
Moab Trail Marathon, Half Marathon, 10K and Kids K: Pre-Race Newsletter

From Moab Trail Marathon <director@1368226.brevosend.com>

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To danelle22@msn.com <danelle22@msn.com>



*Congratulations! You've committed to a journey
that you will remember for a lifetime!*

It's going to be great!

*This newsletter is to provide you with some important
updates and reminders in preparation for a fantastic
time on race day. We hope your training is going great
and that this Nov. 7th and 8th will be amazing! We are
working hard on our end to make it a great day for
everyone.*



One Month to Go!

It's hard to believe we're just one month away from race weekend! Things are coming together and I'm super excited for this year's Moab Trail Marathon!

We've been having a beautiful Fall -- cool mornings, sunny days, and the red rocks are looking as spectacular as ever. The trails are in great shape, and at this point, there are no major changes to the course from last year. We'll keep you posted if anything unexpected comes up, but for now, expect the same great course!

This year's race is especially meaningful to me personally. 2026 marks 20 years since my rescue after my fall in what is now mile 17.5 of the marathon, and the experience that ultimately inspired the Moab Trail Marathon. What began as a story of survival has grown into something I never could have imagined- a race that brings thousands of runners to Moab to experience these incredible trails, challenge themselves, and become part of our trail-running family.

I'm incredibly grateful to everyone who has helped make this event what it is and especially to all of you who are joining us this year.

With just a month to go, this newsletter is packed full of information to help you prepare for race day. Take a few minutes to look through the sections below to prepare and start making your race-weekend plans.

We can't wait to see you in Moab!

-Danelle



Check That Your Registration Information is Correct on RunSignUp

Please take a few minutes to log into your **RunSignUp** account and review your **registration information** before race weekend. We want to make sure everything is correct before results, awards, and race-day logistics are finalized.

Please double-check ALL of the following:

- **Name:** Make sure it's spelled correctly.
- **Gender and Race Category (Female or Open):** Make sure you selected the correct category.
- **Date of Birth:** This is important for age-group results.
- **T-Shirt Size:** Make sure your shirt size is correct.
- **Wave Start Time:** If you are going for a Top 10 overall finish, please be sure you are in the first wave for your distance (Marathon, Half Marathon, or 10K).
- **Transportation to Start:** Make sure you have selected **Shuttle** or **Drop-Off** correctly.
- **Shuttle Time:** Check your assigned shuttle pickup time and plan to arrive early enough to catch your designated bus.

A quick review now can prevent problems on race weekend!

RunSignUp: [login to check your info](#)



If Your Plans Change:

We know that sometimes plans change, even when you've been looking forward to race weekend. We've put together the information below to make registration changes as easy as possible.

Please check the cancellation, deferral, transfer and switch policies on our website first. Many registration changes can be handled directly through your RunSignUp account, and you don't need to email us to make them.

Need to change your distance?

You can make distance changes directly through RunSignUp (it's called a "transfer event" on RunSignUp). This includes changing from the Marathon to the Half Marathon, Half Marathon to the 10K, etc. As long as the race is not full, you can switch distances on RunSignUp. **Once a race reaches capacity, distance changes will need to be requested by email** at director@moabtrailmarathon.com. Please contact us as soon as you know if you need to make a change.

Need to switch Half Marathon days?

You may switch from the Saturday Half Marathon to the Sunday Half Marathon or vice-versa as long as there is space available. Unfortunately, we cannot accommodate switches from Sunday to Saturday once the Saturday Half reaches capacity due to permitting restrictions.

Need to defer?

If you can't make it this year and would like the 60% deferral credit, please process your deferral through RunSignUp by October 31. After October 31, the available deferral credit drops to 35%.

Want to transfer your registration to another runner?

You can transfer your registration to another participant through RunSignUp.

Can't make it and need a refund instead of deferring?

If you purchased registration insurance, please contact RegShield at 1-844-849-4827 to request your refund. If you did not purchase insurance, you can still receive a 30% refund if you email the race director by October 31. No refunds will be issued after October 31.

We know things come up, and we're happy to help when we can. Checking the policies and making changes through your RunSignUp account first helps us keep race-weekend preparations running smoothly for everyone. Thank you!

Defer/Transfer/Switch/Refund Policies



Know Before You Go: Prepare for the Course

The Moab Trail Marathon courses are beautiful, challenging, remote and in many places, very rugged. **Please take the time to read the complete course information and safety warnings before race day.** Knowing what to expect will help you have a safer, more enjoyable experience.

Know the course:

- 1. Know where the aid stations are located.** Because of the remote terrain, some aid stations are as much as 5.7 miles apart. Eat and drink at the aid stations, and consider carrying a bottle, and/or pack with snacks so you have enough to get comfortably to the next station.
- 2. Know the terrain and elevation.** The courses include challenging climbs, descents, slickrock, uneven trail, and exposed sections. Pace yourself accordingly and don't let the scenery or the excitement of race day push you beyond what you can safely handle.
- 3. Know the cutoffs.** Marathon cutoffs will be strictly enforced this year so that participants are not out on the course after dark. Daylight Saving Time ends the weekend before the race, which means it will get dark about an hour earlier than many of you may be expecting. Please plan your pace accordingly.
- 4. Marathon runners: know your 'punch' checkpoints.** There are two checkpoints on the marathon course where you must hole-punch your bib to verify that you completed the correct course and did not shortcut.

5. Be aware of the cliff sections. There are a few exposed sections along the course where you need to be especially alert. Turn your music off, pay attention to your surroundings, make sure your shoelaces are secure, and plan ahead for hydration, electrolytes, and nutrition so you don't find yourself bonking or cramping in a cliffy, technical section.

Take responsibility for your own safety:

Even though it's more fun and scenic than Disneyland, there are no seatbelts or guardrails! You are ultimately responsible for your own safety. Pay attention. Stay alert. Use the aid stations. Pace yourself. And if something doesn't feel right: stop, think, and do what you need to do to stay safe.

We have a **Runner Help Runner** policy. Please look out for the people around you, help another runner if they need assistance, and alert race staff to anything we need to know about.

We've been fortunate to have only very minor medical issues at the race in past 18 years, and our goal is to keep it that way. Your preparation and good decisions on the course are a big part of making that possible.

Know before you go—and take care of yourself out there!

Course Safety Information

Course Cutoffs



Tailwind



REDMOND
RE-LYTE®

Re-Lyte

Aid Stations & On-Course Fuel

Our aid stations are stocked with plenty of options to keep you fueled and hydrated throughout the race. However, **please remember that aid stations are between 3 and 5.7 miles apart**, so we strongly suggest you carry water, electrolytes, and nutrition with you, especially if you know you need to eat or drink frequently.

What you'll find on the course:

Depending on the aid station, you'll find a variety of hydration and nutrition options, including:

Hydration: Water, Tailwind, Re-Lyte Hydration, Coke

Nutrition: GU's, Chews, Protein Smoothies, Fruit Snacks, Bars, Pop-Tarts, Applesauce, Cookies, Chips, Pretzels, Nuts and other sweet, salty and savory snacks. Fruit and PB&J's at select aid stations.

Other: WAG bags (no pooping out there, use a WAG bag or port-a-potty). Also a first aid kit including vaseline and sore-no-more, Re-Lyte electrolyte capsules.

Welcome, Re-Lyte!

We're excited to have **Re-Lyte joining us** as a new partner of the Moab Trail Marathon this year! Re-Lyte is an electrolyte drink mix made with Real Salt and a full spectrum of electrolytes, including sodium, potassium, magnesium, and calcium.

You'll find Re-Lyte at our aid stations throughout the course. Give it a try, I think you're going to love it!

A little advice from us...

Eat and drink early and consistently and use the aid stations as an opportunity to refill your bottles and grab what you need for the next section of trail. And remember, **you know your body better than anyone.** Come prepared with the nutrition and hydration that works best for you and use the aid stations to supplement your plan.

Course Info



Packet Pickup

Friday Packet Pickup: will be at the **Kane Creek Parking Lot (start/finish area)** on **Friday, November 6, from 2:00–6:00 PM.**

You'll need to **drive/carpool to Friday's packet pickup**—there are no shuttles on Friday. Note that Kane Creek Road is quite narrow. Drive slowly and carefully. Allow extra time and be prepared for increased traffic. Packet pickup will be snappy so that we can park everyone.

Race Morning Packet Pickup:

If you can't make Friday's packet pickup, late packet pickup will be available at the start/finish area beginning **Saturday @ 6:30 AM or Sunday @ 7:00 AM**. Please take the race shuttle from the elementary school to race-morning packet pickup, which is located right near the start. There will be a place to leave the gear you don't need while you run.

Directions to Friday's Packet Pickup



Race Start & Shuttle Information

There is NO participant parking at the race start/finish area. Participants must either take the shuttle or be dropped off at the start.

Please arrive at your **designated shuttle time** so we can get everyone to the start on time. You can find your shuttle pickup time on your RunSignUp confirmation email or by logging into your account at RunSignUp.com.

Your “ticket” for the shuttle will be either: Your race bib number **or** your race confirmation **and photo ID** if you are picking up your bib on race morning.

Being dropped off at the start? Please note that the start area is a drop-off zone only—there is no parking for participants being dropped off. Please plan accordingly and have your driver drop you off quickly and continue on.

Gear Drop: We will have a drop-bag area at the start where you can leave warm-ups, jackets, duffle, backpack, etc. while you're out on the course. Please label your belongings. While we have not had problems with theft in the past, the gear drop is an unsecured area, so please do not leave valuables.

More Shuttle Info

Directions to Shuttle Pickup & Drop-Off
@ HMK Elementary School



USATF Trail Half Championship

We take great pride in hosting the **USATF Trail Half Marathon Championships**. We strive to provide the best race possible and to make it a fair and competitive race. We are excited to host these amazing elite and top age group athletes and want them to know that it is an honor and inspiration to have them participate here in Moab at the Trail Half Champs! If you are planning to run in the USATF champs, please make sure your USATF membership is current and that you have provided us with your membership number. Please make sure you are in the Saturday 9:50am wave and that you wear both your front and back bib during the race.

[USATF Championship Info](#)

[Join USATF](#)



Collegiate Trail Championship:

We are thrilled to announce that the Moab Trail Half Marathon will once again host the **Collegiate Trail Championship!**

This is the fourth year of the championship, and it continues to grow each year. The top two male and two female finishers from each college will score toward their team's total, with the highest-scoring team taking home the coveted championship trophy.

Top individual collegiate finishers will also be recognized and awarded.

We're excited to welcome collegiate runners from across the nation to see which school takes the title this year!

[Link to Collegiate Trail Championship Information](#)



Spectators

Spectators are welcome at the finish line, but they must take the shuttle from HMK Elementary parking lot. Spectator shuttles will start as soon as we get all the participants to the start, so about 10:30am on Saturday and 8:30am on Sunday. The shuttles will be running back and forth all day, so spectators are welcome to hop on the shuttle at whatever time is convenient, after all the participants have boarded. There is NO parking for spectators anywhere along the course!!! Kane Creek Road is either private property or sheer cliff. There isn't any shoulder parking and the 3 small lots along Kane Creek Rd are off-limits to spectators. Please plan on taking the shuttle.



Our Amazing Staff and Volunteers!

Back this year, several for the 18th year-- since the very first edition-- are our amazing staff and volunteers! We couldn't do it without them! I cannot thank them enough. Moab Trail Marathon truly has the best of the best. Let's make an extra effort to thank them all for their hard work, great attitudes, and for making it all happen!

In Memory.

This year has been a reminder of how precious our trail running community is. We've recently lost three people who touched countless lives. I'd love for our community to celebrate their lives the best way trail runners know how- by getting outside, challenging ourselves, appreciating the trails, and enjoying the time together. Consider running a few miles in their memory.



Jennifer Gardner 12/29/69-5/14/26

Jennifer passed away this year after a long battle with cancer. She ran the Moab Trail Half Marathon last November, her 8th Moab Trail race. It was her favorite race. One email she sent me after the race has even more meaning today. She wrote, *"As long as the Moab Trail half/full exist, I'll be there one way or another."*

Jennifer loved Moab and I will always remember her gratitude, joy determination and ability to inspire everyone around her. Knowing that the Moab Trail Marathon was her favorite race is an honor I will always cherish.

Her footprints are still on these trails, and this year, when we gather to run them again, Jennifer will be with us in spirit.



Mark Macy 11/11/53- 6/8/26

Mace passed after a battle with Alzheimer's. He was a legend in the trail and adventure racing world and a great friend.

Mace and I shared many miles on the trails over the past 40 years. We laughed, complained and said, *"What the heck are we doing out here?"* dozens of times. But we both knew there was nowhere else we'd rather be and nothing else we'd rather be doing.

Mace fought to the very end and packed about 10 lives into one. I will miss his sarcastic humor and will always cherish the memories we shared.

His journey also reminds me of the importance of treating people living with Alzheimer's and dementia with dignity, kindness, and inclusion. They may forget details, but they still feel the emotion and energy around them.

Mace's spirit lives on.



Megan Kimmel 4/12/80-6/10/26

For many many years, Megan was the poster child of the Moab Trail Marathon. She held the course record, stood on the podium many times, and was incredibly talented. But what I remember most is how humble and kind she always was.

Megan died by suicide, and her passing is a reminder to all of us to treat mental pain the same way we treat physical pain. If your knee or ankle hurts, you don't just ignore it—you treat it and get help. Please do the same when your mind isn't feeling right. Get help before the pain becomes overwhelming. Please take care of your whole self.

I hope Megan is somewhere beautiful and at peace. We miss you, Megan.



20 Years Later

December 13th, 2026 marks 20 years since the trail running accident that changed my life forever.

On December 13, 2006, while running near mile 17.5 of what is now the Moab Trail Marathon course, I slipped on black ice and fell 60 feet. I broke my pelvis, sacrum, and back and spent two freezing nights stranded near where aid station 4 is now before I was rescued by a series of extraordinary miracles: my dog Taz ran out to find help, my neighbor Dorothy realized I hadn't returned home, Craig Shumway miraculously located my truck, and the incredible people of Grand County Search & Rescue found me, rescued me, and got me to the hospital.

After major surgery and three months in a wheelchair, unsure whether I would ever walk again, I began to see life differently. I learned never to take another day for granted.

The Moab Trail Marathon was born from that perspective--it's not just a race, but as a celebration of being alive, perseverance, doing the things we love, and being with the people we love. It was created as a reminder not to wait but rather, to go for it.

Twenty years later, I still feel huge gratitude every time race weekend arrives. I am grateful to be out there sharing these incredible trails with all of you, and grateful for every participant, volunteer, staff member, and spectator who has helped make this race something bigger than a race.

This year's Moab Trail Marathon is especially meaningful to me, and I couldn't be more thankful to celebrate this milestone with you.

Cheers to 20 years of a second chance, beautiful trails, and the incredible people who make this community what it is.



Moab Trail Swag

If you ordered hoodies and/or hats, you can pick them up at the 'merch pick-up' area at the race venue on Friday, Saturday or Sunday. If you'd still like to purchase some Moab Trail swag, you can! Supply is limited so it's suggested to preorder. We will have race-day sales of any items still available. Bring cash if interested.

[Link to Race Store](#)



One final reminder:

**Read the info on the website
ahead of time!**

**There is NO cell service at the
start/finish** area so prepare and
plan ahead. Also, as it gets closer to
race day, I may not respond to
questions that are already answered
on the website or in this newsletter
(because I'll be out setting up the
race!), but I will try. Email with
questions:
director@moabtrailmarathon.com

Moab Trail Marathon Info Page

Pre Race Information



See you all in one month! It's going to be a great weekend! I'm so excited about this year's race! I can't wait to get out on the course to get it ready for everyone. I can't wait to see our Moab Trail Marathon 'family' again!
Train smart, take care of yourself!
There may be one more newsletter come out a week or so before the race with any last-minute information. Thanks, Danelle (Event Coordinator)



USATF
Championship



Moab Trail Marathon



Meets ATRA Event
Standards



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