

2012 Shiprock Marathon – Relay Division

Welcome to the 29th Annual Shiprock Marathon & Relays!

PACKET PICK-UP – Packet Pick-up is available at Dine’ College (North Campus) in Shiprock, behind the Northern Navajo Medical Center the day before the races from noon-8:00 p.m. during the Health & Wellness Expo. Very limited packet pick-up will be available at the starting line for the marathon and half only. Please try to get your packet in Shiprock on Friday.

Relay Team Captains can pick up the packets for their entire team.

Relay teams need to get together before the event to set the runner order, distribute bibs to all runners and plan transportation to the buses. There will be no packet pick-up for marathon relay runners on Saturday morning.

EVENT START TIMES

7:00 a.m. Marathon & Marathon Relays

8:00 a.m. Half-Marathon Run

8:00 a.m. 10K Trail Walk

BUS DEPARTURE SCHEDULE MARATHON RELAY

Marathon Relay

1st Runner of the Relay Team
2nd Runner of the Relay Team
3rd Runner of the Relay Team
4th Runner of the Relay Team
5th Runner of the Relay Team

Departure from Shiprock High School

5:55 a.m. ***Plan to arrive atleast 15 minutes before your departure time.
6:40 a.m.
7:20 a.m.
8:00 a.m.
8:35 a.m.

Note: Route 13 will be closed during events (6:30 am – Noon). Only official Event Support Vehicles will be allowed on Route 13. Vehicle traffic on the course must be kept 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.

SUPPORT ON THE COURSE

Water and Gatorade refreshment stations will be available every two miles along the course, and every mile after the 20-mile point. Energy gels, fresh fruit and salty snacks will be available throughout the course. There will be water and snacks at each of the relay exchange zones.

CLOTHING DROP OFF & PICK UP

Designated vehicles will transport clothing from starting lines to the Finish Line Area at Diné College. **We will have tape and markers at the start lines so that you may label your bag with your name & bib #.**

EXPO, PASTA DINNER & LODGING INFO

While you are at Dine’ College for the Packet Pick-up on Friday, be sure to visit the Health & Wellness Expo and stick around for the Pasta Dinner. The event will be held at Dine’ College (North Campus) in Shiprock behind the Northern Navajo Medical Center. There will be local entertainment, booths by many local programs, a chance to buy some local art and last-minute race essentials plus a course preview. The Expo will run from 12:00 noon-8:00 p.m., with the Pasta Dinner from 5-8 pm.

The host hotel is the Courtyard by Marriott in Farmington, NM, which is offering a discounted rate of \$89 on Friday and/or Saturday night and a late check-out of 3:00 p.m. on Saturday. Their number is (505) 325-5111. Contact us if you would like to camp in Red Valley near the start line or are interested in lodging with local families. Proceeds of the Shiprock Marathon benefit the work of NavajoYES, a Navajo Nation-based nonprofit that has been offering outdoor adventure, enrichment and service programs for youth since 1994. You may donate when you register for the race or feel free to bring gear (used is fine) when you come to the race in May. www.navajoyes.org

We are excited that you have chosen to join us for this year’s Shiprock Marathon & Relays and we look forward to seeing you in Shiprock on May 5!

MARATHON RELAY TEAM RULES on page two – please read completely

MARATHON RELAY TEAM RULES

- ✓ Relay teams must have five (5) runners and be co-ed to be eligible for awards (atleast one member of each gender is considered "co-ed")
- ✓ All team members must be at least 12 years old to participate in this event
- ✓ Participants will be provided with bus transportation to marathon relay starting line
- ✓ Each team will be issued a race number and relay exchange band with chip for timing
- ✓ The first four relay legs are five (5) miles, with the fifth leg a 10K – 6.2 miles. The Relay Exchange Zones located at the following mile marks: 5, 10, 15 and 20.
- ✓ Relay Team Captain must be one of the runners
- ✓ Each runner can run on only one team and for one leg of the relay event
- ✓ Relay teams will compete in four age categories based upon the total age of the team members on race day – 125 & below; 126-175; 176-225; 226 & above. Awards will be given to the first 3 teams in each age category
- ✓ **Changes to Relay Teams** can only be made through an Addendum - Relay Team Registration via Active.com
- ✓ New team member must complete Addendum Registration online and pay additional fee of \$35 (early registration deadline); \$40 (late registration)
- ✓ Addendum registration must clearly indicate who is being replaced and the name of the relay team affected
- ✓ **No changes to Relay Teams will be accepted after April 27th, 2012**

www.shiprockmarathon.com