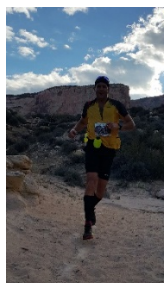


# NAATSISAAN TRAIL ULTRA

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



Yaateeh runners! Welcome to the Naatsisaan Ultra & 10K Trail Race!

REGISTRATION – Online registration for the **Naatsisaan Ultra 50K** is now open and will remain open through Monday, October 22 or until the race hits the 100 runner cap. There will be no on-site registration for the 50K. Registration for the **10K** will remain open online through Friday morning and again on-site on Saturday morning. Details, photos, map and registration can be found at the NavajoYES website: [www.navajoyes.org](http://www.navajoyes.org).

The 50K trail run from Navajo Mountain High School traverses challenging and stunning landscapes that offer a trail run open to experienced trail runners from the Navajo Nation and beyond.

The competitive 10K trail race is a scenic and tough run on local dirt roads; there are overall and age-group awards for this event. The 10K will also begin and end at Navajo Mountain High School.

COURSE & CHECKPOINTS– The 50K course will include primarily dirt roads, old doubletrack and trails, with two miles of pavement. The route will include stunning view of Lake Powell on the San Juan River section, Hawkeye Arch and several miles on the southern flank of Navajo Mountain. The start and finish is at Navajo Mountain High School. Checkpoints will have Honey Stinger energy gels, chews and waffles, salty, sweet and high carb foods, medical support, communication and some fluids. Most checkpoints will include some shelter, sleeping bags/blankets and heat sources.

**The course is marked with pin flags, cairns and some signage;** 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. Course is subject to revision, at the discretion of race organizers. Alternative routes will be utilized in case of bad weather.

RUNNER RESPONSIBILITIES: **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 50K race may have one drop bag, which will be available at the North Rainbow Trailhead. **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.

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 50K 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, chapter leaders, 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 – Overall and age-group awards will be presented in both the 50K and 10K. All finishers will receive a finisher's medal.

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, the Navajo Rangers, Lake Powell Navajo Tribal Park, Navajo Telecommunication & Utilities, Tailwind Nutrition, Honey Stinger, Navajo EMS, Monument Valley View Hotel and Teec Nos Pos Trading Post.

#### CONTACTS

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**Registration Questions:** Josh/Rocky Mountain Timing 970.403.2794

Navajo Parks & Recreation: 928.871.6647



Navajo Mountain High School

