

About the Desert Runner Trail Series

The DRT Series consists of 6 trail runs held in Maricopa County Regional Parks from October through March. Earn points in either the 31 km (trail division) or 50 km (ultra division) at the Coldwater Rumble.

Registration

Available with the attached mail in entry form or online at Ultrasignup.com



Park Entry Fees

**All vehicles entering Estrella Mountain Regional Park will be required to pay a \$6 park entry fee in addition to the race entry. Carpool to save!*

Race Perks

- Scenic and challenging course on desert trails
- Chip timed race results
- Technical fabric, gender specific race shirt
- Well stocked aid stations every 3-8 miles
- Post race food & socializing
- Earn points in the Desert Runner Trail Series

Aravaipa Running DRT Series 2011-12 Schedule

October 29 - Cave Creek Thriller Trail Run

10KM, 30KM, 50KM @ Cave Creek Regional Park

November 19 - Pass Mountain Trail Run

11KM, 26KM, 50KM @ Utery Mountain Park

December 10 - McDowell Mountain Frenzy

5KM, 10M, 25KM, 50KM @ McDowell Mtn Park

January 21 - Coldwater Rumble

4M, 19KM, 31KM, 50KM @ Estrella Mtn Park

February 4 - San Tan Scramble

9KM, 25KM, 50KM @ San Tan Mountain Park

March 11 - Mesquite Canyon (Championship)

8KM, 13.1M, 30KM, 50KM @ White Tank Mtn Park

For full trail & ultra running race schedule, please visit:

ARAVAIPARUNNING.COM

Coldwater Rumble TRAIL RUNS



**4 MILE, 19 KM,
31 KM, & 50 KM**

January 21, 2012

**Estrella Mountain
Regional Park
GOODYEAR, AZ**



Coldwater Rumble Trail Runs

**Estrella Mountain Regional Park
Goodyear, Arizona**

January 21, 2012

Race Day Schedule:

6:00am - Packet/Bib pickup begins
7:00am - 50 Kilometer start
8:00am - 25 Kilometer start
8:15am - 10 Mile start
8:30am - 5 Kilometer start

Courses

All runs take place on single track trails and dirt roads within Estrella Mountain Regional Park. Expect typical desert trail conditions including rocks, sand, cactus and gravel. Course maps available at AZTRAILRUN.COM

Aid Stations

Aid stations every 3-8 miles along the course, including water, electrolyte drink, sweet snacks and salty snacks. *Please plan to run with at least one bottle of water!*

Race Goodies & Awards

All runners will receive a technical fiber race shirt (gender specific) and are invited to socialize after the run over soup and loads of fresh fruit. Awards to the top male & female finishers at each distance.

Packet Pickup

Thursday, January 19, 4-7pm
@ iRun Phoenix
4730 E. Indian School Rd. #125
Phoenix, AZ 85018
(602) 368-5330

Join the iRun Group Run at 5:30pm!

Race Director Contact:

Jamil Coury
(602)361-7440
Jamil@aravaiparunning.com

Nick Coury
(602)828-6629
Nick@aravaiparunning.com



AZTRAILRUN.COM



About Estrella Mountain Regional Park

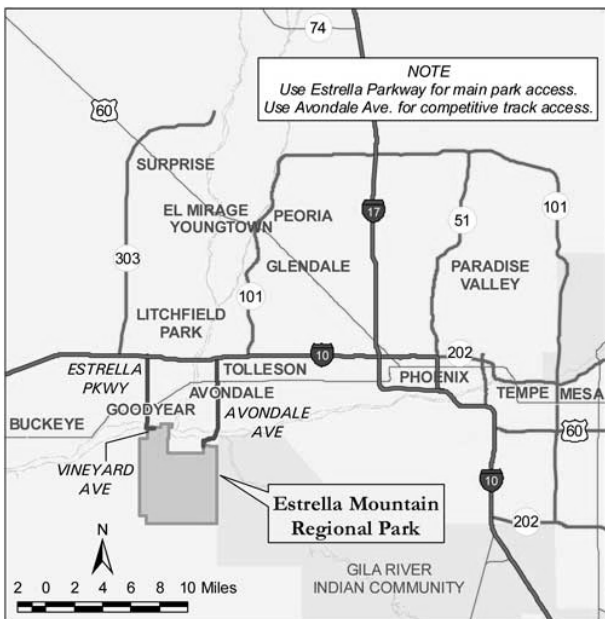
These 19,840 acres of desert and mountains became the first regional park in the Maricopa County Park System in 1954. Located near the meeting of the Gila and Agua Fria Rivers in the southwest Valley, the park includes a large wetland, or riparian, area. The majority of the park remains pristine desert, very similar in appearance to the landscape seen by the first settlers and explorers. The Sierra Estrella range, or Star Mountains, was once within the Mexican border, and remained so until the Gadsden Purchase in 1853. Today, many amenities are available to visitors, including the only grass picnic area in the Maricopa County Park System.

Directions

From central Phoenix, take I-10 west to Estrella Parkway exit. Travel south to Vineyard Ave. Turn east on Vineyard Ave. to the Estrella Mountain Regional Park entrance on the south side. Follow signs to the rodeo arena once in the park.

Park Address

14805 West Vineyard Avenue
Goodyear, AZ 85338



2012 Coldwater Rumble Entry Form

First Name

Last Name

Address _____

City _____ **State** _____ **Zip** _____

Email Address _____

Phone _____

Male **Female** **Age** **Date of Birth**

Entry Fees (Please Circle)

	Fees by Postmark Date	Until 11/25	Until 12/23	Until 1/17	Race Day
<input type="checkbox"/> 4 mile		\$30	\$35	\$40	\$45
<input type="checkbox"/> 19 kilometer		\$35	\$40	\$45	\$50
<input type="checkbox"/> 31 kilometer		\$45	\$50	\$55	\$60
<input type="checkbox"/> 50 kilometer		\$60	\$65	\$70	\$75

*Race entry fee does not include \$6/vehicle Maricopa County Regional Park entry fee due at gate on race day

Shirt Size **XS** **Sm** **Med** **Lg** **XL** **2XL** **No Shirt**
(Gender Specific) **Subtract \$10 From Entry Fee**

<p>Please include your entry fee and mail to: (checks payable to ARAVAIPA RUNNING)</p>	<p>Aravaipa Running 5631 W. Shaw Butte Dr. Glendale, AZ 85304</p>
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Event Waiver & Release

This waiver covers the Coldwater Rumble Trail Runs held January 21, 2012. 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 Estrella Mountain Regional Park, Maricopa County, 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 _____

Signature of Parent/Guardian if under 18 _____

Date _____