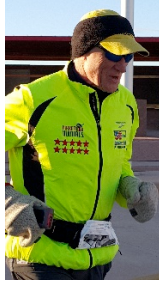


FOUR CORNERS QUAD KEYAH MARATHON SERIES

Four Corners Monument Navajo Tribal Park
December 7-10, 2017



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

SCHEDULE OF RACES – A marathon and half marathon will be completed each day, Thursday through Sunday. All races begin at 8:30 a.m. daily. There is no course limit and all runners will have the chance to finish the race each day. There will be a 5K fun run and a kids run on Saturday morning.

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, Half Marathon and Relay is now open through Tuesday, December 5 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 an hour prior to race time up to the start. Your registration includes a light pre-race breakfast each morning, on-course support (including energy gels, sweet and salty snacks and fresh fruit plus medical support), a ton of race swag, 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 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 loop option each day. The routes make up a variety of terrain and scenery, and should offer runners a variety of experiences. Routes may be adjusted due to weather conditions and other factors.

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, etc.

FOOD & ENTERTAINMENT – There will be post-race food each day in the main heated event tent at the Monument, including hot soup, blue corn mush, pizza, hearty sandwiches, fresh fruit and salty snacks. We will also have entertainment each day, both on the course, near the main aid station and in the event tent.

LODGING – There are several lodging options within 40 minutes of the Monument. Ute Mountain Casino is the closest lodging to the 4C Monument, at about 30 minutes. Ute Mountain is offering discounted rooms (\$55 + tax = 60.50 night; they will start taking reservations August 1st.) for runners and will be hosting festivities at the Monument on Saturday in recognition of their long-standing presence in the Four Corners region. Cortez, Colorado (40 minutes) has a host of 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.

The Beclabito Chapter House (just 15 minutes from the Monument) will be offering limited indoor camping for runners. We will provide cots and bedrolls to the first confirmed runners. You should confirm availability or plan to bring your own bedroll. All runners will have access to hot showers and restroom. There is no organized transportation between the chapter house and the race site, and runners will need to make their own arrangements for food. A kitchen at the chapter house will be available for runners' use.

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 finishers receive a unique finisher's medal for each race, depicting the state they completed that day. Runners also receive various gear throughout the week: performance t-shirt, beanie, sweatshirt, poster and fleece or jacket. A unique Navajo-themed award will be presented to all four-state finishers (both marathon and half marathons), to hold their four states' medals. Each four-state finisher will also receive a special hand-painted Christmas ornament in honor of their completion of the Quad Keyah. There are not age-group and overall awards in the daily races.

The Quad Keyah Series and the Navajo Parks Race Series are co-sponsored by the nonprofit organization NavajoYES and Navajo Parks & Recreation with major support from the Office of Navajo President & Vice President, Navajo United Way, Division of Natural Resources, the Navajo Rangers, Navajo Nation EMS and Church's Chicken.

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www.navajoyes.org