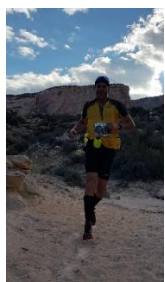


NAATSISAAN TRAIL ULTRA

Navajo Mountain & Rainbow Bridge, Utah
Friday & Saturday – October 26-27, 2018



Yaateeh runners! Welcome to the Naatsisaan Trail Ultra!

REGISTRATION – Online registration for the **Naatsisaan Trail Ultra** is now open and will remain open until Monday, October 22 or until the race hits the 50 runner cap. There will be no on-site registration. Details, photos, map and registration can be found at the NavajoYES website: www.navajoyes.org.

The 40-mile trail run from Navajo Mountain High School to Rainbow Bridge and back is a challenging trail run that is open to experienced trail runners from the Navajo Nation and beyond.

The competitive 10K trail race is a scenic and challenging run on local dirt roads; there are overall and age-group awards for this event.

COURSE & CHECKPOINTS– The 40-Mile Naatsisaan Trail Ultra begin and finish at Navajo Mountain High School on the southern flank of Navajo Mountain. Checkpoints will have energy gels, salty and high carb foods, medical support, communication and some fluids. Each major checkpoints will include some shelter, sleeping bags/blankets and heat sources. **The course is marked with pin flags, some signage and there will be spotters in key places;** however, **runners must study the course map, attend Friday's runner meeting and be familiar with the route; runners should possess some basic route-finding skills.** Runners may choose to include GPS system, personal locator device/SPOT and/or satellite phone in their personal kit.

Below is a description of the route (subject to minor revision):

- The Naatsisaan Trail Race starts at Navajo Mountain High School and follow the route toward the north trailhead, 5.5 into the race.
- The first seven miles on the Rainbow Trail are rugged challenging terrain, including crossing of Cha Canyon and the daunting Bald Rock Canyon. After climbing out of the west side of Bald Rock, the route skirts the canyons and eventually drops runner in to Surprise Valley, where the second checkpoint awaits you.
- After departing the checkpoint, the trail climbs out of the Valley and skirts the dramatic northern flank of Natsisaan. The trail dips through Oak Canyon and down 1.5 miles through “the furnace” en route to Bridge Canyon.
- Upon entering Bridge Canyon, the trail winds 4.0 miles through the canyons on your way to the turnaround point at the park fence at Rainbow Bridge National Monument. The turnaround point is the final checkpoint on the course.
- The second half of the 40-mile race re-traces the route back to the Rainbow trailhead and then 5 ½ miles on the dirt road back to the high school.

RUNNER RESPONSIBILITIES: *Runners must have a water purification system and be prepared to utilize the perennial water sources on the route:* Cha Canyon, Bald Rock Canyon, Surprise Valley (Nasja Creek), Oak Canyon and Bridge Canyon. *Runners will need to be prepared for extreme weather conditions and have the appropriate gear to accommodate such conditions.* Appropriate rain gear and footwear are essential. Hypothermia and heat issues can both pose a real threat in the high desert in the fall season, and runners must be prepared for the potential onset of such conditions. **This is a cupless event so runners should plan to bring their own hydration system.**

DROP BAGS: Runners in the 40 mile race may have one drop bag, which will be available at the North Rainbow Trailhead (34.5). **Please have your drop bags to Friday's dinner.** Bags brought on Saturday morning will not be able to be delivered to the drop bag locations. There will be no drop bags at Rainbow Bridge.

PACKET PICK-UP & MANDATORY MEETING – Packet pick-up will be available at the Navajo Mountain High School on Friday during the runner meeting and dinner, which begins at 4:00 p.m. ***The runner meeting at the Navajo Mountain High School will provide essential information about the race course and logistics for race day. All 40-mile runners are required to attend this meeting.***

The meeting will commence at 4:00 p.m. and will include a full course description and other pertinent race information, gear check, a weather outlook and emergency preparedness discussion. Race officials, Navajo Rangers, our EMS team, Parks & Rec staff, course marshals and tribal officials will also be in attendance at this meeting. Dinner will follow this meeting.

LODGING/CAMPING – The Navajo Mountain Chapter House, located about five minutes from the start/finish, is offering camping space on both Friday and Saturday nights. Both Kayenta and Page, Arizona (about two hours from the chapter house) have multiple lodging options.

AWARDS – Pottery awards will be presented to members of the top three tribal challenge teams. In the 40-Mile Rainbow Trail Ultra, there will be pottery awards to top two male and top two female overall, plus pottery awards for those finishing 1st place in their age groups.. All finishers will receive a finisher's medal. Overall pottery and age-group gear awards will also be presented in the 10-Mile Trail Race.

WEATHER – The weather in the Navajo Mountain area, including the surrounding canyons, can be very volatile. Runners should be prepared for rapid changes in conditions, including rainy conditions, wind, snow and cold. Conversely and less likely, there may be opportunities for heat issues on this route, even in late October. Sections of the trail (between Cha to Bald Rock Canyon and Surprise Valley to Oak Canyon, for example) are extremely exposed to the elements. During heavy rains, there is high risk of flash flood in Cha Canyon, Bald Rock Canyon, Nasja Creek, Oak Canyon, in "the furnace" and for the five-mile length of Bridge Canyon. There are no structures or vehicle support on the Rainbow Trail. Please be aware of your surroundings and be prepared for any extreme weather and trail conditions that may arise.

The Naatsisaan Trail Ultra and the Navajo Parks Race Series are organized by the nonprofit organization NavajoYES in collaboration with Navajo Parks & Recreation. The event has major sponsorship and/or logistical support from Navajo Mountain Chapter, Office of Navajo President & Vice President, Division of Natural Resources, the Navajo Rangers, Lake Powell Navajo Tribal Park, Navajo Telecommunication & Utilities, Navajo Fire & Rescue, Tailwind Nutrition, Honey Stinger, Navajo EMS, National Park Service-Rainbow Bridge, Teec Nos Pos Trading Post, Monument Valley View Hotel, Navajo United Way and NTEC/North American Coal.

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