JAVELINA JUNDRED
PARTICIPANT GUIDE
OCTOBER 27-28, 2012

HAL KOERNER
2011 CHAMP COURSE RECORD

PHOTO: MANOJ NAGALLA

ARAVAIPA RUNNING
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RD James Wrublik with Xy Weiss and Catra Corbett in 2007
Photo: Will LaFollette
Overview

Welcome
We would like to welcome you to the 10th Annual Javelina Jundred Mile Endurance Run held at McDowell Mountain Regional Park near Fountain Hills, Arizona. The Javelina Jundred will again take place on the full moon weekend closest to “Jalloween” in the beautiful Sonoran Desert. Please read through the following participant guide prior to race weekend to make the best of your race.

Organization
The Javelina Jundred is organized by Jamil & Nick Coury of Aravaipa Running in partnership with McDowell Mountain Regional Park. Aravaipa Running is a locally owned, runner driven organization that promotes trail and endurance running events across Arizona and Colorado. The production of the Javelina Jundred each year would not be possible without the help from over 150 volunteers on race weekend who help in varying capacities from medical to communications to staffing aid stations.

History
The race was founded by Phoenix ultrarunner Geri Kilgariff back in 2003. Here is Geri’s account of the history of the race:

Yeah, the idea started out as a joke. Woofie (Anthony Humpage) and I were running on the Pemberton Trail one day and thought it’d be funny to have a 100-miler there, running multiple loops. "The runners would kill us!"

Then thinking about it, it wasn’t such a bad idea. It’d be a fast course, easy to aid, the park was close to civilization and near a major airport. Woofie came up with the name Javelina Hundred, which became Javelina Jundred for the fun of it. The whole idea of the race was to make it fun. That’s how it became "The 100-Mile Party Run."

I thought I’d be lucky to get 50 runners to enter that first year (2003). I ended up with 180 entries and would’ve had more if I hadn’t cut off entries the week before the race. I think that was the most entries for a first-year 100-mile endurance run.

The race that year was won by Stephanie Ehret. I believe it was one of the first 100-mile races
won by a woman.

The Pemberton 50k had been started a few years earlier, and that race always donated their proceeds to McDowell Mountain Park. Using that model, I figured it'd be good for Javelina to follow suit. I figured I'd have maybe $1,000-$2000 to give to the park that first year. It ended up raising $10,000. I think that was another "first," too.

Paul Grimm as the "Grimm Reaper" in 2005
Photo: Will LaFollette

The race was subsequently picked up by James and Rodger Wrublik for several years until it was passed on to Aravaipa Running. Aravaipa Running has continued with the tradition of supporting the McDowell Mountain Park Trail Fund by making a donation from the race each year.
Schedule of Events

The race is staged out of the Pemberton Trailhead Staging Area, McDowell Mountain Regional Park, north of Fountain Hills, Arizona.

**Friday, October 26**

**Radisson Fort McDowell Resort**
10438 North Fort McDowell Road
Scottsdale/Fountain Hills, AZ 85264

3:00 - 6:00pm **Packet pickup at Radisson Fort McDowell Resort** - You will receive your goody bag, bib, and timing chip. iRun will setup a mini store with trail running goodies like gels, body glide, socks, hats and lights.

3:00 – 6:00pm **Pasta Dinner at Radisson Fort McDowell Resort** - $15/meal - purchase at the resort. The restaurant will be serving Ziti pasta with red sauce, meatballs, breadsticks, sheet cake & cookies for dessert. Vegetarian option will be available. Happy hour from 4:00 - 6:00 pm.

**Saturday, October 27**

**McDowell Mountain Regional Park**
16300 McDowell Mountain Park Drive
Scottsdale/Fountain Hills, AZ 85255

4:00am Shuttle bus begins transporting runners from 4 Peaks parking lot to Javelina Jeadquarters. Crews will be able to shuttle back to their cars throughout the race.

4:30 – 5:45am **Packet pickup at McDowell Mountain Regional Park - Pemberton Trailhead (Start/Finish Line)**

6:00am Race starts (clockwise direction). Make sure to bring a light!

11:00am Sub sandwiches arrive at Javelina Jeadquarters (Some sandwiches will be available for purchase by crews)

4:00pm Pizza arrives at Javelina Jeadquarters (Some pizza will be available for purchase by crews)

8:00pm Burger & Hot Dog barbecue begins at Javelina Jeadquarters that lasts through the night. Veggie burgers will be available.

**Sunday, November 13**

5:30am Five loop cutoff (77.4 miles) – Runners must start loop six by 5:30am (23 ½ hours)
Javelina Jundred Participant Guide
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6:00am       Sub 24 hour buckle cut off

9:30am       Six loop cutoff (92.8 miles) - Runners must start loop seven by 9:30am (27 1/2 hours)

12:00pm      100 mile / 30 hour cutoff, race ends.

Michelle Barton & Nathan Haws in 2006
Photo: Will LaFollette
Javelina Jundred Participant Guide

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Race Rules

Park Rules
- All pets must be kept on a leash
- Littering is strictly prohibited (this includes organic waste i.e. banana peels)
- Any type of glass bottle or container is not allowed
- Runners must stay on designated trail at all times
- Runners must be respectful of all volunteers and park staff

Event Rules
- Cutoffs will be enforced based on gun time (6:00am start)
- Buckle awards are based upon chip time (when runner crosses start line)
- Official finish time is based upon gun time (6:00am start)
- Littering on course is grounds for disqualification
- Trekking poles are not allowed
- Music/headphones are allowed
- Runners may not run with pets
- This is a closed course. Runners must follow the course as marked

USATF Sanction

The Javelina Jundred is sanctioned by USA Track & Field. All participants must follow all USATF rules regarding sanctioned events. Supplemental medical insurance coverage is available for USATF members (please see USATF.org for more details) if you are injured at any sanctioned USATF event.

Runners in 2010 near the end of their first loop
Photo: Charlie Nickell
Parking & Shuttles

Park Entry Pass
McDowell Mountain Regional Park charges a $6 per motorized vehicle entry fee into the park. One vehicle entry fee is included in your race registration which will be emailed to you ahead of race day. Additional crew, pacer, or spectator vehicles will need to pay the $6 entry fee. Annual passes good at all Maricopa County Regional Parks are available from the park for $75.

Parking
Parking in the Trailhead Staging Area / Pemberton Trailhead (Start/Finish) will be restricted on race days (Saturday and Sunday) to staff, volunteers, and paying campers. All other runners, crews, pacers, and spectators arriving on race day must park in the Four Peaks Staging Area parking lot adjacent to the park entry gate and take the shuttle. There is absolutely NO parking allowed on Shallmo Drive. If you park on Shallmo Drive, you will be ticketed and towed by the Maricopa County Sheriff’s Department.

Camper Parking
Paying campers will receive a special pass allowing them access to park in the Pemberton Trail parking lot directly adjacent to the start/finish. Only campers who camp with us on Friday night will be permitted into the parking lot at the Start/Finish.

Shuttles
Shuttles will begin running at 4:00am on Saturday morning between the Four Peaks Staging Area parking lot and the Pemberton Trail road crossing. From the shuttle drop-off, there is a 1/3 mile walk to the start line. Please bring a flashlight for this 1/3 mile walk. Shuttles will continue running through the duration of the race.

Runner Drop-Off Zone
There will be a drop off zone at the Pemberton Trailhead to let out your runner and drop supplies directly next to the start line. One crew member will need to drive the vehicle back to the Four Peaks lot and take the shuttle.

Race Morning Options
There are three options on race morning to get to the start line:

1. Park in the Four Peaks Staging Area parking lot and take the shuttle. From the shuttle drop-off, walk 1/3 mile to the start line. This is good for runners who drive themselves to the race and don’t have a crew.
2. Use the drop off zone at the Pemberton Trailhead parking lot to drop runner and gear directly at the start line. (Crew member then drives car back to Four Peaks lot to take shuttle). This is the fastest way to get to the start line if you have a crew.

3. Purchase a camping pass and camp out at the Pemberton Trailhead Friday night. You will wake up at the start line!

Race Information

Start Time
The race starts at 6:00am Mountain Standard Time on Saturday, October 27, 2012 at the Pemberton Trailhead.

Distance
The Javelina Jundred is a 100 mile foot race, but we will continue to offer a 100 kilometer option for runners who complete at least 4 loops of the Pemberton Trail. You will receive a 100K belt buckle and be listed as an official finisher of the 100K.

Race Cutoff Times
There is a 30 hour cutoff to be listed as an official finisher. All cutoffs will be strictly enforced based upon race gun time (6:00am).

- 23.5 Hours (5:30am Sunday) – Five loop cutoff or mile 77.4
- 27.5 Hours (9:30am Sunday) – Six loop cutoff or mile 92.8
- 30 Hours (12:00pm Sunday) – Seven loop cutoff or mile 101.4

Sun & Moon
The race starts 13 minutes prior to civil twilight and 43 minutes before sunrise. Make sure you have a light for the start. Phase of the Moon on October 27: waxing gibbous with 96% of the Moon’s visible disk illuminated.

Saturday Twilight: 6:17 am
Sunrise: 6:43 am
Moonset: 4:45 am
Sunset: 5:40 pm
End Twilight: 6:05 pm

Connie Gardner leads Michelle Barton on Loop 1 in 2007
Photo: Will LaFollette
Moonrise: 4:25 pm

Sunday Twilight: 6:18am
Sunrise: 6:43am
Moonset: 5:41 am

Weather
Average high temperature is 83 degrees F with an average low of 58 degrees F. Record high is 98 degrees F and record low is 43 degrees F. Be aware that the entire course is exposed, meaning there is no shade. Be prepared for hot, sunny weather during the day and cold nights as you dip in and out of desert washes and canyons. There is a dramatic temperature swing in the open desert as soon as the sun sets, so make sure to carry a long sleeve when you start your 4th loop.

Packet Pickup
Packet pickup will consist of a bib number with attached timing chip, goody bag, long sleeve tech shirt, water bottle and hat. Pickup will be available at the Radisson Fort McDowell Resort (Host Hotel) on Friday or the Pemberton Trailhead (Javelina Headquarters) at McDowell Mountain Regional Park on Saturday morning:

- **Friday, Oct. 27 – 3:00 to 6:00pm**
  @Radisson Fort McDowell Resort
  10438 North Fort McDowell Road
  Scottsdale/Fountain Hills, AZ 85264

- **Saturday, Oct. 28 - 4:30 to 5:45am**
  @McDowell Mountain Regional Park

Pre-Race Dinner
A pre-race dinner will be available for purchase (not included in race entry) Friday evening from 3:00-6:00pm at the Radisson Fort McDowell Resort.

This dinner will feature ziti, red sauce, meatballs, breadsticks and dessert (sheet cake / cookies). A vegetarian option will be available.

iRun Store
Local trail run specialty shop, iRun will be setup on Friday from 3:00 to 6:00pm at the Radisson Fort McDowell offering items like gels, socks, body glide,
headlamps, hats and batteries for sale. If you would like to special order a piece of gear or some nutritional items ahead of time, please contact ultra runner and store owner Mark Cosmas at 602-368-5330. View iRun online at www.irunshop.com.

Timing
Each runner will be issued a timing chip attached to the back of their race bib (DO NOT FOLD YOUR TIMING CHIP). The race bib with timing chip must be worn ON THE FRONT of your shirt or shorts at all times during the race. You will cross the timing gateway once when the race starts, then once when ENTERING the start/finish area from each lap. Do not cross the timing gateway when exiting the start/finish area to begin another lap. Each time you cross the timing gateway, your name and lap time will appear on a large TV screen under the timing tent.

In addition to crossing the timing gateway at Javelina Headquarters, race staff will be recording bib numbers at our remote aid stations. Please make sure your bib is recorded when you pass through these additional checkpoints. All split times will be verified to ensure that runners passed through each checkpoint.

Ultracast
The Javelina Jundred offers a live webcast of results recorded after each loop of the course. As runners pass through the timing gateway, lap times are recorded from the timing chip and instantly displayed on the Ultracast web page on the Aravaipa Running website. Family & friends may access the Ultracast during the race by visiting www.aravaiparunning.com/ultracast. A webcam of the finish line will be integrated into the Ultracast as well.

Communications
Amateur radio operators will be staffing each aid station throughout the race as a public service provided by Maricopa County Emergency Communications Group. Radio operators will be
tracking runners at each remote aid station, so make sure your bib number is recorded at each passing.

Crews
We’d like to think that crewing at the Javelina Jundred is one of the easiest and most fun hundreds to crew. Crews have the chance to see their runner 6 times throughout the race without needing to drive anywhere and have a front row seat to watch the entire race unfold. Crews may set up in designated crew areas. We will have a limited number of sub sandwiches and pizza slices for sale at Javelina Headquarters at 11am and 4pm respectively.

Please be aware of a few things:

- Those wishing to set up pop-up canopies or take up larger areas are encouraged to use the gravel areas or parking lot. Please leave the cement slab in between the ramadas for runners to set up their own belongings.
- Crews setting up camping tents will be expected to pay the $22 camping fee
- Aid station food is for runners and pacers only
- Crewing is only allowed at Javelina Headquarters

Drop Bags
Drop bags are permitted at the Jackass Junction Aid Station and at Javelina Headquarters. Drop bags are NOT permitted at Coyote Camp or Rattlesnake Ranch. Please mark your drop bag prominently with your name, bib number and aid station location.

- Drop bags destined for Jackass Junction may be dropped off on race morning up until 5:45am. They will be transported via truck to the aid station and laid out in bib number order. There will not be protection of the drop bags from rain if there is any. Please weatherproof your bags if this is a concern
- Drop bags staying at Javelina Headquarters may be placed in the

Karl Melzter in 2005
Photo: Will LaFollette
designated drop bag area which will be well marked on race weekend.

- Drop bags from Jackass Junction will return to Javelina Headquarters by 10am Sunday.

**Information on Pacers**

Pacers are allowed after 4 loops (61.6 miles) or at sunset, whichever comes first. Multiple pacers may be used, but only one at a time. Pacers must be human and on foot (no bicycles allowed). No mule-ing or carrying of a participant’s gear or supplies.

Pacers must check-in to Pacer Central at Javelina Headquarters prior to joining their runner to sign an event waiver. Volunteer pacers may be available and should sign in at Pacer Central on race day, but race management will not guarantee or provide pacers for runners.

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**Eric Clifton stretching before the 2010 start**

*Photo: Charlie Nickell*

**Dropping From The Race**

If you drop from the race, you MUST notify the timing tent and be marked as leaving the course. If you are unable to return under your own power to Javelina Headquarters and must drop from the race at a remote aid station (Coyote Camp, Jackass Junction, or Rattlesnake Ranch), please notify the aid station captain and radio volunteers. If at all possible, we ask that you avoid dropping from the race at a remote aid station. It is very difficult and time consuming for race staff to retrieve you from a remote aid station and should be reserved for emergencies only.
Medical

Team
Our medical team is directed by Alan Romania from Kachina Search and Rescue. Kachina Rescue will be stationed out of the East Ramada at Javelina Headquarters. They will be available race morning for foot taping to prevent blisters. If you are feeling ill or in need of medical attention at any point during the race, please see Kachina Rescue immediately.

Weight Checks
There will be a scale and log book under the medical Ramada if you choose to weigh yourself after each loop, but there are no mandatory weight checks during the race.

The turnaround in 2007
Photo: Will LaFollette
Course

Course Description
The Javelina Jundred is comprised of six loops on the Pemberton Trail and a seventh “partial” loop using the Pemberton and Tonto Tank Trails. The race begins in the clockwise direction (Javelina Headquarters to Coyote Camp to Jackass Junction to Rattlesnake Ranch) and alternates each loop. The seventh and final loop begins in the clockwise direction and upon reaching Coyote Camp, returns to the finish line on the Tonto Tank Trail. The course has been unchanged since race inception in 2003.

Course Records
Men - 13:47:43
Hal Koerner (2011)
Women - 15:46:49
Elizabeth Howard (2011)

Aid Stations
There are four aid stations per loop around the Pemberton Trail: Coyote Camp, Jackass Junction, Rattlesnake Ranch, and Javelina Headquarters (Trailhead). There will also be a checkpoint at Tonto Tavern with mainly just water located off the Tonto Tank Trail where you make the turn for the final loop. We will be providing Hammer Nutrition products for electrolyte replacement (HEED and Endurolytes) and will have a limited number of gels at each station. Food provided will include fruit, sweet snacks, salty snacks, chips, pumpkin pie, soda, Gatorade, potatoes, bean burritos, PB&J, and soup.

Elevation Profile
Lowest point: 1824 ft, Highest point: 2480 ft, Total gain ~5000 ft, Total loss ~5000 ft
## Aid Station Distance Chart

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<td>3.0</td>
<td>15.4</td>
<td>Crew / Drop Bag</td>
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<td>101.4</td>
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### Course Markings

The course will be marked with orange tape with black polka dots along the entire Pemberton loop. Green ribbon will be used to mark the Tonto Tank trail for the final partial loop. Blue & white checkerboard ribbon will be placed at junctions or trails not a part of the race. Bright yellow signs labeled "Pemberton Trail Signage" will be near the course. Photo: Lynn David Newton
with the Javelina Jundred logo and arrows will also be placed at all junctions on the course, with wrong way signs on trails that are not a part of the race. During the night, glow sticks will be placed around the loop to further assist runners. Glow sticks will be placed approximately every tenth of a mile and at all trail junctions.

Additionally, all trails and trail junctions within McDowell Mountain Park are signed with permanent signs by the park.

Course Map
Training & Tips

Although the Javelina Jundred is easy logistically speaking (full aid stations every 2 to 6.5 miles, crew every 15 miles) and has considerable less elevation gain and loss when compared to other races, the course and race conditions should not be taken for granted! We have had only a historical 51% finishing rate for 100 miles since race inception! Let’s go through some aspects of the race that should be specifically trained for:

**Heat:** The race is in the desert and regardless of the time of year, it can get hot in the day. Arizona typically has very low humidity, so your sweat will evaporate very quickly. Remember to drink as you are thirsty. Out there. There is absolutely no shade or tree cover anywhere on the course. Temperatures have reached into the mid-nineties in past years and do take a huge toll on runners who are unprepared. Train in the heat if you can. If you cannot, set up a plan to keep cool.

**Desert Terrain:** The Javelina course exemplifies desert trail running. There is a mix of absolutely beautiful gravel topped single track trail, dirt jeep roads, rocks, cacti, washes and sand. There are at least two miles of very rocky terrain per loop on the course. Prepare for this by training on rocky trails whenever you can. You will also be running through several miles of sandy washes. Some areas are not too deep, but other spots will slow you down! We would suggest training in sandy washes or beaches close to home and see how your pace and feet hold up. Ask yourself if you think you may need to wear gaiters and whether you feel comfortable moving through the sand. If at all possible, get to the desert and run on the rockiest and sandiest trails you can find!

**Going out too fast:** Many runners who end up dropping out of our race note that they went...
way too fast early on. To keep at an easy pace early in the race, we suggest walking the uphill sections on the first loop. This will keep you from going too fast and save your energy for later in the race. You will most likely still be ahead of your goal pace even if you walk significant portions of the first loop. I wouldn’t waste energy trying to run the climbs in the first few miles of rocky terrain!

**Temperature Swings:** As soon as the sun sets, the temperature will drop dramatically. Within a few hours, the temperature may drop from the mid-80’s to the 40’s. Add in the fact that you’ve been sweating all afternoon and you may get the chills quickly. Don’t forget to grab a layer as you head out on another loop anytime after 3pm or have a long sleeve in your drop bag.

**Lighting:** Although we will have a full moon, make sure you know when it will be dark and when the moon will rise. A full moon overhead will allow you to see well enough to run without a light, but please be prepared just in case!
Awards

Buckles
Each runner finishing under the 30 hour cutoff will receive a Javelina Jundred finisher's belt buckle. Those completing the race in less than 24 hours will receive a larger, sub-24 hour Javelina Jundred finisher's belt buckle. Runners completing at least 4 laps but not completing the full 100 miles under the cutoff will receive a 100K belt buckle.

Other Awards
In addition, awards will be given to individuals for the following:

- 1st, 2nd & 3rd Male Overall
- 1st, 2nd & 3rd Female Overall
- First Virgin – Awarded to the fastest runner finishing their first JJ100.
- Youngest Finisher – Awarded to the youngest finisher.
- Oldest Finisher – Awarded to the oldest finisher.
- Best Team Finish – Awarded to the lowest combined time of two person teams (family members, spouses, etc).
- Best Male Costume – Awarded to the male voted to have the best costume.
- Best Female Costume – Awarded to the female voted to have the best costume.
- Best Ass – Awarded to the runner with the best full “moon” under the full moon.
- Dead Last – Awarded to the last runner finishing under the 30 hour cutoff.
- 5 Time Finisher – Jacket awarded to any runner completing their 5th JJ100.
- Geri K Most Memorable Performance Award

Rich Limacher - Best Costume 2004
Photo: Lisa Bliss
Directions

Park Direction
The closest airport is Phoenix Sky Harbor (PHX) which is a 55 minute drive from the park. Coming from Phoenix, take the Loop 202 East to Country Club Drive/ Hwy 87. Turn left and drive north for 12 miles and turn left on Shea Blvd. Travel .6 miles and turn right on Saguaro Blvd. Take this 4 miles until it ends at Fountain Hills Blvd and turn right. Continue on Fountain Hills Blvd as it turns into McDowell Mountain Drive and look for signs to turn left into McDowell Mountain Park.

Direction Map
Travel & Lodging Accommodations

Airports
There are two major airports serving the greater Phoenix area:

- **Sky Harbor International Airport** is located 34 miles or 1 hour from the race start near downtown Phoenix and serves the following airlines: Aeromexico, Air Canada, AirTran, Alaska, American, British Airways, Continental, Delta, Frontier, Great Lakes, Hawaiian, JetBlue, Southwest, Sun Country, United, US Airways, and WestJet.

- **Phoenix-Mesa Gateway Airport** is located 44 miles or 1 hour 5 minutes from the race start near Queen Creek and serves Allegiant Air.

Hotels
The closest town to McDowell Mountain Regional Park is Fountain Hills. Our host hotel this year which is also hosting our pre-race dinner and packet pickup on Friday night is:

- **Radisson Fort McDowell Scottsdale Resort & Casino**
  10438 N Fort McDowell Rd, Fort McDowell, AZ
  (480) 789-5300

Here are some other hotel options close by:

- **Holiday Inn Hotel & Suites – Fountain Hills**
  12800 North Saguaro Boulevard, Fountain Hills, AZ
  (480) 837-6565

- **Inn At Eagle Mountain**
  9800 North Summer Hill Boulevard, Fountain Hills, AZ
  (480) 816-3000

- **Comfort Inn – Fountain Hills**
  17105 East Shea Boulevard, Fountain Hills, AZ
  (480) 816-1260

*Photo: Charlie Nickell*
Camping
Camping will be available Friday and Saturday nights at the Pemberton Trailhead (Javelina Headquarters - Start/Finish) for $22. You may purchase a camping fee with registration or at the park from us when you arrive to setup your tent. This will also include a special parking pass allowing you to park in the Pemberton Trailhead parking lot on Friday night and for the duration of the race.

There will be ample room for everyone who wishes to camp, but prime locations will be first come, first serve. You may begin setting up your tents on Friday, October 26 at 7am. There is no camping available on Thursday night at the Pemberton Trailhead, as Aravaipa staff and volunteers will be busy setting up for the race.
Recreational Vehicles or tent trailers will be permitted in the Pemberton Trailhead this year. We ask that you park more towards the back of the parking lot where you will have plenty of room to spread out.

There is a shower and bathroom facility located at the trailhead. If you prefer a full campsite with RV hookups, they are available elsewhere in the park for $25/night. McDowell Mountain Park now takes reservations online for the RV campsites.
## Race Log

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<th>Actual Time In</th>
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Finish line 2004
Photo: Lisa Bliss
Sponsors
Trail & Ultra Running Events
Arizona & Colorado

Start of the Cave Creek Thriller 50K October 2011

Photo: Manoj Nagalla
Javelina Jundred Participant Guide
OCTOBER 27-28, 2012

ARAVAIPA RACE CALENDAR

2012

OCT 20 - Cave Creek Thriller - Cave Creek, AZ
50 Km - 30 Km - 10 Km

OCT 27 - Javelina Jundred - Fountain Hills, AZ
100 Mile

NOV 10 - Pass Mountain - Mesa, AZ
50 Km - 26 Km - 12 Km

DEC 8 - McDowell Mountain Frenzy - Fountain Hills, AZ
50 Mile - 50 Km - 25 Km - 10 Mile - 5 Mile

DEC 15 - Desert Solstice Track Invitational - Phoenix, AZ
24 Hours - 100 Mile

DEC 29 - Across The Years Footrace - Phoenix, AZ
72 Hours - 48 Hours - 24 Hours

2013

JAN 19 - Coldwater Rumble - Goodyear, AZ
50 Mile - 50 Km - 31 Km - 19 Km - 4 Mile

FEB 2 - San Tan Scramble - Queen Creek, AZ
50 Km - 27 Km - 19 Km

FEB 23 - Elephant Mountain - Cave Creek, AZ
50 Km - 35 Km - 12 Km

MAR 23 - Mesquite Canyon - Waddell, AZ
50 Mile - 50 Km - 30 Km - 1/2 Marathon - 6 Km

APR 6 - Crown King Scramble - Lake Pleasant, AZ
50 Km

JUN 8 - Adrenaline Night Runs - Fountain Hills, AZ
65 Km - 26 Km - 13 Km

JUN 29 - Silverton Mountain Runs - Silverton, CO
24 Hour - 12 Hour - 6 Hour

JUL 20 - Kendall Mountain Run - Silverton CO
12 Mile

JUL 27 - Vertigo Night Runs - Waddell, AZ
63 Km - 31 Km - 10 Km

AUG 10 - Hypnosis Night Runs - Avondale, AZ
62 KM - 31 Km - 15 Km

AUG 24 - Silverton Alpine Runs - Silverton, CO
50 Km - Marathon

SEP 22 - Javelina Night Runs - Fountain Hills, AZ
100 Km - 75 Km - 50 Km - 25 Km

SEPT - Flagstaff Endurance Runs - Flagstaff, AZ
50 Mile - 50 Km