

LCR HALF MARATHON & 10K

Saturday, February 4, 2023

Little Colorado River Gorge Navajo Tribal Park



Welcome to the Little Colorado River Gorge Half Marathon & 10K!

REGISTRATION – Online registration for the LCR Half Marathon and 10K will be open through 11:59 p.m. on Friday, February 3. Packet pick-up and on-site registration will take place at the start line on Saturday morning at LCR Park.

LOCATION – The LCR Navajo Tribal Park is located 9.5 miles west of Cameron, Arizona on Hwy 64, which is the road to east entrance of Grand Canyon. There is ample parking at the Park, which includes dramatic overlooks and arts & crafts vendors. There are permanent pit toilets at the Park.

PACKET PICK-UP – Packet pick-up will be available between 8:00-9:45 a.m. at the Start Line at the park on Saturday morning.. **All races begin at 10:00 a.m. on Saturday.**

WEATHER – Winter weather in the Cameron/LCR area can vary from wintry to mild. The average high is 58, while the average February low is 27. The start/finish line is just over 5000 feet elevation, while the highest elevation is over 5500 feet.



COURSE – The half marathon course begins and ends at the LCR Navajo Tribal Park. The half marathon course will be on a local route that heads over 6 ½ miles up to the upper overlook along dirt roads, double-track and trail. The course is challenging and very scenic, and should most definitely be viewed as a trail run. There are dramatic and steep drop-offs of 1500 feet at a couple locations on the half marathon route, so please be aware of your surroundings and your footing,

The 10K course is an out and back on the same route taken by the half marathon runners. The terrain is rocky and the course is difficult, particularly between 10K miles 2-4. *(The course is subject to adjustments at the discretion of park officials and/or the race organizers, or if the weather dictates a change.)*

AWARDS – There are overall and age-group awards in both the half marathon and 10K. Age-groups winners receive awards in the following half marathon and 10K categories: 12 and under, 13-18; 19-29, 30-39, 40-49, 50-59 and 60-69 and 70+. All half marathon and 10K finishers receive a unique LCR finisher's medal.

POST-RACE – Runners will be treated to post-race snacks and live music.



The LCR Half Marathon and 10K and the Navajo Parks Race Series are co-sponsored by the Navajo Nation-based nonprofit organization NavajoYES, LCR Navajo Tribal Park and Navajo Parks & Recreation, with support from Cameron Chapter, Navajo EMS, Navajo Trails Task Force, Beclabito CERT and the Navajo Rangers.

CONTACTS

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