



Shiprock Kids Marathon

The Shiprock Kids Marathon is for all young runners from the schools of Dine' Biqueyah and our young visitors/runners from outside the area. Come out and run....be part of the 35th annual Shiprock Marathon!

1. **Sign up!** Once you have decided to take the Kids Marathon challenge, please e-mail your name and school/hometown to Kerlissa Bitah at kerbitah@yahoo.com This will give us time to insure t-shirts, medals and food for all runners. Please bring your registration form with you to Shiprock on Friday, May 4.
2. **Let's run!** Run 25 miles or more between January and race day – Friday, May 4. You can run at school or at home. Run with friends or run with your family. Run in P.E. class, run behind the chapter house, run to the bus stop, run to your grandma's . . . it all counts! Just keep track of your miles and record it on your running log.
3. **Log it.** It's important that you keep track of your miles below and bring your registration form to the run in Shiprock on May 4. You will then receive your race t-shirt and race number. The t-shirt and race number will be your "ticket" to the start line.
4. **Race day** Shiprock Kids Marathon is Friday, May 4 at Dine' College south campus, near Shiprock High School. Please try to be there by 4:00 p.m. so that you can run "the final mile". You will receive a finisher's medal when you cross the line!

Contact us at (928) 206-1016 or (928) 429-0345 with any questions

www.navajoyes.org

Circle the mile numbers below as you get them done –

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – 11 – 12 – 13 – 14 – 15

16 – 17 – 18 – 19 – 20 – 21 – 22 – 23 – 24 – 25 . . .

and the final mile in Shiprock: 26.2!