

# Welcome to the 36th Annual Shiprock Marathon & Relays!



## Packet Pick-up, Expo & Pasta Party

**Packet pick-up** and parking on Friday will be at Dine' College (south campus). Packet pick-up runs from 12:00 noon until 8:00 p.m. If you are unable to pick up your packet on Friday, you may do so early on Saturday morning beginning at 5:00 a.m. at the bus-loading area at Shiprock High School. *Please make every effort to pick up your packet on Friday.*

The **Health & Fitness Expo** at Dine' College runs from noon until 5:00 p.m. There will be booths representing many area vendors, programs and sponsors, along with live music and some presentations, so take a few minutes to browse the area.

Friday evening's **Pasta Party** will serve from 4:00-7:00 p.m., with a delicious catered pasta dinner, live music and a preview of the race. Please try to RSVP to [info@shiprockmarathon.com](mailto:info@shiprockmarathon.com) if you plan to come so we can plan accordingly. The meal is included for runners and just \$10 for others.

## Race Schedule

**Friday:** Kids Marathon "Final Mile" – 5:00 p.m. 5K & 10K Trail Race – 6:00 p.m.

**Saturday:** Marathon & Marathon Relays – 7:00 a.m. Half Marathon – 8:30 a.m.

## Saturday's Parking & Bus-Staging Area

The parking area is the Shiprock High School parking lot. There will be volunteers helping you park. Buses will leave on-time on the schedule below. *All races will finish at Dine' College, just a short walk from the parking area.*

From Farmington hotels – drive west on Hwy 64, approximately 30 miles. Once in Shiprock, continue through a stoplight (near Wells Fargo and church), across the San Juan River and to the second stoplight (near gas stations and City Market). Take a right on Hwy 64 and travel ¼ mile – you will see the line of buses, marathon signage and the parking area.

## Bus Schedule

---- Buses depart from the front of Shiprock High School; parking is also at the high school.

---- Buses will depart on time. Please be at the high school early.

---- Finish line for all events is at Dine' College south campus.

<b>EVENT</b>	<b>BUS DEPARTURE TIME</b>
Full Marathon & 1 <sup>st</sup> Relay Runner	5:55 a.m.
2 <sup>nd</sup> Relay Runner	6:40 a.m.
Half-Marathon	7:30 a.m.
3 <sup>rd</sup> Relay Runner	7:20 a.m.
4 <sup>th</sup> Relay Runner	8:00 a.m.
5 <sup>th</sup> Relay Runner	8:35 a.m.

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## Race Day Logistics

- **Professional Timing** – Vince and his team from Run Flagstaff are timing the event. This course is USATF-certified and is a Boston-Qualifier.
- **Course Support** – Water and Gatorade aid stations will be available every two miles along the Marathon course, and every mile after the 20-mile point. Fresh fruit will be all along the course. Energy gels will be available at mile 8, 12, 16 and 22. There will be salty and sweet snacks along the way to keep you fueled. To help keep you motivated, we also have diverse entertainment along the course. Portajohns will be available at the bus-staging area, at the start lines and all along the course. There will be medical support throughout the course and at the finish. Please let us know if you have any needs at all.
- **Bag Drop** – Designated vehicles will transport clothing from Start Lines to the Finish Line area, where bags will be separated by full and half. **Baggage from the relay exchanges zones will be transported to the finish line.** Please make sure your bag is clearly marked with your race #.
- **Relay Teams** – Plan to get together the night before or early on race morning to get organized. Be sure to determine the order of runners and check the times at which the buses leave Shiprock. And remember – you must ride the bus to the exchange zones.

## The Finish Line

- **Food Tent** – Be sure to visit the main food area under the big tent for fresh fruit, pizza, chips, granola bars and plenty to drink – water, Gatorade and chocolate milk. Just flash your bib when you go through the food line. There will be large tubs with ice and drinks all around the finish line area to help you hydrate.
- **Post-Race Party & Awards** – We will have live music, great food and awards at the finish line. All Marathon and Half Marathon finishers will receive a well-earned medal when they finish. Awards will be presented in the finish line area. Results will be available instantly and awards will be presented to overall and age-group winners. The Shiprock Marathon Store, arts vendors, a photo backdrop and Bosque Running Shop will be set up for the post-race party.

***Ahe'hee to our major marathon sponsors and supporters*** – Dine' College, Navajo Transitional Energy (NTEC), Navajo Parks & Rec, NECA, Reevis Begay Foundation, Office of Navajo President & Vice President, Tailwind Hydration, BP America, New Mexico Beef Council, Navajo AML Program, North American Coal, San Juan Regional Medical Center, Teec Nos Pos Trading Post, Natani Nez Restaurant, City Market, Central Consolidated Schools, Choice Wireless, Rez Refuge, and Navajo Pride/NAPI.

***Kudos to all of our amazing Safety and Medical Team*** – the Navajo Rangers, Lt. Frank and Shiprock Fire Dept., Shiprock Police Dept, Carlene Lee & Navajo Nation EMS, Verna Begay & the Navajo Nation CHR Program, Beclabito CERT, Dine' College Security, the Navajo Nation EMT Bike Team, T'iis Nazbas Fire Dept. and Red Valley CERT.

***And special thanks to our incredible race committee and over 400 race weekend volunteers!***

Proceeds of the Shiprock Marathon benefit year-round outdoor adventure programs for Dine' youth.

Find out more about NavajoYES and our programs at [www.navajoyes.org](http://www.navajoyes.org)

Check out the results at the race website, get info about the 2020 events to be held May 2-3.

Early bird registration begins in October. All the info at [www.shiprockmarathon.com](http://www.shiprockmarathon.com)

***E-mail us at [info@shiprockmarathon.com](mailto:info@shiprockmarathon.com) if you have any questions at all.***