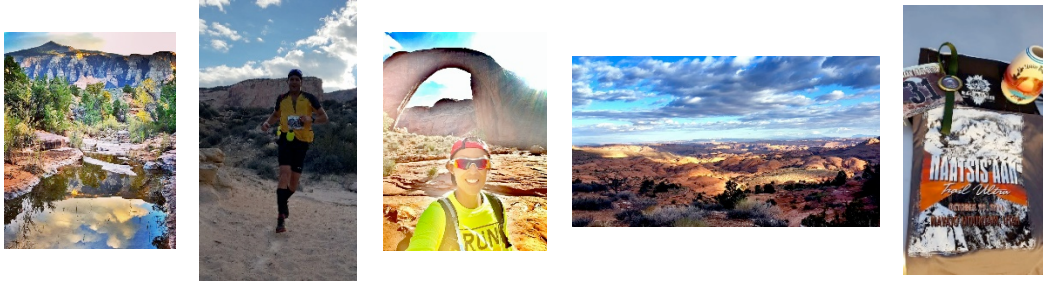


NAATSISAAN TRAIL ULTRA

Navajo Mountain & Rainbow Bridge, Utah
Friday & Saturday – October 27-28, 2017



Yaateeh runners! Welcome to the Naatsisaan Trail Ultra!

REGISTRATION – Online registration for the **Naatsisaan Trail Ultra** will open in spring 2017 and will remain open until filled. There will be no on-site registration. Registration is at the NavajoYES website: www.navajoyes.org.

The 50-Miler is open to runners representing tribes in the format of a “Tribal Challenge”. A tribe may enter three runners in the race, each of whom will complete the 50 mile run from Navajo Mountain High School to Rainbow Bridge, and back, and will score as a team.

There is a 40-mile trail run from Navajo Mountain High School to Rainbow Bridge and back, designed for individual runners who are not part of the Tribal Challenge.

A competitive 10-mile trail race and a community fun run/walk will be staged in the Navajo Mountain community area on Saturday.

There will also be a Kids Run on the morning of Friday, October 27 prior to the Health & Fitness Fair for local schools. Special guest at the Fitness Fair and the following luncheon (for runners and the full contingent from each tribe) will be Billy Mills.

COURSE & CHECKPOINTS– The Tribal Challenge and the 40-Mile Rainbow Trail Ultra begin and finish at Navajo Mountain High School on the southern flank of Navajo Mountain. Checkpoints will have energy gels, salty and high carb foods, medical support, communication and some fluids. Each major checkpoints will include some shelter, sleeping bags/blankets and heat sources. **The course is marked with pin flags, some signage and there will be spotters in key places;** however, **runners must study the course map, attend Friday’s runner meeting and be familiar with the route; runners should possess some basic route-finding skills.** Runners may choose to include GPS system, personal locator device and/or satellite phone in their personal kit.

Below is a description of the route (subject to minor revision):

- The Tribal Challenge and the Rainbow Trail Race both start at Navajo Mountain High School. The Tribal Challenge begins with a dramatic out-and-back into the basin between Navajo Begay and Navajo Mountain, before coming back past the high school and on to the main “four-way”. After hitting the dirt, the road quickly becomes more rugged and then a 4 x 4 route before arriving at the Rainbow Trailhead. This major checkpoint is the final vehicle-accessible spot for the next 30 miles.
- The first seven miles on the Rainbow Trail are rugged challenging terrain, including crossing of Cha Canyon and the daunting Bald Rock Canyon. After climbing out of the west side of Bald Rock, the route skirts the canyons and eventually drops runner in to Surprise Valley, where the second checkpoint awaits you.

- After departing the checkpoint, the trail climbs out of the Valley and skirts the dramatic northern flank of Natsisaan. The trail dips through Oak Canyon and down 1.5 miles through “the furnace” en route to Bridge Canyon.
- Upon entering Bridge Canyon, the trail winds 4.0 miles through the canyons on your way to the turnaround point at the park fence at Rainbow Bridge National Monument. The turnaround point is the final checkpoint on the course.
- The second half of the 50-mile race re-traces the route back to the Rainbow trailhead, then takes a winding route back to the dirt road and on to the high school.

RUNNER RESPONSIBILITIES: ***Runners must have a water purification system and be prepared to utilize the perennial water sources on the route:*** Cha Canyon, Bald Rock Canyon, Surprise Valley (Nasja Creek), Oak Canyon and Bridge Canyon. ***Runners will need to be prepared for extreme weather conditions and have the appropriate gear to accommodate such conditions.*** Appropriate rain gear and footwear are essential. Hypothermia can be a real threat in the high desert in the fall season, and runners must be prepared for the potential onset of such conditions.

PACKET PICK-UP & MANDATORY MEETING – Packet pick-up will be available at the Navajo Mountain Chapter House on Friday during the runner meeting and dinner, which begins at 1:00 p.m. ***The runner meeting at the Navajo Mountain Chapter House will provide essential information about the race course and logistics for race day. All runners are required to attend this meeting.***

The meeting will commence at 1:00 p.m. and will include a full course description and other pertinent race information, gear check, a weather outlook and emergency preparedness discussion. Race officials, Navajo Rangers, our EMS team, Parks & Rec staff, course marshals and tribal officials will also be in attendance at this meeting.

LODGING/CAMPING – The Navajo Mountain Chapter House, located about five minutes from the start/finish, is offering camping space and indoor camping on both Friday and Saturday nights. Both Kayenta and Page, Arizona (about two hours from the chapter house) have multiple lodging options.

AWARDS – Awards will be presented to the top three tribal challenge teams. In the 40-Mile Rainbow Trail Ultra, there will be awards to top three male and top three female overall. All finishers will receive a special award. Awards will also be presented in the 10-Mile Trail Race.

WEATHER – The weather in the Navajo Mountain area, including the surrounding canyons, can be very volatile. Runners should be prepared for rapid changes in conditions, and should be prepared for rainy conditions, wind, snow and cold. Sections of the trail (between Cha – Bald Rock Canyon and Surprise Valley – Oak Canyon, for example) are extremely exposed. During heavy rains, there is high risk of flash flood in Bald Rock Canyon, Nasja Creek, Oak Canyon and Bridge Canyon. There are no structures or vehicle support on the Rainbow Trail.

The Naatsisaan Trail Ultra and the Navajo Parks Race Series are organized by the nonprofit organization NavajoYES in collaboration with Navajo Parks & Recreation. The event has major and/or logistical support from Navajo Mountain Chapter, Office of Navajo President & Vice President, Division of Natural Resources, Lake Powell Navajo Tribal Park, Navajo EMS, National Park Service-Rainbow Bridge and the Navajo Rangers.

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