

Four Corners Quad Keyah Race Week Program

December 6-9, 2018 Four Corners Monument – Teec Nos Pos, Arizona

Wednesday, December 5

Indoor camping at Beclabito Chapter House (*available through Sunday night*)

Thursday, December 6

Marathon and Half Marathon (Arizona), 8:30 a.m.

Entertainment: Navajo blues musician Nolan James (entertainment may vary)

Post-race food: Pizza – Build-your-own sandwiches – Soup – Hummus wraps (Ample post-race food will be available each day after race; offerings will vary each day)

Friday, December 7

Marathon and Half Marathon (Utah), 8:30 a.m.

Entertainment: Four Corner Singers & DJ Ray Paytiamio

Saturday, December 8 (Community Christmas Celebration and Kids Day)

Marathon and Half Marathon (Colorado), 8:30 a.m.

Community fun run 2-miler, 10:00 a.m.

Kids art activities and activities with local royalty, throughout the day

Entertainment: Drummer Gary Elthie

Post-race food: Community Christmas dinner, sponsored by Navajo Parks & Recreation

Sunday, December 9

Marathon and Half Marathon (New Mexico), 8:30 a.m.

Entertainment: Red Hawk

Breakfast (daily at 4C Monument): bagels/muffins; fresh fruit and juice; granola, fruit & yogurt;
(compliments of Teec Nos Pos Trading Post)

Course food: bananas and various fruit; Honey Stinger gels, organic chews and waffles; salty snacks (pretzels and Cheez-It); sweet snacks (M & M's, Jolly Ranchers and gummies); granola bars; sandwiches/pizza (late in the day, available at start/finish area), Tailwind, water and Coke (*Aid stations are located at start/finish area and near mid-point on trail races.*)

Packet pick-up/registration: 8:00 a.m. daily at 4C Monument; all races begin at 8:30 a.m.



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