

# RACER HANDBOOK

As of May 6, 2019



## Know Before You Go/Run...

The Round Valley Rambler offers two distances, 7K or a trail half marathon. The half marathon distance is the first race in the [Triple Trail Challenge](#). 100% of the course takes place on buff single and double track trails within the 2,100 acre, Round Valley Open Space, with altitude ranging from 6,500 to 7,100 feet.

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.**

### Race Schedule: Saturday June 8, 2019

6:30-7:30am	Day-of bib pick up at START area located at the North Round Valley Way Trailhead
8:00am	Half Marathon - Mass Start
8:10am	7K – Mass Start
11:30am	Awards at finish line (Top 3 overall Men & Women)
12:00pm	Course Closes

***All racers and spectators should park at the LDS Church located at 510 Silver Summit Pkwy, Park City, UT 84098***

### Bib & Event T-Shirt Pickup Options

- Option #1  
Friday, June 7, 2019  
JANS (1600 Park Avenue, Park City)  
3:00 – 7:00pm
  
- Option #2 - To avoid race-day lines, racers are encouraged to pick up bibs the day before Option #1  
  
Saturday, June 8, 2019  
Day-of bib pick-up at **START** area is at the North Round Valley Way Trailhead.  
6:30-7:30am

## Parking

All racers and spectators should park at the LDS Church located at 510 Silver Summit Pkwy, Park City, UT 84098.

## Course Details

100% of both courses 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 downhill.

***Dogs are not allowed.***

## Half Marathon Turn-by-Turn

- A mass start on the Crooked Mile Nordic trail just east of the North Round Valley Way Trailhead
- Runners the Crooked Mile for 0.6 miles, turn left onto the Happy Gilmore single track trail
- Mile 1.4 - Veer left onto Tin Man single track
- Mile 2.4 (Aid Station #1) - 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 4.9 (AS #2)
- Turn left onto Rusty Shovel single track and descend
- Mile 6.5 - Turn right onto Ramble-On single track
- Mile 6.9 - Take a sharp right turn onto Rambler single track
- Continue uphill on Rambler Single Track to mile 8.0 (AS #3)
- Mile 8.0 - Turn left onto Nowhere Elks double track
- Mile 8.2 - Veer left onto Nowhere Wlks single track
- Mile 8.4 - Turn right onto Downward Dog single track
- At mile 9.3, turn right onto Valderroad double track
- Veer left onto Matt's Flat single track
- Mile 9.7 - Turn right onto Cammy's double track
- Mile 10 - Turn right onto Rademan Ridge double track
- Mile 10.8 (Aid Station #4) - Veer left onto Tin Man single track
- Mile 12.2 - Continue straight onto Happy Gilmore single track to finish

## 7K Turn-by-Turn

- A mass start on the Crooked Mile Nordic trail, just east of the North Round Valley Way Trailhead
- Follow the Crooked Mile for 0.6 miles, turn left onto Happy Gilmore single track trail
- Mile 1.4 - Veer left onto Tin Main single track
- Mile 2.8 - (Aid Station #1) turn left onto Rademan Ridge double track
- Stay on double track for 0.5 miles
- Mile 3.3 – Turn right onto double track, follow this section for .25 miles turning right at the split
- Mile 3.6 – Turn right onto Happy Gilmore single track and continue for 0.9 miles to the finish

## Aid Station Mileage

- Aid Station #1 – Mile 2.8
- Aid Station #2 – Mile 4.9
- Aid Station #3 - Mile 8.0
- Aid Station #4 – Mile 10.8

## Awards

The top three overall men/women will receive awards. All Half Marathon participants will receive a finishers medal.

## Lost & Found

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 Mountain Trails office. the day after the race and left there for two weeks. Anything not claimed by June 28, 2019 will be donated to charity. Mountain Trails is not responsible for any lost items.

## 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

Photographers 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. Make sure to download your photo and post it to your social media #roundvalleyrambler!

## 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!

## Share the Love

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!*

*Thank you for participating!*