

Monument Valley Ultra

50-Miler, 50K & Trail Half Marathon

Monument Valley Navajo Tribal Park – March 4, 2023



Welcome to MV Ultra Weekend!

The MV ULTRA is the second event on the Navajo Parks Race Series schedule.

REGISTRATION – Online registration for the 50-Miler, 50K and Half Marathon are now open through noon on Friday, March 3. THERE WILL BE NO RACE-DAY REGISTRATION for the 50K and 50-Miler.

The caps for each race are: 50 for the 50-mile; 150 for the 50K and 300 for the half.

Online registration is available at the NavajoYES website: www.navajoyes.org Please contact us if you have need for a hardship discount for registration.

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 150 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 300 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 and safe.

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, broth, turkey + cheese 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.

DROP BAGS – Drop bags are available for both the 50K and 50Mile races, at the Three Sisters Aid Station. Drop bags should be left in the drop bag location near the start line before the start of the race or by the hogans prior to the start of their race. Please clearly write 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 at 9:00 p.m. You may also pick up your drop bag on Sunday morning at the hogans. Drop bags that are not picked up after 30 days will be donated to local charities.**

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.



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.

PACERS – Pacers may join their runner after arriving back at Three Sisters A.S. after the Mitchell Mesa leg, which will be roughly 33 miles in to the race. The pacer will be allowed to finish the final 17 miles with their runner.

CUT-OFF TIMES – There is only one cut-off time to keep in mind: If you are doing the 50-miler, you must be through the Three Sisters A.S. after Mitchell Mesa by 5:00 p.m. If you arrive there after that time, you will be given the option of continuing the final 3.5 miles to finish your race as a 50K, or you may opt to take a lift to the finish line.

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, rain and even snow 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.

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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