



Monument Valley Kids Marathon

The Monument Valley Kids Marathon is for all young runners from the schools of Dine' Bikeyah and our young runners from outside the area. Come out and run....be part of the 4th annual Monument Valley Marathon!

1. **Sign up!** Once you have decided to take the Kids Marathon challenge, please give your registration form to your teacher or e-mail your name and school/hometown to Wil Manheimer at wmanheimer@gmail.com. This will give us time to insure t-shirts, medals and food for all runners. You may also bring your registration form to Monument Valley on Friday, November 16.
2. **Let's run!** Run 25 miles or more between August and race day, November 16. You can run at school or at home. Run with friends or run with your family. Run in P.E. class, run behind the chapter house, run to the bus stop, run to your grandma's . . . it all counts! Just keep track of your miles and record it on your running log.
3. **Log it.** It's important that you keep track of your miles below. You will receive your race t-shirt and race number, which will be your "ticket" to the start line.
4. **Race day** Monument Valley Kids Marathon is Friday, November 16 at MV Navajo Tribal Park. Please be there early so that you can run "the final mile", which will begin at 11:00 a.m. You will receive a finisher's medal when you cross the line!

Contact us at (928) 429-0345 with any questions

www.navajoyes.org

Circle the mile numbers below as you get them done –

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – 11 – 12 – 13 – 14 – 15

16 – 17 – 18 – 19 – 20 – 21 – 22 – 23 – 24 – 25 . . .

and the final mile in Monument Valley: 26.2!