

Monument Valley Ultra Course Guide

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. Tsé Bii' Nidziszgaii is a sacred place where hundreds of thousands of visitors from all over the world come 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, NavajoYES and Office of Navajo President & Vice President. Runners will have the privilege to see some of the more remote and dramatic landscapes in the park, 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 Course Description

- The 50-mile route begins with the **13-mile loop between the Mittens and around Sentinel Mesa**. On this segment, you will proceed down the Wildcat Trail to the EAST MITTEN AID STATION at just over 3.0 miles. You will continue 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 scenic and challenging 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.....but your adventure is just beginning.
- From this point, you will begin the 3.2 mile leg along the Valley Drive, where you will connect to the 2.8 mile North Window Route, where you will run behind Camel Butte on your way to the Three Sisters. You will experience THREE SISTERS AID STATION for the first of five visits at 19.0.
- 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 29.0
- The 4.0 mile Rain God Mesa Loop is mostly on quiet dirt track and some singletrack, bringing you back to THREE SISTERS A.S. at 33.0 miles.

- 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. This is a sandy section of the course so carry plenty of hydration and nutrition. The end of the loop is, once again, THREE SISTERS A.S. at mile 42.5.
- Your final loop is the 4.0 mile Rain God Mesa Loop loop on mostly quiet dirt track and some singletrack, bringing you back to THREE SISTERS A.S. for the fourth and final time, at 46.5
- 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.

Elevation gain: 4261 feet



50K Course Description

- The 50 mile route begins with a **13-mile loop between the Mittens and around Sentinel 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.....but your adventure is just beginning.
- From this point, you will begin the 3.2 mile leg along the Valley Drive, where you will connect to the 2.8 mile North Window Route, where you will run behind Camel Butte on your way to the Three Sisters. You will experience THREE SISTERS AID STATION for the first of two visits at 19.0.
- 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 for your second visit to THREE SISTERS A.S. at mile 29.0
- From THREE SISTERS, you will conclude your run with the final 3.5 miles on the main **Valley Drive**.

Elevation gain: 3533 feet

Half Marathon Course Description

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. Since this trail race is part of the Ultra weekend, please note that the distances between aid stations are slightly longer than you may be accustomed to, so please prepare accordingly.

Elevation gain: 1308 feet



Race Info & Guidelines for MV Ultra

Drop Bags

Drop bags are available for the 50K and 50Mile race, at the Three Sisters Aid Station. Drop bags must be left in the drop location near the start line before the start of the race. Please include your name and bib # on the drop bag. Drop bags will be returned to the finish line one hour after Three Sisters A.S. closes. You may pick up your drop bag on Sunday morning on the MV Visitor Center patio. You may request for your bag to be mailed to you within the week after the event. After that time, bags will be donated to charity.

Pacers and Crews

Pacers are allowed on the final Rain God Mesa loop and the 3.5 mile finale to the finish line, which is essentially the race's final eight miles. Crews may access their runners at Three Sisters Aid Station, which is the hub of the 50K and 50-mile race, throughout the day. They may also access their runners along the Valley Drive and at Stables Aid Station.

Trash and Restrooms

The trash plan for the MV Ultra is simple - please pack out what you pack in. There will be trash boxes at aid stations for gel packs, wrappers, toilet tissue, etc. Please follow common practices for human waste – dig a cat-hole and for waste and pack out toilet paper.

*****All races are cupless.** *There will be tons of water and Tailwind Nutrition on the course, but please bring a pack, handheld bottle or cup for your use. Please be prepared and help us keep Monument Valley beautiful and clean!*

Course Cut-offs

There are cut-offs for the 50K and 50-miler, which will be enforced by the Aid Station captain at Three Sisters Aid Station. If you do not arrive by the designated time, you will not be allowed to continue on the course.

Half Marathon

Finish Line: 5 hours

50K

Three Sisters (before Mitchell Mesa): 6 hours

Three Sisters (after Mitchell Mesa): 10 hours

Finish Line: 11 hours

50-Miler

Three Sisters (before Mitchell Mesa): 5 hours

Three Sisters (after Mitchell Mesa): 8 ½ hours

Three Sisters (after Arches Loop): 12 ¼ hours

Finish Line: 15 hours

Spectator Information



The Monument Valley Ultra is surprisingly spectator-friendly. Family and friends can cheer on runners in several locations throughout the day.

- The **Stables Aid Station** is less than ½ -mile walk from the start line. Runners will appreciate the support after making the tough, sandy climb to the top of the mesa. Just beyond Stables, you will see half marathon runners completing their final mile and 50K/50 mile runners reaching the end of their first stage.
- You can cheer on runners as they descend the **Wildcat Trail** or cheer 50K runners on as they head down the **Valley Drive** toward the next section of their race.
- For the ultimate ultra fan experience, you should consider checking out the 3 ½ mile drive on the Valley Road to John Ford Point, where you will find the **Three Sisters Aid Station**. Runners on the 50K and 50-mile will start and end their incredible 1500-foot trek up Mitchell Mesa from Three Sisters A.S. They are sure to appreciate your support. You may even consider camping or staying in the home at Three Sisters.
- Finally, cheer on the 50K and 50-mile runners as they conclude the race by running the arduous **switchbacks out of the valley** to the finish line.

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