

# Monument Valley Ultra Course Descriptions

The Monument Valley Ultra races are run entirely within the boundaries of the world-famous Monument Valley Navajo Tribal Park on the Arizona-Utah border. Hundreds of thousands of visitors from all over the world flock to Monument Valley each year to witness the awe-inspiring beauty of the place where the Hollywood western was born. The MV Ultra is the 2<sup>nd</sup> on the calendar of the Navajo Parks Race Series, sponsored by Navajo Parks & Recreation, Office of Navajo President & Vice President and NavajoYES. Runners will have the privilege to see areas of the park that are only open to those with a Dine' guide, while running beneath monuments that tower 1000 feet above the floor....truly a once in a lifetime experience. Though the elevation changes within the course are not extreme, the Monument Valley Ultra course is extremely challenging and runners should take measures to insure that they are prepared, fit and equipped with proper hydration and nutrition plan to complete the event.

*Please note: All courses and course descriptions are subject to revision, at the discretion of the race committee.*

## 50-MILE

*Elevation gain: 4261 feet*

- The first 13 mile stage of the 50-miler, marked in **RED**, has three aid stations, which will have fluids, fruit and Honey Stinger gels. The 50-mile route begins on a **13-mile loop around Sentinel Mesa and between the Mittens**. You will proceed out on the Sentinel Mesa trail and in to Utah for a breathtaking 3.5 miles to the SENTINEL MESA A.S. From there you travel a rocky singletrack segment along the base of the 800-foot Sentinel Mesa, until arriving at STABLES A.S. Runners then drop down a singletrack horse trail before connecting with the Wildcat Trail, which will take them to the EAST MITTEN AID STATION at the Salazar's family camp. The runners then make a scenic loop through the wash near the base of East Mitten before beginning a sandy two mile grind up to the trailhead, which is near the start/finish line at mile 13.....but your adventure is just beginning.
- From this point, you will begin the 5.5 mile leg along the Valley Drive, parked in **PINK**, where you will connect to the Marlboro Route and run a scenic singletrack leg behind Camel Butte and Cly Butte, before making your way to the THREE SISTERS AID STATION. You will experience Three Sisters for the first of four visits at mile 18.5.
- Your next leg will be a stunning adventure – the 10.5-mile **Mitchell Mesa** out and back, marked in **YELLOW**. This is the most technical section of the course, highlighted by the 1500-foot climb up Mitchell Mesa in just over one mile. There will be some sandy sections leading to the base of the climb and a major medical and hydration station at the bottom. The views are awe-inspiring and, once on top, a park volunteer will greet you to confirm your magical trek. Then it's back down the mesa to your second visit to THREE SISTERS A.S. at mile 29.0.
- Your first **Rain God Mesa Loop** – the “trail loop” is a 3.5 mile mostly singletrack loop (**marked in GREEN**) around the base of Rain God Mesa bringing you back to THREE SISTERS A.S. at 32.5 miles.
- The next leg will be the 9.7 mile **Arches Loop**, marked in **BLUE**, which will include Totem Pole, Yei bi cheii and numerous natural stone arches. The scenery in this area is stunning and loaded with natural stone arches. This is a sandy section of the course so carry plenty of hydration and nutrition. There will be a light aid station near Moccasin Arch, roughly half way through this leg. The end of the loop is, once again, THREE SISTERS A.S. at mile 42.2
- Your second **Rain God Mesa Loop** is a 4.3 mile leg on the main Valley Drive road – “the road loop” – which encircles the entire Mesa with **WHITE** flagging. This route gets you back to THREE SISTERS A.S. for the fourth and final time, at mile 46.5.
- You will do your final 3.5 miles on the **Valley Drive**, putting you at the finish line at mile 50.

## **50K**

*Elevation gain: 3533 feet*

- The first 13 mile stage of the 50K has three aid stations, which will have fluids, fruit and Honey Stinger gels. The 50K route begins on a **13-mile loop around Sentinel Mesa and between the Mittens.** You will proceed out on the Sentinel Mesa trail and in to Utah for a breathtaking 3.5 miles to the SENTINEL MESA A.S. From there you travel a rocky singletrack segment along the base of the 800-foot Sentinel Mesa, until arriving at STABLES A.S. You will then drop down on a singletrack horse trail before connecting with the Wildcat Trail, which will take you to the EAST MITTEN AID STATION at the Salazar's family camp. You then make a scenic loop through the wash near the base of East Mitten before beginning a sandy two mile grind up to the trailhead, which is near the start/finish line at mile 13.....but your adventure is just beginning.
- From this point, you will begin the 5.5 mile leg along the Valley Drive, where you will connect to the Marlboro Route and run a scenic singletrack leg behind Camel Butte and Cly Butte, before making your way to the THREE SISTERS AID STATION. You will experience Three Sisters for the first of two visits at mile 18.5.
- Your next leg will be a stunning adventure – the 10.5-mile **Mitchell Mesa** out and back. This is the most technical section of the course, highlighted by the 1500-foot climb up Mitchell Mesa in just over one mile. There will be some sandy sections leading to the base of the climb and a hydration/medical station at the bottom. The views are awe-inspiring and, once on top, and a couple Parks volunteers will greet you as proof of completing your magical trek. Then it's back down the mesa for your second visit to THREE SISTERS A.S. at mile 29.0
- From THREE SISTERS, you will conclude your run with the final 3.5 miles on the main **Valley Drive.**

## **HALF MARATHON**

*Elevation gain: 1308 feet*

- The half marathon has three aid stations, which will have fluids, fruit and Honey Stinger gels. The half route begins on a **13-mile loop around Sentinel Mesa and between the Mittens.** You will proceed out on the Sentinel Mesa trail and in to Utah for a breathtaking 3.5 miles to the SENTINEL MESA A.S. From there you travel a rocky singletrack segment along the base of the 800-foot Sentinel Mesa, until arriving at STABLES A.S. You then drop down on a singletrack horse trail before connecting with the Wildcat Trail, which will take them to the EAST MITTEN AID STATION at the Salazar's family camp. You will then make a scenic loop through the wash near the base of East Mitten before beginning a sandy two mile grind up to the trailhead which will lead you to the finish line at mile 13.1.

*The color system of marking is as follows:*

*Sentinel/Half Marathon – **RED***

*Valley Drive + Marlboro Route – **PINK***

*Mitchell Mesa – **YELLOW***

*Rain God Trail Loop – **GREEN***

*Arches Loop – **BLUE***

*Rain God Road Loop – **WHITE***