

Monument Valley Ultra

50-Mile, 50K and Half Marathon Trail Runs

*Monument Valley Navajo Tribal Park
March 2-3, 2018*



Yaateeh runners! Welcome to MV Ultra weekend!

REGISTRATION – Online registration for the Marathon, Half Marathon and Marathon Relay is now open through March 1 or until the events are sold out. **The caps for each race are: 50 for the 50-mile; 150 for the 50K and 250 for the half.** Online registration is available at the NavajoYES website: www.navajoyes.org If there are still open slots, on-site registration will be held on Friday evening for all three races and Saturday morning for the half marathon only. The **Native American runner discount is NAVAJO50.**

Your registration includes professional timing, race poster, on-course support (including bountiful food and drink, medical support and portajohns), performance shirt, overall and age-group awards, unique finisher's award and post-race food. 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, late registration (if space remains) and a light breakfast will be available at the Start Line on Saturday morning.

RACES – The **50-mile race** is capped at 50 runners, while the **50K race** is capped at 150 runners. Both of these races are challenging routes, with the majority of miles on singletrack trail or rugged dirt roads. The 50-mile starts at 7:00 a.m. (cut-off is 14 hours) and the 50K at 7:15 (cut-off is 11 hours). You may need a headlamp for a few minutes at the start and in the final miles of the race. The very scenic **Half Marathon Trail Race** course near Sentinel Mesa is capped at 250 runners and begins at 8:00 a.m. (Cut-off is 5 hours). The route is a challenging singletrack track for the majority of the route, with some doubletrack.

There will be a fun run on the Wildcat Trail at 10:00 a.m. Saturday. There is no fee for this event and runners will receive a vintage MV Marathon t-shirt.

COURSE – The routes of all races are very scenic and challenging. Please study the course map to get a feel for the course and to develop your energy and hydration plan.

WEATHER – The average March high temp in MV is 60, with an average low of 37. The weather in the high desert is variable, of course, and early spring weather, wind, rain are possible, as are much more mild conditions.

AID STATIONS – There are aid stations throughout the course, providing hydration, medical support and a variety of nutrition: Honey Stinger energy gels and chews, Tailwind hydration, salty snacks, fresh fruit, sweet snacks and more hearty fare. There will be portajohns spread throughout the course. This is a cup-less event so please plan to have a hand-held bottle or hydration pack for use throughout the day.

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 them 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.

AWARDS – There are unique finisher's medals for all finishers, plus overall and age-group pottery awards by artist/runner Herbert Stash.

The View Hotel is offering \$1000 gift certificates for the View Trading Post's gift shop, with a \$100 award for age-group finishers in all three events.

The MV Marathon and the Navajo Parks Race Series are co-sponsored by the nonprofit organization NavajoYES, The View Hotel and Navajo Parks & Recreation with major support from the Office of Navajo President & Vice President, Navajo United Way, Navajo Transitional Energy Company (NTEC), Division of Natural Resources, the Navajo Rangers, Navajo Nation EMS and Church's Chicken

CONTACTS

Tom: 928.429.0345; chuskaman@yahoo.com

Josh: 970.403.2794 (registration questions)

mvultra@gmail.com (course questions)

www.navajoyes.org

