



## 2017 RACER HANDBOOK

Welcome to the Mid Mountain Marathon presented by Salomon. Below is a summary of all the things you need to know to make your day at the races run smoothly

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### RACER BAG PICK-UP DATES & TIMES:

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We encourage you to pick up your bib in advance. As we get closer to the event, a racer release will be emailed to you. **Please print, fill out and bring release with you to bib pick-up.**

Friday, August 18, 2017

3:00 – 7:00pm

Early bib pick-up at Park City Running Company. PC Running is location in Pinebrook, on the upper level of Quarry Village Shopping center, at 8178 Gorgoza Pines Rd., Suite D, Park City.

Saturday, August 19, 2017

5:30 – 6:15am

Day of Bibs can ONLY be picked up at Park City Visitors Center at 1794 Olympic Parkway, Park City, UT 84098.

- ❖ ***YES, you can pick up a packet for someone else but you need to bring their signed release form***
- ❖ ***Participant Gift will be given out at Bib pick-up***

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### SCHEDULE / DETAILS:

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**Saturday, August 19, 2017:**

- 5:30 – 6:15am Bib pick-up **ONLY** at the Park City Visitors Center at 1794 Olympic Parkway, Park City, UT 84098.  
You **CANNOT** get your bib at the Deer Valley Start area. **No participant parking at Deer Valley!**
- 5:45am Begin loading shuttles to start
- 6:20am Last shuttle leaves for start
- 7:00am Race Start
- 12:00pm Awards will be held at the Finish Line / Nordic Jump finish area at the Utah Olympic Park
- 2:00pm Course Closes

This event is presented by Salomon Running, We are excited to announce a new course for 2017! The new race course begins at Silver Lake/Deer Valley, where it follows the iconic Mid Mountain Trail for nearly 20-miles, to it's terminus. There is one last uphill push before a long, winding descent down through the Utah Olympic Park trail system, with an epic finish at the base of the 120 meter, Olympic Nordic jump. The course rolls across the Wasatch Back, through aspen and evergreen forests, at an average elevation of 8,200' and is largely shaded single-track. The Mid Mountain Marathon embodies the essence of mountain trail running with intermittent technical sections, a few sustained climbs and fast downhill. Voted best trail marathon in Utah, the Mid Mountain Marathon is a true trail runner's marathon and is part of the Triple Trail Challenge.

For your safety, we have set up a "free ride home" location. If you are not at The Colony located at mile-16 by 11:00am you will be asked to head back to the finish via sporadic vehicle transportation. If you choose to continue against our recommendations, you do so at your own risk, and will be asked for your bib. There are 7 aid stations there a no restroom facilities at aid stations unless noted:

AS#1 – Mile 4.8 / Mileage to next aid station at Thaynes Canyon 3.7 miles

AS#2 – Mile 8.5 / Mileage to next aid station at Iron Mtn 4.8 miles

AS#3 – Mile 13.3 / Mileage to next aid station at The Colony 2.7 miles

AS#4 – Mile 16 with restrooms / Mileage to next aid station at Red Pine Lodge 1.9 miles

AS#5 – Mile 17.9 with restrooms / Mileage to next aid station at East Street 2 miles

AS#6 – Mile 19.9 / Mileage to next aid station at Ambush Trail 3.1 miles

AS#7 – Mile 23 / Mileage to FINISH LINE 3.2miles

❖ **The course will close at 2:00pm. Dogs are not allowed. Please watch for wild life!**

❖ **Please Note: Course is subject to change without notice**

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## **PARKING:**

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**NO PARTICIPANT PARKING AT THIS START!** ALL participants must park at the Park City Visitors Center (1794 Olympic Parkway, Park City, UT 84098) and ride shuttles to the start. Friends or family are welcome to drive you to the start and watch you start but they cannot park there for the day.

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## **CLOTHING / BAG DROP / LOST & FOUND:**

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Runners may bring a bag with dry clothes or other belongings to the start area (not at the Visitors Center). Look for the "Clothes Corral" sign. The bags should have bib # marked on outside. Volunteers will organize the bag area for later retrieval at the finish. If runners want to shed clothing during the race at aid stations, items will be returned to the finish only after the aid station as been closed and broken down.

If you lose something, please email us at [ginger@mountaintrails.org](mailto:ginger@mountaintrails.org) and we'll do our best to reunite you with your belongings. Anything left behind and not claimed by September 1, 2017 will be tossed or donated to charity. Mountain Trails is not responsible for any lost items.

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## FINISH LINE:

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**POST-RACE NUTRITION: KODIAK CAKES** will provide their tasty post-race flapjacks, flipped fresh at the finish line. Electrolytes, Coke and water will also be available.

**OPPORTUNITY DRAWING:** Each participant will receive an opportunity drawing ticket once they cross the finish line. More tickets may also be purchased at the finish line. Sponsored by Skullcandy, GoalZero, LaSportiva, Salomon just to name a few! We have stacks of really-cool outdoor gear for you to win!

**SPECTATORS:** No long-term parking at the Start area. You are welcome to go and see our runners off, but you cannot park their for the day. Spectator parking is available at the finish at the Utah Olympic Park.

**XOTIO PHOTOGRAPHY:** Will be on course to capture runners in the race moment. Participants can visit their website following the event to download a **FREE** event photo.

**SOCIAL MEDIA:** Once you've recovered from a hard push, please share your excitement on social media by tagging Mountain Trails Foundation, #pctrails, mtntrailspc ! Spreading the word helps support Mountain Trails Foundation, a non-profit that builds, maintains and protects trails in Park City. All race proceeds go directly back to the trails you love!