



Y.E.S. for Dine' Bikeyah

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January 2023

Yá'át'ééh Friends!

With the year 2022 fading into memory, we reflect on the year gone by and how the wellness revolution continues to grow on the Navajo Nation!

The tribal election of 2022 was a symbol of this growing movement. Both President Nez and his challenger Buu Nygren engaged in the discussion on how we can all work together to create more healthy Nation. Trails, parks, outdoor recreation....they are all a part of what is becoming a very healthy and active Nation! NavajoYES was stoked to be able to host a Presidential Forum on trails and community wellness in October! (Just FYI: Mr. Nygren won the election of these two very good men on November 8.)

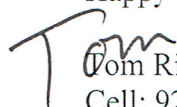
Our Dine' Bike Project continues to expand, with over 500 donated bikes coming through our bike yard in Beclabito, where we restored and shared mountain bikes, cruisers, kids bikes, Striders, road bikes and even a few tandems! In addition to the bikes, we share helmets, tool kits, first aid bags, training manuals and more to groups that we partner with. Families, schools and groups receive bikes in exchange for some effort on behalf of their community, such as chopping wood for elders, volunteering on a trail day, baking cookies for the senior center.....anything to help make a better rez!

Trails continue to be a huge part of our mission, and we are excited to unveil the brand-new Guide to the Rainbow Trails this winter! The Rainbow Guide is our third publication, adding to the Chuska MTB Guide and the Navajo Nation Trail Guide. We have continued work on the Chuska MTB Route and continue to advocate tirelessly for a Navajo Rail-Trail project! The Navajo Parks Race Series and Tour de Rez Cup attract thousands of folks annually to events across Dine' Bikeyah, at amazing venues such as Monument Valley, Four Corners, Chuska Mountains, Navajo Mountain and Rainbow Bridge. Our family outings continue to flourish, offering positive events for our local families.

If you follow us on Facebook, you will get a glimpse of what's going on in the world of NavajoYES. Better yet, visit us and see what it all looks like in person. Join us on a trail project. Run, bike or volunteer at a race. Help restore bikes. Backpack with us. Or just hang out with us for few days. You are always welcome!

If you want to support the program financially, you can do it at the DONATE button on our website or mail a check to NavajoYES, PO Box 1487, Teec Nos Pos, AZ 86514.

Happy New Year to you all! Take care and stay well!


Tom Riggerbach

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