



Media Contact:

Roberta John, Program & Project Specialist
(928) 871-7380

Email: bbiejpress@navajobusiness.com

Navajo Nation to Celebrate Freedom the Healthy Way

WINDOW ROCK, AZ. – Loosen up your muscles and let it ripple.

There's nothing like greeting the early morning dawn with a fun run to wake up your mind and body especially if it's among a stunning diversity of spectacular landscapes....this is Navajoland - an ideal haven to quicken your pulse and catapult you into a real love affair with the Navajo Nation.

Early bird risers will be pleased to know that there will be a 5k and 10k run on July 7th beginning at 6 a.m. just north of the Window Rock Sports Center, which is being held in conjunction with the Fourth of July Celebration and PRCA Pro Rodeo here in the Navajo Nation capital.

Moreover, the Fourth of July Celebration will also include a girls and boys high school basketball tournament consisting of eight teams, which will be held at the Window Rock Sports Center at the Navajo Nation Fairgrounds on July 7-8th.

Darwin Mitchell, coordinator of both events, said, "It is important that we engage our people with various events to keep them physically active especially during the summer months. We are sponsoring positive activities to help our people have healthy minds and bodies."

Diabetes is prevalent among many people today, which is why Mitchell said it is important that everyone participate in a daily form of exercise.

"The Navajo Nation youth represents a new generation of opportunities, development and success," Mitchell said. "Such leisure activities give them a chance to improve their self esteem, motivation, athletic skills, and an opportunity to be with friends in a positive and safe environment. Sports is a contributing factor to building positive self esteem for all ages and the public enjoys competition. We are aware that diabetes is affecting our people, and active fitness programs and education on diet is one solution in the prevention of health problems throughout the Navajo Nation."

Norma Bowman, Navajo Nation Fair Manager, said, "We are very pleased there are athletic activities being sponsored for the youth. We strongly support athletics to help instill positive values in our youth. We also want everyone to come and enjoy other events we have planned for the entire family. Come and "Celebrate Freedom" with us here in the capital of the Navajo Nation."

The fee to enter the 5k run is \$8 and \$12 for the 10k. The fee to enter the basketball tournament is \$125.

On July 3rd, Navajo Comedians James and Ernie will provide entertainment at 7:30 p.m. and open for Creedence Clearwater Revisited who will perform at 9 p.m. at the Navajo Nation Fairgrounds. Tickets can be purchased at www.holdmyticket.com or on the day of the event.

Approximately 400 contestants from throughout the country are expected to compete for \$74,000 in prize money in the coveted PRCA Pro Rodeo, which begins at 6 p.m. on July fourth. The PRCA Pro Rodeo will also feature junior barrel racing and a wild horse race topped off with a fireworks extravaganza at 9 p.m. The rodeo will continue on July 5-6th beginning at 7 p.m.

THE NAVAJO NATION



BEN SHELLY PRESIDENT
REX LEE JIM VICE PRESIDENT

On Friday, July 6th, there will be a Country and Western Battle of the Bands contest at the Navajo Nation Fairgrounds beginning at 4 p.m. The winning band will open for Country Artist Gary Allen during the Navajo Nation Fair in September. There will also be a country and western dance at 9 p.m. featuring the winner of the Country and Western Battle of the Bands contest.

For more information about the fun run, basketball tournament, and other July fourth celebration events, contact Delilah Goodluck, Public Information Officer for the Navajo Nation Fair Office at (928) 871-6632 or you can obtain information at www.navajonationfair.com.