

# ASAAYI MOUNTAIN RUNS

## 20K & 10K Trail Races

*Camp Asaayi – Bowl Canyon Recreation Area  
Saturday, July 13 – 9:00 a.m.*



### **Yaateeh runners! Welcome to the Asaayi Mountain Runs 20K & 10K**

REGISTRATION – Online registration for both the 20K and 10K is now open through noon on Friday, July 12 at the NavajoYES website: [www.navajoyes.org](http://www.navajoyes.org) On-site registration will be held at the race site at Camp Asaayi between 7:30-9:45 a.m. on race morning. Registration includes a performance t-shirt, race poster, course support, post-race food, overall and age-group awards.

The “King of the Mountain” challenge will take place after the 10K/20K. There is no fee for this ½ mile vertical singletrack mountain race; award to top male and female runners in this race.

FOOD & SUPPORT – Your registration includes a light pre-race breakfast of fruit, muffins and juice between 8:00-10:00. On-course support will include Honey Stinger gels, Tailwind Nutrition, sweet and salty snacks and fresh fruit. There will also be post-race food.

CAMPING – Rustic camping is available at Camp Asaayi on Friday night and there is indoor camping in the Camp Asaayi lodge. There will be portajohns at the site. There is no power, running water, modern restrooms or wi-fi at the camp, and very limited phone reception.

COURSE – The route is all trail and dirt road. Both races loop around Lake Asaayi and climb in to the surrounding hills, with beautiful sweeping views of the valley 500-feet below. There is a major descent in the second half of both races and a gradual climb back to the finish line (and your car) over the final ½ mile.

PACKET PICK-UP – Packet pick-up will be available between 8:00 a.m. and 10:00 a.m. on race morning. **Both races begin at 10:00 a.m. on Saturday.**

AWARDS – There will be overall and age-group awards in both 20k and 10k events. Age group categories for both male and female, in both events are: 12 and under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-60 and 70+.

Phone service is very limited at the camp. **If you need to reach us during race weekend, please contact Jim at 608.201.8175.** All other race crew will be at the camp and you will have a slim chance of connecting with Tom, Irvina, Rygie or Renee. Jim has all the answers! See you at Asaayi!!

The Asaayi Mountain Runs and the Navajo Parks Race Series is co-sponsored by the nonprofit organization NavajoYES and Navajo Parks & Recreation, with major support from the Office of Navajo President & Vice President, Navajo Rangers, Tailwind Nutrition, Teec Nos Pos Trading Post and Honey Stinger.

CONTACTS:

Tom: 928.429.0345; [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com)

Jim: 608-201-8175 (registration questions and race-day calls)

Josh: 970-403-2794 (results/timing questions)



**DIRECTONS** – Camp Asaayi is located in Bowl Canyon Recreation Area in the Chuska Mountains. Access is easiest on the new paved road, just north of Navajo, New Mexico. A good graded dirt road on the north side of the lake, begins off NM Hwy 134 near Crystal, New Mexico. **The start, finish, parking and camping are at Camp Asaayi, not Lake Asaayi (which is about ½ mile away).** Camp Asaayi is just east of the Lake.

***From east (if travelling from Shiprock, Newcomb, etc.)*** Travel over Narbona Pass from Sheep Springs, heading west. Travel ½ mile west of Crystal on NM Hwy 134. Turn left (south) at the large Bowl Canyon sign and travel south seven miles on the graded dirt road to Lake Asaayi and Camp Asaayi, which is located at the “Group Campgrounds” on the map below.

***From south (Window Rock, Ganado, Gallup, etc.)*** Travel 20 miles north from WR to the newly paved road 8000, about three miles north of Navajo, New Mexico. Head east on route 8000 about eight miles up to road 311. Turn left (north) on 311 and travel three miles to Camp Asaayi, which is located at the “Group Campgrounds” on the map below.

***From north (Tsaile, Chinle, Lukachukai, Red Valley, Rock Point, Kayenta)*** Head south past Wheatfield to NM Hwy 134 at NHA housing and turn left (east). Travel four miles on 134 until you see the large Bowl Canyon sign. Turn right (south) and travel eight miles to the Camp. Turn right (south) and head eight miles to Camp Asaayi.

