

# FOUR CORNERS QUAD KEYAH MARATHON SERIES

*Four Corners Monument Navajo Tribal Park*

**Welcome to the Four Corners Quad Keyah!**



**SCHEDULE OF RACES** – A marathon and half marathon will be completed each day, Thursday through Sunday. All races begin at 8:30 a.m., except for Sunday (New Mexico), which starts at 8:00 a.m. There is no course limit and all runners will have the chance to finish the race each day. Each day will begin and end in one of the four states: **Thursday will feature a marathon beginning and ending in Arizona; Friday is Utah. Saturday will be Colorado, while Sunday will begin and end in New Mexico.**

There is also a 2-mile and 5K **Community Fun Run on Saturday** at 10:00 a.m. There is no fee or awards for this event; runners receive a t-shirt at the finish line.

All races are timed by Rocky Mountain Timing.

**LOCATION:** The Four Corners Quad Keyah (“Four Lands” in the Navajo language) will be staged at the Four Corners Monument near Teec Nos Pos, Arizona on the Navajo Nation.

The closest airports are Cortez, Colorado (CEZ, 40 minutes), Durango, Colorado (DGO, two hours), Farmington, New Mexico (FMN, one hour) and Albuquerque, New Mexico (ABQ). Four Corners Monument is approximately four hours from Albuquerque or Flagstaff, two hours from Durango, six hours from Las Vegas and eight hours from Denver.

**REGISTRATION** – Online registration for the Marathon and Half Marathon is now open through Wednesday of race week at the NavajoYES website: [www.navajoyes.org](http://www.navajoyes.org) If there are still open slots, on-site will be held at the race site at Four Corners on race morning each day an hour prior to race time up to the start. Your registration includes a light pre-race breakfast each morning, on-course support (including Honey Stinger gels, Gatorade, sweet and salty snacks and fresh fruit plus medical support), race swag, Quad Keyah poster, entertainment throughout

the weekend and post-race food each day. All proceeds benefit youth adventure and community wellness programs on the Navajo Nation.

**PACKET PICK-UP** – Packet pick-up will be available daily at 7:00 a.m. on the first and last day (Arizona and New Mexico), and the race will begin at 8:30 a.m. daily. Sunday will include an 8:00 a.m. early start.

**BAGGAGE DROP** – There will be a bag drop at a safe, dry location at the Four Corners Aid Station, where runners may drop or retrieve bags as they need throughout the day.



*Taking on the climb from the San Juan River; 2x-champ Roger stash on wintry scramble on Stateline Trail*

**COURSE** – *[Courses for the races are subject to change, based upon the discretion of park officials, race organizers and the weather.]*

Each day's race will begin and end in the same distinct state, offering runners a chance to complete four marathons in four states in four days. Runners may choose to compete on a trail or a one-mile paved option each day. The routes consist of a variety of terrain and scenery, and offer runners a variety of experiences. Routes may be adjusted by race organizers due to weather conditions and other factors, and are subject to change.

The Arizona and New Mexico trail routes will utilize a 5.75 mile trail/dirt road course, which runners will complete four times, with a 3.2 mile out-and-back for the final distance. Utah will feature a 3.75 mile loop course, including some challenging singletrack in the beautiful surrounding canyons. Colorado will have a scenic and very runnable 5.2+ mile trail course that runners will complete five times.

The loop nature of the events will allow runners to have regular access to their personal kit and to course support – food, heated space, medical support and live music.

**FOOD & ENTERTAINMENT** – There will be post-race food each day in the main heated event tent at the Monument, including hot soup, pizza, build-your-own sandwiches, hummus wraps, fresh fruit, PBJs and salty snacks. We will also have a variety of live entertainment each day near the event tent, including drummer Gary Elthie, Navajo blues musician Nolan James, a variety of local royalty, local band Red Hawk, among others.

**AWARDS & GEAR** – All finishers receive a unique finisher's medal for each race, depicting the state they completed that day. Runners receive a variety of swag throughout the event, including a variety of the following: long-sleeve performance t-shirt, beanie/headband, event poster, mug, koozie, towel, etc. There will be overall male and female award to Series winner in the marathon and half series. There are not age-group and overall awards in the daily races. All four-state finishers will also receive a beautiful, unique Christmas ornament.



LODGING – There are several lodging options within 40 minutes of the Monument. Ute Mountain Casino is the closest lodging to the 4C Monument, about 30 minutes. Cortez, Colorado (40 minutes) has a host of good lodging and dining options. Farmington, New Mexico is just over an hour from the Monument, with many food and lodging choices while Bluff, Utah has a small-town vibe, just under an hour from the Monument. If you want to stay on the Navajo Nation, the closest will be Kayenta, Arizona (with several nice options), which is about 75 miles from the Monument on Hwy 160.



The Four Corners Quad Keyah Marathon Series and the Navajo Parks Race Series are co-sponsored by the nonprofit organization NavajoYES and Navajo Parks & Recreation Dept., with major support from Four Corners Monument, Teec Nos Pos Trading Post, the Ute Mountain Ute Tribe, Beclabito Chapter and CERT Team, Navajo Nation EMS, Teec Nos Pos Chapter, Beclabito Baptist Church and Honey Stinger.

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

[www.facebook.com/NavajoYES](https://www.facebook.com/NavajoYES)

