

Cocodona Runner Guide

May 5th thru 10th, 2025



Cocodona250 – May 5th thru 10th, 2025
Sedona Canyons 125 – May 7th thru 10th, 2025
Mingus Traverse – May 6th thru 10th, 2025
Flagstaff Crest – May 9th & 10th, 2025

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1. Updates

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

1/10/25 - Runner guide for 2025 created

1/14/25 – Minor course tweaks to the 250-miler and aid station mileages from Sedona to finish line.

1/17/25 – **Sedona Canyons & Flagstaff Crest Aid Station cutoff times adjusted**, Elden Crest renamed Flagstaff Crest

1/20/25 – Link error fixed, vehicle size restrictions clarified

1/27/25 – Packet Pickup clarified, Halo charging clarified

1/30/25 – Crew and pacer information updated, link to volunteer shifts added

2/16/25 – 250Miler Gear check changed WalnutCanyon to WildcatHill, Course descriptions and elevations totals added

2/28/25 – Gear check added to aid station tables, preliminary '25 aid station menu. Mingus Traverse start line, packet pickup, and aid station mileages updated. ADOT changed to FAC aid station (125 and 39mile distances). Pacer swap location added for 125Miler between Kelly Canyon and Homestead. 250 course and aid station mileage changes.

3/5/25 – Mingus Traverse check-in and shuttle info updated

2. Welcome!

Four incredible race distances; the original Cocodona250, Sedona Canyons 125, Mingus Traverse 78 and the Flagstaff Crest 39, 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. Some steps will be effortless, others will feel impossible, but each will carry you on a life altering adventure. So...welcome to the Cocodona!

Please read through this Runner Guide prior to race week to make the best of your race, and do not hesitate to [contact us](#) with any questions. We HIGHLY recommend that Pacers and Crew read the Crew Guide.

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. 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.

5. Schedule

PLEASE NOTE: PACKET PICK UP IS ONLY AVAILABLE AT YOUR REGISTERED RACE DISTANCE. IE) At Cocodona 250 Packet pick up on Sunday only the 250 distance runners can pick up their packets.

Sunday May 4th, 2025

2:00pm - 5:00pm Cocodona250 Race check-in and drop-bag drop-off. Start Line (Deep Canyon Ranch, 18600 E Deep Canyon Trail, Black Canyon City, AZ). Aravaipa and Cocodona specific merchandise available for purchase. Food trucks onsite.

5:30pm Cocodona250 Race Briefing / Q&A / Food trucks onsite. Highly recommended but not mandatory. Start Line (Deep Canyon Ranch, 18600 E Deep Canyon Trail, Black Canyon City, AZ).

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

Monday May 5th, 2025

3:45am - 4:45am Cocodona250 4-liter capacity check & SPOT Trackers issued. Food/Coffee trucks onsite.

5:00am Cocodona250 Race start in mass.

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

4:00pm – 7:00pm Mingus Traverse check-in. 200 East Sheldon Street, Prescott, Arizona, USA, 86301.

7:00pm Mingus Traverse Race Briefing / Q&A. Highly recommended. Same Location.

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

Tuesday May 6th, 2025

- 5:00am - 6:00am Mingus Traverse Drop bag drop off. Watson Lake Park, 3101 Watson Lake Rd.
- 6:00am Mingus Traverse Race start in mass. Watson Lake Park.
- 4:00pm - 7:00pm Sedona Canyons 125 Race check-in & drop-bag drop-off. Gold King Mine Ghost Town located at 1000 Perkinsville Rd in Jerome.
- 7:00pm Sedona Canyons 125 Race Briefing / Q&A. Highly recommended. Gold King Mine Ghost Town located at 1000 Perkinsville Rd in Jerome.

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

Wednesday May 7th, 2025

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

Thursday May 8th, 2025

- 4:00pm - 7:00pm Flagstaff Crest Race check-in and drop-bag drop-off at the Start Line located at Fort Tuthill County Park.

A pre-recorded race info session will be available prior to race week.

Friday May 9th, 2025

- 7:00am Flagstaff Crest Race start in mass. Fort Tuthill County Park located at 2446 Fort Tuthill Loop in Flagstaff.
- 10:00am - 10:00pm Aravaipa and Cocodona specific merchandise available for purchase at the finish at Heritage Square in Flagstaff.

Saturday May 11th, 2025

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

6. Rules

Runners (including runners’ pacers, crew, and spectators) who fail to adhere to these rules will be subject to disqualification from the race.

- **Qualification** – While there are no actual qualification requirements for entry, Cocodona250 and Sedona Canyons 125 runners are expected to have adequate mountain/ultra/trail experience to be prepared for the course. We recommend entrants have completed a 100-mile race or greater before race day. However, through-hiking, multi-day backpacking, or other relevant experience is also acceptable. Aravaipa Running reserves the right to refuse entry.
- **Age** – Minimum age (at race start) to participate in the race is 18 years without prior approval from the RD.

- **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; 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.
- **Outside Aid/Muling** – Runners may only receive aid within 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 Support** – See [Crew](#). Know and share these rules with crew or risk being disqualified from the race. Note: ONE CREW VEHICLE PER RUNNER AT AID STATIONS.
- **Crew Vehicle Size Restrictions** – **NO CREW VEHICLES OVER 25' and NO VEHICLES TOWING TRAILERS.**
- **Pacer Support** – See [Pacers](#). Know and share these rules with your pacers.
- **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.
- **Required Gear** – See [Gear Requirements](#)
- **Electrical Plugs** - Electrical plugs will be available at the following Aid Stations; Crown King, Camp Wamatochick, Whiskey Row, Mingus Mountain, Sedona **Posse Grounds**, and Fort Tuthill. Be aware that we do not have charging cords available. Please bring your own.
- **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.
- **Starting Race** – Runners who don't leave the start line to start the race within 10 minutes of the mass start will receive a DNS and not be allowed on the course.
- **Bib & bib belt** – Each 250 and 125 runner will receive TWO bibs and a bib belt for identification purposes. Runners must display one bib on their pack or outermost layer of clothing at all times during the race. You don't have to wear BOTH bibs at the same time.
- **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. You may drive your runner off course **IF** these rules are followed:
 - Runners may only leave the course FROM AN AID STATION.
 - Before leaving the aid station, runners must check out with the aid station captain and turn in their spot tracker and bib (bib+belt are much easier for this scenario).
 - Prior to returning to the course, 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 DQ of the runner.

NOTE – Accessing a crew vehicle at an aid station is not considered leaving the course **IF** the crew vehicle is within a ¼-mile radius of the aid station.

- **Dropping from Race** – Runners may only drop from the race at Aid Stations, must fill out a drop form, and turn in their spot tracker. Do not leave the course without informing a staff member
- **Courtesy/Kindness** – Runners 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.
- **Dogs** – **Dogs are not allowed on the course or at aid stations at any time.** Make sure to tell your crew. Certified service animals are allowed but must be clearly identified.
- **Restroom use on Course** – It happens. Step 30' off the trail and dig a 6" (or deeper) hole. Used wet wipes / TP must be packed out in a zip-lock. **DO NOT LEAVE TP ON THE TRAILS!**
- **Leave No Trace** – Littering on course by runners, pacers, or crew will not be tolerated.

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

The required gear applies to:

- Cocodona250 – Most of the course see below
- Sedona Canyons 125 – Most of the course see below
- Mingus Traverse – Required for runners leaving Fain Ranch (mile 12) if leaving after 10:00am
- Flagstaff Crest – Required for runners leaving FAC Aid Station (mile 27) if leaving after 4pm (9 hours)

As a runner, you are expected to know your body and how to get through situations of extreme heat, cold, navigation, etc. We will be there if things go way wrong during the race but you must be prepared for the elements. Therefore, we'll check required gear at specific locations on the course. Runners and pacers will not be allowed back on the course without the required gear. Pacers are also required to carry the same mandatory gear. **Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.**

Standard gear required along ALL sections of the course

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

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

Additional cold weather gear required along CERTAIN sections of the course

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

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

Aid Stations that will be checking required gear

Runners must check-out of aid stations with required gear before continuing on the course or risk a DQ.

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

Cold Weather Required Gear WILL be checked at:

- **Crown King Aid Station** (Cocodona mile 37)
- **Fain Ranch Aid Station** (Cocodona mile 96) (Mingus Traverse mile 12 required if leaving after 10:00am)
- **Sedona Posse Grounds** (Cocodona mile 161)
- **Sedona Ranger Station** (Sedona Canyons mile 39)
- **Munds Park Aid Station** (Cocodona mile 193) (Sedona Canyons mile 52)
- **Fort Tuthill Aid Station** + mental status evaluation (Cocodona mile 214) (Sedona Canyons mile 99)
- **Wildcat Hill Aid Station** (Cocodona mile 237)
- **FAC Aid Station** (Flagstaff Crest mile 27 required if leaving after 4pm)

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

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

- Sun gloves
- Comb for [removing Teddy Bear Cholla Cactus](#) (yes really)
- WE RECOMMEND CARRYING YOUR CAR KEYS & CREDIT CARD & PHONE CHARGER IN YOUR PACK AT ALL TIMES. DNFs HAPPEN.

8. Partner Running Store

And speaking of gear...We've partnered with the good folks at Run Flagstaff / Run Sedona. They are a SUPER convenient resource if you need gear / nutrition DURING the race. Give them a call... they may even DELIVER TO THE SEDONA AND FORT TUTHILL AID STATIONS if you ask nice.

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

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

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

9. GPS Enabled Device

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

10. Eco-Responsibility

The earth is the only one we have. As trail runners, we are blessed to see the beauty, complexity, and fragility of the ecosystems we run through. It is essential for all of us to do our part every day to minimize our own first-world gigantic footprints. We can all do a better job. 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](#).

11. Cupless

In an effort to cut down on the waste produced by this event, Cocodona will be a cupless event for cold drinks. What does that mean? There will be no paper cups for cold drink hydration at the aid stations. Runners will be responsible for carrying their own container, cup, flask, or bottle to refill along the way. Please consider a bottle or hydration pack for water and a reusable, easy-to-carry cup for electrolyte refills and soda. We will provide hot cups for coffee, broth, and soup.

12. Race Check-In

Each runner will be required to check-in for the race before race day. **PLEASE NOTE: PACKET PICK UP IS ONLY AVAILABLE AT YOUR REGISTERED RACE DISTANCE.** IE) At Cocodona 250 Packet pick up on Sunday only the 250 distance runners can pick up their packets.

See below for check-in options:

- **Cocodona250 – Sunday, May 4th, 2025** - 2:00 PM – 5:00 PM: Race check-in & drop-bag drop-off at the Start Line (Deep Canyon Ranch, 18600 E Deep Canyon Trail, Black Canyon City, AZ). Food trucks will be onsite. Race briefing and Q&A session will be held at 5:30pm at the Start Line. This race briefing is highly recommended but not mandatory. A pre-recorded race info session will be available prior to race week for those not able to attend.
- **Mingus Traverse – Monday, May 5th, 2025** – 4:00 PM – 7:00 PM: Race check-in. 200 East Sheldon Street, Prescott, Arizona, USA, 86301. A race briefing and Q&A session will be held at 7:00pm. This race briefing is highly recommended but not mandatory. A pre-recorded race info session will be available prior to race week for those not able to attend. Drop bags can be dropped off at the start line on race morning.
- **Sedona Canyons 125 – Tuesday, May 6th, 2025** – 4:00 PM – 7:00 PM: Race check-in & drop-bag drop-off at the Gold King Mine Ghost Town located at 1000 Perkinsville Rd in Jerome. A race briefing and Q&A session will be held at 7:00pm. This race briefing is highly recommended but not mandatory. A pre-recorded race info session will be available prior to race week for those not able to attend.
- **Flagstaff Crest – Thursday, May 8th, 2025** – 4-7PM: Race check-in at Start Line (Fort Tuthill County Park).

During the check-in process, runners will:

- Confirm GPS enabled device with course file uploaded
- Confirm race emergency contact text number is programmed into phone. (602) 830-4526
- Provide crew chief contact info.
- Receive runner bag with goodies, race bibs, and bib belt. Runners who register after 4/14/25 are not guaranteed name on bib, race shirt, or other race goodies.
- Drop off any used shoes for donation to Soles-4-Soles

13. Drop Bags

You have two options for when to bring your drop bag to the race. Option 1: You can drop off your drop bags when you check in the day before your race. Option 2: You can drop off your drop bags at the start line on the morning of your race. There will also be a place drop a bag that you want to go directly to the finish line.

We request that you keep drop bags as minimal in size as possible and no larger than 60 liters (approx. 24"x12"x12"). Bags larger than 60 liters will not be transported to aid stations. **Bags should be clearly labeled w/ bib# & aid station name. DO NOT write runner name or mile of the aid station.**

Drop bags are for runners only, no pacer drop bags. There will NOT be rain or sun protection over drop bags. Please weatherproof your bags if this is a concern. Aravaipa is not responsible for any lost or damaged items in drop bags, including the drop bags themselves. When you pass through an aid station, PLEASE move your drop bag to the "discard" pile. If you do this, our goal is for all of your drop bags to beat you to the finish. Drop bags left at the finish line will not be shipped out to runners after the race but can be picked up at the Aravaipa Running office in Phoenix after the race. Make sure to read the required gear section as we WILL be checking gear at certain aid stations and you should plan your drop bags accordingly.

See the aid station tables for all 3 races distances at the end of this Runner Guide for drop bag locations.

14. 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.

15. Start Time & Bib Numbers

Bib numbers will be assigned at a later date. We do not accept requests for bib numbers. Runners who register after 4/14/25 are not guaranteed their name on their bib. Runners who don't leave the start line to start the race within 10 minutes of the mass start will receive a DNS and not be allowed on the course.

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

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

Mingus Traverse – Mass start at 6:00am on Tuesday May 6th. The Start line is at Watson Lake Park located at 3101 Watson Lake Road, Prescott.

Flagstaff Crest – Mass start at 7:00am on Friday May 9th. The Start Line is at Fort Tuthill County Park located at 2446 Fort Tuthill Loop in Flagstaff. Follow the signs for the Adventure course.

16. 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 for all race distances can be found here ([Cocodona250](#), [Sedona Canyons 125](#), [Mingus Traverse](#), [Flagstaff Crest](#)). Note that any course changes within the last few weeks of the race will not be included in the course description.

Here is a link to the 2025 courses in CalTopo ([Cocodona250](#), [Sedona Canyons 125](#), [Mingus Traverse](#) or [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.

17. Course Profiles

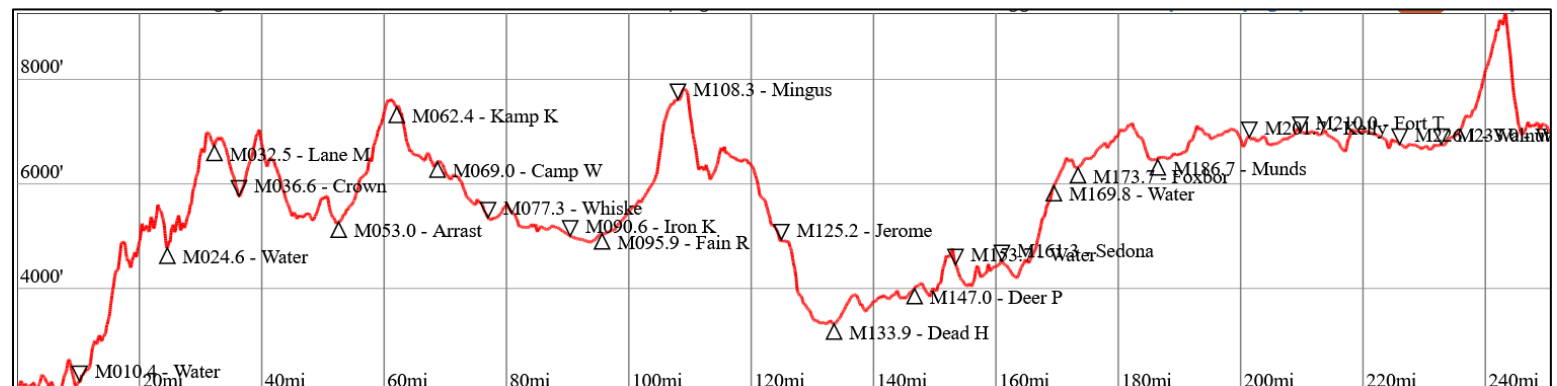
Cocodona250 course overall gain is 40,667' and loss is 35,674'

Sedona Canyons 125 course overall gain is 15,015' and loss is 14,035'.

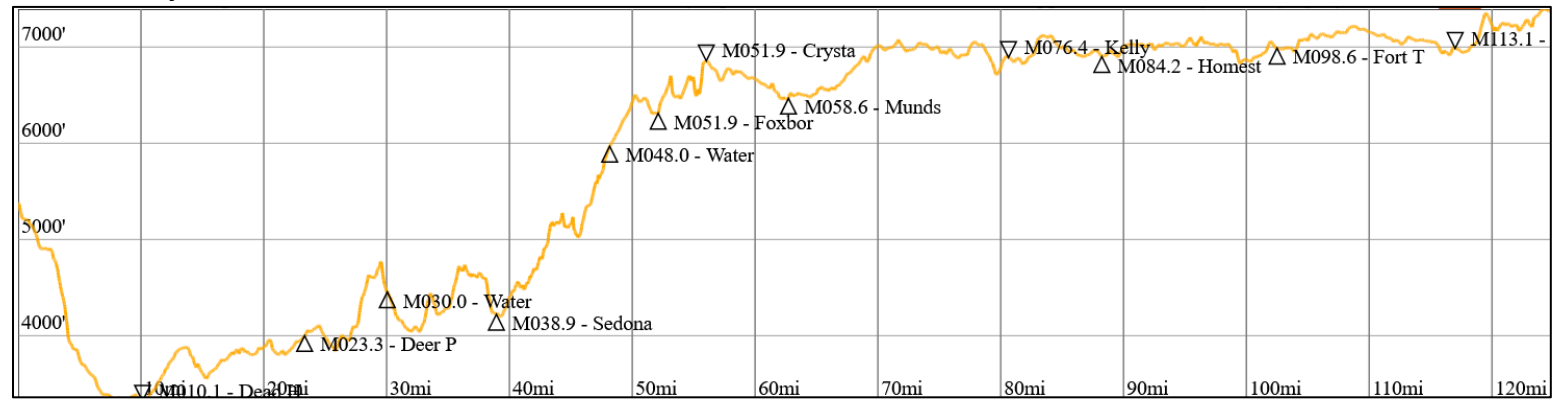
Mingus Traverse overall gain is 10,116' and loss is 11,141'.

Flagstaff Crest course overall gain is 3,033' and loss is 3,160'.

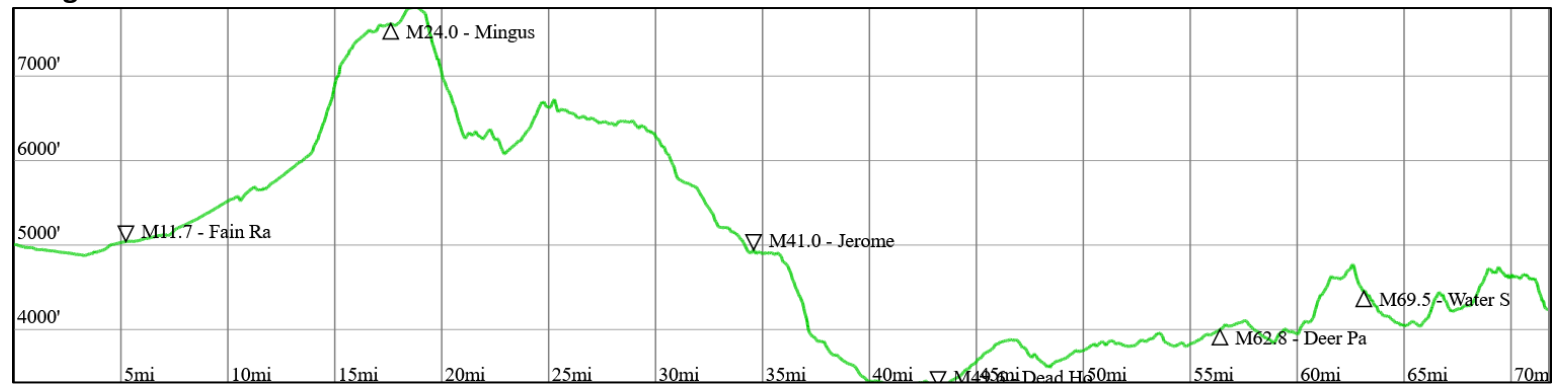
Cocodona250 Course Profile



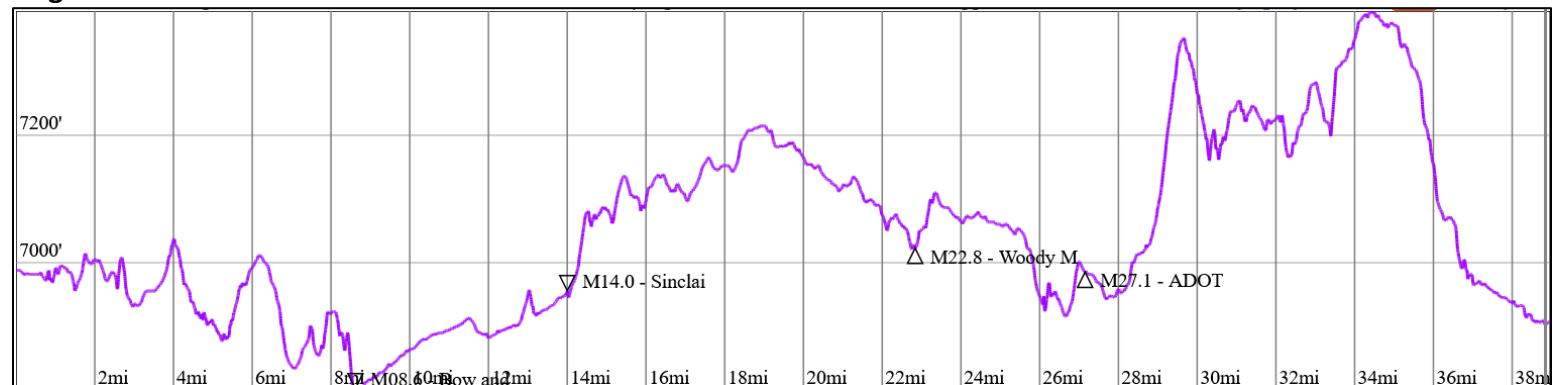
Sedona Canyons 125 Course Profile



Mingus Traverse Course Profile



Flagstaff Crest Course Profile



18. Course Marking

The course will be adequately marked, not overly marked. Intersections will be well marked but straightaways will only receive a course marking every ½-ish mile. Self-navigation is part of the expectation. Over the course of 250ish-miles, it is likely that a section or two will be under marked, markings could get removed by disgruntled locals, or, and most likely, you will not be paying attention and miss a turn. This is why it is mandatory for runners and pacers to carry a GPS enabled device with the course file downloaded.

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

The course will be marked with:

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

19. Roads

Roads will include Forest, County, local, municipal, and state-owned highways, which are subject to all applicable traffic laws. Therefore, you will be running around vehicular traffic and ATVs at some point during the race. Vehicles have the right of way and will NOT stop for you. It is your responsibility to:

- Obey all traffic laws
- Don't run in the vehicle lane. Use sidewalks, bike lanes, shoulders when possible.
- Run on the left side, facing traffic unless the course marking specifically directs you to run with traffic
- Look both ways and cross when safe
- Cross in crosswalks, wait for crossing signals, obey pedestrian laws, and stay safe.

The towns of Jerome and Sedona are extremely sensitive permits for us. See rules above.

20. Cutoff Times and DNFs

You've all worked hard to make it to Cocodona and we don't want to cut anyone from the course. However, it is a long race and there are so many moving parts. We need to ensure runner safety and be able to predict logistics and volunteer shifts. So...cutoff times will be enforced. Cutoff times are the times you need to LEAVE the aid station, not arrive. Aravaipa reserves the right to pull runners from the course if we believe that your mental/physical condition puts you, staff, or volunteers in danger.

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

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

Mingus Traverse – Overall cutoff for the race is 44 hours and 45 minutes.*

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

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

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

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

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

If a dropped runner doesn't have crew, we will do our best to shuttle you to the Start Line, the Finish Line or make sure you are at a comfortable aid station as soon as we are able but please understand that it may take a LONG TIME. Please be patient.

See the **Aid Station Table** at the end of this Runner Packet for full cutoff times.

21. Aid Stations

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

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

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

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

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

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

In addition to Traditional Offerings at every aid station, here is the PRELIMINARY 2025 menu

Aid Station	250 Miler	125 Miler	Mingus Traverse	Flagstaff Crest	Menu
Start Line - Deep Canyon Ranch	0	-	-	-	Mad Honey Food Truck and norajenskoffeekoach.com
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	-	-	-	Watermelon
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	53	-	-	-	Rollups - Turkey/Cheese/Hummus/Avocado. Grilled cheese. Potato soup. Spring rolls.
Kamp Kipa	62.4	-	-	-	Scrambled eggs, egg casserole, tofu, pancakes, bacon.
Camp Wamatochick	69	-	-	-	Burgers, Soup, Pancakes, bacon
Whiskey Row	77.3	-	-	-	Pizza, soup, Oatmeal
Start Line – Watson Lake Park	-	-	0	-	Instant Coffee, oatmeal, fruit, bagels

Iron King	90.7	-	6.4	-	Mashed potato bar w/ sloppy joe topping, tomato soup, oatmeal
Fain Ranch by Satisfy Running	95.9	-	11.7	-	Potatoes/veggies/chicken, french toast, pancakes, cookies
Mingus Mountain	108.3	-	24.0	-	Lasagna, Salad, pasta bake, Bread, Pancakes
Jerome	125.3	-	41.0	-	Chicken tacos, pancakes
Start Line - Gold King Mine Ghost Town	-	0	-	-	Instant Coffee, oatmeal, fruit, bagels
Dead Horse	134.0	10.2	49.8	-	Burritos, potato soup, oatmeal
Deer Pass	147.2	23.4	62.9	-	Hot dogs, soup, Turkey/cheese/hummus/avocado sandwiches, Fruit, Pancakes
Water Station	153.9	30.1	69.5	-	-
Sedona Posse Grounds	161.5	-	-	-	Burgers, scrambled eggs, tofu, bacon, pancakes
Sedona Ranger Station	-	39.0	78.6	-	Burgers, scrambled eggs, tofu, bacon, pancakes
Water Station	172.8	48.3	-	-	-
Foxboro Ranch	176.7	52.2	-	-	Chili and pasta, Oatmeal
Crystal Point - Restart Location	-	52.2	-	-	Soup, Turkey/cheese/hummus/avocado sandwiches
Munds Park	192.6	58.9	-	-	BLT sandwiches, Tomato soup, eggs, tofu, pancakes
Kelly Canyon	205.2	76.9	-	-	Chicken burritos, grits
Homestead	-	84.8	-	-	Burgers
Fort Tuthill	213.5	99.2	-	0	Pasta, salad, bread, oatmeal. Elden Crest Start - Instant Coffee, oatmeal, fruit, bagels
Walnut Canyon	229.6	-	-	-	Burritos, Roll-ups- Turkey/cheese/hummus/avo, PotatoSoup, fruit, Oatmeal
Wildcat Hill	236.5	-	-	-	Burgers, soup, pancakes, Pete's Meats
Trinity Heights	251.3	-	-	-	Burritos/tacos
Bow and Arrow	-	-	-	8.6	Turkey/cheese/hummus/avocado Sandwiches
Sinclair Wash	-	-	-	14	Hot dogs
Woody Mountain	-	-	-	22.8	Burgers
FAC	-	114.0	-	27.4	Pulled pork sandwiches, potatoes, corn
Finish Line - Heritage Square	255.1	125.5	-	38.9	Burgers, tomato soup, bacon, pancakes

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

Need a tampon or pad? Ask a volunteer.

22. 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](#).

23. Sleep

You might be able to pull it off without sleep...but probably not. Feel free to take a trail nap or sleep in an aid station chair at any time. We will also have 7 aid stations designated for sleep stations. Sleep stations are for runners only, no pacers. See below for a description of these locations:

- Kamp Kipa – Indoor bunks (Heated space) + limited blankets – **NO CREW ACCESS. NO DROP BAGS**

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

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

Most 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 light sleeping bag in your drop bag if you plan to sleep at Dead Horse.

Many runners will choose to sleep in crew vehicles / vans / RVs. See the [Aid Station Vehicle Access & Crew Parking](#) section in the Crew Guide for aid stations with adequate parking for larger vehicles. Remember the rule that runners may only leave the course FROM AID STATIONS, see the [Rules](#) section for the two options on 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. Remember that runners may only leave the course FROM AID STATIONS, see the [Rules](#) section for the two options on how this can be done. See [Hotels](#) 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.

24. Crew

Below is a high-level overview of the top (5) rules that runners should know regarding their crew. You must refer your crew to the Crew Guide for additional rules. Failure to know what is in the Crew Guide could result in a DQ for you – you are responsible for your crew's actions at the race. NOTE: Crew is permitted for Mingus Traverse, but pacers are not. No crew or pacers for Flagstaff Crest.

- (1) Crew may ONLY provide aid to their runner within ¼-mile of a crew access aid station.
- (2) Only 1 crew vehicle per runner. No crew vehicles over 25' and no vehicles with trailers.
- (3) Dogs are not allowed on the course or at aid stations at any time. Certified service animals are allowed but must be clearly identified.
- (4) If your crew observes a major issue or problem during the race, please TEXT our Race Command at (602)830-4526. This is a TEXT only phone number.
- (5) 250-Miler Crews – Crown King Aid Station Restrictions: Crews will be held at Bumblebee Ranch until you are nearing Crown King then released with plenty of time to meet you at the aid station. For more info see Crew Guide.

25. Pacers

Below is a high-level overview of the top (3) rules that runners should know for their pacers. You must refer your pacers and crew to the Crew Guide for additional rules. Failure to read through the Crew Guide could result in a DQ for you. NOTE: No pacers for Mingus Traverse or Flagstaff Crest.

- (1) Pacers must be human, 18 years old and on foot.
- (2) Pacers must check in at the aid station where they will start running, sign a waiver and receive a pacer bib.
- (3) Pacers may not carry gear for runners.
- (4) Pacers may only enter and leave the course at designated Aid Stations. See Crew Guide.

26. SPOT Tracker

For the Cocodona250 and Sedona Canyons 125 races, real-time GPS tracking (SPOT Trackers) will be provided by TrackLeaders. Your family, friends, and crew will be able to see your 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 (the runner) will NOT need cell service for this device to work, it will work everywhere on the course. However, anyone wanting to see your position WILL need data (cell service) to see the tracking webpage. This applies to crew wanting to see their runner's position during the race. Fortunately, there is very good cell service throughout the course.

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

Mingus Traverse and Flagstaff Crest race does not include SPOT tracking.

LINK FOR LIVE TRACKING TO FOLLOW AT LATER DATE

27. Medical

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

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

EMERGENCY CONTACT DURING THE RACE

Send a TEXT to (602) 830-4526

With bib number, location, and issues



28. 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.

29. Pre-Race Runner Shuttles

We will be running shuttles to help with transportation for all race distances. Below is a summary of the shuttle options. Tickets must be purchased in advance. Refunds will not be provided for shuttle tickets. Purchase the shuttle tickets [HERE](#). We will send out details via email the week before the race to all runners who have purchased shuttle tickets.

Aravaipa does not offer post-race shuttles. For excellent post-race transportation options, [Groome Transportation](#) offers shuttles between many of the cities in Arizona.

Cocodona250

- \$50 Cocodona250 Phoenix to Start Line – Sun May 4th – Departs Phoenix Airport (Terminal 4 Passenger Pickup North side Door 3) at 11:00am (1-hr drive). This gets you to the start line in time for the shake out run, race check-in, and pre-race briefing. Camping is available for free overnight at the start line on 5/4/25. You can leave a drop bag at the start line with camping gear that will go directly to the finish line.
- \$50 Cocodona250 – Flagstaff to Start Line – Sun May 4th – For runners who wish to leave their car in Flagstaff; you can park a car at the City of Flagstaff parking lot at the Northwest corner of Cherry Ave & Beaver St (¼-mile from finish line). **Exact instructions to be provided at a later date.** The shuttle departs this location at 2:30pm (1.5-hr drive). This shuttle gets you to the start line in time for race check-in and race briefing. Camping is available for free overnight at the start line on Sun 5/4. You can leave a drop bag at the start line with camping gear that will go directly to the finish line.

Sedona Canyons 125

- \$50 Sedona Canyons 125 – Flagstaff to Start Line – Tue May 6th – For runners who wish to leave their car in Flagstaff; you can park a car at the City of Flagstaff parking lot at the Northwest corner of Cherry Ave & Beaver St (¼-mile from finish line). **Exact instructions to be provided at a later date.** The shuttle departs this location at 4:00pm (1.5-hr drive). This shuttle gets you to Jerome in time for race check-in. Camping is available for free overnight at the start line on Tue 5/6. You can leave a drop bag at the start line with camping gear that will go directly to the finish line.
- If you need a shuttle to your hotel in Jerome on Tue night and back to the Start Line on Wed morning, please fill out this [google form](#) with your name, cell #, and hotel. This is a free service provided by Aravaipa. Please register for the race, book your hotel and then register for the shuttle. Shuttle pick-up and drop-off locations are at all Jerome hotels and the Lux Verde in Cottonwood. If you stay elsewhere, you can get on the shuttle at the pick-up and drop-off locations listed above.

Mingus Traverse

- \$50 Mingus Traverse – Sedona to Start Line – Mon May 5th – Departs Sedona (exact location coming shortly, will be within a few minutes walk of the finish line). This shuttle departs the locations at 5:00PM (1.5hr drive.) You will be in Prescott in time for race check-in at the Springhill Suites at 200 East Sheldon Street. A shuttle will leave from the Springhill Suites on race morning at 5:00AM.

Flagstaff Crest

- \$25 Flagstaff Crest – Flagstaff to Start Line – Fri May 9th – Departs Flagstaff (LDS Church at 625 E Cherry Ave which is a ½-mile walk from the finish line) at 5:45am (20 min drive). No cost for this parking lot. This gets you to Fort Tuthill in plenty of time to drink some coffee at the start, use the porto, and drop your drop bag. **No race day check-in.** Cars must be removed by the afternoon of Sat 5/10.

30. Start Line Parking

Cocodona250 Start Line – Long term parking during the race is available and free at the start line beginning at 2pm on Sunday May 4th until Monday May 12th. When you are on your way to pick up your vehicle after the race, please text the ranch manager Jacie at 602-885-9369 to let her know you are coming. The Cocodona250 Start Line is located at Deep Canyon Ranch, 18600 E Deep Canyon Trail, Black Canyon City.

Sedona Canyons 125 Start Line – Long term parking during the race is available and free at the start line beginning at 4pm on Tuesday May 6th until Monday May 12th. This parking lot gate is open daily from 10am-5pm. Gold King Mine & Ghost Town is located at 1000 Perkinsville Road, Jerome.

Mingus Traverse Start Line – **Info TBD. Close to the start line.**

Flagstaff Crest Start Line – Parking is available for free during the entire race at the Start Line, Fort Tuthill County Park, 2446 Fort Tuthill Loop, Flagstaff. Follow the signs to the Adventure Course. Feel free to park here before the race start and once you finish, catch a ride or quick Uber back to your car.

31. 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. 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](#).

- **Cocodona250 Start Line** – Camping is available at the start line starting at 2pm on Sunday May 4th. This includes cars, vans, trailers, and RVs. [Instructions on how to reserve and pay to follow](#). The Start Line is located at Deep Canyon Ranch, 18600 E Deep Canyon Trail, Black Canyon City, AZ. If you need RV hookups, checkout the nearby Black Canyon Ranch RV Resort.
- **East of Crown King Area** – Free dispersed camping on BLM and Forest Service Land along Crown King Rd and Bloody Basin Rd between I-17 and Crown King. Another beautiful option is [Bumble Bee Ranch](#) (pre-payment and reservations required).
- **South of Prescott Area** – Free dispersed camping on Forest Service Land along Senator Highway (FR52) starting about ½ a mile past the Groom Creek Trailhead (near Camp Wamatochick Aid Station).
- **Mingus Mountain** – Free dispersed camping on Forest Service Land. Turn off of Hwy89A at the summit (Mingus Rec Area) onto FR104 like you were going to the Mingus Mountain Aid Station. After 1.5 miles turn right on FR413. Caution – Drive slow, FR413 is part of the course.
- **Cottonwood Area** – Free dispersed camping on AZ State Land Trust and Forest Service Land. Headed north from Cottonwood on AZ89A turn left on Bill Gray Rd (FR761), mile marker 358.
- **Southwest of Sedona** – Designated camping on Forest Service Land - Headed south from Sedona on AZ89A turn right near mile market 364 onto Loy Butte Rd (FR525). Look for the Forest Service sign for instructions and permit info. Another option is paid camping at [Camp Avalon](#) (pre-payment and reservations required).
- **South of Flagstaff Area** – Free dispersed camping on Forest Service Land. Headed north from Sedona on AZ89A turn left on FR535, mile marker 391.
- **South of Flagstaff Area** – Free dispersed camping on Forest Service Land off 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.
- **West of Flagstaff Area** – [Village Camp](#) is a full-service campground with RV hookups. Contact Hrodie@villagecamp.com with the following info: full name, group: Cocodona250 (discount applies with this code), address, email, phone number, check-in/out and desired accommodation.

32. Hotels

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

- **Cocodona250 Start Line** – Mountain Breeze Hotel is a bit limited but is about 2 miles from the start line.
- **Whiskey Row** – The aid station is actually located in the courtyard of the [Grand Highland Hotel](#).
- **Mingus Traverse Start Line** – [Info coming soon](#).
- **Iron King** – [Hampton Inn & Suites Prescott Valley](#) is located 2.2 miles south of the aid station.
- **Jerome Historic State Park** – [Connor Hotel](#) is located on the course, only 1.5 miles before the aid station.

- **Dead Horse Ranch State Park** – [Dead Horse Ranch State Park](#) has cute cabins and RV spots for rent within a stones throw of the aid station. [The Cottonwood Hotel](#) is located 1.5 miles from the aid station and the [Lux Verde Hotel](#) is located 2.5 miles from the aid station.
- **Sedona** – [The Sky Rock Inn](#) is located 0.5 mile from the Posse Grounds aid station.
- **Munds Park** – [Motel in the Pines](#) is less than a mile from the aid station and directly on the course.
- **Flagstaff** – Discounted rates available between 5/3-5/13 at these Flagstaff hotels:
 - **Courtyard** – Use this [link](#) to book rooms.
 - **Green Tree Inn** – Use this [link](#) and be sure to enter coupon code “Aravaipa” at check out.
 - **Village Camp** – Contact Hrodie@villagecamp.com with the following info: full name, group: Cocodona250 (discount applies with this code), address, email, phone number, check-in/out and desired accommodation.

33. Things to do in Flagstaff

Flagstaff is not only the finish line for the Cocodona races, 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.

34. 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.

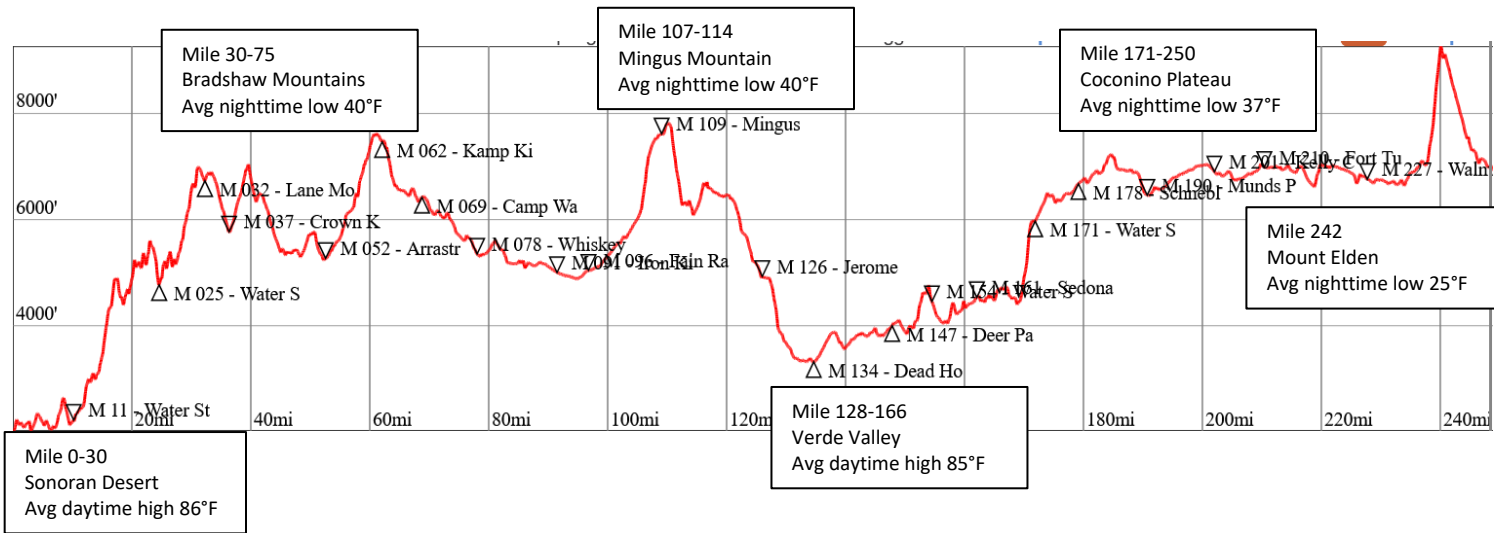
Cocodona250 - Two parts of the Cocodona course specifically will be very hot during midday; the Sonoran Desert (mile 0-30) and the Verde and Sedona Valleys (mile 130-180), each seeing average daytime highs in the mid-80s°F. Conversely, the highest elevation points on the Cocodona250 course will be very cold at night. The Bradshaw Mountains (mile 30-75), Mingus Mountain (mile 111), the Coconino Plateau (mile 172-248), and Mount Elden (mile 242) see average nighttime lows between 25-40°F.

Sedona Canyons 125 – Two parts of the Sedona Canyons course will be very hot during midday; the Verde and Sedona Valleys (miles 5-46) will see daytime average highs in the mid-80s°F. Not coincidentally, these two sections are the lowest elevation points on the course and don’t have much shade. The Coconino Plateau, miles 48-125, will be very cold with nighttime lows between 25-40F.

Mingus Traverse – The top of Mingus Mountain can be cold at night with temps potentially dropping into the low 40s°F. You will descend into some of the hottest parts of course (mile 55-78) in the Verde and Sedona Valleys with temperatures in the mid-80s°F.

Flagstaff Crest – Flagstaff Crest runners will not miss out on the freezing cold temps if they are still on the course at nightfall. Trust us, it can get very cold in Flagstaff.

SEE REQUIRED GEAR SECTION



35. Qualifiers and Points

We're pleased to announce that Cocodona is a qualifier for '26 Western States. Runners who complete the Cocodona250 within the cutoff of 125 hours earn their qualifier. Runners who complete the Sedona Canyons 125 within 52 hours earn their qualifier. Runners do not need to submit anything; this is an automatic process and will be completed within 60 days of the end of Cocodona.



2026 QUALIFYING RACE

Runners who complete the Cocodona250, Sedona Canyons 125, Mingus Traverse and Flagstaff Crest within cutoff will automatically receive ITRA points and UTMB points. Runners do not need to submit anything; this is an automatic process and will be completed within 60 days of the end of Cocodona.

36. Photography

We are stoked that you and the course will be captured by our friends Scott, Howie, and Anastasia. They are experienced adventure photographers who will get a before and after race shot of you as well as lots of candid and action shots from the course. Photos will be available at www.run200photos.com for purchase about a week after the race.

37. 1000 Mile and 2500 Mile Buckles

This 250-mile adventure is kind of addicting. Many runners return year after year and they are rewarded with many lessons and memories. In addition to these intangible gifts, any runner who successfully completes the Cocodona250 four times (doesn't have to be consecutive) will be rewarded with the special 1000 Mile Club

belt buckle. Any runner who successfully completes the Cocodona250 ten times (doesn't have to be consecutive) should question their life choices and will be rewarded with the special 2500 Mile belt buckle.

38. LiveStream

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. This coverage presents an excellent opportunity to grow the sport and provide an outlet for friends and family to watch you race from afar. Please take note that there will be videographers on the ground and drones in the air to capture this footage at key points throughout the race. Note this is NOT the same thing as [live runner tracking](#).

39. Merchandise

Merchandise can be purchased from [OUR ONLINE STORE](#) anytime prior to the race. We will also have merchandise for sale in person at the race. **More info and the full 2025 merchandise line will follow soon.**

40. Foxboro Ranch to Crystal Point Trailhead Skip

THIS SECTION ONLY APPLIES TO THE SEDONA CANYONS 125 RACE

The Cocodona course passes through a number of protected wildlife habitats managed by the USFS. The USFS has limited the number of runners passing between Foxboro Ranch and Crystal Point Trailhead (formerly Schnebly Hill to Munds skip from 2024) due to nesting pairs of the endangered Mexican Spotted Owl. We will therefore be skipping this section of the course for the Sedona Canyons 125-mile distance. **Again, this ONLY applies to the Sedona Canyons 125-mile distance.**

As 125-miler runners come into the Foxboro Ranch Aid Station, they can take their time, get their drop bag, eat, rest, and receive aid from crew at Foxboro Ranch. Once runners are ready to leave the aid station, they will check out with a staff member and their time will be recorded (ie. their race clock stops). Runners then have two options to get from Foxboro Ranch to Crystal Point: (1) take an Aravaipa provided shuttle OR (2) catch a ride with their crew (or another runner's crew). The shuttle takes around 15 minutes. If they would like, runner's can bring their Foxboro Ranch drop bag with them on the shuttle ride and drop it off at Crystal Point Trailhead. Upon arriving at Crystal Point Trailhead, runners must check in with a staff member and then be prepared to immediately continue on the course. There will be MINIMAL aid at Crystal Point Trailhead. Time to get moving. Runners who fail to check out at Foxboro Ranch and/or check in at Crystal Point Trailhead will be assessed a time penalty.

41. Cocodona250 Aid Station Table

Aid Station	Miles	Cutoff Time	Crew Access	Pacer Access	Drop Bags	Gear Check	Sleep Station	Medic
Start - Deep Canyon Ranch	0		Yes	-	Yes	4L Cap	-	-
Cottonwood Creek	7.4	5/5/25 9:50 AM	-	-	-	-	-	-
Water Station	10.4	-	-	-	-	-	-	-
Water Station	24.6	-	-	-	-	-	-	-
Lane Mtn by UltrAspire	32.5	5/5/25 11:20 PM	-	-	-	-	-	Yes
Crown King by Tailwind	36.6	5/5/25 11:55 PM	Yes	-	Yes (A)	-	-	Yes
Arrastra Creek	53	5/6/25 7:00 AM	-	-	-	Yes	-	-
Kamp Kipa	62.4	5/6/25 2:00 PM	-	-	-	-	Yes	-
Camp Wamatochick	69	5/6/25 4:45 PM	-	-	Yes	-	Yes	-
Whiskey Row	77.3	5/6/25 10:00 PM	Yes	Yes	Yes	-	Yes	Yes
Iron King	90.7	5/7/25 3:30 AM	Yes	Yes	-	-	-	-
Fain Ranch by Satisfy	95.9	5/7/25 6:00 AM	Yes	Yes	Yes	Yes	-	-
Mingus Mountain Camp	108.3	5/7/25 1:00 PM	Yes	Yes	Yes	-	Yes	Yes
Jerome Historic State Park	125.3	5/7/25 8:30 PM	Yes	Yes	-	-	-	-
Dead Horse Ranch	134.0	5/8/25 12:00 AM	Yes	Yes	Yes	-	Yes	Yes
Deer Pass Trailhead	147.2	5/8/25 4:45 AM	Yes	Yes	-	-	-	-
Water Station	153.9	-	-	-	-	-	-	-
Sedona Posse Grounds	161.5	5/8/25 12:00 PM	Yes	Yes	Yes	Yes	Yes	Yes
Water Station	172.8	-	-	-	-	-	-	-
Foxboro Ranch	176.7	5/8/25 9:00 PM	Yes	No Pacer Section	Yes	-	-	Yes
Munds Park	192.6	5/9/25 2:45 AM	Yes	Yes	Yes	Yes	Yes	Yes
Kelly Canyon	205.2	5/9/25 8:00 AM	-	-	-	-	-	-
Fort Tuthill	213.5	5/9/25 12:45 PM	Yes	No Pacer Section	Yes (A)	Yes	Yes	Yes
Walnut Canyon	229.6	5/9/25 7:45 PM	Yes	Yes	Yes	-	-	Yes
Wildcat Hill	236.5	5/9/25 10:45 PM	Yes	Yes	Yes	Yes	-	-
Trinity Heights	251.3	5/10/25 8:15 AM	-	-	-	-	-	-
Finish - Heritage Square	255.1	5/10/25 10:00 AM	Yes	Yes	Yes (ALL)	-	-	Yes

Luggage/Bags left at Start will be transported to the Finish.

(A) Drop Bags from Crown King Aid Station will also go to Fort Tuthill Aid Station. One bag goes to both.

All Drop Bags will be at the Finish Line. Our goal is for all of your drop bags to beat you to the finish.

Drop bags left at race will not be shipped after the race but can be picked up at the Aravaipa office in Phoenix.

42. Sedona Canyons 125 Aid Station Table

Aid Station	Mile	Cutoff Time	Crew Access	Pacer Access	Drop Bags	Gear Check	Sleep Station	Medic
Start - Gold King Mine Ghost Town	0		Yes	-	Yes	-	-	-
Dead Horse Ranch	10.2	5/7/25 12:30 PM	-	-	Yes	-	Yes	Yes
Deer Pass Trailhead	23.4	5/7/25 7:00 PM	-	-	Yes	-	-	-
Water Station	30.1	-	-	-	-	-	-	-
Sedona Ranger Station	39.0	5/8/25 2:45 AM	Yes	-	Yes	Yes	-	-
Water Station	48.3	-	-	-	-	-	-	-
Foxboro Ranch	52.2	5/8/25 11:00 AM	Yes	-	Yes	-	-	Yes
Crystal Point TH - Restart Location	52.2	5/8/25 11:30 AM	Yes	Yes	-	-	-	-
Munds Park	58.9	5/8/25 2:45 PM	Yes	Yes	Yes	Yes	Yes	Yes
Pacer Swap* 0.7 mile hike in/out	70.3	-	-	Yes	-	-	-	-
Kelly Canyon	76.5	5/8/25 11:45 PM	-	-	-	-	-	-
Homestead	84.3	5/9/25 3:30 AM	-	-	-	-	-	Yes
Fort Tuthill	98.7	5/9/25 12:45 PM	Yes	Yes	Yes	Yes	Yes	Yes
FAC	113.2	5/9/25 10:00 PM	Yes	Yes	Yes		-	Yes
Finish Line - Heritage Square	125	5/10/25 10:00 AM	Yes	Yes	Yes (ALL)		-	Yes

Luggage/Drop Bags left at Start will be transported to the Finish. Our goal is for all of your drop bags to beat you to the finish. Drop bags left at race will not be shipped after the race but can be picked up at the Aravaipa office in Phoenix.

*Pacer Swap... **For Sedona Canyons 125 ONLY – there will be a pacer swap at mile 70.3.** See Aid Station Driving Directions in Crew Guide for detailed information on the location of this pacer swap. This is NOT an Aid Station, but a point to swap pacers. You may not provide aid to your runner here. Please park along the dirt road and follow signs for a 3/4th of a mile walk to the pacer swap point to wait for your runner. A volunteer will check for required gear (see [Gear Requirements](#)). Do not bring any items for your runner here – they will risk getting DQ'd. Pacer swap only.

NOTE: All runners must shuttle from Foxboro Ranch to Crystal Point.

43. Mingus Traverse 78 Aid Station Table

Aid Station	Miles	Cutoff Times (TOD)	Crew Access	Drop Bags	Gear Check	Sleep Station	Medic
Start Line – Watson Lake Park	0	-	Yes	Yes	-	-	-
Iron King	6.4	5/6/25 11:00 AM	-	-	-	-	-
Fain Ranch by Satisfy Running	11.7	5/6/25 1:45 PM	Yes	Yes	After 10am	-	-
Mingus Mountain Camp	24.0	5/6/25 10:30 PM	Yes	Yes	-	Yes	Yes
Jerome Historic State Park	41.0	5/7/25 8:00 AM	-	-	-	-	-
Dead Horse Ranch	49.8	5/7/25 12:30 PM	Yes	Yes	-	Yes	Yes
Deer Pass Trailhead	62.9	5/7/25 7:00 PM	-	Yes	-	-	-
Water Station	69.5	-	-	-	-	-	-
Finish Line - Sedona Ranger Station	78.6	5/8/25 2:45 AM	Yes	Yes (ALL)	-	-	-

44. Flagstaff Crest 39 Aid Station Table

Aid Station	Miles	Cutoff Time	Drop Bags	Gear Check
Start Line - Fort Tuthill	0	-	Yes	-
Bow and Arrow	8.6	5/9/25 11:30 AM	-	-
Sinclair Wash	14	5/9/25 2:00 PM	-	-
Woody Mountain	22.8	5/9/25 6:30 PM	Yes	-
FAC	27.4	5/9/25 10:00 PM	-	After 4pm
Finish Line - Heritage Square	38.9	5/10/25 10:00 AM	Yes	-

Read the required gear section as we WILL be checking gear at FAC for runners leaving after 4pm.

Runners can leave a drop bag at the Start Line that will be taken directly to the Finish Line. Our goal is for all of your drop bags to beat you to the finish. Drop bags left at race will not be shipped after the race but can be picked up at the Aravaipa office in Phoenix. No crew or pacers for the 39-mile race anywhere on the course.

45. SPONSORS

For a complete list of all of our amazing partners, please visit www.cocodona.com.



[Speedland](http://www.speedland.com) takes a no compromise approach. They use the best of the best components and materials at every turn. From dual Li2 BOA® dials in the upper, to their removable Carbitex® GearFlex plate in the midsole, to the thin web

Michelin® Rubber outsoles; their quality, technology, and performance is unrivaled. Speedland wants you to focus on the mountains, run your best race, and remove all distractions. Speedland goes as fast as you, and helps you enjoy every step. @runspeedland #RunWithTheLand

**kahtoola**

[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! Also...Thank you, Kahtoola, for providing each Training Run runner with a pair of gaiters and for donating \$50/Training Run runner to Wilderness Volunteers (the race non-profit partner).



[Näak](#) was born in Canada with one mission: build the most efficient and sustainable fuel for trail and ultra runners. It's all based in one radical idea...long-lasting energy powered by high quality and sustainable ingredients. Made with plant-based proteins and natural ingredients, Näak bars provide you with a complete nutrition to help you go longer, farther. Check out their [Nutrition Tool](#) to help you dial in your running endurance fuel.

UltraAspire.

[UltraAspire](#) – Each 250-distance runner will receive an UltraAspire collapsible silicone cup for the race. UltraAspire 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. UltraAspire 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](#) video with UltraAspire athletes Mike McKnight and Jeff Browning. UltraAspire has generously offered Cocodona runners a 15% discount (enter "coco15" all lowercase at checkout). On top of all this, UltraAspire will be out at the Lane Mountain Aid Station with a cool down station, helping you recover from that brutal first 33 miles. Thanks UltraAspire!

Thank you so much for running Cocodona with us! **Happy running!**