

### About the Desert Runner Trail Series

The DRT Series consists of 7 trail runs held in Maricopa County Regional Parks from October through March. Earn points in either the 31 km (trail division) or 50 km/mile (ultra division) at the Coldwater Rumble.

### Registration

Available with the attached mail in entry form or online at [Ultrasignup.com](http://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 2012-13 Schedule

#### October 20 - Cave Creek Thriller Trail Run

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

#### November 10 - Pass Mountain Trail Run

12KM, 26KM, 50KM @ Usery Mountain Park

#### December 8 - McDowell Mountain Frenzy

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

#### January 19 - Coldwater Rumble

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

#### February 2 - San Tan Scramble

9KM, 27KM, 50KM @ San Tan Mountain Park

#### February 23 - Elephant Mountain

8KM, 24KM, 50KM @ Spur Cross Ranch

#### March 23 - Mesquite Canyon (Championship)

8KM, 13.1M, 30KM, 50KM, 50M @ 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 &  
50 MILE**

**January 19, 2013**

**Estrella Mountain  
Regional Park  
GOODYEAR, AZ**



## Coldwater Rumble Trail Runs

**Estrella Mountain Regional Park  
Goodyear, Arizona**

**January 19, 2013**

### Race Day Schedule:

6:00am - Packet/Bib pickup begins  
7:00am - 50 Mile Start  
7:30am - 50 Kilometer Start  
8:00am - 25 Kilometer Start  
8:15am - 10 Mile Start  
8:30am - 5 Kilometer Start  
9:00pm - 50 Mile Cutoff

### 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](http://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), finisher glass, and are invited to socialize after the run over soup, bagels, and loads of fresh fruit. Awards to the top male & female finishers at each distance.

### Packet Pickup

Thursday, January 17, 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](mailto:Jamil@aravaiparunning.com)

**Nick Coury**  
(602)828-6629  
[Nick@aravaiparunning.com](mailto:Nick@aravaiparunning.com)



**AZTRAILRUN.COM**



**About Estrella Mountain Regional Park**

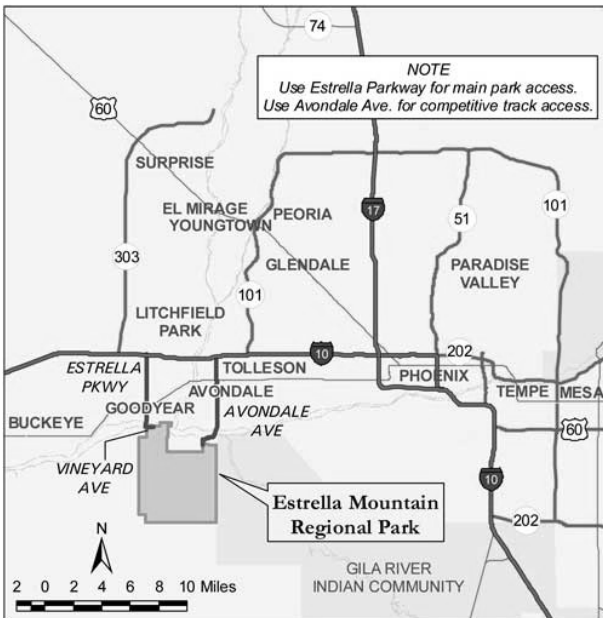
These 19,840 acres of desert and mountains became the first regional park in the Maricopa County Park System in 1954. Located near the meeting of the Gila and Agua Fria Rivers in the southwest Valley, the park includes a large wetland, or riparian, area. The majority of the park remains pristine desert, 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



# 2013 Coldwater Rumble Entry Form

**First Name**

**Last Name**

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

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

**Phone** \_\_\_\_\_

**Age on Race Day**  **Male**  **Female**   **Date of Birth**

<b>Entry Fees (Please Circle)</b>					
	<b>Fees by Postmark Date</b>	<b>Until 11/23</b>	<b>Until 12/21</b>	<b>Until 1/15</b>	<b>Race Day</b>
<input type="checkbox"/>	<b>4 Mile</b>	<b>\$35</b>	<b>\$40</b>	<b>\$45</b>	<b>\$55</b>
<input type="checkbox"/>	<b>19 Kilometer</b>	<b>\$40</b>	<b>\$45</b>	<b>\$50</b>	<b>\$60</b>
<input type="checkbox"/>	<b>31 Kilometer</b>	<b>\$45</b>	<b>\$50</b>	<b>\$55</b>	<b>\$65</b>
<input type="checkbox"/>	<b>50 Kilometer</b>	<b>\$60</b>	<b>\$65</b>	<b>\$70</b>	<b>\$80</b>
<input type="checkbox"/>	<b>50 Mile</b>	<b>\$80</b>	<b>\$85</b>	<b>\$90</b>	<b>\$100</b>

Shirts guaranteed on race day if registered by 12/21, otherwise will be mailed out within 1 month after the race.

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

**Shirt Cut**  **Male**  **Female**   **XSm**   **Sm**   **Med**   **Lg**   **XL**   **2XL**

**No Shirt**  **Subtract \$10 From Entry Fee**

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

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

**Event Waiver & Release**

This waiver covers the Coldwater Rumble Trail Runs held January 19, 2013. 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 \_\_\_\_\_