

MID MOUNTAIN MARATHON

RACER HANDBOOK

AS OF 1.18.18



Welcome to the Mid Mountain Marathon presented by Salomon AND Voted best trail marathon in Utah!

Below is a summary of all the things you need to know to make your day at the race run smoothly.



WHEN & WHERE DO YOU GET YOUR BIB & EVENT T-SHIRT?

Friday, August 17, 2018

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 18, 2018

5:30 – 6:15am

Day-of Bibs can ONLY be picked up at Skullcandy offices parking lot located at 6301 N. Landmark Drive, Park City, UT 84098.

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

PARKING

There is NO PARKING at the start area. All participants driving to the event must park at the Skullcandy offices (6301 N. Landmark Drive, Park City, UT 84098). Shuttle to the start will be provided beginning at 5:45am with the last shuttles leaving at 6:20am.

- You may have family or friends drop you off at the start if you prefer.
- Shuttles will also be provided from the finish area back to the Skullcandy parking lot.
- There is ample parking at the Utah Olympic Park for friends and family to come cheer you on at the finish.

RACE DAY SCHEDULE

5:30 – 6:15am	Bib pick-up ONLY at Skullcandy located at 6301 N. Landmark Drive, Park City, UT 84098.
5:45am	Begin loading shuttles to start area
6:20am	Last shuttle leaves for start area
7:00am	Race Starts
12:00pm	Course Cut off, Red Pine Lodge Aid Station #5 mile 16.96
12:00pm	Awards will be held at the Finish Line / Nordic Jump finish area at the Utah Olympic Park
2:00pm	Course Closes

DON'T FORGET:

- **YOU CANNOT GET YOUR BIB AT THE START AREA AT DEER VALLEY!**
- **NO PARTICIPANT PARKING AT THE START AREA AT DEER VALLEY – YOU MAY BE DROPPED OFF**

BAG DROP

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.

COURSE DETAILS

NEW FOR 2018 - Based on feedback from last year, we have made a few changes to the finish for this year's event.

The race course begins at Silver Lake/Deer Valley, where it follows the iconic Mid Mountain Trail for nearly 20-miles, to its terminus.

From there you will take a hard right onto the Ambush trail (0.4miles). There is one last uphill push (1.2miles) on the new Olympic trail, before a long technical descent (about 3.5 miles) down through the Utah Olympic Park trail system on Moosepuddle, Legacy Look/UOP and Iron Bill trails.

This year the course has been rerouted at mile 26 where you will take a left onto the service road for a downhill to flat cruise to the finish at the base of the 120 mete Olympic Nordic Jump – NO MORE UPHILL FINISH.

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 meters, 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.

For your safety, we have set up a "Course Cut Off" location. If you are not at the 5th aid station at mile 16.96 by 12:00pm, you will be asked to discontinue and ride the Gondola down to the Canyons Village area where we will be provided to take you to the finish.

AID STATIONS

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 10.46

Mileage to next aid station at The Colony = 2.7 miles

AS#4 – Mile 15.33 (Restrooms)

Mileage to next aid station at Red Pine Lodge = 1.9 miles

AS#5* – Mile 16.96 (Restrooms)

Red Pine Lodge & Course Cut off

Mileage to next aid station at East Street = 2 miles

AS#6 – Mile 18.87

Mileage to next aid station at Ambush Trail = 3.1 miles

AS#7 – Mile 21.4

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

AS#8 – Mile 24

Mileage to FINISH = 2.67 miles

ADDITIONAL COURSE NOTES:

- 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.

FINISH LINE

AWARDS: The top three overall men/women will receive the long-standing tradition of a fresh apple pies from the Windy Ridge Bakery, served in specially-made pie plates. In addition, the title sponsor **Salomon Running** will provide each winner with a certificate for a pair of running shoes.

LOST & FOUND: If you lose something, please email us at 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 August 31, 2018 will be donated to charity. Mountain Trails and Park City Running are not responsible for any lost items.

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.

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!

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!

LODGING



Mountain Trails has partnered with Stay Park City, the official lodging provider of the race and the Mountain Trails Foundation, to provide a handpicked selection of the best lodging at the guaranteed lowest rates. While saving and receiving the local scoop, you can also feel good about booking your lodging here as a portion of all bookings go back to support and sustain the not-for-profit Mountain Trails Foundation.

Traveling with a group? Our reservation specialists can help you find the best options to keep the team together. Be sure to book early for the absolute lowest rates and best availability. Call us at 888-754-3279.

<https://www.stayparkcity.com/mid-mountain-marathon-lodging/>