

FOUR CORNERS QUAD KEYAH MARATHON SERIES

Four Corners Monument Navajo Tribal Park
December 5-8, 2019



Welcome to the Four Corners Quad Keyah!

SCHEDULE OF RACES – A marathon and half marathon will be completed each day, Thursday through Sunday. All races begin at 8:30 a.m. daily. There is no course limit and all runners will have the chance to finish the race each day. Each day will begin and end in one of the four states: **Thursday, December 5 will feature a marathon beginning and ending in Arizona; Friday the 6th is Utah. Saturday the 7th will be Colorado, while Sunday, December 8 will begin and end in New Mexico.**

There is also a 2-mile and 5K **Community Fun Run on Saturday** at 10:00 a.m. There is no fee or awards for this event; runners receive a t-shirt at the finish line.

All races are timed by Rocky Mountain Timing.

COURSE – Each day's race will begin and end in the same distinct state, offering runners a chance to complete four marathons in four states in four days. Runners may choose to compete on a trail or a one-mile paved option each day. The routes consist of a variety of terrain and scenery, and offer runners a variety of experiences. Routes may be adjusted by race organizers due to weather conditions and other factors, and are subject to change.

The Arizona and New Mexico trail routes will utilize a 6.55 mile trail/dirt road course, which runners will complete four times, with a short out-and-back for the final distance. Utah will have a new loop course this year, featuring some singletrack running in the beautiful surrounding canyons. Colorado will have a challenging 5.25 mile trail course that runners will complete five times.

The loop nature of the events will allow runners to have regular access to their personal kit and to course support – food, heated space, medical support and live music.

LOCATION: The Four Corners Quad Keyah (“Four Lands” in the Navajo language) will be staged at the Four Corners Monument near Teec Nos Pos, Arizona on the Navajo Nation.

The closest airports are Cortez, Colorado (CEZ, 40 minutes), Durango, Colorado (DGO, two hours), Farmington, New Mexico (FMN, one hour) and Albuquerque, New Mexico (ABQ). Four Corners Monument is approximately four hours from Albuquerque or Flagstaff, two hours from Durango, six hours from Las Vegas and eight hours from Denver.

REGISTRATION – Online registration for the Marathon and Half Marathon and Relay is now open through Tuesday, December 3 at the NavajoYES website: www.navajoyes.org If there are still open slots, on-site will be held at the race site at Four Corners on race morning each day an hour prior to race time up to the start. Your registration includes a light pre-race

breakfast each morning, on-course support (including Honey Stinger gels, Tailwind Nutrition, sweet and salty snacks and fresh fruit plus medical support), race swag, Four Corners poster, entertainment throughout the weekend and post-race food each day. All proceeds benefit youth adventure and community wellness programs on the Navajo Nation.

FOOD & ENTERTAINMENT – There will be post-race food each day in the main heated event tent at the Monument, including hot soup, pizza, build-your-own sandwiches, hummus wraps, fresh fruit and salty snacks. We will also have a variety of live entertainment each day near the event tent, including drummer Gary Elthie, Navajo blues musician Nolan James, a variety of local royalty, local band Red Hawk and the bluegrass band, the Tumbleweeds..

PACKET PICK-UP – Packet pick-up will be available at 7:30 and the race will begin at 8:30 a.m. daily. Sunday will include an 8:00 a.m. early start.

AWARDS & GEAR – All finishers receive a unique finisher's medal for each race, depicting the state they completed that day. Runners receive a variety of swag throughout the event, including a variety of the following: long-sleeve performance t-shirt, beanie/headband, short-sleeve blend t-shirt, event poster and an NPRS/Navajo Parks bag. There will be overall male and female award to Series winner in the marathon and half. There are not age-group and overall awards in the daily races. All four-state finishers will also receive a beautiful, unique Christmas ornament.

BAGGAGE DROP – There will be a bag drop at a safe, dry location at the Four Corners Aid Station, where runners may drop or retrieve bags as they need throughout the day.

LODGING – There are several lodging options within 40 minutes of the Monument. Ute Mountain Casino is the closest lodging to the 4C Monument, about 30 minutes. Cortez, Colorado (40 minutes) has a host of lodging and dining options. Farmington, New Mexico is just over an hour from the Monument, with many food and lodging choices while Bluff, Utah has a small-town vibe, just under an hour from the Monument.

The Beclabito Chapter House (located 15 minutes from the Monument) will be offering indoor camping for runners. We will provide cots and bedrolls to the first confirmed runners. You should confirm availability or plan to bring your own bedroll. All runners will have access to hot showers and restroom. There is no organized transportation between the chapter house and the race site. A kitchen at the chapter house will be available for runners' use.

The Quad Keyah Marathon Series and the Navajo Parks Race Series are co-sponsored by the nonprofit organization NavajoYES and Navajo Parks & Recreation with major support from Teec Nos Pos Trading Post, the Ute Mountain Ute Tribe, Four Corners Monument, Beclabito Chapter and CERT Team, Navajo United Way, Navajo Nation EMS, Teec Nos Pos Chapter, Honey Stinger and Tailwind Nutrition.

CONTACTS

Tom: 928.429.0345; chuskaman@yahoo.com

Jim (Registration): 608.201.8175

Josh/Rocky Mountain Timing (Timing/Results): 970.403.2794

