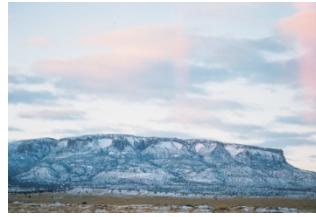


FOUR CORNERS QUAD KEYAH MARATHON SERIES

Four Corners Navajo Tribal Park
December 8-11, 2016



Yaateeh runners! Welcome to the inaugural Four Corners Quad Keyah Marathon Series.

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

RACE SCHEDULE – Marathons and Half Marathons will be completed each day, Thursday through Sunday. A 10K and Kids Marathon “final mile” will be completed on Saturday, December 10.

REGISTRATION – Online registration for the Marathon, Half Marathon and Relay is now open through Tuesday, December 6 at the NavajoYES website: 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 two hours prior to race time up to the start. Your registration includes a light pre-race breakfast each morning, on-course support (including GU products, salty snacks and fresh fruit plus medical support), long-sleeve tech shirt for each day’s race, race poster and post-race food and entertainment. All proceeds benefit youth adventure and community wellness programs on the Navajo Nation.

COURSE – Each day’s race will begin and end in a distinct state, offering runners a chance to complete four states in four days. Thursday, December 8 will begin in Arizona and finish in New Mexico; Friday begins in New Mexico and finishes in Utah; Saturday begins in Utah and finishes in Colorado; Sunday begins in Colorado and finishes in Arizona. (All races are recognized by the 50 State Marathon Club.) The course will depart the Monument and travel to the community of T’iis Nazbas along local dirt roads to turn-around near Beclabito, New Mexico before returning to the Monument. In case of poor weather or the discretion of the race directors, the race will be completed on a one-plus mile paved loop within the 4C Monument, encompassing 26 laps for marathon runners and 13 for half.

The 10K course will also include a segment in each of the four states within the Monument and a 5-mile out-and-back on local dirt roads and/or the paved road within 4C Monument.

RACE DINNERS – The Office of Navajo President and Vice President will sponsor a celebratory meal, complete with traditional entertainment, at the 4C Monument on Saturday, December 10 and Sunday, December 11. Each night at Beclabito Chapter House will include local food vendors offering a variety of fare, along with some entertainment, stories and cultural activities.

WEATHER –

LODGING – Runners have two main options for lodging. The Beclabito Chapter House (just 15 minutes from the Monument) will be offering indoor camping for all runners. We will have cots and bedrolls available to the first runners to sign up, and sleeping bags with mats for additional runners. All runners will have access to hot showers, restrooms, kitchen facilities and food vendors who will be on-site each night.

If you prefer hotel/motel lodging, there are several options just a bit farther from the Monument. Ute Mountain Casino is the closest lodging to the 4C Monument, at about 30 minutes, while Cortez, Colorado (40 minutes) has a host of lodging and dining options. Farmington, New Mexico is just over an hour from the Monument and also has many lodging and dinner choices.

PACKET PICK-UP – Packet pick-up will be available beginning one hour before each race.

BAGGAGE DROP – There will be no baggage drop, as runners begin and end at the Monument, where ample runner parking will be available.

AWARDS – All finisher's receive a unique finisher's medal for each race, depicting the state they completed that day. Runners also receive a t-shirt for each day's race. A special Navajo sandpainting award – in a unique design to hold their four states' medals – will be presented to all Marathon and Half Marathon runners who complete the four state series.

In the 10K, there are awards for age-groups male and female winners and runners-up in the following categories: 12-17, 18-29, 30-39, 40-49, 50-59 and 60+.

The Quad Keyah Series and the Navajo Parks Race Series is organized by the Navajo Nation-based nonprofit organization Y.E.S. for Dine' Bikeyah (NavajoYES), with major support from Four Corners Monument, Navajo Parks & Recreation, Office of Navajo President & Vice President, Navajo United Way, Navajo Division of Natural Resources, the Navajo Rangers and GU Energy.

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