

Four Corners Quad Keyah Race Week Program

December 7-10, 2017 Four Corners Monument – Teec Nos Pos, Arizona

Wednesday, December 6

Indoor camping at Beclabito Chapter House (*available through Sunday*)

Evening food sale: Daily for runners staying at Beclabito Chapter House (*\$10/plate for full meal & drink*)

Thursday, December 7

Marathon and Half Marathon (Arizona), 8:30 a.m.

Entertainment: Native flute musician Jimmy Keith

Post-race food: Pizza – Build-your-own sandwiches – Soup – Hummus wraps (*available each day after race*)

Friday, December 8

Marathon and Half Marathon (Utah), 8:30 a.m.

Entertainment: Four Corner Singers

Saturday, December 9 (Community Christmas Celebration and Kids Day)

Marathon and Half Marathon (Colorado), 8:30 a.m.

Community fun run 2-miler, 10:00 a.m.

Kids art activities and activities with local royalty, throughout the day

Entertainment: Ute Mountain Bear Dancers

Post-race food: Community Christmas dinner, sponsored by Navajo Parks & Recreation

Sunday, December 10

Marathon and Half Marathon (New Mexico), 8:30 a.m.

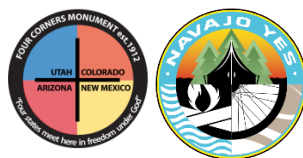
Entertainment: Drummer Gary Elthie and Martin Sisters

Breakfast (daily at 4C Monument): granola, fruit/yogurt; bagels/muffin; fresh fruit and juice
(*compliments of Teec Nos Pos Trading Post*)

Course food: bananas & oranges; salty snacks (Cheez-It, peanuts and pretzels); M & M's/Jolly Ranchers;
granola bars; gels (*Available at start/finish area and additional station on AZ and NM trail races*)

Packet pick-up/registration: 8:00 a.m. daily at 4C Monument; all races begin at 8:30 a.m.

Entry to 4C Monument: \$5/person/day



www.navajoyes.org