

RACER HANDBOOK



Know Before You Go/Run...

The ultimate summer challenge takes place over a nine-week period. Complete all three events and receive the signature TTC jacket and unique 3-part finishers medal. Returning participants may have their jacket embroidered with the 2019 event logo.

Be sure to follow us on Facebook: <https://www.facebook.com/mountaintrailsfoundation> for the most up-to-date race day details, training runs and more!



RACE DETAILS

NEW THIS YEAR – WE ARE GOING GREEN!



For both our environment and as a nonprofit, unnecessary waste, trash and expense is something we are strongly against. We are dedicated to maintaining a clean race and preserving the beauty of the area we run in. This year for all our races, we will be providing each racer a [HydraPak SpeedCup](#) a quick and easy watering solution; it's lightweight, easy to hold, reusable and collapsible so you can tuck it almost anywhere. You also have the option to bring your own system. It can be anything that works for you, so long as it does not produce trash.

We will NOT have cups at the aid stations. You will be given you cup at the Round Valley Rambler, be sure to bring it to Jupiter Peak & Mid Mountain!

The 3-Stages Include:

- Round valley Rambler – June 8, 2019
- Jupiter Peak Steeplechase – July 13, 2019
- Mid Mountain Marathon – August 17, 2019

Please read the Racer Handbooks for each stage to ensure you have the race details for each stage.

NEW participants will receive:

- TTC Jacket (only if all three events are completed. Jacket sizing will be determined at the first event)
- [HydraPak SpeedCup](#). We are going Green – No cups at aid stations! [Learn More](#). Cup will be given at the first stage. Be sure to bring your cup to the other two events)
- Official event tee or each event (if selected during registration)
- Participation medal for each event
- Digital image for each event from our event photographer!

Returning participants will receive:

- Embroidery of 2019 event on your TTC Jacket
- [HydraPak SpeedCup](#). We are going Green – No cups at aid stations! [Learn More](#). Cup will be given at the first stage. Be sure to bring your cup to the other two events)
- Official event tee for each event (if selected during registration)
- Participation medal for each event
- Digital image for each event from our event photographer!