



Don't skip this email, we've got important race information to answer all your burning questions and make sure you are as prepared as possible to achieve your goals at the Bears Ears Marathon.

HOW TO GET TO THE RACE

The race starts in Blanding Utah which is in San Juan County Utah. We are a tad remote, which just means there are a lot of really pretty drives around us. Highway 191 is the central highway here that takes from the North end of the county all the way to Arizona on the South. Highway 491 also comes in from Colorado into Monticello (just North of Blanding).

Starting in Utah: From the Wasatch Front (Salt Lake etc...) you'll need to take I15 South and take highway 6 through Spanish Fork down through Price and to Green River, take the exit for 191 through Moab and eventually Blanding. If you are in Western Utah you can take I15 to I170 East then take the 191 exit through Moab and on down to Blanding

Outside Utah: Moab(Utah), Durango and Cortez(Colorado) are the closest airports. If you land in Colorado you'll need to hit 491 and head towards Monticello, then South on 191 to Blanding. Some prefer to Land in Salt Lake and drive South, that is about a 5 hour drive. You could also land in Flagstaff Arizona and head North (also about a 4 hour drive).

WHERE TO STAY

The Marathon is proudly sponsored by Bears Ears Inn in Blanding and Bluff Dwellings in Bluff. Bears Ears Inn is within walking distance to both the Visitor's Center (Where you will pick up your packet) and the start line. They offer a typical and clean hotel experience with breakfast.

For the Marathon they are offering a discount to runners when you call in to make your reservation. They also are offering early breakfast on Saturday for our runners!

Bluff Dwellings offers a more boutique experience with a variety of rooms in a beautiful location.

They are also within walking distance of the finish line. **Be sure to use code RunBEB24 at checkout to get a discount!**

There are many other options as well! Stone Lizard in Blanding and Desert Rose in Bluff have high quality experiences while the Blue Sage and many others offer cheaper rooms. There are a variety of AirBNB/VRBOs in the area to choose from. There are several Glamping locations North of town and in Monticello.

For those bringing a camper or van, Blue Mountain RV park has wonderful views of Bears Ears.

Be sure to check out [this page](#) that more fully showcases places to stay in our beautiful county.

WHERE TO EAT

In Blanding-

We've gotten several questions on where to eat, but that depends on what you want to eat! If you like burgers then you can't beat Patio, though we do have an A&W which provides a classic burger for a cheaper price. The Homestead has amazing home cooked meals and options including Navajo Tacos and a nicer sit in experience. It sounds a tad untraditional, but our local hospital runs a bistro and the cook there is arguably the best in town. (Blue Mountain Bistro, be sure to [order in advance](#)!) Also on the untraditional side is the University food court, but if you're in the mood for a salad they have great options. We of course have Subway and several food trucks that hide around town as well.

[Bluff dining](#)

If you are willing to travel a bit, there are many other options close by in the county. Monticello for example, has one of the best Thai restaurants you will ever go to. Ask a local, they know!

PACKET PICKUP

Packet Pickup will be held at the Blanding Visitors Center at [12 N Grayson Parkway, Blanding Utah](#). You can pick up your packet between **2pm and 8pm Friday**. Meet some of our volunteers, grab your bag, shirt and other goodies available!

A Photo ID is required to pick up your packet so please be prepared! If you plan on picking up the packet for another person we must have approval of that person in writing or text/email.

There is a very limited amount of space for pickup Saturday morning at 5:30am to 6am.

If you intend to pickup on Saturday morning it is required to purchase this separately

SHUTTLES

Parking is available both at the Start Line as well as the Finish Line area in Bluff. See the maps for parking: ([Start Line Parking](#)) ([Finish Line Map and Parking](#)) The main parking area is at the Start, however, one shuttle is available from Bluff to the Start line which will leave at 6am and 6:50am. There is not another shuttle from Bluff before the race starts, if you plan to take it, be on time! Your bib acts as a ticket for any of the shuttles.

There will be two shuttles to the half-start line, one at 6:30 and another at 6:50. There is **no parking** available at the half-start and all half-marathoners are required to take one of the two shuttles.

Parking near the Start Line is available at San Juan High School, a parking lot near the start itself and at the ARL Middle School.

Parking in Bluff near the Finish Line is on the East side of the local LDS church and on the block South. There is additional parking available at the Senior Center (See on map). Parking is limited elsewhere so be aware of your plans. Shuttles from the Finish line back to Blanding begin at 11am.

AID STATIONS

Aid Stations are placed every 3 miles and all contain an assortment of Gu Energy Gels (Chocolate*, Vanilla Bean*, Strawberry Banana, Raspberry Lemonade, Tri-Berry*, Salted-Caramel* [* has Caffein]), Water and Gu Roctane (Lemon Berry*, Grape, Tropical Fruit*). The finish line will also have water, Gu Roctane, fruit and other recovery food.

ITEM DROPS

There will be a truck at the start to drop off a race bag. Please make sure they are marked appropriately. These bags will be available at the finish line. If you plan on dropping clothing during the race, please do so at the aid stations, dropped clothing will gradually be picked up and brought to the finish line.

SPECTATORS

The Bears Ears Marathon welcomes spectators! We do want everyone to be safe, so we encourage spectators at certain locations in the course. The Start and Finish lines are both excellent places to encourage your runners. Inside City limits and near Centennial Park are also safe places to park and cheer runners. Much of the course is on highway 191 and it will not be safe to park or cheer on runners along the highway. In White Mesa limits there are places to safely park and cheer runners. Some Aid stations have room to park and cheer, only pull off the highway if there is a clear space to do so. Many areas have soft shoulders that are not safe for most to park. The main locations for cheering on runners are shown on this map [here](#).

TIMING AND SCORING

The races will be chip-timed using timing tags adhered to the back of your bib. Your time will begin when you cross the starting line and stop when you cross the finish line. Overall prize winners (top 3 in each race) will be determined by gun time, not chip time. Please do not tamper with the timing chips, as they cannot be replaced once linked to your bib number.

Because the timing tag is adhered to the back of your race bib, it is important that you do not cover your bib with clothing or other objects that may interfere with the tag reader when you are crossing the start and finish lines. Furthermore, in order to ensure that race volunteers, officials, and photographers can properly identify you, you must wear your bib on the front of your person in an unobstructed position. If the photographers along the course cannot see your bib number, we will have no way to get your free race photos to you.

RULES TO BE AWARE OF

We DO allow backpacks, hydration packs etc...

Dogs are allowed on leash at the start and finish of the race. Please no dogs inside Bluff Fort!

Early starting is strongly discouraged, but can be accommodated upon request with extenuating circumstances. Starting early disqualifies you from winning overall awards. Please Email Ben to get that set up bmuhlestein@blanding.city

AFTER THE RACE

We are planning to do the awards roughly around 10:30 for the Half Marathon and 11:30 for the Full Marathon. Listen for announcements so you can be aware of when the ceremony will happen.

As mentioned before, shuttles will begin from the Finish line around 11. We welcome you to extend your stay and visit our communities and the surrounding area. There are 3 National Monuments (including Bears Ears), 2 National Parks, 3 State Parks and so much more to explore, all within an hour drive of Blanding or Bluff. You can visit our site [here](#) for some ideas of how to best extend your stay!

If you're looking for tips on how to prepare for the race, keep reading for more!

FUEL SMART FOR YOUR BEST RACE

With race day around the corner, let's make sure your fueling plan is on point so you can crush those miles and feel great doing it. [Endurance sports dietitian Alex Larson](#) has prepared a prep-list to help you stay energized all the way to the finish.

Here's a quick list of what to bring and how to stay fueled:

WHAT TO PACK FOR RACE DAY FUEL:

- [Gels](#), chews, or blocks: Race aid stations will be providing GU gels, but if you're using different fuel options, start calculating what you'll need for your estimated time on the course. Bring a few extras in case the miles feel longer than expected.
- [Hydration mix](#) or electrolyte tabs: Sip early and often, especially if you're not fully acclimated to the 6,000 ft elevation level. Including [electrolytes](#) will help you avoid cramping and fatigue.
- Caffeinated option: If you're used to it in training, a little [caffeine](#) can help sharpen focus during the later miles.

- Reusable soft flask for fluids: If you prefer to stay eco-friendly, a soft flask can be a great option. Plus, it's easy to refill at aid stations.

PRO TIPS TO STAY AHEAD OF THE BONK:

- Fuel early and consistently – Take an energy gel or chews about 15 minutes before race start. Then begin re-fueling within the first 30-45 minutes of the race. Don't wait until you feel tired or hungry.
- Practice your hydration strategy – Sip small amounts every 10-15 minutes to stay ahead of dehydration.
- Plan for surprises – If things don't go as planned (hello, sudden hunger or unexpected weather!), having extra snacks or electrolytes could save your race.

[Write out your plan now](#), and you'll toe the starting line with confidence. You've trained hard for this—fuel smart, and go enjoy the journey to the finish!

ABOUT ALEX

Alex is a registered dietitian, Ironman finisher and mom of 3. She started [Alex Larson Nutrition](#) with the mission of supporting endurance athletes with practical and simple nutrition advice for lifelong health and performance. You can find Alex on social channels [@alexlarsonnutrition](#).

Thank you for being a part of the Bears Ears Marathon & Half community. We can't wait to see you at the starting line for what promises to be an unforgettable experience!



50 West 100 South, Blanding, UT 84511