



Exodus Run Information

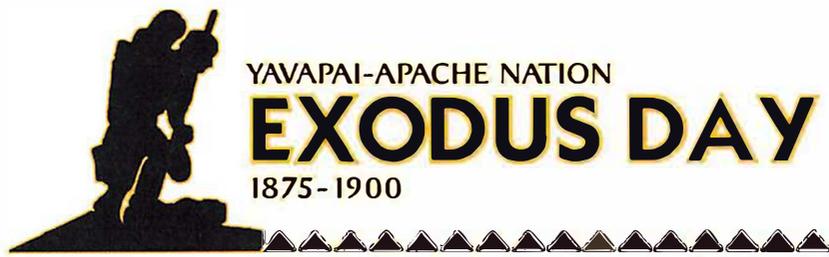
The Exodus Run is a 151-mile relay run from San Carlos, AZ to Camp Verde, AZ to commemorate the return of the Yavapai-Apache people from Exodus 1875-1900.

Details of the Exodus Run

1. Runners will leave the Yavapai-Apache Nation Administration Building at 2:00 AM on Friday, February 23, 2024 to travel to San Carlos, AZ.
2. Runners will receive a blessing Friday morning (February 23) before sunrise and the run will begin immediately after.
3. The run will continue non-stop with one runner on the road at all times until we reach Camp Verde High School. We will wait for the cue from the staff coordinating the Commemorative Walk in which all runners will run together into the Exodus Day Commemoration Ceremony.
4. Each runner will run 3 legs of the run, each leg will be approximately 1-3 miles long. To ensure the safety of runners, there will be only one (1) runner on the road. There will be an additional mile all together from Camp Verde High School to the ceremony. If needed, runners may be asked to volunteer to run more miles.
5. In training, it is recommended that runners aim to run 10 miles in 3-4 mile increments at a 12 minute per mile pace.
6. The run will be a continuous run, day and night. Runners should be prepared to run in cold weather and at night. The route begins in San Carlos to Globe to Payson to Camp Verde. There are steep uphill and downhill and runners will be running alongside of the highways. There will be minimal or no accommodations at some areas of the run i.e. restrooms, food, areas to sleep.
7. All planning for the Exodus Run is based on the number of runner's committed to participating. Therefore, we asked that if for some reason you are unable to run please contact Annette Mendez as soon as possible.
8. Runners under the age of 18 must have an adult chaperone with them during the run.

Thank you for considering in participating in an event that is meaningful and a blessing to the Yavapai-Apache Nation.

For any questions about the Exodus Run, please contact Annette Mendez at (928) 254-1978 or Matilda Cassadore at (928)567-1021



SAN CARLOS EXODUS RUN REGISTRATION FORM

Last Name: _____ First Name: _____

Mailing Address _____

City _____ State _____ Zip Code _____

Telephone _____ Cell Phone _____

Fax _____ Email _____

Age _____ (Must be 13 years of age or older to participate)

T-shirt Size: S M L XL 2XL 3XL

Exodus Runners will leave the YAN Administration Building on Friday, February 23, 2024 at 2:00AM. and travel to Apache Gold Casino in San Carlos, AZ. The run will begin Friday, February 23, 2024 at approximately 5:00 a.m. in San Carlos, AZ. Runners will run night and day, relay style to the YAN Veteran's Memorial Park in Camp Verde, AZ (estimated time of arrival is Saturday, February 24, 2024 9:00 a.m.-10:00 a.m.). Runners are required to complete and return a registration form to the Executive Office by February 09, 2024.

Matilda Cassadore
Executive Assistant
Camp Verde, AZ 86322
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Mobile: (928) 592-2699
Fax: (928) 567-3994
Email: mcassadore@yan-tribe.org

Or

Annette Mendez
(928) 254-1978
Email: Almendez@yahoo.com

I hereby agree to abide by all rules and requirements. I understand that non-adherence to rules and requirements will result in being asked to leave the event. I hereby release and hold harmless the Yavapai-Nation, its official officers, organizers, sponsors, supervisors, staff and volunteers for any and all accidents or injuries sustained to my person or property or of my wards in relation to the 2024 Exodus-Return Commemoration Run. I further waive any and all claims against the Yavapai-Apache Nation, its officials, officers, organizers, sponsors, supervisors, staff and volunteers for accidents or injuries sustained in transportation during the above identified sponsored events and activities. I also authorize the aforementioned individuals to seek any medical attention for myself if required. Participants are not allowed to carry or possess any weapons, controlled substances, alcohol or paraphernalia. If any of these items are discovered, the person(s) is immediately excluded from the event and we will immediately contact the Yavapai-Apache Police.

Signed _____ Date _____

Signed _____ Date _____
Parent or Legal Guardian