RUNNER GUIDE

4 Mile | 20 Km | 20 Mile | 52 Km | 52 Mile | 100 Mile

RACE DAY SCHEDULE
Please arrive early to park, check in and warm up prior to your run. Restroom facilities are located at the start line as portable restrooms.

Saturday, January 19, 2019
6:00 AM – Packet pickup / race day registration begin
7:00 AM – 100 Mile Start
7:03 AM – Begin Civil Twilight
7:30 AM – 52 Mile Start
7:30 AM – Sunrise
8:00 AM – 52 Kilometer Start
8:30 AM – 20 Mile Start
8:45 AM – 20 Kilometer Start
9:00 AM – **4 Mile Start**
4:26 PM – Moonrise (near full moon)
5:54 PM – Sunset
6:21 PM – End civil twilight

Moon Phase: Waxing Gibbous, 96% illumination

Sunday, January 20, 2019
7:05 AM – Begin civil twilight
7:32 AM – Sunrise
3:00 PM – Final 100 Mile Cutoff/Race Ends

**Cut-Off**

**All cut-off times are for leaving the aid station.**

Cutoff for all races is 3 PM on Sunday (32 hours for 100 miler).

Intermediate cutoffs:
Headquarters (Mile 60) - 2:00 AM
Headquarters (Mile 80) - 8:30 AM
Pedersen (Mile 91.1) - 12:00 PM
Coldwater (Mile 96.7) - 2:00 PM

**PACKET PICKUP**

Packet pickup will be at 2 locations this year

Thursday, January 17th
5:00pm-7:00pm at iRun
4730 E. Indian School Rd. #125
Phoenix, AZ 85018
(602) 368-5330

OR

Friday, January 18**
4:00pm-6:00pm at Estrella Mountain Regional Park (Ramada 8)
14805 West Vineyard Ave
Goodyear, AZ 85338

**NOTE** If you are planning to pick up your packet on Friday at the park, please print the participant packet pickup park pass provided in the main email!

There will also be packet pickup available at the park on race morning 6:00am to 8:45am.
PARK ENTRY
Remember the park now charges a $7 park entry fee per vehicle. Please arrive early and have correct change (cash) available on race morning for a smooth entry process. Carpool to save!

PARKING/START AREA
The 2019 start/finish line is again located at Ramada 9 within the Turf Picnic Area. From the park’s main entrance, you will be directed to go around the road loop (Casey Abbott Drive North to Casey Abbott Drive South just beyond the Nature Center) to access the parking lot associated with Ramada 9 via Chipotle Way.

COURSE INFO
Most of the details needed for this course will be found on our website. Additionally, it is important to understand the layout of the 52 Km, 52 mile, and 100-mile race given the “washing machine” style where you change directions after each loop. Specifically, our start/finish headquarters is and out-and-back of about 200 yards where you’ll cross the timing mat, hit the aid station, drop bag, crews, etc. and head the same direction towards the paved road that you just came from. Your decision point will be at this paved road intersection where you’ll need to know which loop you’re on to decipher whether to go on a clockwise loop or counterclockwise.

The course itself sits at the foothills of the virtually untouched and rugged mountain range known as the Sierra Estrella Mountains that will provide some gorgeous backdrops throughout your 100-mile journey. I guarantee at some point during this race you’ll be drawn to these peaks. You will mostly be running on rolling single and double track trails without any real substantial climbing in one shot. There is a section on the back half of the course just before the Pederson Aid (clockwise direction) named the Corgett wash that can be very sandy at times. This is a great race to consider gaiters because of this. Hiking/trekking poles are not quite as useful but are allowed.

A couple other points to consider with this race:

1. Keep in mind that we can have some pretty dramatic temperature swings from day to night (30-40 degrees). You may be running through the day with a headwrap on to protect yourself from the heat (see: zero shade cover) and then bundling up to stay warm through the late parts of the night. I know, 40 degrees is nice where you’re coming from this time of year. Trust me, it’s a cold 40 degrees here and running in and out of the washes on course you’ll understand.

2. As it is the middle of winter, there will be a long period of night time running. Do not get caught out on the trail between aid stations without a headlamp! Bring an extra and be prepared to run through the night from 6pm until after 7am. You will begin your race just as civil twilight hits the horizon so it’s possible to start your race sans headlamp but it’s your call- you’ll be on a trail and climbing the first hill within a ¼ mile.

On the plus side in 2019, the moon will be illuminating at 97%, peaking sometime around midnight. This is good news and can honestly probably provide enough light to run without a
light for a little bit if you’re looking for some “at-one-with-nature” time out there. I recommend it.

3. For those of you joining us after running the Javelina Jundred 100 miler in October, you’ll see there are two additional hours to finish for Coldwater. The terrain is more technical, the night longer, and we want you to finish this thing. Keep Going.

TRAIL RUNNING AND TRASH
Please respect the trails and the beauty of the desert by disposing of any trash at one of our aid stations.

TRAIL ETIQUETTE
Remember to always remain on designed trails, no short cutting.

If you decide to use headphones, please be respectful of runners behind you attempting to pass. Also, remove ear buds as you approach aid stations or a road crossing.

Please do not listen to music on course without headphones.

This course includes some legit single track. If you are fast and attempting to pass, please alert the runner in front of you before flying past them. Likewise, if you hear a runner approaching you from behind, attempt to find a spot to allow the runner to pass.

As a general rule, when passing a runner, announce, “on your left.”

Uphill runners/hikers have the right of way to downhill runners. Remain in control as you descend and respect the other runners.

Everyone is after the same goal here so let’s be respectful of each other’s races and have fun. Please.

TIMING
We will be utilizing a chip timing system at this event to record your time at the finish. You will be provided with a timing chip attached to the back side of your race bib. It is important to not crease, or fold the timing chip to ensure your finish time is read. Results after each lap will be displayed on a screen at the finish line turnaround.

Live Tracking & Results
For friends and family to follow along, have them visit www.ultracast.tv or our website, www.aravaiparunning.com, and click on the “results” tab. Then they just need to click on the race name “Coldwater Rumble,” and they’ll be able to search via bib number or name to see where you are on course!

NOTE: We do our best to offer live tracking at these events but there are times when the remote timing may not update online. We will continue to keep working at it for you all but please be patient.

DROPS: If you decide to drop from the race, you must do so at an aid station. Please inform the aid station captain and/or radio communication volunteers. They must record your bib number and that
you are dropped from the race. We cannot guarantee a timely ride back to the finish line and you may have to wait until the aid station closes down if it is one of our more remote stations. You’re only tired because you think you’re tired. Keep Going.

**AID STATIONS:** We will be checking runners in and out of each aid station. Your bib number needs to be clearly visible to our staff and volunteers.

We will have the typical sweet and salty snacks at each aid station. Beverages will include water, electrolyte drink provided by gnarly clean sports nutrition, coca cola, ginger ale, and mountain dew. There are typically oranges and watermelon and we will provide hot food in the afternoon and night. This will include grilled cheese, quesadillas, bean burritos, soups/broths and likely some other select items that mama Pati Coury comes up with for you lucky runners. We do our best to provide something that will work for all runners but if you require certain food items please plan on bringing them.

The Coldwater aid station will again be sponsored by the Surprise Running Club and will service all distances except the 4 milers.

**DROP BAGS**

Drop bags will be allowed at the start/finish and at the Coldwater Aid Station for 100 Mile, 52 Mile & 52 Km racers. Drop bags will be returned to the start/finish area at the conclusion of the races. There are no drop bags allowed at the Pederson Aid. Please keep your drop bags for Coldwater aid (remote) a minimal size for transport and include: location, name and bib number.

**CREWS/PACERS**

Crews are welcome to support runners at the start/finish line at Ramada 9 in the Turf area. This will serve as the “Rumble Headquarter” for the duration of the 32-hour event.

Pacers may join runners after loop 3 (Mile 60) in the 100-mile race or at sunset, whichever comes first. Pacers may join 52-mile runner for their final short loop of the race. No pacers are allowed for any other distance. Pacers will not need a bib while running but please inform the timing table when you head out. No “muling” allowed.

**MEDICAL**

We will have our medical team on site for the duration of the event. In the unfortunate event that you find yourself or another runner injured out on course, the first number we would ask you call is MedStar Solutions: 480-269-4126. This number is available 24 hours a day and they will be able to best decipher the next steps needed. You can also always call my cell (Noah) at: 480-518-6731 as I’ll be at the headquarters for the duration of the 32 hour event.

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because you think you’re tired - keep going.

COURSE MARKINGS
Each course will be well marked with orange plastic ribbons with black polka dots and reflective tape or medallion for the night portion. Trail junctions and turns will be well marked with colorful laminated signs that “match” your bib color and notate the distance. Please pay attention to these signs at each junction as there are multiple race distances and race courses! Course signs will correspond with your bib color (4M = Blue, 20K = Green, 20M = Yellow, 52K = Red, 52M = White, 100M = Orange). In addition, blue & white checkerboard plastic flagging will be hung along with “WRONG WAY” signs to designate non-race trails. All runners are responsible for understanding the layout of the courses. Please familiarize yourself with the course maps on our website prior to race day and/or print a map to bring along with you.

CAMPING
Tent sites are available at the Turf Area (Rumble Headquarters) next to the start/finish line for $24 for the weekend (Friday and Saturday nights). You may reserve a camping site with your registration this year. There is a bathroom facility located at the staging area. Vehicles are not allowed on the turf area but parking is close by the tent area. Camping permits may still be purchased at packet pickup.

TENT/COT RENTALS
We will be renting tents and cots for use by runners again this year. You may reserve a tent and/or cot when you register for the race. The tent will be setup when you arrive, so all you have to do is bring your own sleeping bag! The small tents are 7’x7’ and the large tents are 12’x8’. Tent rentals may still be purchased at packet pickup.

VENDORS
FREAK BROS! We are pleased to have FREAK BROTHER’S PIZZA out on site again for this event! They will be serving their freaky famous wood-fire pizza all day and night Saturday! 100 Mile and 52 Mile finishers enjoy a free pizza from FREAK BROTHERS. They will stop serving at 9:00pm Saturday evening. 100 mile runners can pre-order their pizza before finishing and have a pizza wrapped and ready for you at the finish line when you complete the race.

HUSS BREWING! Pizza’s best friend! Huss Brewing will be sponsoring the charity beer garden at the Rumble Headquarters! Proceeds from the beer sales benefit the Southwest Wildlife Conservation Center and their efforts in protecting and rehabilitating desert wildlife!

GYPSY CUP COFFEE! Gypsy Cup is a full service cafe on wheels. The specialty cafe features expertly crafted espresso drinks, coffee and a custom 8 tap system. They feature 3 cold brew flavors on tap as well as 3 flavors on nitro. Also leaving 2 taps to rotate non-coffee options like lemonade, kombucha and teas. Available Saturday morning only.
ARAVAIPA STORE
The Aravaipa Running shop will be open at the race featuring Aravaipa Running, Run Steep Get High, Mountain Outpost, and other race merchandise and gear.

2019 SPONSORS

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.
Address
14805 West Vineyard Avenue
Goodyear, AZ 85338