

Monument Valley Ultra Course Descriptions

The Monument Valley Ultra races are run entirely within the boundaries of the world-famous Monument Valley Navajo Tribal Park on the Arizona-Utah border. Hundreds of thousands of visitors from all over the world flock to Monument Valley each year to witness the awe-inspiring beauty of the place where the Hollywood western was born. The race is the 2nd on the calendar of the Navajo Parks Race Series, sponsored by Navajo Parks & Recreation, Office of Navajo President & Vice President and NavajoYES. Runners will have the privilege to see areas of the park that are only open to those with a Dine' guide, while running beneath monuments that tower 1000 feet above the floor....truly a once in a lifetime experience. Though the elevation changes within the course are not extreme, the Monument Valley Ultra course is extremely challenging and runners should take measures to insure that they are prepared, fit and equipped with proper hydration and nutrition plan to complete the event.

Please note: All courses and course descriptions are subject to revision, at the discretion of the race committee.

50-MILE

Elevation gain: 4261 feet

- The 50-mile route begins with the 2.5 mile Lee Cly Trail south of The View Hotel and then back to the "start/finish" where the run will continue on the **13-mile loop between the Mittens and around Sentintel Mesa**. You will proceed down the Wildcat Trail to the EAST MITTEN AID STATION at just over 5.5 miles. You will continue on Wildcat Trail before beginning a singletrack climb up to STABLES A.S. at mile 8.2. The course then follows a singletrack trail along the base of 800-foot Sentinel Mesa. It is at this time you will begin a breathtaking run in the state of Utah, that will take you 4.6 miles to SENTINEL MESA A.S. at 12.8. A final 2.8 mile doubletrack trek will take you near the finish line at mile 15.6.....but your adventure is just beginning.
- From this point, you will begin a 6.4 mile leg through the open country between Merrick Butte and North Window. This section will feature several miles running through dry washes, and will end near John Ford Point, where you will experience THREE SISTERS AID STATION for the first of four visits at 22.0
- Your next leg will be a stunning adventure – the 10-mile **Mitchell Mesa** out and back. This is the most technical section of the course, highlighted by the 1500-foot climb up Mitchell Mesa in just over one mile. There will be some sandy sections leading to the base of the climb and a hydration/medical station at the bottom. The views are awe-inspiring and, once on top, you will punch your bib as proof of completing your magical trek. Then it's back down the mesa to your second visit to THREE SISTERS A.S. at mile 32.0
- The next leg will be the 9.5 mile **Arches Loop**, which will include Totem Pole, Yei bi cheii and numerous natural stone arches. The scenery in this area is stunning and loaded with natural stone arches, but this is a sandy section so carry plenty of hydration and nutrition. The end of the loop is, once again, THREE SISTERS A.S. at mile 41.5
- Your final loop is the Rain God Mesa Loop, which will begin on the Marlboro Route, which is a 5.6 miles loop on mostly single track and some dirt road, bringing you back to THREE SISTERS A.S. for the fourth and final time, at 47.0
- Arriving back at THREE SISTERS, for the final time, you will do 3.5 miles on the **Valley Drive** back to the Finish at mile 50.5

50K

Elevation gain: 3533 feet

- The 50 mile route begins with a **13-mile loop between the Mittens and around Sentintel Mesa** From the start, you will proceed down the Wildcat Trail to the EAST MITTEN A.S. at just over three miles. You will then continue the run on Wildcat Trail before beginning a singletrack climb up to STABLES A.S at mile 5.7. The course then follows a singletrack trail along the base of 800-foot Sentinel Mesa. It is at this time you will begin a breathtaking run in the state of Utah, that will take you 4.6 miles to SENTINEL MESA A.S. at 10.3. A final 2.8 mile doubletrack trek will take you near the finish line at mile 13.1.....but your adventure is just beginning.
- From this point, you will begin a 6.4 mile leg through the open country between Merrick Butte and North Window. This section will feature several miles running through dry washes, and will end near John Ford Point, where you will experience THREE SISTERS AID STATION at 19.5
- Your next leg will be a stunning adventure – the 10-mile **Mitchell Mesa** out and back. This is the most technical section of the course, highlighted by the 1500-foot climb up Mitchell Mesa in just over one mile. There will be some sandy sections leading to the base of the climb and a hydration/medical station at the bottom. The views are awe-inspiring and, once on top, you will punch your bib as proof of completing your magical trek. Then it's back down the mesa for your second visit to THREE SISTERS A.S. at mile 29.5
- From THREE SISTERS, you will conclude your run with the final 3.5 miles on the main **Valley Drive**.

HALF MARATHON

Elevation gain: 1308 feet

There are three aid stations on this course. From the start, you will proceed down the Wildcat Trail to the EAST MITTEN AID STATION at just over 3 miles. You will then resume running on Wildcat Trail and around West Mitten before beginning a singletrack climb up to STABLES A.S. at mile 5.7. The course then follows a singletrack trail along the base of 800-foot Sentinel Mesa. It is at this time you will begin a breathtaking run in the state of Utah, that will take you 4.6 miles to SENTINEL MESA A.S. at 10.3. A final 2.8 mile doubletrack trek will lead you to the finish line.