



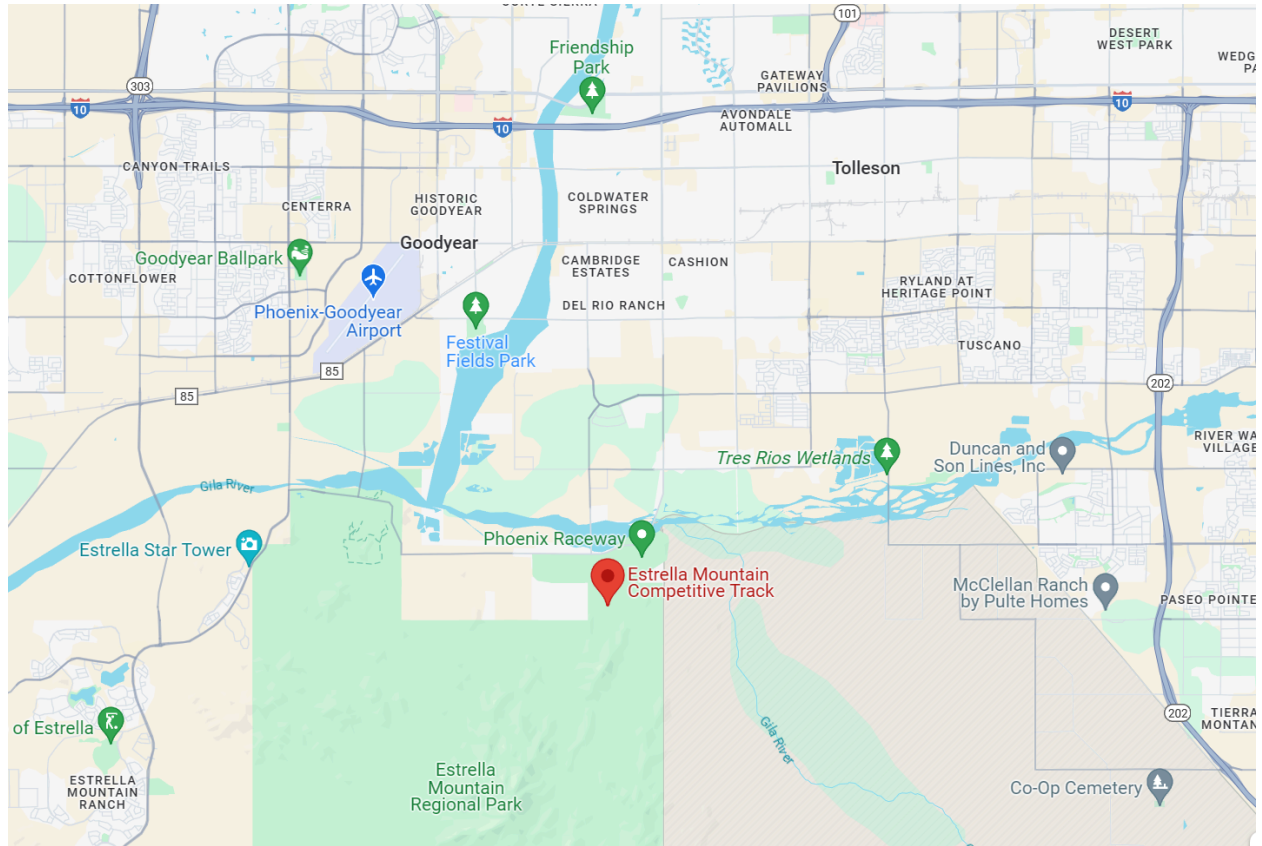
RUNNER GUIDE

Thank you for joining us for the 2024 Coldwater Rumble!
The weather is looking ideal for the weekend and I'm
excited for you to run our new course. You've trained hard
and the work is done. Now it's go time!

-Aaron Barber, Race Director

Location

Estrella Mountain Regional Park- Competitive Track



Start Times

7:00 AM – 100 Mile

7:15 AM – 100K

7:30 AM – 60K

8:00 AM – 40K

8:30 AM – 10 Mile

8:45 AM – 5 Mile

Courses

To export a route via CalTopo, make sure you change the file type in the drop-down menu. CalTopo's default file-type is .json and you'll want to export as .gpx

[100 Mile CalTopo](#)

[100K CalTopo](#)

[60K CalTopo](#)

[40K CalTopo](#)

[10 Mile CalTopo](#)

[5 Mile CalTopo](#)

[100 Mile Strava](#)

[100K Strava](#)

[60K Strava](#)

[40K Strava](#)

[10 Mile Strava](#)

[5 Mile Strava](#)

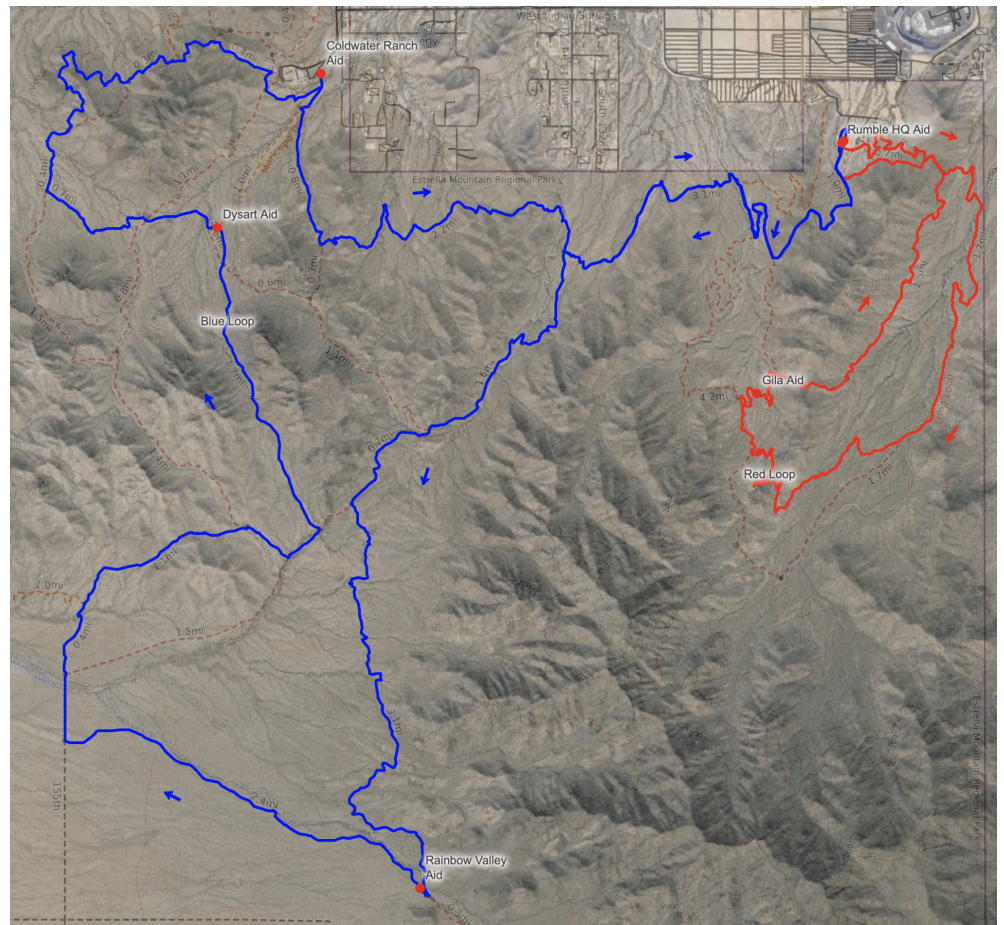
This year's race consists of a shorter "Red Loop" and a longer "Blue Loop".

100 Mile: Red, Red, Blue, Blue, Blue

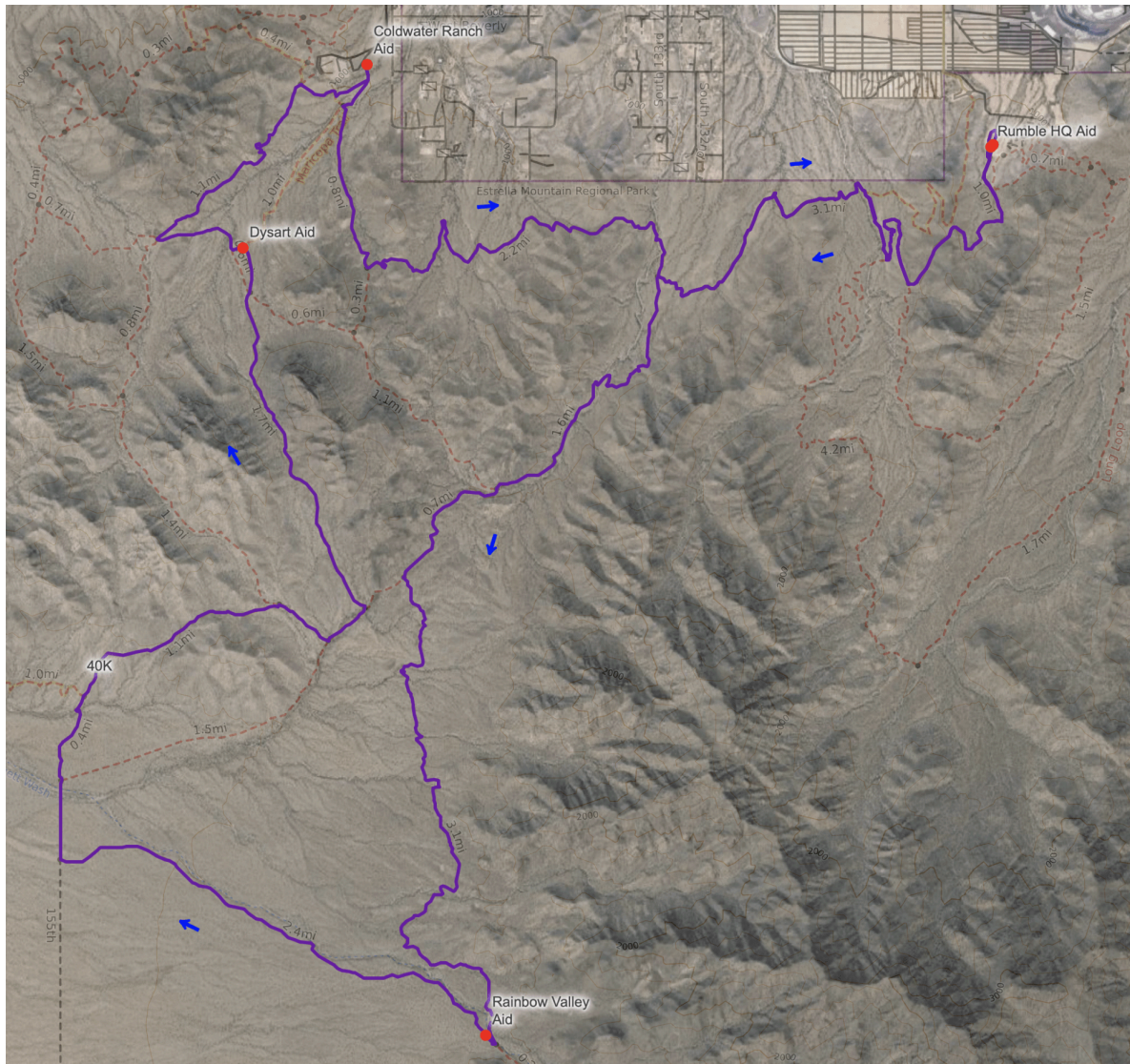
100K : Red, Blue, Blue

60K : Red, Blue

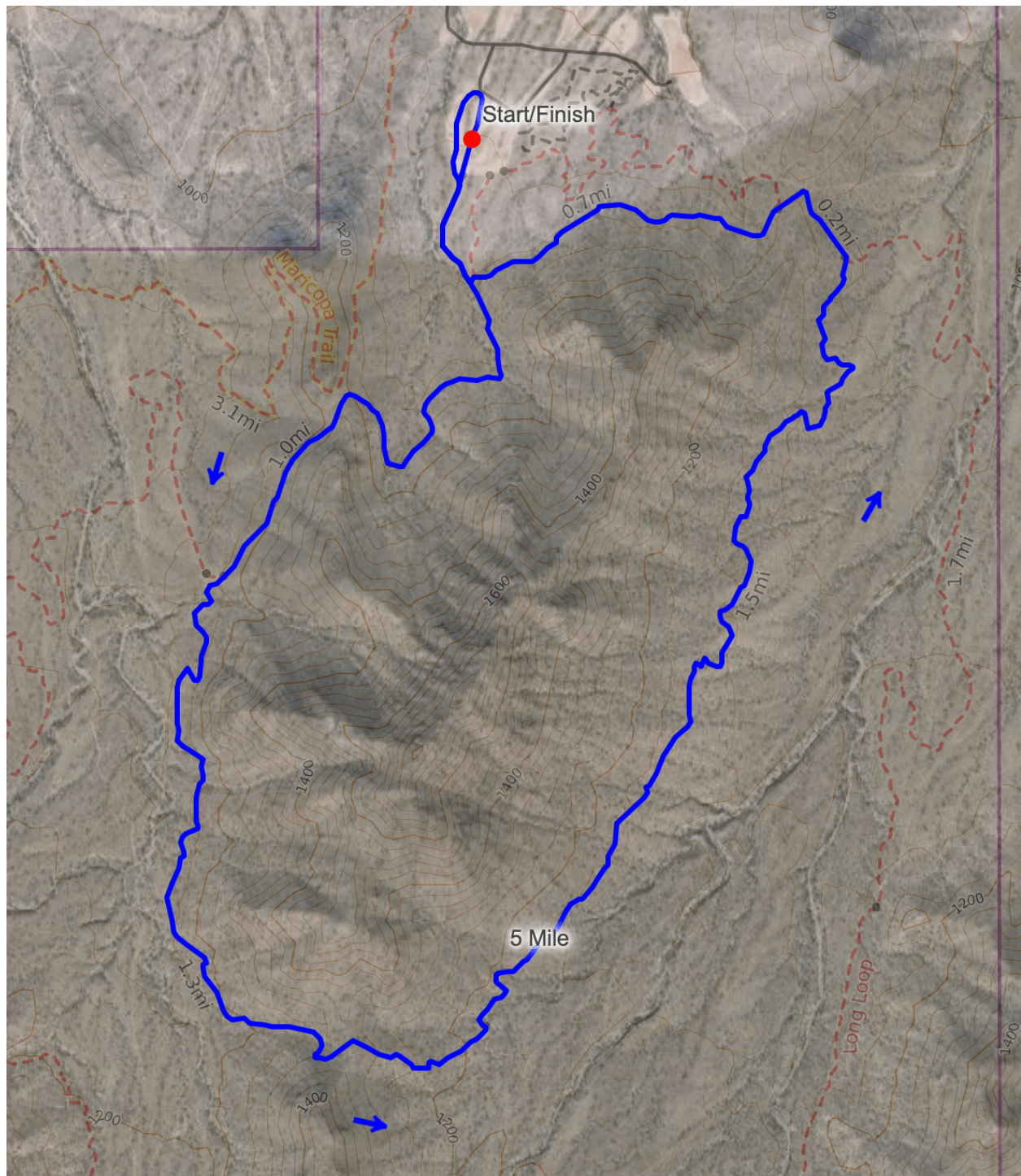
10 Mile: Red



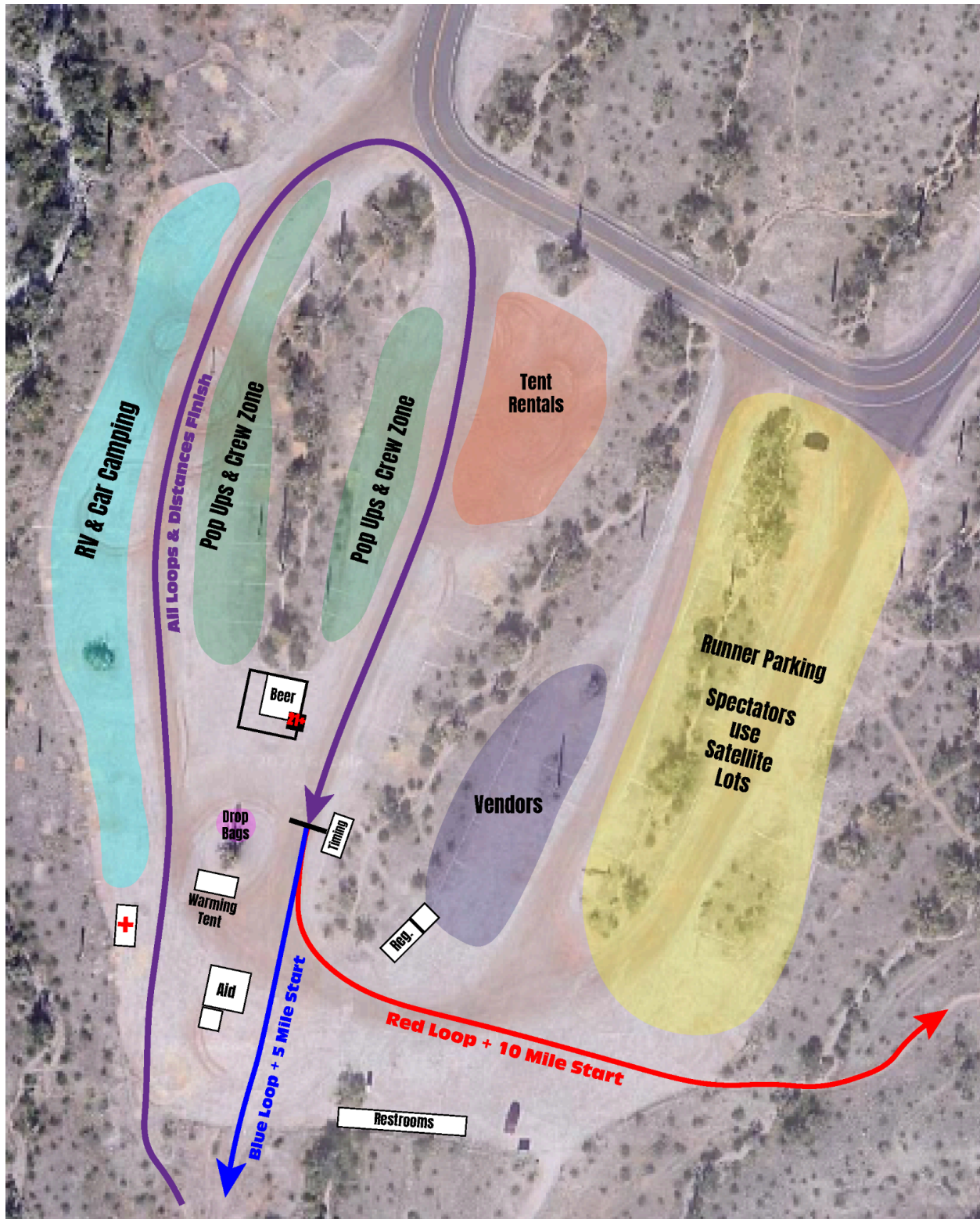
The 40K is a single Blue Loop with a more direct route from Dysart Aid to Coldwater Ranch Aid.



The 5 Mile starts on the Blue Loop for the first mile. Then continues on trails that are specific for the 5 Mile race. It finishes on the Red Loop.



All courses will finish with a loop through Rumble HQ. And the longer distances will loop through Rumble HQ after every loop. This gives runners a chance to access their crew or crew zone without leaving the course.



The courses will be marked with ORANGE & BLACK ribbon, ORANGE pin flags, and ORANGE reflective ribbon where necessary. BLUE & WHITE ribbon denotes WRONG WAY as well as “WRONG WAY” signs.

In addition to these markings, there will be distance specific signs at major trail junctions.

40K Runners: You'll be following signage for the “BLUE LOOP” except for the small stretch between Dysart Aid and Coldwater Ranch Aid.



	Aid	Segment	Mileage	Crew?	Pacer?	Drop Bag?
100 Mile	Start	0.0	0.0	Y		Y
	Gila I	6.1	6.1			
	Rumble HQ I	3.5	9.6	Y		Y
	Gila II	6.1	15.6			
	Rumble HQ II	3.5	19.1	Y		Y
	Rainbow Valley I	9.0	28.1			
	Dysart I	6.6	34.7			
	Coldwater Ranch I	4.5	39.2	Y		Y
	Rumble HQ III	6.9	46.1	Y	Y	Y
	Rainbow Valley II	9.0	55.0			
	Dysart II	6.6	61.7			
	Coldwater Ranch II	4.5	66.1	Y	Y	Y
	Rumble HQ IV	6.9	73.0	Y	Y	Y
	Rainbow Valley III	9.0	82.0			
	Dysart III	6.6	88.6			
	Coldwater Ranch III	4.5	93.1	Y	Y	Y
	Finish	6.9	100.0	Y		Y
100K	Start	0.0	0.0	Y		Y
	Gila I	6.1	6.1			
	Rumble HQ I	3.5	9.6	Y		Y
	Rainbow Valley I	9.0	18.5			
	Dysart I	6.6	25.1			
	Coldwater Ranch I	4.5	29.6	Y		Y
	Rumble HQ II	6.9	36.5	Y	Y	Y
	Rainbow Valley II	9.0	45.5			
	Dysart II	6.6	52.1			
	Coldwater Ranch II	4.5	56.6	Y	Y	Y
	Finish	6.9	63.5	Y		Y
60K	Start	0.0	0.0	Y		Y
	Gila	6.1	6.1			
	Rumble HQ	3.5	9.6	Y		Y
	Rainbow Valley	9.0	18.5			
	Dysart	6.6	25.1			
	Coldwater Ranch	4.5	29.6	Y		Y
	Finish	6.9	36.5	Y		Y
40K	Start	0.0	0.0	Y		Y
	Rainbow Valley	9.0	9.0			
	Dysart	6.6	15.6			
	Coldwater Ranch	2.1	17.7	Y		Y
	Finish	6.9	24.6	Y		Y
10 Mile	Start	0	0.0	Y		Y
	Gila I	6.1	6.1			
	Finish	3.5	9.6	Y		Y
5 Mile	Start	0	0.0	Y		Y
	Finish	5	5.0	Y		Y

Crews & Pacers

Crews are welcome to support runners near the start/finish line located at the Competitive Track. This will serve as the “Rumble HQ” for the duration of the 32 hour event! Crew canopies and pop-ups are welcome along the interior of the loop, where the runners come through every lap.

Crews will also be allowed at Coldwater Ranch Aid, but structures cannot be set up, and there is no camping.

Pacers may join 100 Mile runners after mile 46.1 (last two Blue Loops). They can enter/exit the course at Rumble HQ and Coldwater Ranch Aid.

Pacers may join 100K runners for their final Blue Loop. They can enter/exit the course at Rumble HQ and Coldwater Ranch Aid.

There are no pacers allowed for any other distance.

The small loop at Rumble HQ is a “neutral zone” for pacers and crews. This is approximately .2 miles and leads up to the start/finish line. Crews, pacers, and family members are allowed to run with their runner as soon as they come off the singletrack and into the open lot. If you plan on finishing your race with your crew/family (I’d recommend it!), please be courteous of other runners finishing their loops/race.

Driving Directions

Rumble HQ/Start Area

[Google Pin](#)

The start/finish is located at the Competitive Track at Estrella Mountain Regional Park. The entrance is located near Phoenix International Raceway. You'll turn off Indian Springs and onto Old Baseline. This will lead you through the pay station and into the Competitive Track.

Coldwater Ranch Aid Station

[Google Pin](#)

Leaving Rumble HQ, take a left onto Indian Springs, then a right onto 143rd, and a left onto Vineyard Ave. You'll then enter through the main entrance of Estrella Mountain Regional Park. Follow Casey Abbott Drive through the park until you reach the Rodeo Grounds. The aid station is in the SE corner of this lot.

Dysart Aid Station (Spectating Only)

[Google Pin](#)

Navigate to Coldwater Ranch Aid Station. From there, you can hike one mile down the service road to reach Dysart Aid Station. Please note that is Aid Station is spectating only and you CANNOT provide aid/assistance.

Packet Pickup

Friday, January 19 - 2:00PM – 6:00PM

Rumble HQ

[Estrella Mountain Regional Park- Competitive Track](#)

Saturday, January 20 - 6:00AM – 8:45AM

Rumble HQ

[Estrella Mountain Regional Park- Competitive Track](#)

Drop Bags

You can drop off your Drop Bags at Rumble HQ on Friday during packet pickup or on race morning. We will have designated spots for Drop Bags going to Coldwater Ranch and Drop Bags staying at the Start/Finish.

Camping

If you rented a tent, it will be set up for you and labeled. These will be available at 1:00pm on Friday.

For those camping in an RV, trailer, or car, you can enter Rumble HQ and begin setup on Friday at 1:00pm. Your camping pass must be displayed at all times and will be emailed directly to you.

For those that are camping and bringing their own tent, you can enter Rumble HQ and begin setup on Friday at 1:00pm. Your camping pass must be displayed at all times and will be emailed directly to you.

Crew Zones

The interior of the Rumble HQ Loop will be reserved for crew canopies and crew tents. These can be set up starting at 1:00pm on Friday. This will be first come, first serve for this year. But there's a lot of room.

Parking

Parking within the Rumble HQ area will be reserved for runners. If you're spectating, please use the satellite lots across the road.



Menu

Here's the general plan for food offerings for this year. Please note that there are NOT specific times where the menu changes. Dig in!

COLDWATER RUMBLE MENU PLAN 2024						
	Main Aid Finish	Main Aid Thru	Gila Aid Station	Rainbow Valley Aid Station	Dysart Aid Station	Coldwater Ranch Aid Station
Saturday 1/20						
6:00 AM	open					
Daytime	Grilled Cheese Quesadillas	Traditional offerings	Traditional - only	Chicken Salad Sandwich Chickpea Salad Sandwich Turkey & Cheese Sandwich	Turkey & Cheese Rollup Hummus & Avo. Rollup	Pinwheels
Dinner	Pasta	Pasta		Chili & Rice	Grilled Cheese Quesadillas	Pulled Pork Vegan Lentil Sloppy Joe
Overnight	Potato Soup Mashed Potato Bar	Potato Soup Mashed Potato Bar		Potato Soup	Tomato Soup	Potato Soup
Sunday 1/21						
Morning	Pancakes	Pancakes		Pancakes	Pancakes	Pancakes
Late morning	Breakfast Burrito	Breakfast Burrito				
Daytime	Hot Dogs	Hot Dogs		Chicken Salad Sandwich Chickpea Salad Sandwich Turkey & Cheese Sandwich	Turkey & Cheese Rollup Hummus & Avo. Rollup	Pinwheels

Weather (NOAA Forecast)

We are looking good for the weekend! Mid-70s might feel a tad warm on Saturday, so stay on top of hydration and electrolytes! Sunday is cooler (mid-60s) and we might have cloudy skies for the entire weekend! Overnight lows are looking mild (low 50s).

Other things to consider...

A couple other points to consider with this race (more specifically 100M and 100K runners):

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.

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 100 yards into the race.

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!

Hiking/trekking poles are not super useful on this course, but are definitely allowed.

Race Brief

I also recorded a video race brief that goes over a lot of this information. Check it out!



[YouTube Link](#)

If you have any other questions that weren't covered, feel free to email me at aaronbarber@aravaiparunning.com

Can't wait to see you all out there!

You've got this!

-Aaron Barber, Race Director