocodona 250 and Sedona Canyons 125 races, real-time GPS tracking (SPOT Trackers) will be provided by TrackLeaders. Runners' family, friends, and crew will be able to see runners' real-time position along the course during the race, as well as some other interesting details such as current pace, moving time, stopped time, avg moving speed, etc. The runner does NOT need cell service for this device to work, it will work everywhere on the course. However, anyone wanting to see their runner's 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 250 & 125 miles races. The trackers 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.

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).

The Mingus Traverse 80 distance does not include SPOT tracking.

LINK FOR 2026 LIVE TRACKING TO FOLLOW

GPS Enabled Device

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 all runners (all distances) AND PACERS to carry a GPS enabled device with the course file downloaded. This device can be a handheld GPS unit, watch, or smartphone. BE AWARE that GPS watches are very convenient and will help you at about 90% of intersections/turns but are not always great at turns that are confusing (multi-trail junctions), so we recommend that if you use a GPS watch to ALSO have the route downloaded to your phone as backup. The smartphone is the easiest and least expensive option for a GPS enabled device.

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 ([Cocodona 250](#), [Sedona Canyons 125](#), [Bradshaw Brute 100](#), [Mingus Traverse 80](#), or [Flagstaff Crest 40](#)) 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. Check that the course and your location (blue dot) appear while you are in airplane mode. This is critical and often only works with the paid version of many Apps. 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. We will let runners know when the course is final.**

Course & Course Profiles

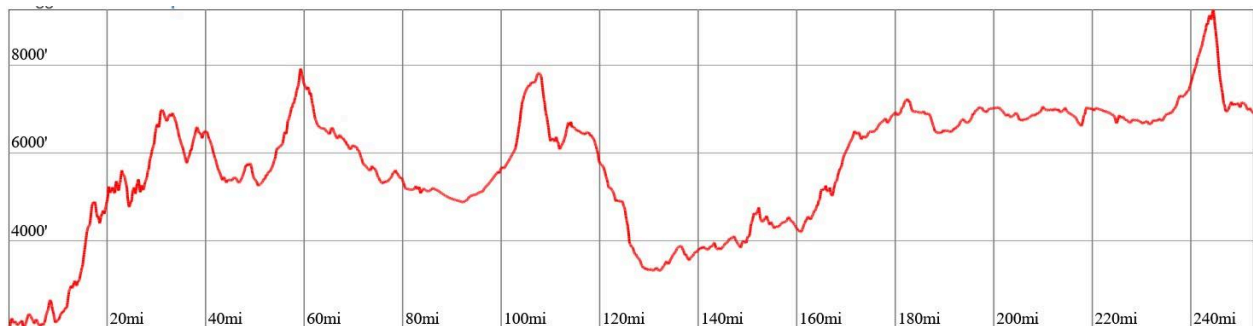
Course

Section by Section Descriptions & Profiles for all race distances can be found here ([Cocodona 250](#), [Sedona Canyons 125](#), [Mingus Traverse 80](#)). Note that any course changes within the last few weeks of the race will not be included in the course description.

Course GPX Files for all race distances can be found here in CalTopo. ([Cocodona 250](#), [Sedona Canyons 125](#), [Mingus Traverse 80](#)). 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.

Course Profiles

Cocodona 250



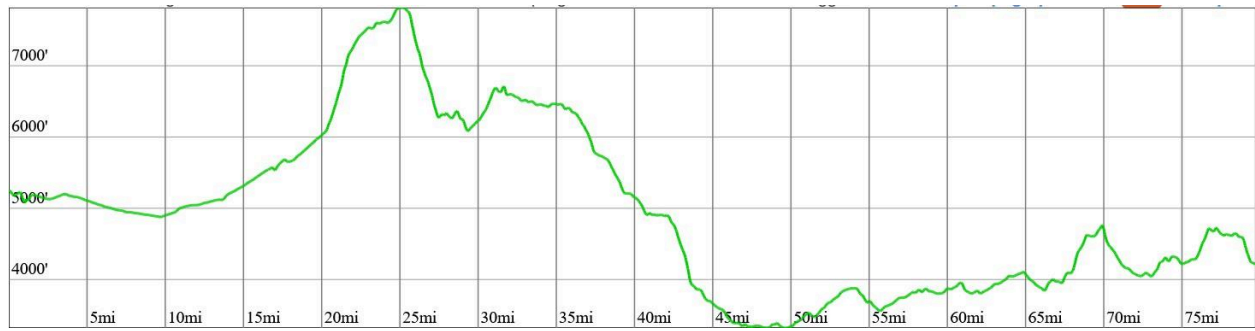
Cocodona 250 course overall gain is 38,791' and loss is 33,884'

Sedona Canyons 125



Sedona Canyons 125 course overall gain is 14,205' and total loss is 12,678'

Mingus Traverse 80



Mingus Traverse 80 course overall gain is 10,002' and loss is 11,027'.

Course Marking

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.

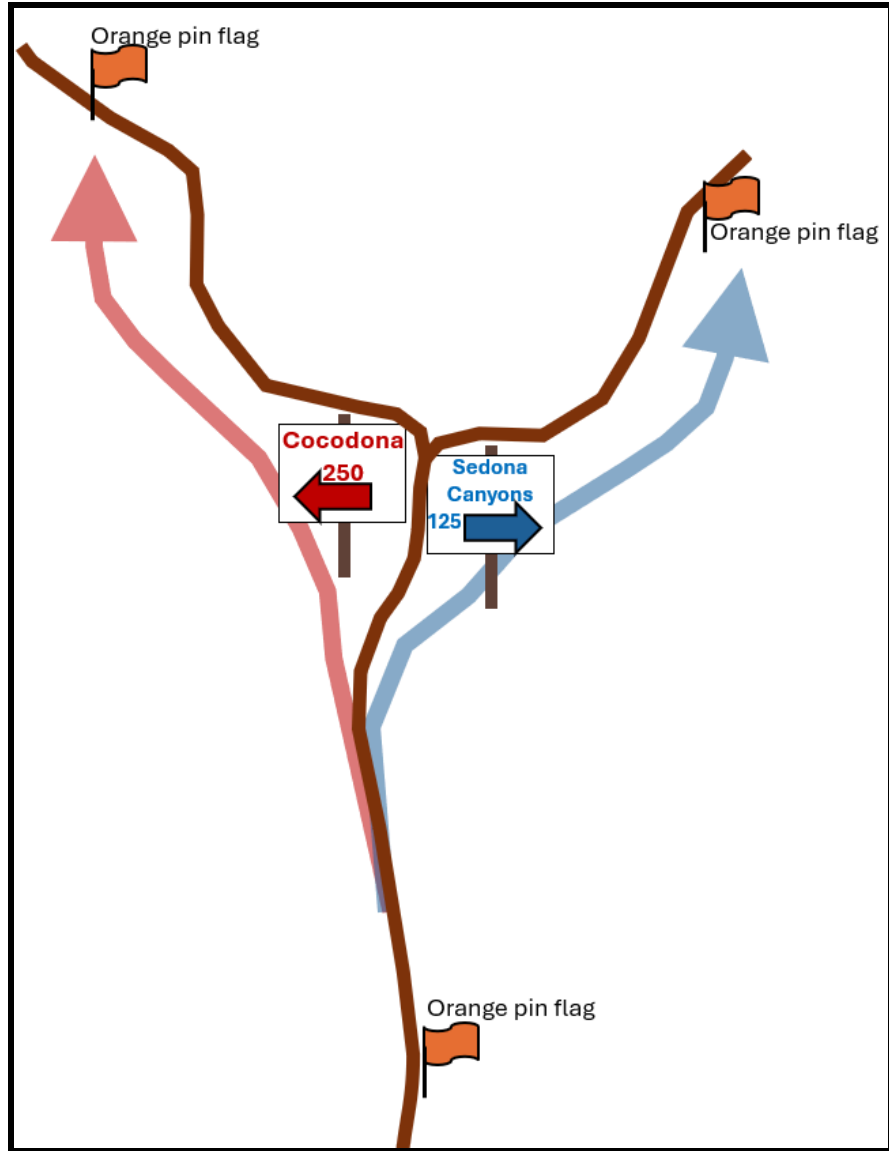
If you experience a section of the course that is under-marked or confusing, please send a text and description of the location to the Race Command phone number on the runner and pacer bibs. We will get out and fix it.

The course will be marked with:

- **Flagging Tape** – Orange with black polka dot tape w/ reflectors
- **Pin Flags** – Orange pin flags w/ reflectors
- **Arrow Signs** – Some critical turns will be marked with distance specific arrow signs
- **Road Sticker signs** – Some sections in towns (pavement) will be marked with distance specific arrow road stickers
- **Wrong Way** – Blue & white checkerboard tape

Distance Specific Course Marking – For the most part, all race distances will get the same course marking (flagging tape and pin flags). The differences in course marking will ONLY occur where the different distances split apart, cross each other, or join.

For example – If the 250-milers and 125-milers are running together and then split apart, one distance going left and one distance going right, there will be a “Cocodona 250 LEFT arrow” sign and a “Sedona Canyons 125 RIGHT arrow”. After the split, both distances will go back to the same course marking (flagging tape and pin flags). See image below.



Aid Station Food & Info

THIS IS THE 2026 Crew and Pacer Guide

- Updated 2027 Guide will be available in October 2027

Aid Station Food

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.

Our goal at Cocodona is to provide top notch aid stations. 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 station. 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, Gummies, Oreo Cookies, pickles, cooked potatoes, granola bars, bananas, oranges, and when possible... watermelon. Most aid stations will have [Neversecond](#) gels/bars and [Precision](#) chews / electrolyte capsules.

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

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

In addition to Traditional Offerings at every aid station, here is the PRELIMINARY 2026 menu

Aid Station	250 Miler	125 Miler	80 Miler	Menu
Start Line - Deep Canyon Ranch	0	-	-	Food trucks, Coffee, oatmeal, fruit, bagels

Cottonwood Creek	7.4	-	-	
Water Station	10.4	-	-	1 liter per person only
Water Station	24.6	-	-	1 liter per person only
Lane Mtn by UltrAspire	32.5	-	-	
Bumble Bee Ranch HOLD	-	-	-	Pizza and drinks for purchase
Crown King by Tailwind	36.6	-	-	Pulled pork & Black Bean Burgers. Potato/pasta salad. Potato soup. Tailwind slushies
Arrastra Creek	51	-	-	'Rollups - Turkey/Cheese and Hummus/Avocado. Grilled cheese. Potato soup. Spring rolls.
Kamp Kipa	60.8	-	-	Scrambled eggs, egg casserole, tofu, pancakes, bacon, potato soup
Camp Wamatochick	67.4	-	-	Burgers, potato soup, Pancakes, bacon
Whiskey Row	75.6	-	-	Pizza, soup, Oatmeal, quesadillas
Watson Lake	82.8	-	-	Chili, cookies
Start Line – Watson Lake Park	-	-	0	Coffee, oatmeal, fruit, bagels
Fain Ranch by Satisfy Running	96.5	-	13.8	Potatoes/veggies/chicken, potato soup, pancakes, cookies
Mingus Mountain	107.2	-	24.5	Lasagna, salad, pizza, bread, potato soup, Pancakes
Jerome	124.2	-	41.5	Chicken and tofu tacos, Potato soup, pancakes, Cinnamon rolls
Start Line - Gold King Mine Ghost Town	-	0	-	Coffee, oatmeal, fruit, bagels
Dead Horse	132.9	10.2	50.2	Burritos, potato soup, oatmeal
Deer Pass	146.9	24.2	64.2	Hot dogs, tomato soup, turkey/cheese and hummus/avocado sandwiches, pancakes
Water Station	153.6	30.9	70.9	-
Sedona Posse Grounds	159.1	-	-	Burgers, scrambled eggs, tofu, bacon, pancakes
Sedona Ranger Station	-	40.3	80.3	Burgers, scrambled eggs, tofu, bacon, pancakes
Water Station	170.4	49.6	-	-
Schnebly Hill	176.1	55.2	-	Chili and pasta, Oatmeal
Munds Park	190.0	73.4	-	BLT sandwiches, Tomato soup, eggs, tofu, pancakes
Kelly Canyon	202.7	91.0	-	Chicken & vegan chicken tacos, potato soup, grits
Fort Tuthill	211.0	99.3	-	Pasta, salad, bread, oatmeal. Flagstaff Crest Start - Coffee, oatmeal, fruit, bagels
Walnut Canyon	227.1	-	-	Breakfast burritos, turkey/cheese/hummus/avocado roll-ups, potato soup, fruit, oatmeal
Wildcat Hill	234.1	-	-	Burgers, potato soup, quesadillas, pancakes, Pete's Meats
Trinity Heights	249.4	-	-	Grilled cheese, quesadillas, tomato soup
FAC	-	114.1	-	loaded quesadillas, grilled cheese, potato soup, oatmeal
Finish Line - Heritage Square	253.3	125.6	-	Burgers, tomato soup, scrambled eggs, bacon, pancakes

Other Aid Station Provisions

Electrical Plugs – Electrical plugs will be available at the following Aid Stations; Crown King, Kamp Kipa, Camp Wamatochick, Whiskey Row, Mingus Mountain, Sedona **Posse**

Grounds, and Fort Tuthill. Be aware that we will NOT have charging cords, bring your own.

Need a tampon or pad? Ask a volunteer.

Sleep, Showers, & Restrooms

Sleep Stations

Sleep stations are for runners only, no pacers.

Runners can obviously take a trail nap or sleep in an aid station chair at any time. We will also have sleep stations at some aid stations. See below for a description of the sleep stations:

- Kamp Kipa – Indoor bunks (Heated space) + limited blankets – NO CREW ACCESS. YES DROP BAGS
- Camp Wamatochick – Indoor bunks (Heated space)+ limited blankets – NO CREW ACCESS. DROP BAGS for the 250. NO DROP BAGS for the 100.
- Whiskey Row – Indoor cots (Heated space)
- Mingus Mountain – Indoor bunks (Heated space)
- Dead Horse – Outdoor tents w/ cots (NOT heated)
- Sedona **Posse Grounds** – Indoor cots (Heated space)
- Munds Park – Outdoor tents w/ cots (NOT heated)
- Fort Tuthill – Indoor cots (Heated space)

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

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

Many runners will choose to sleep in crew vehicles/vans/RVs. See the [Aid Station Driving Directions Section](#) for aid stations with adequate parking for larger vehicles. Remember the rule that runners may only leave the course FROM CREW ACCESSIBLE AID STATIONS, see the [Rules Section](#) for how this can be done.

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

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. If you see a runner sleeping on the side of the trail, please do not wake them. But if you see a runner lying down ON the trail, please check that they are ok.

Showers

Pacers and crew are asked to let runners shower first.

A shower can change everything but watch out for those chaffing spots. Showers are available at the following aid stations:

- Camp Wamatochick Aid Station (Cocodona 250 & Bradshaw Brute 100). No crew access. No drop bags. Yeah, we know...it's a little early in the race but there ARE showers here.
- Mingus Mountain Aid Station (Cocodona 250 & Mingus Traverse 80)
- Dead Horse Aid Station (Cocodona 250 & Mingus Traverse 80)

Note that Aravaipa will not provide towels or soap, have those items available via your crew or drop bags.

Be respectful of time in the shower if there is a line. Please conserve water.

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](#).

Medical

Medical

Program the Race Command phone number 602-830-4526 into your phone before race day. This TEXT only phone number will also be printed on the runner and pacer bibs.

If you need medical attention out on the trail or if you see another runner out on the trail who needs medical attention, take the steps detailed below...

1. ASK THE RUNNER if they need help. If so, tell them you are texting Race Command.
2. **TEXT RACE COMMAND** at 602-830-4526 with the following information of the injured runner:
 - Bib number of the injured runner
 - A phone number that will remain with the injured runner
 - Location and Mile marker of the injured runner
 - Description of the injury
 - Description of the injured runner

If you have a medical condition, please write your medical information on the back of your bib. List the condition and the location of any medication/ect in your pocket or pack.

Our medical provider, MedStar Solutions, will have medics at various aid stations along the course (exact locations listed in the [Aid Station Tables](#)). These medics' primary responsibility is emergency care for runners. **Foot care is the runner's responsibility.** Medics will do their best to help runners with foot care issues when they are not handling more urgent medical care issues. Due to medical protocols, our medics are not able to pop blisters. Our medics will clean the area beforehand, provide a lancet for the runner to pop their own blister, and then bandage the area.

If your runner is visiting a medic tent, please limit the crew accompanying the runner to ONE PERSON.

Medics at Fort Tuthill will perform a mental status evaluation on every runner. If a runner is not able to pass this evaluation, they will be required to sleep at Fort Tuthill until they can pass.

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 the runner's mental/physical condition puts themselves, medics, staff, or volunteers in danger. This

particularly applies to the first section of the 250/100 course, as evacs in that section can be extremely challenging, especially at night.

EMERGENCY CONTACT DURING THE RACE

Send a TEXT to (602)830-4526

Provide bib number, location, and description of the issue



Sponsors

SPONSORS



[Altra](#) - Cocodona...presented by Altra! Altra was founded on the belief that running was for relieving stress, not putting more stress on your body. That runners deserved a shoe that could help them run healthier, run further, run faster, and run for a lifetime. From humble beginnings in the back of a running store, they were tested and refined in running's toughest conditions. Made to keep you out there. Roomy toe box. Zero to low drop. That's Altra.



[Janji](#) - Founded in 2012, Janji specializes in designing technical apparel for endurance. Merging creativity with functionality, we create innovative solutions to help runners pursue greater distances and forge deeper connections. Responsibly made, durably built — Janji is here for your long(est) run.



[Kahtoola](#) means "directly" in Tibetan and the company was founded to help people get directly where they want to go. Headquartered in Flagstaff, Kahtoola is ideally situated to design and test outdoor gear, including their flagship MICROspikes footwear traction, gaiters, and hiking crampons. Kahtoola's purpose extends beyond products and they give at least 1% of revenue each year through the Kahtoola Philanthropy Program to support indigenous cultures, the outdoor community, and environmental responsibility. Don't forget to grab your INSTAgaiters or RENAgaiters and keep those feet protected for all 250 miles!



[UltrAspire](#) – The UltrAspire team is comprised of athletes of all types, ranging from the newest adventurers to the most elite competitors in the world. They design gear from the ground up to meet your needs, and they accomplish this by working with athletes directly. UltrAspire gear is inspired by athletes, designed for performance, and revised to perfection. Run in comfort at any distance in their ErgoFit Vests and ErgoFit Waistbelts, keep cool over the long haul with the UltraCool System, and light up the trails for the most natural night running experience with 3D Lighting™. Want to see how the pros pack for the 200 mile distance? [Check out this](#) with UltrAspire athletes Mike McKnight and Jeff Browning. On top of all this, UltrAspire will be out at the Lane Mountain Aid Station with a cool down station, helping you recover from that brutal first 33 miles. Thanks UltrAspire!



[Tailwind](#) - We are excited to announce that Tailwind Nutrition will be on course this year at Cocodona 250 as the race's official Hydration Sponsor! Endurance Fuel provides you with your race-day carbs, electrolytes, and hydration so you can get

after your goals and have the best race. Let Tailwind hydrate your journey through all the beautiful and monumental trails Arizona has to offer as you traverse from Black Canyon City to Flagstaff!



[Squirrels Nut Butter](#) – SNB has supported Aravaipa for many years. They make great products and are amazing people. Based in Flagstaff, SNB will be staffing the Fort Tuthill Aid Station, so please tell them thank you! Don't let chafing stop you from reaching your limits—keep your little bits protected! SNB has generously offered Cocodona runners a 25% discount on lube and hats (bundles excluded) through 6/1/2025 (enter “LUBECOCODONA2025” all caps at checkout) to help lube your anti-chafing purchase. They'll also be providing every runner with a stick of lube in the goodie bag. #greaseyourcrease



[Sundog Running](#) – We are very happy to announce our partnership with Sundog Running, the official training and coaching partner of Cocodona. Every runner is unique, which is why Sundog only provides custom training plans, specifically tailored to each athlete. Whether you're a beginner, elite, or find yourself somewhere in between, Sundog wants to work with you. They prioritize individualized training, close communication, and thorough race planning. Sundog Running offers local knowledge of the Cocodona course. Based in Flagstaff, their coaches have completed the Cocodona250 and Sedona Canyon 125 events themselves, as well as coached runners to the finish line.

Partner Running Stores

We've partnered with two local running shops that are very close to the course. Both are convenient resources if you need gear / nutrition DURING the race. Give them a call and if you ask nicely... they may even DELIVER TO THE WHISKEY ROW OR FORT TUTHILL AID STATIONS.

[Fleet Feet Prescott](#) – 122 N Cortez St, Prescott. (928)247-6736. Mon–Fri 10am–7pm

[Run Flagstaff](#) – 204-A E Route 66, Flagstaff. (928)774-2990. Mon–Fri 10am–6pm