

# 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 2<sup>nd</sup> on the calendar of the Navajo Parks Race Series, sponsored by Navajo Parks & Recreation and the Navajo Nation-based nonprofit NavajoYES. 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 unique 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-Miler Course Description

- The 50-mile route begins with the **13-mile loop around Sentinel Mesa and between the West and East Mitten**. On this segment, you will enter Utah and head out on the north side of Sentinel Mesa to the SENTINEL MESA AID STATION at mile 2.8. The next section traverses some rugged and stunning miles on the south side of Sentinel Mesa, to the STABLES A.S. at 7.5. From there, you will drop down a sandy horse trail to the EAST MITTEN AID STATION at 10.2. Then it is three miles to the top of Wildcat Trail at 13.2 for the TRAILHEAD A.S.
- 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 your 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 the **13-mile loop around Sentinel Mesa and between the West and East Mitten**. On this segment, you will enter Utah and head out on the north side of Sentinel Mesa to the SENTINEL MESA AID STATION at mile 2.8. The next section traverses some rugged and stunning miles on the south side of Sentinel Mesa, to the STABLES A.S. at 7.5. From there, you will drop down a sandy horse trail to the EAST MITTEN AID STATION at 10.2. Then it is three miles to the top of Wildcat Trail at 13.2 for the TRAILHEAD A.S.
- 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, running 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**

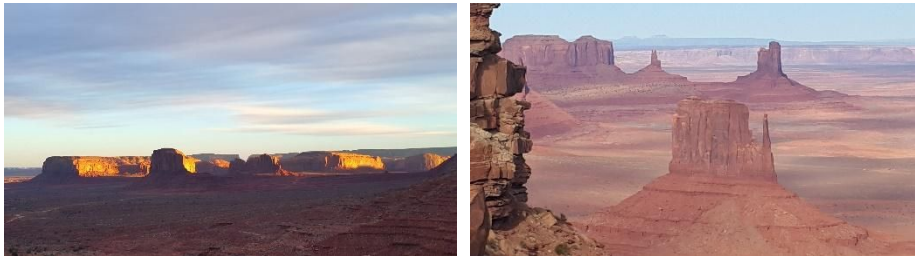
The 50-mile route begins with the **13-mile loop around Sentinel Mesa and between the West and East Mitten**. On this segment, you will enter Utah and head out on the north side of Sentinel Mesa to the SENTINEL MESA AID STATION at mile 2.8. The next section traverses some rugged and stunning miles on the south side of Sentinel Mesa, to the STABLES A.S. at 7.5. From there, you will drop down a sandy horse trail to the EAST MITTEN AID STATION at 10.2. Then it is three miles to the top of Wildcat Trail at 13.2 for the TRAILHEAD A.S. Since this trail race is part of MV 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*

## **8-miler Course Description**

The 50-mile route begins with the **13-mile loop around Sentinel Mesa and between the West and East Mitten**. On this segment, you will enter Utah and head out on the north side of Sentinel Mesa to the SENTINEL MESA AID STATION at mile 2.8. The next section traverses some rugged and stunning miles on the south side of Sentinel Mesa, to the STABLES A.S. at 7.5. From Stables, you will head through the campground/cabins and back to the finish line. Since this trail race is part of MV 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!*

***Runners in the 50-miler MUST have a headlamp for use during their event. The course will be light enough for running at the start but will be dark after 6:00 p.m., so please be prepared. The course is only lit at aid stations and the finish line.***

## 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: 12 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 completing the Sentinel loop.
- You can cheer on runners as they climb out on 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.

### CONTACT INFO:

608-201-8175; [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com)

Registration questions can go to Josh at 970-403-2794

