

MONUMENT VALLEY MARATHON

Marathon, Half Marathon, 40K Relay, Kids Marathon,
Wildcat Trail Fun Run & 10K

Monument Valley Navajo Tribal Park
November 15-17, 2019



Yaateeh runners! Welcome to the MV Marathon weekend!

REGISTRATION – Online registration for the Marathon, Half Marathon, 10K and 40K Relay is now open through noon on Friday, November 15 at the NavajoYES website:

www.navajoyes.org If there are still open slots, on-site registration will be held at the race dinner on Friday evening and at the MV Visitor's Center in the Park on Saturday morning between 8:00-9:45 a.m.

Your registration includes professional timing, light pre-race food between 8:00-9:00, a race poster, on-course support (including Honey Stinger gels, Tailwind Nutrition, sweet and salty snacks, fresh fruit plus medical support and portable toilets), long-sleeve tech shirt, race bag and post-race food and entertainment. All proceeds benefit community health and wellness programs on the Navajo Nation.

LOCATION – Monument Valley Navajo Tribal Park is located 23 miles northeast of Kayenta, Arizona and 20 miles south of Mexican Hat, Utah. The park straddles the Arizona/Utah border, and the races all start and finish in Arizona.

PACKET PICK-UP – Packet pick-up will be available at **Tsebinezghai Elementary School** (near the junction of the park road and Hwy 163) from 5:00-7:00 p.m. on Friday and on the patio near the MV Visitor Center on Saturday morning from 8:00-9:45 a.m. **The marathon and half marathon begin at 10:00 a.m. on Saturday. The 10K begin and 40K Relay begin at 10:15 a.m.**

RACES – The **Marathon** is capped at 100 runners. The course begins and ends in Arizona, and includes several miles in the backcountry of the Valley through some dramatic, rarely seen landscapes. This is a challenging marathon mostly on dirt and jeep roads and is one of the most scenic routes in the country. There is a significant amount of sand on this route. The **Half Marathon** is primarily graded dirt roads on the main Valley loop, and is capped at 300 runners.. A competitive **10K Trail Race** will be held on the Wildcat Trail around and between East and West Mitten on a singletrack horse route. The **40K four-person Relay** is a challenging, sandy and scenic route that weaves between the East and West Mitten. The relay begins and ends at the main start/finish. There are awards for the top three teams, which may be co-ed or single gender. The **Wildcat Trail Fun Run** is a four-mile trail fun run, which will be

open to the general public. The run will take place on Sunday morning at 10:00 a.m. and runners receive a race poster and refreshments. The **Kids Marathon** will be held at 11:00 a.m. on Friday, with students completing their “final mile” near the start-finish line.

For all races, there will be signage and pin flags at junctions along the course.

Please study the course map to get a feel for the course and to develop your energy and hydration plan.

WEATHER – The average November high in MV is 54, with an average low of 26. The weather in the high desert is variable, of course, and winter weather, wind, rain are possible, as are much more warm, mild conditions.

PRE-RACE DINNER – You do not want to miss the Friday night pre-race banquet at the local school: **Tsebinezghai Elementary School**, just five minutes from the park on hwy 163. This event will begin at 5:00 p.m. and will include spaghetti, salad, bread, corn and drinks. The evening will include a race preview, entertainment and a silent auction to benefit youth and community wellness programs on the Nation.

AID STATIONS – There are aid stations throughout the course, providing hydration, medical support and a variety of nutrition: Honey Stinger gels, Tailwind nutrition, salty and sweet snacks and fresh fruit. There will be portajohns spread throughout the course.

LODGING – Our host hotel is The View Hotel in Monument Valley Tribal Park. You can reach them at 435-727-5555. (They expect to sell out quickly). You can see more about The View at the website: <http://monumentvalleyview.com/> .

Additional lodging and camping is available at Gouldings Lodge and Gouldings Campground, about five minutes from the start line. You can reach Gouldings at 435.727.3235; visit their website at www.gouldings.com.

Kayenta, Arizona (25 minutes) and Mexican Hat, Utah (20 minutes) also have additional lodging options if The View and Goulding’s sell out.

AWARDS – There are pottery awards for Overall Men & Women’s Winner in both Marathon and Half Marathon. First and 2nd place finishers in age-groups finishers receive pottery in the following marathon categories: 12-19, 20-29, 30-39, 40-49, 50-59 and 60-69 and 70+.

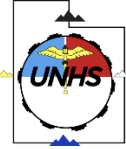
POST-RACE PARTY – A runner’s tent at the finish line will welcome all runners with medals, food, drink, medical assistance and massage, live music, along with age-group/overall pottery awards. Runners are welcome to join the adjacent main event tent for music and activities.

The MV Marathon and the Navajo Parks Race Series are co-sponsored by the nonprofit organization NavajoYES, Navajo Parks & Recreation, with major support from The View Hotel, Tsebinezghai Elementary School, OPVP, NTEC, Navajo United Way, Utah Navajo Health System, the Navajo Rangers, Kayenta Township, Teec Nos Pos Trading Post, Kayenta Fire, Navajo EMS, MV Fire and Amigo Café.

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www.navajoyes.org