



FOR IMMEDIATE RELEASE
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NAVAJO YES ANNOUNCES 2016 NAVAJO PARKS RACE SERIES FOR THE DINE NATION

WINDOW ROCK-On Friday, Jan. 8, at the Navajo Nation Museum, the Office of the President and Vice President (OPVP) and members of both the Division of Natural Resources and Navajo Parks and Recreation announced the schedule and locations of the 2016 Navajo Parks Race Series - Dine Nation.

“The Navajo Nation has some of the most beautiful landscapes on the face of the earth,” said President Russell Begaye. “In promoting healthier lifestyles, let’s also embrace our landscapes by getting out there to enjoy what we’ve been blessed with.”

As announced by Tom Riggenbach, Executive Director for Navajo Yes, the Dine Nation Race Series schedule will run as follows:

- Little Colorado River Gorge Half-Marathon, February 6
- Shiprock Marathon, Half, Relay and Kids Marathon, May 6-7
- Asaayi Mountain Runs, August 20
- Navajo Code Talker 29K and 10K, September 11
- Rainbow Bridge Trail Marathon and Ultra, October 29
- Monument Valley Marathon, Half and Kids Run, November 19
- Navajo Quad Keyah Marathons, Half and Kids Run, December 8-11

One notable addition to this year’s schedule is the last race in the series. The Navajo Quad Keyah Marathons are four marathons run in succession over four days encompassing each of the Four Corners states. This monumental finale to the series will truly push the boundaries of a runner’s endurance and stamina.

Beyond organizing the race series, Riggenbach participated in many of the 2015 races alongside Vice President Nez and the staff of OPVP and other affiliated departments. Riggenbach noted that Vice President Nez has committed to run the Navajo Quad Keyah Marathons.

OPVP’s participation is exemplary of the Begaye-Nez Administration’s commitment to supporting healthy, active lifestyles and wellness for the Navajo people.

“We are gathered here to celebrate the Race Series but also to promote the development of trails for running, walking and equestrian purposes,” said Vice President Nez.

In supporting wellness, Vice President Nez said the administration is working on implementing a Navajo Nation Employee Wellness Policy by which Navajo Nation employees would be granted thirty minutes to an hour a day for the purposes of exercising. The Vice President said this policy is in the final stages of development and is expected to be implemented by summer.

“Studies show that exercising helps with employee productivity and also reduces healthcare costs to an organization,” he said. “Together we need to fight the monsters of obesity and diabetes.”

Director of Natural Resources, Bidtah Becker said she was honored to support the Navajo Race Series through the departments her division oversees like Navajo Parks and Recreation.

“We want to expose people to the beautiful landscapes that our ancestors fought for,” she said. “We also are excited to support the youth in encouraging healthy active lifestyles.”

For more information on the Navajo Parks Race Series, please visit www.navajoyes.org

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