

# Monument Valley Ultra

*50-Miler, 50K & Trail Half Marathon*

*Monument Valley Navajo Tribal Park – March 5, 2022*



## Welcome to MV Ultra Weekend!

The MV ULTRA is the second event on the Navajo Parks Race Series schedule and the largest ultra event in the Series.

REGISTRATION – Online registration for the 50-Miler, 50K and Half Marathon are now open through Thursday, March 3, or until the events are sold out. ***The caps for each race are: 40 for the 50-mile; 60 for the 50K and 150 for the half.*** Online registration is available at the NavajoYES website: [www.navajoyes.org](http://www.navajoyes.org) The **Native American runner discount is ULTRA22 (all caps, no space).**

Your registration includes professional timing, race poster, on-course support (including food and drink, medical support and portajohns), performance shirt, overall and age-group awards, unique finisher's award and post-race food. All proceeds benefit community health and wellness programs on the Navajo Nation.

LOCATION – Monument Valley Navajo Tribal Park is located 23 miles northeast of Kayenta, Arizona and 20 miles south of Mexican Hat, Utah. The park straddles the Arizona/Utah border, and the races all start and finish in Arizona.

**DRIVE THRU PACKET PICK-UP** – Drive-thru packet pick-up will take place at the Park Visitor Center from 4:00 p.m. to 7:00 p.m. on Friday, and again one hour before each race.

**RACES** – The **50-mile race** is capped at 50 runners, while the **50K race** is capped at 60 runners. Both of these races are challenging routes, with the majority of miles on singletrack trail, dirt roads and a few miles on the Valley Drive. The 50-mile starts at 7:00 a.m. (cut-off is 15 hours) and the 50K at 8:00 (cut-off is 12 hours). You may need a headlamp in the final miles of the 50-miler. The very scenic **Half Marathon Trail Race** course near Sentinel Mesa is capped at 150 runners and begins at 9:00 a.m. The route is a very challenging singletrack track course for the majority of the route, with a sandy section at the end.



*The view from Mitchell Mesa*

*Pottery awards*

*Race morning near the start line*

**COURSE** – The routes of all races are very scenic and challenging. Please study the course map and “MV Ultra Course Guide” to get a feel for the course. It is very helpful if you know the routes prior to the race and develop your energy and hydration plan.

There will be medical support throughout and live music along the course to keep you motivated.

**AID STATIONS** – There are well-stocked aid stations throughout the course, providing hydration, medical support and a variety of nutrition. Stations will include an assortment of the following: Honey Stinger energy gels and chews, Gatorade, salty snacks, fresh fruit and sweet snacks. The menu for 50K and 50-miler may include Nutella wraps, sandwiches, hummus wraps, among other food items. We will have major medical support at Three Sisters Aid Station and the Start/Finish area, along with first responders on the course.

**TOILETS & TRASH** – There will be portajohns spread throughout the course, including Three Sisters Aid Station. Please use common backcountry etiquette if using the restroom elsewhere: dig a cat-hole for the waste and pack out used toilet paper. There will be trash bags at each aid station for small items.

***This is a cup-less event so please plan to have a hand-held bottle or hydration pack for use throughout the day.***

**DROP BAGS** – Drop bags are available for the 50K and 50Mile race, at the Three Sisters Aid Station. Drop bags must be left in the drop location near the start line before the start of the race. Please include your name and bib # on the drop bag. Drop bags will be returned to the finish line one hour after Three Sisters A.S. closes. You may also pick up your drop bag on Sunday morning on the MV Visitor Center patio.



**AWARDS** – There are unique finisher's medals for all finishers, plus special awards for the top finishers. There are overall awards for winner and age-group awards for top performers in each of the three races. Awards go to the top two finishers in age groups.

All races will start in a wave start format, and awards will be based in chip time. Details on the wave start will be sent to runners prior to the race.

**PACERS & CREWS** – Pacers are allowed on the final Rain God Mesa loop and the 3.5 mile finale to the finish line, which is essentially the race's final eight miles. Crews may access their runners at Three Sisters Aid Station, which is the hub of the 50K and 50-mile race, throughout the day. Crews may also access their runners along the Valley Drive and at Stables Aid Station.

**WEATHER** – The average March high temp in MV is 60, with an average low of 37. The weather in the high desert is variable and early spring weather, wind and rain are possible, as are much more mild conditions.

**LODGING** – Our host hotel for race weekend is **The Monument Valley View Hotel**. You can reach them at 435-727-5555 for reservations in the hotel, cabins and campground. All are within a few minutes walk of the start/finish area. (They expect to sell out quickly). You can see more about The View at the website: <http://monumentvalleyview.com/>

If you are interested in more rustic camping or staying in a hogan, please contact **Jamieson and Lorraine Black at Dineh Trailriders** at (928) 209-2692. The Blacks campsite is at the Three Sisters Aid Station, which makes it an ideal base for family members. The Blacks also offer horseback rides and guided tours, for interested families.

Additional lodging and camping is available at Gouldings Lodge and Gouldings Campground, about five minutes from the start line. You can reach them at 435.727.3235; visit their website at [www.gouldings.com](http://www.gouldings.com).

Kayenta, Arizona (25 minutes) and Mexican Hat, Utah (20 minutes) also have additional lodging options.





The MV Ultra and the Navajo Parks Race Series are co-sponsored by the nonprofit organization NavajoYES, Navajo Parks & Recreation and The View Hotel, with support from Goulding's Lodge, Utah Navajo Health System, the Navajo Rangers, MV Fire and Navajo EMS.



## CONTACTS

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[www.navajoyes.org](http://www.navajoyes.org)

