

Office of Miss Navajo Nation and Miss Navajo Nation Presents

HALF & FULL

13.1

Fluted Rock's

MARATHON

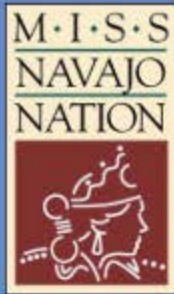
26.3

Training Mindfully

In celebration of **Running**, it's important to remember training prevent injuries during a race. We encourage all participants to *train mindfully*.

- Do NOT wait to start training
- Always Fuel your Body with Nutrients
- Hydration Leads to Optimal Performance
 - Listen to your body - REST
 - Happy Training

———— *Hózhó Naasha' Dooleet* ————



Office of Miss Navajo Nation and Miss Navajo Nation Presents



Registration is NOW OPEN

