

# Welcome to the 37th 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 6:00 a.m. near the start line. *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 useful 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

<b>Friday:</b>	<u>Kids Marathon</u> – 5:00 p.m.	<u>5K &amp; 10K Races</u> – 6:00 p.m.	
<b>Saturday:</b>	<u>Marathon</u> – 7:00 a.m.	<u>Half Marathon</u> – 7:30 a.m.	<u>Marathon Relay</u> – 8:00 a.m.

## Saturday's Race Day Parking

Race day in Shiprock is exciting and busy, so please take a minute to review this information about parking. The designated **marathon and half marathon parking** area is the Shiprock High School parking lot, with overflow in the dirt field between the high school and Dine' College. The **marathon relay parking** is at the Shiprock Youth Center, which is where the marathon relay will begin and end. There will be volunteers helping you park. All parking areas are a modest walk to the start/finish line so plan some time to get to the start lines

From Farmington hotels – drive west on Hwy 64, approximately 30 miles. Once in Shiprock, continue straight through a stoplight (*near Wells Fargo and church*), across the San Juan River and to the second stoplight (*near gas stations and City Market*). For the **marathon and half marathon parking**, take a right there, onto Hwy 64 and travel ¼ mile until you will see the event signage; the half marathon and relay parking area is on your left. For **marathon relay parking** at the Youth Center parking area, continue through the stoplight ½ mile to the signs for the Shiprock Youth Center on your right.

## Race Day Logistics

- **Results & Timing** – Josh Dally and his outstanding team from Rocky Mountain Timing are timing all events. There will be a RESULTS kiosk near the improved AWARDS area near the finish line food tent.

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**The Course and Course Support** – The marathon begins at Shiprock High School (near the football field), and takes a full loop around Shiprock Pinnacle, ending at Dine' College. The half marathon also starts at the high school and ends at Dine' College.

- Water and Gatorade aid stations will be available every two-three miles along the Marathon and Half Marathon courses. Fresh fruit will be all along the course. Energy gels will be available, and there will be salty and sweet snacks along the way. To help keep you motivated, we also have some awesome entertainment along the course. Portajohns will be available at the start lines and along the course. There will be medical support throughout the route and at the finish. Please let us know if you have any needs at all.
- **Relay Teams** – This year's marathon relay is based on five members, each of whom will run a 5 ½ mile loop that begins and ends at Shiprock Youth Center. The exchange for each leg will occur at the relay exchange area, which will be a party zone for the relay runners and their fans! All runners and spectators will be encouraged to hang out in this area to cheer on their teammates throughout the morning. Parking will be near the exchange zone at the Youth Center. The course will go up on Blueberry Hill, along Hwy 64, through the grounds of DC and back to SYC. Plan to get together the night before or early on race morning to get organized. Be sure to determine the order of runners.

## **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 Bluebird Running Shop will be set up for the post-race party.

***Ahe'hee to our major marathon sponsors and supporters*** – Dine' College, Reevis Begay Foundation Navajo Parks & Recreation, Navajo Engineering & Construction (NECA), Navajo Transitional Energy (NTEC), New Mexico Beef Council, Navajo AML Program, North American Coal, San Juan Regional Medical Center, Teec Nos Pos Trading Post, City Market, Central Consolidated Schools, NTUA, Choice Wireless, and Sun Ray Casino.

***Kudos to all of our amazing Safety and Medical Team*** – the Navajo Rangers, Lt. Holtsoi 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, Red Valley CERT and T'iis Nazbas Fire Dept.

***And special thanks to our incredible race committee and over 300 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)

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

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Check out the **Race Results** at the race website, [www.shiprockmarathon.com](http://www.shiprockmarathon.com)

***Next year's race weekend will be held April 31 & May 1, 2021.***

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