



2017 RACER HANDBOOK

Welcome to the 1st Round Valley Rambler! Below is a summary of all the things you need to know to make your day at the race run smoothly.

RACE BIB PICK-UP DATES & TIMES:

We encourage you to pick up your bib in advance! Participant T-shirt will be given at bib pick-up.

Friday, June 16, 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, June 17, 2017

6:30 – 7:30am

Day-of bib pick-up at **START** area in Round Valley (Northside by the LDS Church). To avoid race-day lines, racers are encouraged to pick up bibs the day before as described above.

YES, YOU CAN PICK UP A BIB FOR SOMEBODY ELSE.

RACE SCHEDULE:

Saturday, June 17, 2017

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| 6:30-7:30am | Day-of bib pick up at START area in Round Valley |
| 8:00am | Mass Start |
| 11:30am | Awards at finish line |
| 12:00pm | Course Closes |

THE COURSE

A trail half marathon - 100% of the course takes place on buff single and double track trails in the 2,100 acre Round Valley Open Space area, with an altitude ranging from 6,500 to just over 7,100 feet. While athletes will find the trails foot-friendly, the rolling, high desert terrain presents a few long and steady climbs followed by fast downhills. Dogs are not allowed on this course.

Course Closure: 12:00pm – runners will be asked to surrender bibs and accept a ride back to the finish line. Race times after 12:00pm will not be recorded.

Aid Station #1 – Mile 4.5

Aid Station #2 – Mile 7.6

Turn-by-Turn:

- A mass start on the Crooked Mile Nordic trail just east of the North Round Valley Way trailhead
- Runners funnel directly onto the Happy Gilmor single track trail
- Mile 1.0- Veer left onto Tin Man single track
- Mile 2.4- Continue straight onto Rambler single track
- Descend Rambler to steel gate
- Veer left of gate and continue uphill on Rambler to 4-way intersection with Rusty Shovel/Nowhere Elks- Mile 4.5 (AS #1)
- Turn left onto Rusty Shovel single track and descend
- Mile 6.1 - Turn right onto Ramble-On single track
- Mile 6.5 - Take a sharp right turn onto Rambler single track
- Continue uphill on Rambler Single Track to mile 7.6 (AS #2)
- Mile 7.6 - Turn left onto Nowhere Elks double track
- Mile 7.8 - Veer left onto Nowhere Elks single track
- Mile 8.1 - Veer right onto Nowhere Elks single track
- At mile 8.9, turn right onto Matt's Flat double track
- Veer right at Y, continuing Matt's Flat
- Mile 9.3 - Turn left onto Matt's Flat single track
- Mile 9.6 - Turn right onto Cammy's double track
- Mile 10 - Turn right onto Rademan Ridge double track
- Mile 10.7 - Veer left onto Tin Man single track
- Mile 12.1 - Continue straight onto Happy Gilmor single track to finish

COURSE CLOSSES AT 12:00pm DOGS ARE NOT ALLOWED!

FINISH LINE

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: Parking is very limited! PLEASE CARPOOL! NO STREET PARKING! The FREE bus system will bring you right to the finish line! From the Kimball Jct. transit center, take a 10 minute, FREE bus ride on the **BROWN Express** and exit at the **Kingsford Ave.** bus stop, then walk across the street to the finish line. Bus riders and carpoolers can earn extra opportunity drawing tickets by visiting the Mountain Trails tent!

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, mtntailspc ! 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!