

Totem Pole Race is born from the meeting of Gerard VERDENET, ultramarathon runner since 1990 and Remy PAGNARD, tour organizer in the American West. During two years they have been thinking, preparing and scouting to make their dream come true. Monument Valley promptly became the place where it should be, despite park rules and the intricacies of the Navajo organization. All this to give you the opportunity to run in a unique scenery, away from tourist zones and fill your head with wonderful sights and unforgettable memories. After the very first race in May 2002, which despite all hazards due to a new experience has been a real hit, Remy is ready to go on with the 3rd race. The date chosen is the second half of October 2003. The race will be limited to 40 runners, to keep the conviviality of a small group and to preserve the natural sites. We rely on your active and positive participation, essential to make your race a success and help improve the following ones. We will do our best, but surprises are part of such an adventure, your understanding and leniency will be the guarantee of the success of this race. .

Monument Valley, the heart of the Navajo territory, symbolizes as no other place the world of western movies and cow-boy pictures. John Ford and John Wayne have been the first ones to immortalize the area. To get into the spirit, go and watch the movies again. Nowadays, cinema and advertising are still hungry for the magic of the place.

This free speed trek is open to any person over 18 years old and in good health (a medical certificate will be requested). It is made up of 5 stages of 30 km plus a real marathon. The ground is most varied as regards soil quality and difficulty. There will be a classification for men, women and teams. The race will be supervised by a medical doctor. News reports are scheduled in the specialized French magazines: Running Attitude, Chants des Pistes, VO2, Jogging...

These 40 runners are privileged people, and you can be one of them!

Tariff: The price is **1300 Euros**. A deposit amount of **400 Euros** is requested with each registration.

This price includes: Park entries and subsidies, meals (except for meals mentioned below), hotels, campsites, local transportation in maxivans. The assistance of a doctor during the trek.

This price does not include: the flight to and from Las Vegas, insurances, personal expenses, drinks, tips, lunch on the road to Las Vegas, dinner in Las Vegas on the last evening and breakfast on the last morning (days 9 and 10). Energizing products and bars.

A confirmation letter will be sent to you upon reception of your registration and deposit. Do not hesitate to contact us for any additional information. Registration form with a recent photograph and check payable to Western Horizon will be sent to the following address:

Western Horizon
Totem Pole Race
1 rue Cusenier 25290 ORNANS France

The balance is to be paid before September 10th 2004. For any cancellation before July 10th 2004, 200 Euros will be kept from the deposit amount, after that date all the deposit amount will be due to the organization. For any cancellation between September 10th and October 4th 2004, 800 Euros will be kept by the organization. Starting October 5th, the all amount will be kept by the organization.

Personal items to bring: sleeping bag, bed roll, warm garment, rain garment, sun protection, water bottle, front flashlight, small backpack, two pairs of running shoes (avoid new shoes).

The organization will provide tents and logistics. Your luggage will be transferred by minivan, space being limited you are requested to rationalize your packing, bring an extra bag in addition to your small backpack. Each participant will bring a beaker, cutlery and his own individual medicines and first-aid kit according to his personal habits (Elastoplast, aspirin, vitamin C, band aid, sun block, moisturizing lip stick). Weight of luggage will be strictly limited to 20 kilos by person.

Administrative requirements: according to your citizenship, contact your closest American Consulate to know the requirements for your entry to the US. Insurance certificate with a repatriation option. Medical certificate indicating your aptitude to participate to an endurance race, effort/endurance test for person over 40, (dated in the last 3 months prior to date of departure). Med form will be load in pdf with inscription form

Insurance: a certificate of your own insurance will be requested prior to your departure. For non-Americans a repatriation option is mandatory.

Trek regulations:

01/ " Totem Pole Race " is an event organized by Western Horizon. It is open to any person in good health over 18 years old.

02/ A medical certificate dated in the last 3 months prior to the race date is requested, a physical endurance test for all participant over 40. Certificates will be sent along with the insurance proof to the organization one week before departure at the latest, if not, participation to the race may be canceled.

03/ Each participant will be given a number to be worn in the front in a visible way. Competitors may put their sponsors forward as long as the number is still clearly seen.

04/ Classification is divided in three categories: male, female and team. The teams will be made of 3 competitors of any sex.

05/ Water points are available every 6 miles approximately, but each competitor can take as much water as he wants, as well as any item he deems necessary.

06/ In the event of permanent withdrawal, the competitor will give his number back to the organization. In the event of withdrawal or non-departure on one stage of the race, the time considered will be last of the day to which one hour of penalty will be added. The competitor will be allowed to participate to the following stage and to be classified.

07/ The doctor of the trek is the only one entitled to decide upon the ability or not of one competitor to carry on the race. His decision is final.

08/ Each stage will be marked out. It is mandatory to follow the signs. If a competitor gets lost, the organization will not be held responsible and his time will not be changed (unless a majority of competitors get lost or an obvious mistake is noticed).

09/ Any complaint will be made to the race manager of the same day of the stage concerned. The race manager is the only judge on the decision taken.

10/ Hour of departure will be given on the evening before the stage. All competitors must be present under the flag at the indicated time.

11/ Tents are supplied by the organization. Assembly and folding will be handled by the participants. Each tent is numbered: participants are requested to keep the same tent during the whole stay.

12/ In case of absolute necessity, for safety or weather reasons, the organization can move, delay or cancel a stage. Within the parks, the carrying out of the race is under the approval of authorities. The managers of the park have force of law.

13/ To participate to the Totem Pole race, the registration form must be sent with a check of 400 €. Balance must be paid before September 10th 2004. The organization reserves the right to cancel a registration if the balance is not paid by that date. Any cancellation must be notified by registered mail to be validated. Participants are advised to subscribe a cancellation insurance.

14/ The participants agree that the organization has an exclusive right on their name and image be it individual or as a group.

15/ The registration of competitors is considered as formal approval to the present rules.

Programm:

Thursday October 14th 2004: Arrival in Las Vegas. Free shuttles from the airport to the hotel. Rooms available at 17h00.

Friday October 15th 2004: departure to Monument Valley in a minivan (400 miles). Camping at the doors of the Valley.

Saturday October 16th 2004: 1st stage of 20 miles through the Valley, by the Totem Pole. Gypsum Wash. Soft and hard sand. Night at the base camp.

Sunday October 17th 2004: 2nd stage of 20 miles on trail, no major difficulties. Transfer and night at the base camp.

Monday October 18th 2004: 3rd stage, marathon. Sand, gravel, stones up through the Cooper Canyon Wash. Little transfer and night at the base camp.

Tuesday October 19th 2004: 4th stage, 20 miles on trail of hard sand, arrival on top of the San Juan River Canyon. Night at the base camp.

Wednesday October 20th 2004: 5th stage, 20 miles. Probably the hardest stage: soft sand and rock, long ascent and arrival to an unforgettable point of view where the race is interrupted. Then way down to the opposite slopes of Monument Valley. Night at the base camp.

Thursday October 21st 2004: 6th and last stage, 20 miles. Hard sand with some spots of soft sand. Different scenery on the slopes of Monument Valley, Mystery Valley. Night at the base camp.

Friday October 22th 2004: return to Las Vegas, free evening (lunch and dinner not included). Hotel.

Saturday October 23th 2004: breakfast at the hotel (not included). Flight back home.

Your contacts:

In English and French:

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On our internet site: www.totempolerace.com you will find 2002 and 2003 classifications and photographs, you can load also the inscription and medicals forms.