

# Cocodona Media Guide

**May 5<sup>th</sup> thru 10<sup>th</sup>, 2025**



**Cocodona250 – May 5<sup>th</sup> thru 10<sup>th</sup>, 2025**

**Sedona Canyons 125 – May 7<sup>th</sup> thru 10<sup>th</sup>, 2025**

**Mingus Traverse – May 6<sup>th</sup> thru 8<sup>th</sup>, 2025**

**Flagstaff Crest – May 9<sup>th</sup> & 10<sup>th</sup>, 2025**

# Table of Contents

1. <a href="#">Updates</a>	8. <a href="#">On Course Media Rules</a>	15. <a href="#">Airports</a>
2. <a href="#">Welcome</a>	9. <a href="#">Media Credentials</a>	15. <a href="#">Hotels</a>
3. <a href="#">Aravaipa Running</a>	10. <a href="#">Media Access to Race Photos</a>	16. <a href="#">Weather</a>
4. <a href="#">Race History</a>	11. <a href="#">Time Zone</a>	17. <a href="#">Aid Station Driving Directions</a>
5. <a href="#">Land Acknowledgment</a>	12. <a href="#">Course</a>	18. <a href="#">Aid Station Access &amp; Parking</a>
6. <a href="#">Course Records</a>	13. <a href="#">Live Stream</a>	
7. <a href="#">Race Runner Guide</a>	14. <a href="#">Live Runner Tracking</a>	

## 1. Updates

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

- 3/19/25 – Initial version of the 2025 Media Guide created

## 2. Welcome!

Now with four race distances; the original Cocodona250, Sedona Canyons 125, Mingus Traverse and Flagstaff Crest, Cocodona has something for everyone. Come experience the rugged beauty of Arizona!

The Cocodona250 is the most diverse point-to-point 200+ mile footrace in America. The course is challenging, rugged, steeped in history, and stunningly beautiful. For runners, some steps will be effortless, others will feel impossible, but each will carry runners on a life altering adventure. Welcome to the Cocodona!

We welcome all media to the race. Media teams are asked to read through this entire Media Guide, fill out our media check-in survey, print a Media Car Credentials to be placed on each car dash, and follow all rules/restrictions. Do not hesitate to [contact us](#) with any questions.

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

## 3. Aravaipa Running

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, Colorado, and New Hampshire. The production of Cocodona would not be possible without the help of the communities the race passes through, the many staff and volunteers who help in varying capacities from medical to aid stations to course marking and much much more. Learn more by visiting [aravaiparunning.com](#).

## 4. Race History

Cocodona links up some of the most diverse terrain that Arizona has to offer and it also runs through the most important historical towns in the State. Event founder Jamil Coury wanted to find a way to run from the outskirts of Phoenix to downtown Flagstaff - from the Sonoran Desert to the ponderosa pine forest of his home State while also incorporating some of Arizona's oldest towns. The goal is to inspire not only those participating in this grand adventure on foot, but also the people who breathe life into these amazing communities the race traverses through.

The name Cocodona is derived from "Coconino", the county and National Forest where the race ends and "Sedona" one of the most iconic towns surrounded by incredible red rocks we'll traverse through.

2025 is the year we found our final home for the [Cocodona course](#). We have added the [Mingus Traverse Sedona Canyons 125](#) and the [Flagstaff Crest](#) race distances to the event in recent years.

## 5. Land Acknowledgment

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.

## 6. Race Runner Guide

The Runner Guide and the Crew Guide have ALL the race information you would ever want. If you have a question, the answer is in the [Runner Guide](#) or the [Crew Guide](#).

## 7. On Course Media Rules

All media must follow these rules:

- **Media Car Credentials** – All media must print media car credentials to be placed on their car dashboard (one credential per vehicle). Instructions on printing the media car credentials can be found in the [Media Credentials](#) section of this Media Guide.

- **Gates** – There are numerous gates throughout the course. Close all gates behind you.
- **Residential Areas** – The course passes through some residential areas. Be respectful of local residents during the race; be quiet at night, don't slam car doors, be respectful, etc.
- **Jerome & Sedona** – The towns of Jerome and Sedona are extremely sensitive permits for us. Be courteous of vehicles and pedestrians in these towns. Media vehicles are not allowed to park along state highways or within state right of way.
- **Jerome Filming** – The Town of Jerome will not allow ANY still or video footage to be captured of any RESIDENTIAL areas within the town. The aid station, commercial buildings, Sedona Canyons 125 Start Line, etc are all fair game.
- **Drones** – Drones are NOT ALLOWED to fly over any ADOT roads (numbered highways – IE AZ89A, I-17, ect) or any railroad. If you plan to fly a drone in any Forest Service areas, you will need to follow the Forest Service's instructions [HERE](#). Otherwise, filming can be done along the course and at aid stations without restrictions.
- **Media Parking** – Vehicles must park off of roadways, may not shadow or follow runners on road sections, and must obey all traffic laws. We ask media teams to limit the number of vehicles to one vehicle per media team at aid stations. Do not block any public roadways or park along state highways (numbered highways) or within state right of way.
- **Dogs** – **Dogs are not allowed on the course or at aid stations at any time.** Certified service animals are allowed but must be clearly identified.
- **Leave No Trace** – Littering on course by media teams will not be tolerated.

## 8. Media Credentials

Media teams are asked to read through this entire Media Guide.

Fill out our media check-in survey [HERE](#). At the end of this survey you will be provided a link to download Media Car Credentials. Print one credential per media vehicle and place them on the car dashboard(s).

## 9. Media Access to Race Photos

This section pertains to media outlets who are not sending their own team to capture imagery but would rather access our race photos for use in various media outlets.

**Press Organizations:** The following pertains to news-oriented media outlets. These are outlets who focus on recapping or previewing Cocodona and need a general selection of images to convey that story. These are not INDEPTH EDITORIAL, LONG FORM STORY, SPECIFIC ATHLETE FOCUS, OR SPONSOR/BRAND features. If one of those items is your intended use, please see the Commercial Usage category below.

Press Organization usage terms and conditions:

Use: Non-Exclusive    Region: Global    Term: In perpetuity

Medium: Digital Use Only (print usage can be licensed)

Photo Credit: Correct photographer must be credited. Each file includes photographer name:

Scott Rokis Productions | @scottrokisphoto

Howie Stern Photography | @howiesternphoto

Anastasia Wilde Photography | @\_anastasiawilde

Alterations: No alterations are permitted without prior written agreement

Usage Provisions: Photos are only allowed to be used within a news reporting context. This is primarily presented as an event preview or event recap. If there is any question on usage, please contact Scott Rokis | [scott@scottrokis.com](mailto:scott@scottrokis.com)

**Press Photo Access Links:** [Press Main Page](#) or [Race Perspectives](#) or [Podium Finishers](#)

Process: Access is free, but please create a userID, select the image(s) you'd like to feature, select the Press Download option and you will be able to complete the order without charge.

**Commercial Usage (brands, influencers, podcasts, etc):** The following pertains to commercial entities that are not news-oriented media outlets. Please utilize the photo access link below to purchase image usage rights. If you are interested in purchasing usage rights for delivery during the current year's event, we strongly urge you to set this up BEFORE race week. Race week is incredibly hectic for our photographers and license fees will increase 50% if requested during race week. PLEASE PLAN AHEAD if you have products, athletes, etc that you will be highlighting during race week. If you are ok waiting eight days after the race finishes and don't need tailored content, then you can license an image from our general race content starting nine days after the event closes.

**Commercial Use Photo Access Link:** [Image Access and Information](#)

Purchasing Rights: Please setup a userID, find your desired images from the main galleries and during checkout, select the correct license in the shopping cart. Contact Scott Rokis | [scott@scottrokis.com](mailto:scott@scottrokis.com) with questions or tailored options.

*Example Image Packages:*

*Social Media Package (5 images): \$400*

*Blog Feature (7 images): \$650*

*Podcast Thumbnail (1 Image): \$35*

*Race Week Request & Delivery: 50% Price Increase*

## 10. Live Stream

Cocodona will feature live-streamed race coverage on [Aravaipa Running's YouTube](#) and [Facebook channels](#). The coverage will feature in-studio and on-course commentary, drone aerials, and on-course filming. Note that this is NOT the same thing as [live runner tracking](#).

## 11. Live Runner Tracking

For the Cocodona250 and Sedona Canyons 125 races, real-time GPS tracking will be provided for every runner by TrackLeaders. The public 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. You WILL need data (cell service) to see the tracking webpage. Fortunately, there is very good cell service throughout the course if you are a media team out on course.

Mingus Traverse and Flagstaff Crest do not include SPOT tracking.

**LINK FOR RACE LIVE TRACKING will be provided at a later date**

## 12. Time Zone

Ok, this maybe more confusing than it should be. Arizona does not observe Daylight Savings Time and is therefore ALWAYS on Mountain **STANDARD** Time (BUT KEEP READING). In May, for the race, the time in Arizona will be the same time as in California (Pacific Time).

**Bottomline, for race week...you will be on Pacific Time. IE – Same time as San Diego, CA.**

## 13. Course

These courses are point-to-point journeys through central Arizona, linking historic towns and trails off the beaten path. The rich history of the towns combined with some of the little traveled mountain ranges makes these races one-of-a-kind tours of Arizona. From the Sonoran Desert Saguaros to the red rock monoliths of Sedona and then on to the Ponderosa Pine forests and big volcanic peaks of Flagstaff, not to mention all the mining towns and history along the way. These courses pack a lot of beauty in with a big challenge. We are beyond stoked to share the beauty of Central Arizona with you through these rugged courses.

Detailed section descriptions and profiles from the course can be found [HERE](#). Note that any course changes within the last few weeks of the race will not be included in the course description.

Here is a link to the courses in CalTopo ([Cocodona250](#), [Sedona Canyons 125](#), [Mingus Traverse](#) and [Flagstaff Crest](#)). 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.

## 14. Airports

If flying for the race, we recommend that you purchase travel insurance that will allow for refunds.

- The closest **major** airport to the course is Phoenix Sky Harbor Airport which is a 45-minute drive to the Cocodona250 Start and 2:15 hour drive to the Finish.
- 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 Cocodona250 Start and a whopping 0:15 minute drive to the Finish.
- Prescott airport also doesn't have as many flight options as Phoenix but it is closer to the course with a 1-hour drive to the Cocodona250 Start and a 1:30 hour drive to the Finish.
- Tucson & Vegas are also options. Tucson Airport is a 2:30 hr drive to the Cocodona250 Start & 3:45 hr drive to the Finish. Vegas Airport is a 4:10 hr drive to the Cocodona250 Start & 3:30 hr drive to the Finish.

## 15. Hotels

There are many hotels along the course and many are close aid stations (see below).

- **Cocodona250 Start Line** – [Hampton Inn](#) in Anthem. Short drive south of the Start.
- **Whiskey Row** – The aid station is actually located in the courtyard of the [Grand Highland Hotel](#).
- **Mingus Traverse Start Line** – [Spring Hill Suites](#), 200 East Sheldon St, Prescott.
- **Iron King** – [Hampton Inn & Suites Prescott Valley](#) is located 2.2 miles south of the aid station.
- **Jerome** – [Connor Hotel](#) is located on the course, only 1.5 miles before the aid station.
- **Dead Horse Ranch State Park** – [Dead Horse Ranch State Park](#) has cute cabins and RV spots for rent within a stones throw of the aid station. [The Cottonwood Hotel](#) is located 1.5 miles from the aid station and the [Lux Verde Hotel](#) is located 2.5 miles from the aid station.
- **Sedona** – [The Sky Rock Inn](#) is located 0.5 mile from the Posse Grounds aid station.
- **Munds Park** – [Motel in the Pines](#) is less than a mile from the aid station and directly on the course.
- **Flagstaff** – Discounted rates available in Flagstaff at the [Courtyard](#) and the [Green Tree Inn](#).

## 16. Weather

The desert is known for dramatic daytime to nighttime temperature swings and the midday sun can be intense. Expect some parts of the course to be very hot during the day, others to be very cold at night, and yes, there could be snow.

## 17. Aid Station Driving Directions

The follow pages detail driving directions to the CREW ACCESSIBLE aid stations. If you plan to access aid station that are NOT crew accessible, please [email the Assistant Race Director](#) for permission and directions.

## Cocodona250 CREW ACCESS AID STATION DRIVING DIRECTIONS

Aid Station	Mile	Address	Coord.	Driving Direction Notes
Start - Deep Canyon Ranch	0	18600 E Deep Canyon Trail, Black Canyon City	34.07790, -112.15053	Drive thru gate & across creek. Road veers right into a big field.
Bumble Bee Ranch HOLD	-	23925 Bumble Bee Rd, Mayer	34.19352, -112.15716	Access via BumbleBee / CrownKingRd from I-17. <b>Check-in here FIRST before going to Crown King</b>
Crown King by Tailwind	36.6	7219 Main St, Crown King	34.20600, -112.33900	<b>GO TO BUMBLE BEE RANCH TO OBTAIN PARKING PASS</b>
Whiskey Row	77.3	154 Whiskey Row, Prescott	34.54052, -112.47047	Grand Highland Hotel There is a parking garage behind the aid station at 135 S Granite St (7'-10" clearance)
Iron King	90.7	5731 E Santa Fe Loop Rd, Prescott Valley	34.61401, -112.34775	Dirt shoulder along the north side of Santa Fe Loop Rd
Fain Ranch by Satisfy	95.9	10501 E. State Route 89A, Prescott	34.64519, -112.27958	Arizona Downs. Drive to the far southeast corner of the complex
Mingus Mnt Camp	108.3	8500 W. Forest Service Rd 104, Prescott Valley	34.69944, -112.12420	Drive north on Hwy89. Turn right at the summit, Mingus Recreation Area (FR104), and drive for 2.3 miles
Jerome	125.3	100 Douglas Rd, Jerome	34.75354, -112.11078	<b>No parking for pacers.</b> Pacers park in the huge parking lot at 1300 Jerome-Perkinsville Rd
Dead Horse Ranch	134.0	675 Dead Horse Ranch Rd, Cottonwood	34.75501, -112.02003	After entering park, take first left into Raven Group Campsite. <b>No pacer parking.</b> Pacers park 0.7 miles away at huge dirt lot adjacent the Cottonwood Dog Park on 10th St
Deer Pass Trailhead	148.0	FR89B just west of Hwy89A	34.81329, -111.90050	Parking very limited. Please wait until your runner is close before arriving & get going once your runner is out. Drive north on Hwy89A. Turn right at Deer Pass Rd (FR89B). Continue 1/2 mile to the aid station. <b>No pacer parking.</b> Pacers can park in the dirt lot on the west side of hwy 89 along Loy Butte Rd (FR525)
Sedona Posse Grounds	162.3	525 Posse Ground Rd, Sedona	34.87015, -111.78517	After entering the park, stay right, and look for the large parking lot on your left.
Foxboro Ranch	177.5	20921 Schnebly Hill Rd, Sedona	34.89730, -111.65843	DO NOT drive up Schebly Hill Rd directly from Sedona. 1.5 miles west of I-17 exit #320 on FR153 Schnebly Hill Rd (not the Fox Ranch exit). After entering ranch, turn right at T-intersection
Munds Park	193.4	17670 S Munds Ranch Rd, Munds Park	34.94173, -111.65582	Exit I-17 at Munds Park exit #322. Drive 0.1 miles west of I-17 on Munds Ranch Road, turn left to drive behind church
Fort Tuthill	214.3	2446 Fort Tuthill Loop Rd, Flagstaff	35.14106, -111.69317	Enter park follow signs for Adventure Course. Look for huge parking lot. Crew drive vehicles need to drive directly into the Quad (small white buildings). No setting up in parking lot.
Walnut Canyon	230.4	FR303 at Walnut Canyon / AZT Trailhead	35.18035, -111.53230	FR303 at Walnut Canyon / AZT Trailhead. Road gets rough last 1mile before aid. Parking very limited. Please wait until your runner is close before arriving and get going once your runner is out. <b>Pacers park outside of aid station</b> along FR303.
Wildcat Hill	237.3	2800 N El Paso Rd, Flagstaff	35.22372, -111.55806	Fire Dpt training center. <b>No pacer parking.</b> Pacers park just outside of aid station at Picture Canyon Trailhead.
Finish	256.0	6 E Aspen Ave, Flagstaff		Heritage Square



## Sedona Canyons 125 Crew Access Aid Station Driving Directions

Aid Station	Mile	Address	Coord.	Driving Direction Notes
Start - Gold King Mine Ghost Town	0	1000 Perkinsville Rd, Jerome	34.756110, -112.13082	
Sedona Ranger Station	39.8	250 Brewer Rd, Sedona	34.86219, -111.76605	Historic Rager Station Park
Foxboro Ranch	53.0	20921 Schnebly Hill Rd, Sedona	34.89730, -111.65843	DO NOT drive up Schebly Hill Rd directly from Sedona. 1.5 miles west of I-17 exit #320 on FR153 Schnebly Hill Rd (not Fox Ranch exit). After entering ranch, turn right at T-intersection
Crystal Point - Restart Location	53.0*	1432 Mormon Lake Rd, Munds Park	34.93911, -111.61967	Exit I-17 at Munds Park exit #322. Drive 2.1 miles east of I-17 on Pinewood Blvd. Road turns to dirt when it hits the forest FR240. Trailhead on the left.
Munds Park	59.7	17670 S Munds Ranch Rd, Munds Park	34.94173, -111.65582	Exit I-17 at Munds Park exit #322. Drive 0.1 miles west of I-17 on Munds Ranch Road, turn left to drive behind church
Pacer Swap 0.7 mile hike in/out	71.1		35.01187, -111.68437	Exit I-17 at Newman Park exit #328. Turn right and right again. Drive 0.5 miles south. Park on left. Hike in 0.7 miles. <b>No support for runners or risk your runner being DQ'ed. This is only a pacer swap.</b>
Fort Tuthill	100.0	2446 Fort Tuthill Loop Rd, Flagstaff	35.14106, -111.69317	Enter park follow signs for Adventure Course. Look for huge parking lot. Crew drive vehicles need to drive directly into the Quad (small white buildings). No setting up in parking lot.
FAC	114.8	1151 S Woodlands Village Blvd, Flagstaff	35.18868, -111.66896	<b>No pacer parking.</b> Pacers park across Rt66 at Home Depot
Finish	126.0	6 E Aspen Ave, Flagstaff	35.19865, -111.64796	Heritage Square

## Mingus Traverse CREW ACCESS Aid Station Driving Directions

Aid Station	Miles	Address	Coord.	Driving Direction Notes
Start Line – Watson Lake Park	0	3101 Watson Lake Park, Prescott	34.59080, -112.42044	
Fain Ranch by Satisfy Running	11.7	10501 E. State Route 89A, Prescott	34.64519, -112.27958	Arizona Downs Racetrack. Drive to the far southeast corner of the complex
Mingus Mountain Camp	24.0	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
Dead Horse Ranch	49.8	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
Finish Line - Sedona Ranger Station	79.4	250 Brewer Rd, Sedona	34.86219, -111.76605	City of Sedona - Historic Ranger Station Park

## 18. Aid Station Vehicle Access & Crew Parking

All Crew accessible aid stations can be reached in a standard passenger vehicle but some roads are a bit rough. See below for specific notes to help you navigate.

- **Crown King Saloon Aid Station** – Long washboard road w/ tight spots and exposed switchbacks. Accessible in any vehicle. RVs not allowed. Drive SLOW & take care. **ONE VEHICLE PER MEDIA TEAM.**
- **Whiskey Row Aid Station** – Parking during lunch and dinner hours in Prescott can be challenging.
- **Deer Pass Aid Station** – Parking here is very limited. No parking on SR89A or w/in state hwy ROW. **ONE VEHICLE PER MEDIA TEAM.**
- **Walnut Canyon Station** – The dirt road gets rough the last mile before the aid station. Accessible in any vehicle if you are very careful and pick your line. RVs are not allowed at this location. Parking at this location is **extremely limited. ONE VEHICLE PER MEDIA TEAM.**
- **Finish Line (Heritage Square)** – **Information to follow.**

Thank you so much for helping bring Cocodona to the world!  
**Happy running!**