

Mesquite Canyon Trail Runs  
 Aravaipa Running  
 5631 W. Shaw Butte Drive  
 Glendale, AZ 85304

# Mesquite Canyon Trail Runs

5 Mile, 10 Mile,  
 25 KM & 50 KM  
 TRAIL RUNS

**MARCH 20, 2010**

White Tank Mountain  
 Regional Park



**MESQUITE CANYON TRAIL RUNS**  
**White Tank Mountain Regional Park**  
**Waddell, Arizona**  
**March 20, 2010**

**Race Day Schedule:**

6:00am - Packet/Bib pickup begins  
 7:00am - 50 Kilometer start  
 7:30am - 25 Kilometer start  
 7:45am - 10 Mile start  
 8:00am - 5 Mile start

**Courses**

All distances follow rugged, mountainous trails up Mesquite Canyon. Each course features a significant amount of climbing and descent over very rocky, challenging and sometimes narrow trail. Runners will be treated to spectacular scenery, incredible vistas, and beautiful wildflowers.

**Aid Stations**

Aid stations every 3-6 miles (one 8 mile stretch in the 50km), including water, electrolyte drink, sweet snacks and salty snacks. *Please plan to run with at least one bottle of water (2 bottles for the 50km)!*

**Race Goodies & Awards**

All runners will receive a Mesquite Canyon race t-shirt and are invited to socialize after the run at our finisher's lunch. Awards to the top male & female finishers at each distance. 50 kilometer finishers will receive a unique finisher's mug!

**Contact:**

**RACE DIRECTOR: JAMIL COURY**  
**(602) 361-7440**  
**Jamil@AravaipaRunning.com**

**WWW.ARAVAIPARUNNING.COM**



### About White Tank Mountain Regional Park

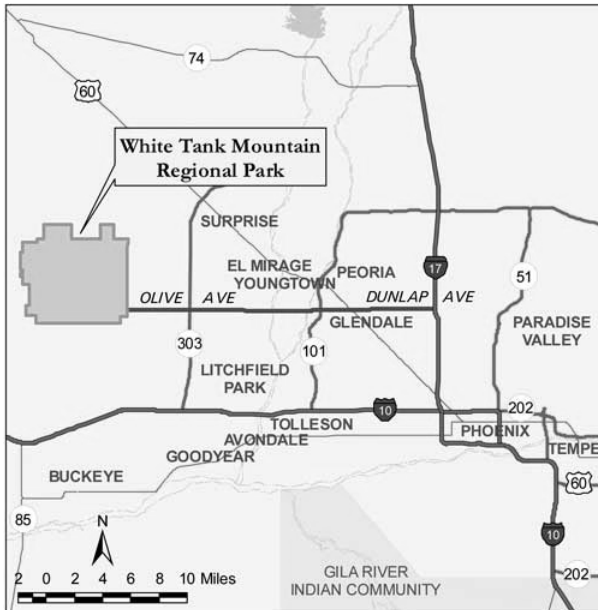
Nearly 30,000 acres makes this the largest regional park in Maricopa County. Most of the park is made up of the rugged and beautiful White Tank Mountains on the Valleys west side. The range, deeply serrated with ridges and canyons, rises sharply from its base to peak at over 4,000 feet. Infrequent heavy rains cause flash floodwaters to plunge through the canyons and pour onto the plain. These torrential flows, pouring down chutes and dropping off ledges, have scoured out a series of depressions, or tanks, in the white granite rock below, thus giving the mountains their name.

### Directions

From central Phoenix, take I -10 west 18 miles to Hwy 303. North on Hwy 303 to Olive. West 4 miles on Olive to the White Tank Mountain Regional Park entrance.

### Park Address

13025 N. White Tank Mountain Road  
Waddell, AZ 85355



### Entry Fees

*\*All vehicles entering White Tank Mountain Park will be required to pay a \$6 park entry fee in addition to the race entry.* Carpool to save! Race day registration will be available. NO REFUNDS or transfers once entry is accepted.

Please make checks payable to: ARAVAIPA RUNNING

Postmark Date	By 2/28	By 3/15	Race Day
5 Kilometer Trail Run	\$25	\$30	\$35
10 Mile Trail Run	\$30	\$35	\$40
25 Kilometer Trail Run	\$40	\$45	\$50
50 Kilometer Trail Run	\$55	\$65	\$75

### Race Perks

- Scenic and challenging course on desert trails
- Timed race results
- Mesquite Canyon race t-shirt
- Well stocked aid stations every 3-6 miles
- Post race lunch & socializing
- 50K Finisher Mugs

## 2010 Mesquite Canyon

Sign up for one distance:

<input type="checkbox"/> 5 Mile Trail Run	By 2/28 \$25	By 3/15 \$30	Race Day \$35
<input type="checkbox"/> 10 Mile Trail Run	\$30	\$35	\$40
<input type="checkbox"/> 25 Kilometer Trail Run	\$40	\$45	\$50
<input type="checkbox"/> 50 Kilometer Trail Run	\$55	\$65	\$75

Shirt Size  SM  MED  LG  XL  2XL

Extra Shirt - Size: \_\_\_\_\_ \$10 \$15

Total: \_\_\_\_\_

**\*Make Checks Payable to: ARAVAIPA RUNNING**

Name \_\_\_\_\_ AGE

MALE  FEMALE D.O.B.

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Phone \_\_\_\_\_

Is this your first trail running race?  YES  NO

Is this your first time to White Tank Mtn Park?  YES  NO

# ARAVAIPA RUNNING TRAIL & ENDURANCE EVENTS 2010 SCHEDULE

### April 10 - Copper Basin 50K Fun Run

No fee, minimal aid fun run on Prescott Circle Trail  
Prescott, Arizona

### August 28 - Silverton Alpine Marathon & 50K

High altitude race on mining ghost town jeep roads  
Silverton, Colorado

### September 25 - Javelina 12 Hour Full Moon Run

15.4 mile loops on the Pemberton Trail  
McDowell Mountain Regional Park

### October 23-24 - Javelina Jundred Endurance Run

100 Mile Ultra Run Party on the Pemberton Trail  
McDowell Mountain Regional Park

Please include your entry fee and mail to:  
(checks payable to ARAVAIPA RUNNING)

Aravaipa Running  
5631 W. Shaw Butte Dr.  
Glendale, AZ 85304

### Event Waiver & Release

This waiver covers the Mesquite Canyon Trail Runs held March 20, 2010. I understand that running on trails is strenuous exercise and has some danger. I give statement that I am in good health and there is no medical reason that I should not attempt such a feat. I know that running on trails poses many hazards, not limited to falls, bad weather, rockslides, getting lost, wild animal attack and generally dangerous conditions. I am entering this event with full knowledge that I could easily be hurt or face life threatening injuries. I fully assume all risks of injury, illness or death, and release covenant not to sue, and discharge White Tank Mountain Regional Park, Aravaipa Running LLC, USA Track & Field, the race director, volunteers, all sponsors, and any individuals or groups associated with this event, all actions, claims or demands for damages arising out of my participation in this event. The forgoing release is binding upon me personally, as well upon my heirs, executors, and administrators, and all members of my family, or anyone else who may make claim on my behalf. Entry fees are non-refundable and non-transferrable. I further grant my irrevocable permission to Aravaipa Running LLC, and its authorized agents, to use my name and any photographs, videos, motion pictures, recordings, or any other record of my participation in this event. NO REFUNDS or TRANSFERS once entry is accepted.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian if under 18 \_\_\_\_\_