



The Navajo Nation
Special Diabetes Project
Presents



RUNNING FOR A STRONGER & HEALTHIER NAVAJO NATION

RUNNING for Resilience

"Join us for the 8th Annual Running for a Stronger and Healthier Navajo Nation, as we continue our journey to Health and Wellness. This movement is growing, and we invite you to commemorate the 150th year of our Treaty on foot, while we demonstrate the Strength and Resilience of our People."

Jonathan M. Nez
Vice President, Navajo Nation

STAGE 1

MAY 14, 2018	Fort Sumner, NM	44.4Miles
MAY 15, 2018	Santa Rosa, NM	34Miles
MAY 16, 2018	Dilla, NM	39Miles
	San Jose, NM	
TOTAL		117.4miles



STAGE 2

MAY 19, 2018	San Jose, NM	41Miles
MAY 20, 2018	Santa Fe, NM	29Miles
MAY 21, 2018	Madrid, NM	24Miles
MAY 22, 2018	Sandia Park, NM	25Miles
	Albuquerque, NM	
TOTAL		119Miles



STAGE 3

MAY 26, 2018	Albuquerque, NM	31Miles
MAY 27, 2018	Tohajilee, NM	30Miles
MAY 28, 2018	Sky City, NM	21Miles
MAY 29, 2018	Grants, NM	31Miles
MAY 30, 2018	Thoreau, NM	32Miles
MAY 31, 2018	Gallup, NM	24Miles
JUNE 01, 2018	Tse Bonito, NM	3Miles
	Window Rock, AZ	
TOTAL		172miles



OVERALL TOTAL **408.4 MILES**

"THE ULTIMATE CHOICE TO HEALTHY LIVING BEGINS WITH ME!"

928-871-6532

www.nnsdp.org

@navajodiabetesproject

Year of Naaltsoos Sani 2018
Hina Naas Yiyeeel, Boo Naadaa'iniilni!



Disclaimer: "The Navajo Nation Special Diabetes Project is NOT responsible for any loss, due to accidents, theft, bodily injury, and/or loss of property."

8th Annual Running for a Stronger & Healthier Navajo Nation -"Navajo Treaty Run 2018"

**Running Route and Location Points
Fort Sumner, NM to Window Rock, AZ**

DATE	Beginning Time	FROM	TO	Time Ended	DISTANCE	DESIGNATED STOP AREA	NOTES ON ROAD ROUTES
STAGE ONE							
5/14/18	6:00 AM	Fort Sumner, NM	Santa Rosa, NM	5:00PM	45	City Hall	North NM HWY 84/Old Rute 66/4th Street
5/15/18	6:00AM	Santa Rosa, NM	Dilia, NM	5:00PM	34	Catholic Church	4th Steet/Old Route 66/West I-40/North NM HWY 84
5/16/18	6:00AM	Dilia, NM	San Jose, NM	5:00PM	39	San Jose Catholic Church	N NM HWY 84/Old Las Vegas Road/W 1-25/Route 841D
5/17/18							
5/18/18							
STAGE TWO							
5/19/18	6:00AM	San Jose, NM	Santa Fe, NM	5:00PM	41	State Capital Plaza	Route 841D/Old Las Vegas Road/Old Pecos Trail Road
5/20/18	6:00AM	Santa Fe, NM	Madrid, NM	6:00PM	29	Cerrillo Hills Church	San Francic/Rodeo Drive & S NM HWY 14
5/21/18	6:00AM	Madrid, NM	Sandia Park, NM	6:00PM	24	Turquoise Trail Campground	N NM HWY 14 / MP 4
5/22/18	6:00AM	Sandia Park, NM	Albuquerque, NM	6:00PM	25	Tingley Beach Park	N NM HWY 14/E RTE 66/CENTRAL AV SE /Tingley Street
5/23/18							
5/24/18							
5/25/18							
STAGE THREE							
5/26/18	6:00AM	Albuquerque, NM	Tohajilee, NM	6:00PM	31	Chapter Multi-purpose Bldg.	Tingley ST./Central Ave. SE /NE RIO Puerco/TRL 57
5/27/18	6:00AM	Tohajilee, NM	Sky City, NM	6:00PM	30	Casino Parking Area	N57/N7036/N56/N7070/Old Laguna Road/Pueblo Road
5/28/18	6:00AM	Sky City, NM	Grants, NM	6:00PM	21	Ice & Fire Park	Pueblo Road/West Old Route 66/Santa Fe Ave.
5/29/18	6:00AM	Grants, NM	Thoreau, NM	6:00PM	31	St. Bonventure Church	Santa Fe Ave. West Old Route 66
5/30/18	6:00AM	Thoreau, NM	Gallup, NM	6:00PM	32	Downtown Cultural Center	West Old Route 66
5/31/18	6:00AM	Gallup, NM	Tse Bonito, NM	6:00PM	24	NDOT Parking Lot	W Old Route 66/Mentmore Rd./Defiance Draw Rd./P&M Road
6/1/18	6:00AM	Tse Bonito, NM	Window Rock, AZ	6:00PM	3	NN Museum	P&M Road/State Route 264/Window Rock Loop Dr.

for Resilience

Fact Sheet for the Running for a Stronger and Healthier Navajo Nation Event

For Stage 1 and Stage 2 (ONLY):

- Participants must possess a pace of 10:00- 15:00 min/mile.
- Must have experience in running long distance (5+ miles) in one session.
- Must have experience in running on asphalt, concrete, rocky and sandy terrain.
- Be able to run in inclement weather.
- Be able to run in altitudes of 4,000 feet to 7,800 feet above sea level.

Only Stage 1 individuals will need to register onsite. For Stage 2 and Stage 3, you may register online or onsite. All basic areas on the registration need to be filled out. No exceptions. Running bibs and safety pins will be handed out upon registration. As a runner/participant, you will be asked to wear bright colored clothing as a precaution along the route. The NNSDP (Navajo Nation Special Diabetes Program) Event Staff will be documenting this event. There will be media coverage along the route both video and photos will be taken. There may be media press covering this event as well for newspaper and/or news stations.

Ground Rules:

- Briefing and debriefing will be done at beginning of event and after.
- This run will be a "Group Runners" based event for Stage 1 (Fort Sumner, NM to San Jose, NM) and Stage 2 (San Jose, NM to Santa Fe, NM).
 - We ask that all runners stay together and stay at one pace.
- Stage 3 will be more of a Community Run Event (Albuquerque, NM to Window Rock, AZ).
 - 1-Mile walk out of town/city and then 1-Mile walk into town/city as scheduled, not all areas will have this.
- There will be law enforcement escort (Sheriff, State, Tribal Police, and City Police) throughout the event. Safety is key and will be our first and foremost priority. Please obey and adhere to all traffic laws and/or instructions.
- There will be designated traffic control by the NNSDP Event Staff, please adhere to their instructions.
- The NNSDP Event Staff or volunteers will not be responsible for driving participant's personal vehicles along the route.
- We will not secure 'personal effects' such as backpacks, cell phones, clothing, and keys. Nor will we charge any cell phones.
- There will be Emergency Medical Service vehicles along the route.
 - The NNSDP Event Staff has been trained in First Aid and CPR.
- Stretch properly before each run. Cool-downs are recommended after each event.
- We will not provide lodging or paying for any travel expenses. This event is based at your own discretion.
- No dogs or pets. (With the exception of military/veteran service dogs)
- No family members tailing or following the runners. You will be asked to leave or escorted away from the event.

What we will provide:

- You will need to notify the NNSDP Event Staff for available shuttle transport.
- About every 10-Miles, there will be breaks/rest areas.
- Porta potties will be available at rest/break stops.

What to bring:

- | | | |
|----------------------------|-------------------------------------|---|
| o Sunscreen | o Change of clothes/ Extra clothing | o Bedding/sleeping bag/pillow |
| o Headband/ball cap/visors | o Light/brisk jacket | o Personal toiletries/ hygiene essentials |
| o Towel | o Inner liner | o Lotion/chaff cream |
| o Extra socks | o Compression clothing | o You are encouraged to bring your own snacks |
| o Under garments | o Extra pair of shoes | |
| | o Rain poncho/rain coat | |