

# Monument Valley Ultra

*A 50K adventure through the heart of the park!*

**Monument Valley Navajo Tribal Park – March 2, 2024**



## Welcome to MV Ultra Weekend!

REGISTRATION – Online registration for the MV Ultra is now open through 7:00 a.m. on Friday, March 1. THERE WILL BE NO RACE-DAY REGISTRATION.

*The cap for the race is 200 runners.* Online registration is available at the NavajoYES website: [www.navajoyes.org](http://www.navajoyes.org) Please contact us if you have need for a hardship discount for registration.

Your registration includes professional timing, race poster, on-course support (including food and drink, medical support and portajohns), performance shirt, overall and age-group awards, finisher's award and post-race food. All proceeds benefit community health and wellness programs on the Navajo Nation.

LOCATION – Monument Valley Navajo Tribal Park is located 23 miles northeast of Kayenta, Arizona and 20 miles south of Mexican Hat, Utah. The park straddles the Arizona/Utah border, and the races all start and finish in Arizona.

PACKET PICK-UP – Packet pick-up will take place at the Monument Valley Visitor Center from 4:00 p.m. to 7:00 p.m. on Friday, March 1 and again from 6:00 a.m. to 7:00 a.m. before the race. The Visitor Center is located next to The View Hotel and within sight of the Start/Finish area.

**COURSE** – The race is staged on a very challenging routes, with the majority of miles on singletrack trail, dirt roads and the Valley Drive. The race starts at 7:00 a.m. and there are two cut-offs for runners.

The race begins with a loop on the new Sentinel Mesa Trail, which then connects with the Wildcat Trail, bringing runners out at the top of the Valley Drive Road. From this point, runners travel on the Valley Drive Road, connecting with “the Marlboro Route” and past North Window before leading them to Three Sisters Aid Station for the first of their three visit to Three Sisters. From Three Sisters A.S., runners do a stunning and grueling 10-mile out and back to the top of Mitchell Mesa, returning runners back to Three Sisters at mile 20. Runners then complete a 7.5 mile segment through the Backcountry area, which will include highlights of Totem Pole, Rain God Mesa, Sand Springs and The Cube. Runners arrive back at Three Sisters A.S. at mile 27.5, before beginning the final 3.5 miles back to the finish line at mile 31.

Both cut-offs are located at Three Sisters Aid Station. The **first cut-off** is at mile 20 after the Mitchell Mesa segment. Runners who arrive after 1:00 p.m. (6 hours) will be directed to the finish line. They may receive transport to the finish line or they may finish these 3.5 miles under their own power.

The **second cut-off** is at mile 27.5 after the Backcountry segment. This cut-off is also at Three Sisters A.S. This cut-off will be 4:00 p.m. (9 hours). Runners who arrive at after 4:00 p.m. will be transported to the finish line.



*The view from Mitchell Mesa*



*Awards*



*Race morning near the start line*

The routes of all races are very scenic and challenging. Please study the course map route so that you know the route prior to the race. It is recommended that you develop a plan to meet your energy and hydration needs. There will be medical support throughout the course, including the awesome folks from Utah Navajo Health System, the Navajo Rangers and MV Fire. There will also be local live music and DJs along the course to keep you motivated.

**AID STATIONS** – There are well-stocked aid stations throughout the course, providing hydration, medical support and a variety of nutrition. Stations will include an assortment of the following: Honey Stinger energy gels and chews, Gatorade, salty snacks, fresh fruit and sweet snacks. In addition, aid stations may include a variety of Nutella wraps, sandwiches, hummus wraps, broth, turkey + cheese wraps, among other food items. Three Sisters A.S. will be the most well-stocked aid station on the course. We will have major medical support at Three Sisters Aid Station and the Start/Finish area, along with first responders on the course.

**DROP BAGS** – Drop bags may be utilized at the Three Sisters Aid Station. Drop bags should be left at the start line near the drop bag location by the hogans prior to the start of their race. Please clearly write your name and bib # on the drop bag. Drop bags will be returned to the finish throughout the afternoon. If using a drop bag, runners should place their bag in the “return to finish line” pile after their final use of the bag.

You may also pick up your drop bag on Sunday morning at the hogans. Drop bags that are not picked up after 30 days will be donated to local charities.

**TOILETS & TRASH** – There will be portajohns spread throughout the course, including Three Sisters Aid Station. Please use common backcountry etiquette if using the restroom elsewhere: dig a cat-hole for the waste and pack out used toilet paper. There will be trash bags at each aid station for small items.

**This is a cup-less event so please plan to have a hand-held bottle or hydration pack for use throughout the day. Aid Stations will be supplied with ample supplies of a variety of fluids.**



**AWARDS** – There are unique finisher’s medals for all finishers, plus special awards for the top finishers. There are overall awards for winners and age-group awards for top performers in the race.

**PACERS** – Pacers may join their runner after arriving back at Three Sisters A.S. after the Mitchell Mesa climb and descent, which will be approximately mile 20.

**WEATHER** – The average March high temp in MV is 60, with an average low of 37. The weather in the high desert is variable and early spring weather, wind, rain and even snow are possible, as are much more mild conditions.

**LODGING** – The closest hotel for race weekend is **The Monument Valley View Hotel**. You can reach them at 435-727-5555 for reservations in the hotel, cabins and campground. All are within a few minutes walk of the start/finish area. (They expect to sell out quickly). You can see more about The View at the website: <http://monumentvalleyview.com/>

If you are interested in more rustic camping or staying in a hogan, please contact **Jamieson and Lorraine Black at Dineh Trailriders** at (928) 209-2692. The Blacks campsite is at the Three Sisters Aid Station, which makes it an ideal base for family members. The Blacks also offer horseback rides and guided tours, for interested families.

Additional lodging and camping is available at Gouldings Lodge and Gouldings Campground, about five minutes from the start line. You can reach them at 435.727.3235; visit their website at [www.gouldings.com](http://www.gouldings.com).

Kayenta, Arizona (25 minutes) and Mexican Hat, Utah (20 minutes) also have additional lodging options.



The MV Ultra and the Navajo Parks Race Series are co-sponsored by the nonprofit organization NavajoYES and Navajo Parks & Recreation, with support from Goulding's Lodge, The View Hotel, Utah Navajo Health System, the Navajo Rangers, MV Fire, Utah State University and Navajo EMS.



## CONTACTS

Registration questions: 928.429.0345 [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com)

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Course, awards and general questions: 505.686.2300 | [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com)



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