



## 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 race run smoothly.

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### BIB 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, racer release forms for Park City and the Utah Olympic Park will be emailed to you. Deer Valley Resort form MUST be completed online prior to the event.

**Please print, fill out and bring the Park City and UOP releases 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 located in Pinebrook/Park City, 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 Skullcandy offices located at [6301 N. Landmark Drive, Park City, UT 84098.](#)

## **NO DAY-OF BIB PICK UP AT START AREA AT DEER VALLEY!**

- ❖ *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 Skullcandy offices located at <a href="#">6301 N. Landmark Drive, Park City, UT 84098.</a>
5:45am	Begin loading shuttles to start area
6:20am	Last shuttle leaves for start area
7:00am	Race Starts
11:00am	Course Cut off at Colony Aid Station – Mile 16
12:00pm	Awards will be held at the Finish Line / Nordic Jump finish area at the Utah Olympic Park
2:00pm	Course Closes

**YOU CANNOT GET YOUR BIB AT THE START AREA AT DEER VALLEY!  
NO PARTICIPANT PARKING AT THE START AREA AT DEER VALLEY**

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 its terminus. There is one last uphill push before a long, technical descent down through the Utah Olympic Park trail system. The finish line is 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 downhills. 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 4th aid station at mile 16 by 11:00am, you will be asked to discontinue and sporadic vehicle transportation will be provide to take you to the finish. If you choose to continue against our recommendations, you do so at your own risk, and will be asked for your bib. There are 8 aid stations there are NO restroom facilities at aid stations unless otherwise noted:

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

*AS#2 – Mile 8.25 / 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 (11:00am Cut off)*

*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 21 / Mileage to next aid station at the top of the Bobsled = 3 miles*

*AS#8 – Mile 24 / Mileage to FINISH = 2.67 miles*

❖ ***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. Mileage distance noted may vary.***

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#### **PARKING:**

**NO PARTICIPANT PARKING AT THE START!** ALL participants must park at the Skullcandy parking lot located at [6301 N. Landmark Drive, Park City, UT 84098](#) and ride a shuttle 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. Free shuttle service from the Utah Olympic Park back to the Skullcandy parking lot is available every 30 minutes (on the hour and 30 minutes after the hour).

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

Runners may bring a bag with dry clothes or other belongings with them on the shuttles to the **start area at Silver Lake** (not the Skullcandy parking lot). Look for the "Clothes Corral" sign. The bags should have your bib # marked on the outside. Volunteers will transport and organize the bags for later retrieval at the **finish**. If runners want to shed clothing during the race, at aid stations, those items will be returned to the finish only after that aid station has closed.

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. Lost items will be taken to Park City Running Co. the day after the race and left there for two weeks. Anything not claimed by September 2, 2017 will be donated to charity. Mountain Trails and Park City Running Co. are not responsible for any lost items.

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## **FINISH LINE:**

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**POST-RACE NUTRITION: KODIAK CAKES** will provide tasty, post-race flapjacks, flipped fresh at the finish line. Elete Electrolytes, Coke, water, watermelon and potato chips 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. The opportunity drawing is 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/Silver Lake. You are welcome to go and see our runners off, but you cannot park there for the day. Spectator parking is available at the Skullcandy parking lot. Free Shuttle service to/from the Utah Olympic Park is available at the Transit Center located across the street from the Skullcandy offices. Shuttles run every 30 minutes (on the hour and the half hour).

**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!