



19th Annual

WALKING  
TOGETHER FOR

HEALTHIER  
NATIONS  
2015

# KAYENTA SERVICE UNIT WELCOMES YOU AND YOUR FAMILY

For the past 19 years people of all ages have come to walk together. This year we will be walking from the East direction starting at the Dennehotso Chapter House.

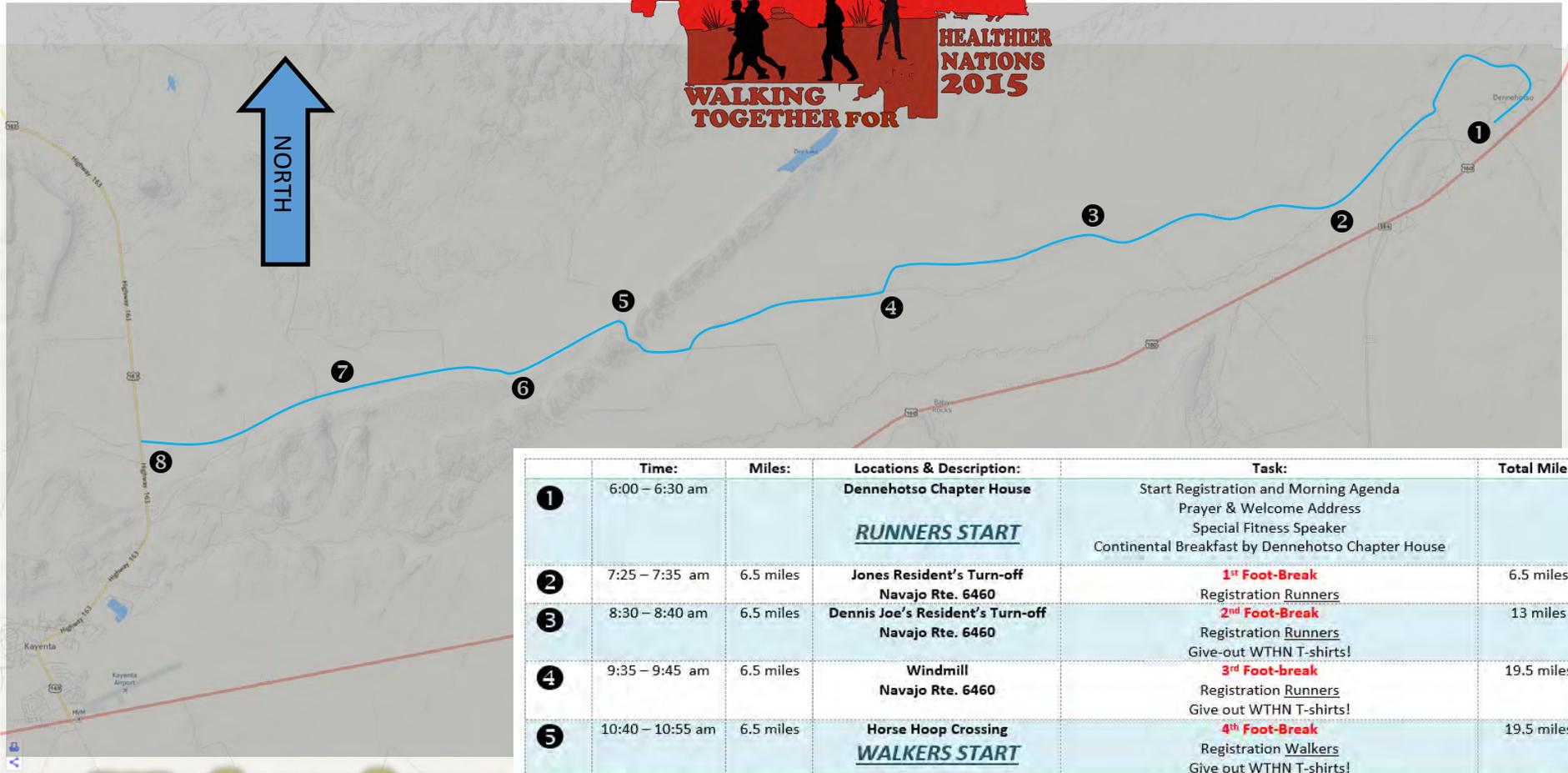
The East direction represents; the beginning of life, ensuring families have a healthy start, the Dawn, establishment of values that guide a person through life's journey and the beginning of thinking (Nitsáhákees).

**Wednesday Sept. 30, 2015**

Registration begins at 6:00 AM and at designated foot breaks after 6:45 AM. The run starts at Dennehotso Chapter to Horse Hop Crossing. The walk starts at 10:40 AM at Horse Hop Crossing to Highway 163, Milepost 398.7.

## Registered participants earn a free t-shirt

For more information: Kayenta Health Center HDPD Office (928) 697- 4249



**Wednesday**  
**Sept. 30, 2015**

	Time:	Miles:	Locations & Description:	Task:	Total Miles:
1	6:00 – 6:30 am		<b>Dennehotso Chapter House</b>	Start Registration and Morning Agenda Prayer & Welcome Address Special Fitness Speaker Continental Breakfast by Dennehotso Chapter House	
			<b><u>RUNNERS START</u></b>		
2	7:25 – 7:35 am	6.5 miles	<b>Jones Resident's Turn-off Navajo Rte. 6460</b>	<b>1<sup>st</sup> Foot-Break</b> Registration <u>Runners</u>	6.5 miles
3	8:30 – 8:40 am	6.5 miles	<b>Dennis Joe's Resident's Turn-off Navajo Rte. 6460</b>	<b>2<sup>nd</sup> Foot-Break</b> Registration <u>Runners</u> Give-out WTHN T-shirts!	13 miles
4	9:35 – 9:45 am	6.5 miles	<b>Windmill Navajo Rte. 6460</b>	<b>3<sup>rd</sup> Foot-break</b> Registration <u>Runners</u> Give out WTHN T-shirts!	19.5 miles
5	10:40 – 10:55 am	6.5 miles	<b>Horse Hoop Crossing</b>	<b>4<sup>th</sup> Foot-Break</b> Registration <u>Walkers</u> Give out WTHN T-shirts!	19.5 miles
			<b><u>WALKERS START</u></b>		
6	11:55 am – 12:40 pm	3-miles	<b>Blackwater Resident's Turn-off Kane Valley Rd., Navajo Rte. 6460</b>	<b>5<sup>th</sup> Lunch Break</b> Registration <u>Walkers</u> Give out WTHN T-shirts!	29 miles
7	1:40– 1:55 pm	3-miles	<b>Whitehorse Resident's Turn-off Kane Valley Rd.</b>	<b>6<sup>th</sup> Foot-Break</b> Last Registration <u>Walkers</u> Give out T-shirts	32 miles
8	2:55 – 3:45 pm	2-miles	<b>Junction of Kane Valley Road &amp; Hwy. 163</b>	<b>Final Foot-Break</b> Closing Give out T-shirts	34 miles