View in browser



It's less than one week away from the

2026 Moab Trail Marathon, 1/2 Marathon, Adventure 10K and Kids K!

Hello Moab Trail Racers!

It's countdown time!







Mother Nature is ready. Are you?!
THE TRAILS ARE CALLING!
Moab Trail Marathon is less than a week away!

THE skies are crisp and blue, the leaves are a brilliant shade of yellow, the mountains are majestically snow capped and the rock-canyon walls are a calming shade of red. It's MOAB TRAIL MARATHON, 1/2 MARATHON, and ADVENTURE 10K TIME! This newsletter will go over several last minute details. Please take a few minutes to read through, in preparation for race day.



It's going to be GREAT!!!



I want to start by saying thank you for registering! I'm so excited for race weekend! I've been out working on the course a lot, and it's so beautiful. I can't wait for all the participants to get out there and enjoy it! This newsletter has some information that will help the race go smoother. Please review and print out any information you might need.

1. Weather: Forecast looks great for this year. Currently it looks to be cool in the morning but warming nicely by afternoon, with low around 30 and high around 60 and mostly sunny for both Saturday and Sunday. But things change quickly, so check the forecast as race day approaches so you can dress appropriately.

2. Slight Course Re-Route Due to Flooding: Putting this one towards the top since I know it's on everyone's mind! Kane Creek has experienced some extreme flooding the past couple weeks. We expect the water level to drop significantly by race day, but there will be mud, quicksand and some deep holes of water. To avoid these sections, all courses have been slightly re-routed. The 10k and Half Marathon will use a portion of the 'Connector Trail' instead of the creek bed for about a 3/4 mile section of the course. The Marathoners will use Kane Creek Road instead of the creek trail from mile 13.7-14. Follow the orange flagging to stay on course. Expect wet feet. 10kers may get feet wet in the first mile. Marathoners should be able to keep feet dry until mile 14. Half marathoners won't have wet feet until mile 12. We will build some bridges, with focus being on crossings with deeper water. You may want to bring a dry pair of shoes & socks to leave at the finish.

3. Packet Pick Up: Packet pick up at the race start/finish venue at the lower Kane Creek Recreational Parking Lot on Friday Nov. 6th between 2pm and 6pm. To get there take Kane

Creek Blvd from Main Street Moab for about 4.6 miles (3.8 miles from the intersection of 500W and Kane Creek Blvd). You will see the venue set up on the right side of the road immediately after the paved road turns to dirt road. There will be parking marshals to direct you. Please park as directed by the marshals. **Please carpool to Packet-Pick Up!**
You may also pick up your packet on race morning (Saturday or Sunday) after the shuttle drops you off.
Note that there is no cell phone coverage at Packet Pickup/Start/Finish area. **Also note that there will be A LOT of traffic on Kane Creek road, please drive slowly and carefully.** Please also be as efficient as possible at packet pickup since there is limited parking: we ask that you do not hang-out but instead return as soon as possible to allow parking spaces for others to pick up their packet. Thank you!

4. Bring your photo ID to packet pickup: Your photo ID must match the name on your race bib number. If you were thinking of racing using someone else's bib #, this is not allowed-- this would be a liability to the race organizers, unsafe for the runner, and would mess up the results. You must have a proper race bib number to participate in the race.

5. **Distance Drops**: If you need to **change from the Marathon to the Half Marathon or 10k, or Half Marathon to 10k--** please let me know asap by sending a request to director@moabtrailmarathon.com. The last thing we want is for you to get in over your head and get stuck out on the course! Please drop distances prior to race day if you do not feel comfortable running the distance you signed up for. If you let us know prior to race day, then you can be an official finisher. If you decide to switch when you get to the split, then you will be a DNF.

6. NO On-Site Parking: Sorry, there is no on-site parking on race day. You must take the shuttle from HMK Elementary or be dropped off. There is no parking for runners, walkers, or spectators.

7. Runner Drop-Off: If you will be dropping off a runner you have two options: 1. Use a pullout on the **left/east** side of Kane Creek Road prior to Pritchett canyon. or 2. At the bus drop-off zone at Kane Creek Parking Lot. Make the drop off snappy. We suggest that participants take the shuttle back to town after finishing, and then calling someone to pick them up at HMK Elementary because drivers arriving to pick-up runners at Kane Creek must remain in their car since there is no parking, only loading and unloading. Note that there is **NO cell phone coverage at the start/finish area**, so plan accordingly.

8. Shuttles: Shuttle pick-up is at the bus loading zone on the South side of HMK Elementary, along W. 400 North. **Please show up at your designated shuttle pick-up time**. Bring your bib number or your race confirmation page (by logging into your RunSignUp account and printing or screenshot your confirmation)-- these are your 'tickets' to the shuttle. Your shuttle pick-up time and wave start time are printed on the back of your race number bib and on your RunSignUp confirmation. We have set the shuttle pick up times so everyone can get to the start for their wave start time. Please be respectful. If your shuttle gets you to the start early then we'll have coffee, campfires, and music to enjoy and you'll have plenty of time to use the porta-potty and prepare for the race. If you arrive on time at HMK but for some reason your shuttle gets you to the start late, don't worry, we will allow you to start in a later wave with *no penalty*. You may park at the school lot or any legal city parking spot, or walk from your accommodations. You may also park at the churches next to HMK Elementary.

9. T-Shirts & Merchandise: When you pick up your packet and bib you will get your t-shirt in the size you selected at registration. If you would like to switch to a different size or color, then please come to the table next to check-in, the 'Race Store' table, and we'll try to accommodate your request. This is also where you will pick up any merchandise you ordered (hoodies and hats.) We will have some extra merchandise available for sale on after your race; bring cash (or Venmo) if interested.

10. Spectators: We discourage spectators in general, as this is an extreme, remote trail route with no access to watch runners other than at the finish area, reached by shuttle only. Spectators will **NOT** be allowed to park anywhere alongside Kane Creek Road or at Kane Creek Parking Lot! The road is narrow with steep banks and there really isn't any parking. **Spectators may take the shuttle bus from HMK Elementary to the finish line.** Spectators may board once all the participants have boarded, which will be about 10:30am on Saturday and 8:30am on Sunday. The shuttle is free, and spectators may return on the shuttle with their runner.

11. Warm-up's storage area: There will be a warm-up storage area at the start/finish area. This is essentially a large tarp where you can drop off your stuff and pick it up after the race. It is not secured. We ask that everyone please be respectful of other people's stuff! Please label your belonging and please do not leave any valuables.

12. Porta-potties: There will be a few potties at HMK near the shuttle pickup, and several potties at the start/finish area. There will be a potty at aid station #2 and an outhouse at the Hunter Canyon out & back. WAG bags are available at the start and at all aid stations. Please use either a toilet or WAG bag for number 2. Please dispose WAG bags in trash receptacles at the aid stations or start/finish.

13. Start Waves: Each start wave/corral will be announced several times at the start line. Please start with your assigned start wave. Your start corral #, as well as your shuttle pick up time will be on the back of your bib number and on your RunSignUp confirmation page. We need all those going for overall, collegiate, or USATF awards to be in the first wave for that distance race.

14. Your bib number: A timing chip is attached to the back of your bib number. We use this chip to track your start and finishing time. Please do not bend, fold, crunch or remove your chip. Your number should be visible from the front when you cross the timing mats at the start and finish. If you are wearing a jacket or sweatshirt please unzip or lift up so that your bib number is visible. If you prefer to wear it on your shorts please wear it on the right leg. Do not wear your number on your hat or your back and do not cover it with a pack or straps. And oh yeah, **don't lose it or forget to bring it to the start!** Pins are available at packet pickup/check-in.

15. Aid Station Suggestions/Instructions: Several hikers as well as our wonderful 4x4ers will be making the journey all the way out to the remote aid stations. We suggest that you plan on stopping for a few seconds at the aid stations to eat/drink/get what you need. Please pick-up what you need from the table. You may need to ask if you'd like something specific (no guarantees we'll have it, but we try!)
We also would like to reduce waste by encouraging you to bring your own cup, water bottle or bladder. You will get an ultralight 'collapsable' water bottle in your goodie bag that we encourage you to use in the race. There will be a variety of snacks out there including GU, fruit snacks, rice crispy treats, pop tarts, chips, cookies, crackers, oranges, bananas, protein smoothies, **Re-Lyte**

electrolyte drink, **Tailwind** Energy Drink**,** Cola, water and more. Some stations will have more variety than others.
I want to note that this racecourse is different than average. You'll need to eat and drink and pace yourself so that you stay alert. If you bonk out and stumble around out there it could be bad. Please use the aid stations and stay aware! Bring your own stuff if you have special preferences. Please say "thank you" to our awesome volunteers!

16. Aid Station 'Jackson' is located at mile 24.3 of the marathon and mile 4.1 of the 10k. I have hauled in all the supplies for this aid station by foot. There is enough for all the marathoners and for *some* of the 10kers, so we ask 10kers to only take aid if you need it. Please conserve and be mindful of runners behind you so that everyone may have a drink and snack.

17. The Desert/Canyon Environment: We know trail runners are in general the most responsible and respectable citizens when it comes to preserving the environment; but we must remind you to please take care of and respect our desert/canyon environment. This means *staying on the trail and using appropriate trash receptacles and toilets*. The desert/canyon environment is especially fragile so please take extra care.

19. Safety: This is an especially extreme course in places. There are sections very near the edge of a cliff and if you veer off the trail you may fall over 1000 feet off a cliff. So please be smart and considerate and *stay on the trail*!
Also please be extra careful not to kick (or throw) rocks off the edge. In addition to that being illegal, there are people down there! There are more loose rocks than normal on the course this year.
Also, please *no portable speakers/music* on course. Earbuds are discouraged as it's important to be aware for your surroundings and to be able to hear other racers who may want to pass or marshals giving instructions.

20. Traffic/Other Users: Note to runners that the roads and trails are open to the public. While we do not expect to see many other users, we may, and please respect. Most of all watch for vehicles on the short road sections-- stay to the side of the road! A few years ago we had cows, no kidding, hopefully not this year.

21. Course Markings: The course will be marked with Orange Flagging Tape. There are over 50 rolls of flagging tape out there so you should pretty much always see a piece of flag. Some of the sections of slickrock are marked with white chalk to indicate the route. If you do not see the flags, backtrack until you do.

22. Marathoners- Kite/Bib punch: There are two places on the course where there is a special hole punch that you must use to punch your bib number. The hole punch is orange and is hanging from an orange and white cubed kite. The first is at the Hunter Canyon out and back, at the turnaround point at mile 11.5ish, and the second is at the Pothole/Rockstacker intersection at mile 22.35ish (this is at a '**U**' section of the course). Be careful not to punch your timing chip. We will not hide the kite; it will be completely visible.

23. Water on Course/Wet Feet: It's been a wet fall in Moab and the drainages are currently wet and muddy. The bridges are currently down at all creek crossings. We will build bridges for the kids k, but marathoners, half marathoners and 10kers should expect wet feet. Due to the recent flooding, we will be rerouting short section of the course. See #2 above.

24. Bee's/wasps and other critters: We've had wasp nests 'kicked' in 2 past editions of the race. Please bring your epi pin and benedryl if you are allergic! Give a holler if you see bee's so others can carefully walk around or turn back. There will be antihistamines at all the aid stations. Also spotted on or near the course in the last months: a Mohave rattlesnake, several scorpions, a mountain lion and a black bear. If you're lucky, you'll see them on race day but leave them alone if so.

25. Return Shuttles: After you finish and get your finishers medal, mug, and something to eat and drink, you can catch the shuttle back to HMK. Please note that the shuttles will need to get everyone back by doing several laps, so we ask that, if possible, please catch your return shuttle in a timely manner, being mindful that all runners need to be returned. We don't want to rush you and have accounted for some time to hang out after you finish, but if everyone waits around too long then the buses won't have enough time to do laps to get everyone back before they max out their max legal driving hours.

26. Important: Please read and print out the information on the website that you need for race day and packet pickup. There's a lot of information on the INFO page of the website. Specifically, there are two PDF files on the info page under Event Information called *'race-day info' and 'pre-race info'.* Please, click on these and read! Thank you.

Finally: It's time to get in your final training run, taper, get organized and prepared, and travel safe! I can't wait to see you all in Canyon Country on Nov 6th-8th! It's going to be a blast! Unless it's an emergency, I probably will not reply to emails since I'll be working on getting everything ready for the race. Hopefully everything you need to know is on the website or in this newsletter. Read carefully and you will find most answers. See you soon!
Danelle Ballengee, Event Organizer







General Race Information

Additional Pre-Race Information

Race-Day Info/Safety Info



Our Amazing Crew!

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 truely 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!



USATF Trail Half Championship & Collegiate Trail Championships

We are also thrilled to host these two prestigious competitions. The best of the best will be running in Moab this weekend. It's truly an honor to have these talented athletes toe the line. We are excited for some spectacular performances and to be in the presence of and feel the energy of these amazing athletes!

USATF Trail Half Marathon Championship

Collegiate Trail Running Championship Info



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.



Yoga with Patty!
Run Long, Rest Deep: Deep Stretch + Restorative Yoga
Saturday, Nov 7 · 4:00–5:30pm · Desert Power Yoga (420 N 500 W, Moab) Suggested donation $30, pay what you can.

Sore legs Saturday? Racing Sunday? Run Long, Rest Deep is a deep stretch and restorative yoga class for runners, taught by a fellow Moab Half runner. Long, prop-supported holds for hips, hamstrings, calves, and IT band, then guided rest to get your nervous system out of race mode. There's a modified track for Sunday half runners. Saturday, Nov 7, 4:00–5:30pm at Desert Power Yoga. Donation-based

Sign-Up Here!



Race Day Shuttle and Drop-Off Info

There is NO onsite parking at the race start/finish area, so participants must take the shuttle or be dropped off at the start. Please show up at your designated time to catch the shuttle so that we can get everyone to the start on time🙄 You can find your shuttle pick up time on your RunSignUp confirmation (or login to your account to find it). Your 'ticket' to the shuttle bus will be your race bib or your race confirmation and ID (if you're picking up your packet race morning). Please note that there is no parking for the participants being dropped off at the start, it's a drop off zone only.

Shuttle & Drop Off Info



Safety

Even though it's more fun and more scenic-- this is not Disneyland, there are no seatbelts. You are in charge of your own safetly out there! It is important that you read all the safety warnings about the course. It is important that you pay attention, stay alert, and take care of yourself during the race. Use the aid stations, pace yourself, and if you don't feel comfortable anywhere along the course then stop and think and do what you need to do to be safe. We have a runner help runner policy in place, so please help other runners and please alert our race staff of any issues that we need to know of. We have had only very minor medical issues each year of the race so far and it's our goal for it to be the same this year. Thank you for your help in making the race safe for everyone!

Course Safety Info







We're excited to get the races started! It's going to be a great run! We have an incredible stacked field of elites and hundreds of fun-runners all coming together for a great time. We can't wait to show off our beautiful Moab landscape and hope that this will be the best edition of the Moab Trail Marathon ever! Once again we are thrilled that the race will support several of Moab's local non-profit organizations who all play a role in making the race a success!

Safe travels to Moab, Happy Tapering, and see you all soon!

MOAB TRAIL MARATHON

Marathon • 1/2 Marathon • Adventure 10K

www.MoabTrailMarathon.com

REDMOND RE-LYTE®

Some title here

MILT'S STOP N' EAT

Moab, Utah

Est. 1954

tailwind NUTRITION

This email was sent to {director@moabtrailmarathon.com} You received this email because you registered for the Moab Trail Marathon, 1/2 Marathon, Adventure 10K or Kids K on Nov 7th or 8th, 2026.

Unsubscribe here

Sent with Brevo

© 2026 TrainingRx LLC