

## 2010 SHIPROCK MARATHON INDIVIDUAL EVENTS LOGISTICS

### WELCOME to the 27<sup>th</sup> Annual Shiprock Marathon & Relays!

2010 will be the 27<sup>th</sup> year for the only Marathon and Marathon Relay on the Navajo Nation. This letter provides information regarding packet pickup, accommodations and bus schedule for the Individual Events in Shiprock, New Mexico on Saturday May 1<sup>st</sup>.

PACKET PICKUP – Packet pickup is available the day before the races

- Friday – April 30<sup>th</sup> (Best to get your packet this day)
  - Noon to 5pm **Shiprock Catholic Center Bingo Hall** (across street from Shiprock Chapter House) on the South side of Hwy 64 just East of the Hwy 491 turnoff to Cortez
  - 7pm to 9pm **Best Western Hotel** 700 Scott Ave, in Farmington
- Saturday – May 1<sup>st</sup>
  - Bus staging area at the *Shiprock High School* approximately one mile west on Hwy 64 from the intersection with Hwy 491 (please plan to arrive early).

*NOTE: Timing Chips will be provided at Packet Pickup. RUNNERS PLEASE DON'T FORGET THESE TIMING CHIPS.*

#### EVENT START TIMES

7:00am Marathon & Marathon Relays

8:00am Half-Marathon Run

8:00am 10K Trail Walk

#### BUS DEPARTURE SCHEDULE

### ALL RUNNERS MUST TAKE BUSES TO THE STARTING LINES

#### EVENT

Marathon  
Half-Marathon  
10K Trail Walk

#### BUS DEPARTURE from Shiprock High School

6:00am (Give yourself time to park, arrive by 5:45am)  
7:10am (Give yourself time to park, arrive by 6:45am)  
NO BUS TRANSPORTATION NEEDED

**Route 13 will be closed** during events (7am – Noon). *Only designated Event Support Vehicles will be allowed on Route 13.* This will keep vehicle traffic on the course to a minimum for everyone's safety and enjoyment. Spectators can watch the last 6.2 miles of all races on the west shoulder/hillsides of Hwy 491 and near the Finish Line at Diné College. *NOTE: Runners attempting to use their own vehicles to get to the starting lines will be disqualified.*

#### SUPPORT

Water and Gatorade refreshment stations will be available every two miles along the Marathon course, and every mile after the 20-mile point. Carbbom energy will be available at mile 12, 16 and 20; fruit at mile 10, 14, 18+.

#### 10K TRAIL WALK

The 10K Trail Walk is a scenic loop that will begin and end in front of Diné College (Finish Line for all events) in Shiprock. The trail is an easy walk around and then up and over "Blueberry Hill." Bring a camera, as there are some spectacular views of Shiprock and the surrounding mountains from the top of this mesa. There will be a well-stocked refreshment station on this course providing fresh fruit and water.

#### CLOTHING DROP OFF & PICK UP

Designated vehicles will transport clothing from starting lines to the Finish Line Area at Diné College. Please use your Packet Bag to store your warm-up clothing, etc. Packet Bags have your name and bib number clearly marked for easy retrieval. *If you are using your own bag-please label it with your name (Last, First) Event & Bib #.*

#### HOST HOTEL

Please consider staying at the Best Western Hotel in Farmington, 700 Scott Ave. (505) 327-5221. A special rate of is available for event participants. Packet Pickup will be available from 7pm to 9pm Friday night May 1<sup>st</sup> at the Best Western. Farmington is approximately 30 miles from Shiprock.

Thank you for participating in this year's Shiprock Marathon & Relays. Our event organizers and many volunteers look forward to seeing you in Shiprock on May 1<sup>st</sup>. **Have a great race!**