

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 25 km (trail division) or 50 km/mile (ultra division) at McDowell Mountain.

Registration

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



Park Entry Fees

**All vehicles entering McDowell 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
- Gender specific cut 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 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

McDowell Mountain Frenzy TRAIL RUNS

DRT

DESERT RUNNER TRAIL SERIES

5 MILE, 10 MILE,
25 KM, 50 KM
& 50 MILE

December 7, 2013

McDowell Mountain
Regional Park
FOUNTAIN HILLS, AZ



McDowell Mountain Frenzy Trail Runs

McDowell Mountain Regional Park
Fountain Hills, Arizona

December 7, 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 Mile Start
9:00pm - 50 Mile Cutoff

Courses

All runs take place on the competitive track loops. The 50K course will feature the 25K course plus a trip out to the Dixie Mine on the far West side of the park. The 50 Mile includes other park trails in addition to the 50K! 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 (two for 50 km/mile)!*

Race Goodies & Awards

All runners will receive a race shirt (gender specific), finisher glass, and are invited to socialize after the run over hot food, bagels, and loads of fresh fruit. Awards to the top male & female finishers at each distance.

Packet Pickup

Thursday, December 5, 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 McDowell Mountain Regional Park

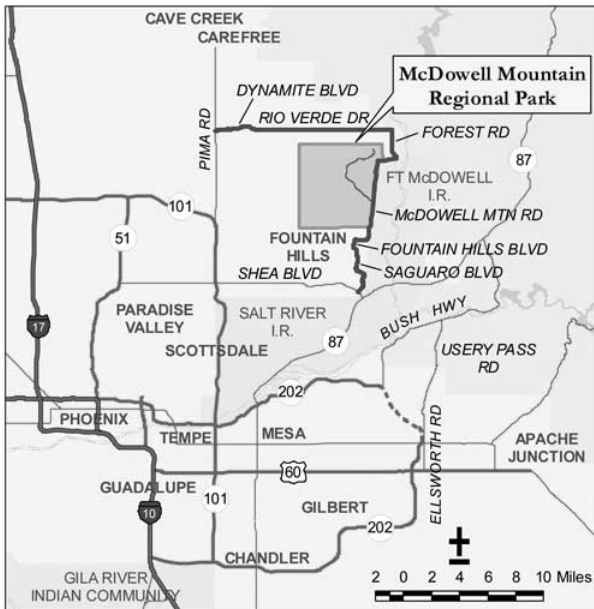
Nestled in the lower Verde River basin, the 21,099-acre park is a desert jewel in the northeast Valley. Elevations in the park rise to 3,000 feet along the western boundary at the base of the McDowell Mountains. Visitors enjoy a full program schedule, over 50 miles of multiuse trails, and spectacular views of the surrounding mountain ranges. A stroll through the park will allow visitors to likely see deer, javelina, birds, and coyotes.

Directions

From central Phoenix, take Loop 202 east to Beeline Highway (SR 87). Continue northeast on SR 87 to Shea Blvd. Travel west on Shea Blvd. to Saguaro Blvd.; turn north. Continue through Town of Fountain Hills to Fountain Hills Blvd; turn right and travel four miles to the McDowell Mountain Regional Park entrance.

Park Address

16300 McDowell Mountain Park Dr.
MMRP Arizona 85255



2013 McDowell Mountain Frenzy Entry

First Name

Last Name

Address

City _____ State _____ Zip _____

Email Address

Phone

Male Female Age on Race Day Date of Birth

Entry Fees (Please Circle)

	Fees by Postmark Date	Until 10/11	Until 11/8	Until 12/3	Race Day
<input type="checkbox"/>	5 Mile	\$35	\$40	\$45	\$55
<input type="checkbox"/>	10 Mile	\$40	\$45	\$50	\$60
<input type="checkbox"/>	25 Kilometer	\$45	\$50	\$55	\$65
<input type="checkbox"/>	50 Kilometer	\$60	\$65	\$70	\$80
<input type="checkbox"/>	50 Mile	\$80	\$85	\$90	\$100

Shirts guaranteed on race day if registered by 11/8, otherwise will be sold on race day if available.

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

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 McDowell Mountain Frenzy Trail Runs held December 7, 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 McDowell 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 _____