

## About Flagstaff, Arizona

Located in Northern Arizona at an elevation of 7,000 feet on the western edge of the largest ponderosa pine forest in the continental United States, Flagstaff offers an array of recreational opportunities. Average temperatures in September are a high of 70 °F and low of 40 °F.

## Registration

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



## Race Perks

- Scenic and challenging courses
- Gender specific race shirt
- Well stocked aid stations every 5-8 miles
- Post race food & socializing
- Finisher pint glass

## Aravaipa Running DRT Series 2013-14 Schedule

### October 19 - Cave Creek Thriller

12KM, 19KM, 31KM, 50KM @ Cave Creek Regional Park

### November 16 - Pass Mountain

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

### December 7 - McDowell Mountain Frenzy

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

### January 11 - San Tan Scramble

9KM, 17KM, 26KM, 50KM @ San Tan Mountain Park

### January 25 - Coldwater Rumble

4M, 20KM, 20M, 52KM, 52M, 100M @ Estrella Mtn Park

### February 22 - Elephant Mountain

12KM, 22KM, 35KM, 50KM @ Cave Creek Regional Park

### March 22 - Mesquite Canyon (Championship)

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

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

**ARAVAIPARUNNING.COM**

**FLAGSTAFF  
ENDURANCE  
RUNS**

**50 Miles  
50 Kilometers  
September 14, 2013**

**Buffalo Park  
Flagstaff, AZ**

The Flagstaff Endurance Runs are conducted under permit from the Coconino National Forest and the City of Flagstaff.

**ARAVAIPA RUNNING**

## Flagstaff Endurance Runs

Buffalo Park

Flagstaff, Arizona

September 14, 2013

### Race Day Schedule:

5:00am - Packet/Bib Pickup Begins

6:00am - 50 Mile Start

7:00am - 50 Kilometer Start

10:00pm - Final Cutoff

### Courses

Runs are held on over 25 miles of forest service trails and almost 7 miles of dirt forest service roads at an elevation between 7,000 and 9,000 feet. The courses feature significant climbs on Upper Oldham, Elden Lookout, Weatherford, Kachina, and Heart Trail. Course maps available at [AZTRAILRUN.COM](http://AZTRAILRUN.COM)

### Aid Stations

Aid stations every 5-8 miles along the course, including water, electrolyte drink, sweet and salty snacks. *Please plan to run with at least two bottles of water!*

### Race Goodies & Awards

All runners will receive a gender specific race shirt and finisher glass. Awards to the top three male & female finishers at each distance.

### Qualification Standards

These are extremely challenging trail runs featuring steep climbs, high altitude and a significant amount of elevation gain and loss. Runners in the 50k should have completed another trail 50k before applying. Runners of the 50 Mile should have completed another trail 50 mile before applying.

**Entry Limit:** 200 Runners

### Packet Pickup

Friday, September 13, 4-6pm

### Run Flagstaff

204A East Route 66

Flagstaff, AZ 86001

(928) 774-2990



Questions? Contact the Race Directors:

**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**

# 2013 Flagstaff 50 Endurance Runs Entry

## Pacers

Pacers are allowed this year at the Shultz Aid Station for 50K (mile 19) & Kachina Aid Station 50 Mile (mile 32).

## Crews

Crews are permitted at the start/finish, Kachina Aid Station and Shultz Aid Station pending final permit approval. Please follow all posted signs and parking staff and do not block traffic right of ways please!

## Directions

Entering Flagstaff off the I-17 or I-40, take Milton Road north for 1.6 miles. Turn left on US-180/Humphreys Street and continue 0.6 miles. Turn right on Columbus Avenue and then take your first left onto Beaver Street. Go 0.3 miles past the Flagstaff Medical Center and take the second right onto Forest Avenue. After 0.9 miles, turn left onto Gemini Road and follow 0.6 miles to the entrance for Buffalo Park.

## Park Address

2400 N. Gemini Rd  
Flagstaff, AZ 86004

## Map of Buffalo Park



**First Name**

**Last Name**

**Address**

**City**

**State**

**Zip**

**Email Address**

**Phone**

**Age on Race Day**

**Date of Birth**

 **Male**
 **Female**



**Entry Fees (Please Circle)**

Fees by Postmark Date		Until 7/21	Until 8/18	Until 9/10	Race Day
<input type="checkbox"/>	<b>50 Mile</b>	<b>\$100</b>	<b>\$110</b>	<b>\$120</b>	<b>\$130</b>
<input type="checkbox"/>	<b>50 Kilometer</b>	<b>\$85</b>	<b>\$95</b>	<b>\$105</b>	<b>\$115</b>
<input type="checkbox"/>	<b>Jacket Cut &amp; Size</b>	Male <input type="checkbox"/> Female <input type="checkbox"/> Youth <input type="checkbox"/>	XSm <input type="checkbox"/> Sm <input type="checkbox"/> Med <input type="checkbox"/> Lg <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/>		<b>\$50</b>

Shirts guaranteed on race day if registered by 8/18, otherwise will be sold on race day if available.

**Qualifying Race**  
**50K or 50 Mile**

**Shirt Cut**

**Shirt Size**

**No Shirt**

Male

Female

Youth

XSm

Sm

Med

Lg

XL

2XL

**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 Flagstaff Endurance Runs held September 14, 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 Coconino National Forest, City of Flagstaff, 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-transferable. 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