

Four Corners Quad Keyah Race Week Program

December 8-11, 2016 *** Four Corners Monument – Teec Nos Pos, Arizona

Wednesday, December 7

Welcome and indoor camping at Beclabito Chapter House

Evening food: Stew

Thursday, December 8

Marathon and Half Marathon (Arizona), 9:00 a.m.

Entertainment: Nolan James & Jimmy Keith

Post-race food: Pizza

Indoor camping at Beclabito Chapter House

Evening food: Navajo taco

Friday, December 9

Marathon and Half Marathon (Utah), 9:00 a.m.

Entertainment: Four Corner Sister, Kansas Begaye and Jimmy Keith

Post-race food: Soup

Indoor camping at Beclabito Chapter House

Evening food: Chicken

Saturday, December 10

Marathon and Half Marathon (Colorado), 9:00 a.m.

Entertainment: Gary Elthie (hand drum) and The Tumbleweeds

Post-race food: Subway sandwiches

Indoor camping at Beclabito Chapter House

Evening food: Navajo burger w/ tortilla

Sunday, December 11

Marathon and Half Marathon (New Mexico), 9:00 a.m.

Award Presentation to Marathon and Half Marathon Series Finishers, 2:00 p.m.

Entertainment: Martin Sisters and Eagle Creek Singers

Post-race meal: Roast beef dinner

Breakfast (daily): granola, fruit & yogurt; bagels, bars, muffins & rolls; fresh fruit; oatmeal; breakfast sandwich/burrito; cereal & milk; juice

Course food: bananas & oranges; salty snacks (Cheez-It, peanuts and pretzels); M & Ms/Jolly Ranchers; granola bars; gels

Packet pick-up/registration: 9:00 a.m. daily at 4C Monument