

NAATSISAAN TRAIL RACES

Navajo Mountain, Utah – Saturday, October 28, 2023

START TIMES: 50K @ 7:00 a.m. || 15-miler @ 10:00 a.m. || 5K @ 3:00 p.m.



Yá'át'ééh runners! Welcome to the Naatsisaan Trail Ultra

The Naatsisaan Trail Races at Navajo Mountain offer unique courses in one of the most beautiful spots on Dine' Bikeyah.

REGISTRATION – Online registration for the **Naatsisaan 15-Miler** and **50K** is now open and will remain open through noon on Friday of race week. Registration for the **5K** will remain open online through Friday noon and again on-site Saturday. More details and registration can be found on the Run Sign Up registration page.



COURSE & CHECKPOINTS– *[The courses are subject to change, at the discretion of chapter leaders and/or race officials.]* The 15-miler and 50K from Navajo Mountain High School traverse challenging and stunning landscapes, including dirt roads, old doubletrack and trails. The route arcs around Lost Mesa, and includes dramatic views from the northeast side of the mountain. Runners will climb above Navajo Begay, along the 2006 fire site and in to Cha (beaver) Canyon, where they will make the turn and head for the high school.

The competitive 5K trail race is a scenic and tough run on local dirt roads; there are overall and age-group awards for this event, and the course will include support and race swag. The 5K will also begin and end at Navajo Mountain H.S., taking runners on a scenic and challenging course.

Aid stations will include Honey Stinger energy gels, salty, sweet and high carb foods, medical support, communication and fluids. The course is marked with pin flags, cairns and some signage; however, runners should study the course map and try to become familiar with the

route. The course is subject to revision, at the discretion of race organizers and/or local leaders. Alternative routes may be utilized in case of bad weather.

RUNNER RESPONSIBILITIES: *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 crucial. Hypothermia and heat issues can both pose a real threat in the high desert in the fall season, and runners must be prepared for the potential onset of such conditions. Aid stations will have generous supplies of fluids; however, **runners should plan to bring their own hydration system.**

AFTERNOON CELEBRATION – There will be a community cook-out from 2:00 til 5:00 p.m. at the high school, along with a live music stage all afternoon. The 5K race/run begins at 3:00 p.m., and will be followed by a truck-or-treating activity near the finish line!



Post-race gathering of top 2019 finishers



Chase Yazzie preparing to begin the Kids run

LODGING/CAMPING – The Navajo Mountain High School is offering rustic camping (with a compost toilet nearby) on the grounds of the school, just a short walk from the start and finish line. Kayenta, Tuba City and Page, Arizona (each about two hours from the chapter house) have multiple lodging option.



The Kids Run kicks off Naatsisaan race weekend (left); Billy Mills, with Navajo Parks staff at the 2017 Naatsisaan Trail Ultra

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, including rainy

conditions, wind, snow and cold. The mountain section of the route may be windy, cold and is more likely to experience snow/rain. Less likely, but still possible, are heat issues on this route, even in late October. Please be aware of your surroundings and be prepared for any extreme weather and trail conditions that may arise.

AWARDS – Overall and age-group awards will be presented in all three races. All finishers will receive a finisher's medal.



The Naatsisaan Trail Ultra and the Navajo Parks Race Series are organized by the nonprofit organization NavajoYES in collaboration with Navajo Mountain High School and Navajo Parks & Rec. The event has sponsorship and/or logistical support from Utah Navajo Health System, Naatsisaan Community School, the Navajo Rangers, Navajo Nation EMS and Teec Nos Pos Trading Post.

CONTACTS

Tom: 928.429.0345; chuskaman@yahoo.com; www.navajoyes.org
Josh/Rocky Mountain Timing (registration/timing) 970.403.2794 info@rmtiming.co
www.navajoyes.org || www.facebook.com/NavajoYES





Incident commander Kee Dayzie at his post above the course



Navajo Mountain High School

