

Following Good Traditions

Our mission: To promote community wellness, lifelong fitness, youth empowerment and family togetherness across the Navajo Nation.



Runners at the Monument Valley Ultra on February 29, 2020, just days before the COVID pandemic swept across the reservation and the world

To achieve our mission, our work is grounded in five programs:

- **Dine' Bike Project**
- **Navajo Trails Task Force**
- **Outdoor Adventure Programs**
- **Community Education & Outreach**
- **Navajo Parks Race Series & Tour de Rez Cup Series**



Community outreach became a large part of our 2020: sharing bikes, food and supplies with families in communities all across the rez