

# Welcome to the 34th 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. *Please make every effort to pick up your packet on Friday.*

The **Health & Fitness Expo** at Dine' College South campus will run from noon until 6:00 p.m. There will be booths representing many area vendors, programs and sponsors, so take a few minutes to browse the area.

Friday evening's **Pasta Party** will serve from 4:00-7:00 p.m., at Dine' College South campus with a delicious catered pasta dinner. The Tumbleweeds and flutist Jimmy Keith will provide entertainment during the dinner. The program begins at 6:00 p.m., offering a brief race preview, remarks from Navajo Nation VP/marathoner Jonathan Nez, door prizes and words from some of Saturday's top contenders. Please RSVP to [info@shiprockmarathon.com](mailto:info@shiprockmarathon.com) if you plan to come so we can plan accordingly.

## 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 located in the large dirt field between Shiprock High School and Dine' College. There will be volunteers helping you park. Buses will leave on-time on the schedule below. *All races will finish across the street 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 on Hwy 491 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, SRM signage and the parking area.

## Bus Schedule

### **EVENT**

### **Bus Departs from Dine' College** *field between Collge and High*

*School)*

Full Marathon & 1 <sup>st</sup> Relay Runner	5:55am	<i>(Arrive early and enjoy some music and light snacks)</i>
2 <sup>nd</sup> Relay Runner	6:40am	
Half-Marathon	7:30am	
3 <sup>rd</sup> Relay Runner	7:20am	
4 <sup>th</sup> Relay Runner	8:00am	
5 <sup>th</sup> Relay Runner	8:35am	

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

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## Race Day Logistics

- Professional Timing – Run Flagstaff is our timer. Marathon and Half-Marathon participants will have these chips on their bibs. This course is USATF-certified and may serve as 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 all over 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 starting lines to the Finish Line area, where bags will be separated by full and half. **Baggage from the relay exchanges zones will be advanced to the next Exchange Zone.** The final relay leg's bags will be brought to the finish line. Please make sure your bag is clearly marked with your race #. We will have duct tape and markers at the start lines.
- Showers – Showers will be available at the Shiprock pool. Please bring your own towel.
- 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. Any relay teams with vehicles on the course will be disqualified.

## The Finish Line

- Food Tent – Be sure to visit the main food area under the big tent for fresh fruit, chips, blue corn mush, granola bars and plenty to drink – water, Gatorade and chocolate milk. You'll also want to get some pizza from the Domino's trailer next to the food tent. Just flash your bib when you go through the food line. All runners are entitled to the goods, so dig in when you are ready! There will be large tubs with ice and drinks all around the finish line area. 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. An awards table will be set up at the finish line area. Results will be available instantly and awards will be presented to overall and age-group winners.

AHEHE'E to our major marathon sponsors and supporters – Dine' College, Navajo Parks & Rec, Office of Navajo President & Vice President, Church's Chicken & Domino's of New Mexico.

"Ahehee" to all of our amazing Safety and Medical Team – Chief Leonard Butler & the Navajo Rangers, Lt. Phillip Joe and the Shiprock Police Dept, Carlene Lee & Navajo Nation EMS, Mae-Gilene Begay & the Navajo Nation CHR Program, Beclabito ALERT Team, Apache County Sheriff, Cove ALERT Team, San Juan Fire Dept District 12, T'iis Nazbas Fire Dept., Red Valley ALERT Team and the Navajo Nation EMT Bike Team.

And special kudos to our incredible race committee and over 200 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 2018 events and register early after June 1.

See you next May! Go to [www.shiprockmarathon.com](http://www.shiprockmarathon.com) for all the info.

**Please call us at 608.201.8175 or 928.429.0345 with any questions at all!**