

Welcome to the 33rd Annual Shiprock Marathon & Relays!

Packet Pick-up, Expo & Pasta Party

Packet pick-up and parking on Friday will be at the Shiprock Youth Center. Packet pick-up continues from 12:00 noon until 8:00 p.m. If you are unable to pick up your packet on Friday, you may do so early on Saturday morning beginning at 5:00 a.m. *Please make every effort to pick up your packet on Friday.*

The **Health & Wellness Expo** at the Youth Center will run from noon until 6:00 p.m. There will be booths representing many area vendors, programs and sponsors, so take a few minutes to browse the area.

Friday evening's **Pasta Party** will serve from 4:00-7:00 p.m., with a delicious catered pasta dinner. The Delbert Anderson Trio will provide entertainment during the dinner. The program begins at 6:00 p.m., offering a brief race preview, remarks from Navajo Nation VP/marathoner Jonathan Nez, door prizes and words from some of Saturday's top contenders. Please RSVP to info@shiprockmarathon.com if you plan to come so we can plan accordingly.

Race Schedule

Friday: Kids Marathon "Final Mile" – 5:00 p.m. 5K & 10K Trail Race – 6:00 p.m.
Saturday: Marathon & Marathon Relays – 7:00 a.m. Half Marathon – 8:00 a.m.

Saturday's Parking & Bus-Staging Area

The parking area is just across Hwy 491 from the Shiprock Youth Complex. You will enter Uranium Blvd and in to the parking area. There will be volunteers and the local JROTC helping you park. Buses will leave on-time on the schedule below. *All races will finish across the street at the Youth Complex, just a short walk from the parking area.*

From Farmington hotels – drive west on Hwy 64, approximately 30 miles. Once in Shiprock, continue on Hwy 491 through a stoplight (*near Wells Fargo and church*), across the San Juan River and through a second stoplight (*near gas stations and City Market*). Continue heading south and you will see the line of buses, SRM signage and the parking area on your left.

Bus Schedule

EVENT

Bus Departs from Indian Marketplace (*just south of Fairgrounds*)

Full Marathon & 1 st Relay Runner	5:55am	(<i>Arrive early and enjoy some music and light snacks</i>)
2 nd Relay Runner	6:40am	
Half-Marathon	7:30am	
3 rd Relay Runner	7:20am	
4 th Relay Runner	8:00am	
5 th Relay Runner	8:35am	

Finish line for all events is at Shiprock Youth Complex (*just south of the Post Office*)

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Race Day Logistics

- Professional Timing
Competitive events will be timed by Chasing 3 Timing of Albuquerque. Marathon and Half-Marathon participants will have these chips on their bibs. Relay teams will use a chipped wrist-band as their team's exchange marker. This course is USATF-certified and may serve as a Boston-Qualifier.
- Course Support
Water and Gatorade aid stations will be available every two miles along the Marathon course, and every mile after the 20-mile point. Fresh fruit will be all along the course. Energy gels will be available at mile 8, 12, 16 and 22. There will be salty and sweet snacks along the way to keep you fueled. To help keep you motivated, we also have diverse entertainment along the course. Portajohns will be available at the bus-staging area, at the start lines and all along the course. There will be medical support all over the course and at the finish. Please let us know if you have any needs at all.
- Bag Drop
Designated vehicles will transport clothing from starting lines to the Finish Line area, where bags will be separated by full and half. Baggage from the relay exchanges zones will be advanced to the next Exchange Zone. The final relay leg's bags will be brought to the finish line. Please make sure your bag is clearly marked with your race #. If needed, we will have duct tape and markers at the start lines with which to mark your bags.
- Showers
Showers will be available in the Youth Complex. Please bring your own towel.
- Relay Teams
Plan to get together the night before or early on race morning to get organized. Be sure to determine the order of runners and check the times at which the buses leave Shiprock. And remember – you must ride the bus to the exchange zones. Any relay teams with vehicles on the course will be disqualified.

The Finish Line

- Crossing the Line!
If you have ran 26.2 or 13.1 today, we think you deserve a medal, so we will put one around your neck after you cross the line. You may also want to grab some fruit or a granola bar and a drink on the way through the finish line chute.
- Food Tent
Be sure to visit the main food area under the big tent for fresh fruit, chips, blue corn mush, granola bars and plenty to drink – water, Gatorade and chocolate milk. You'll also want to get some pizza from the Domino's trailer next to the food tent. Just flash your bib when you go through the food line. All runners are entitled to the goods, so dig in when you are ready!
- Hydration Stations
There will be hydration stations (large tubs with ice and drinks) all around the finish line area.
- Post-Race Party & Awards
"The voice of the Navajo Nation" L.A. Williams will be leading the celebration at the finish line. In addition to the food and massage, L.A., native flutist Jimbo Keith and the Eagle Creek drum group will be sharing music, stories, and telling you a bit about the programs that benefit from the weekend.

All Marathon and Half Marathon finishers will receive a well-earned, 3-inch medal when they finish. An awards table will be set up at the finish line area. The Awards Ceremony will begin at 11:00 a.m. and results will be available instantly.

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AHEHE'E to our major marathon sponsors – Shiprock Youth Complex, Dine' College, Navajo Engineering & Construction, Cellular One, BP America & Domino's of New Mexico. And our very hearty thanks to all our other sponsors, supporters & volunteers. And thank you for participating!

Special thanks to all of our amazing volunteers, race committee & sponsors!!

"Ahehee" to all of our amazing Safety and Medical Team – Chief Leonard Butler & the Navajo Rangers, Lt. Phillip Joe and the Shiprock Police Dept, Carlene Lee & Navajo Nation EMS, Eagle Air Med, Mae-Gilene Begay & the Navajo Nation CHR Program, Beclabito ALERT Team, Deputy Dave Johnson & Apache County Sheriff, Helen Yazzie, Cove ALERT Team, San Juan Fire Dept District 12, T'iis Nazbas Fire Dept., Red Valley ALERT Team and the Navajo Nation EMT Bike Team

And special kudos to our incredible Race Committee – Cindy Bates, Sandy Saganey, Christopher Begay, Daryl Billy, Don Blackburn, Jimmy Keith, Cecelia Begay, Jim Crittenden, Jasper Benally, Milly Nez, Mondo Begay, Ray Paytiamo, Abraham Bitok, Stanley Milford, Cecil Begay, Ellie Yazzie, Jim Crittenden, Jeff Holtsoi, Marilyn Tso, Rue Nelson, Priscilla Weaver, Esther Peaches and over 300 race weekend volunteers!! These are the folks that make it all happen!

Proceeds of the Shiprock Marathon benefit year-round outdoor adventure programs for Dine' youth.
Find out more about NavajoYES, the Tour de Rez, our trail-building efforts,
, the Navajo Parks Race Series, our Bikes for Kids Program and more - www.navajoyes.org

Check out the results at the race website, get info about the 2017 events and register early after June 1.
See you next May! Go to www.shiprockmarathon.com for all the info.

Please call us at 608.201.8175 or 928.429.0345 with any questions at all!