

RACER HANDBOOK

As of August 1, 2019



Know Before You Go/Run...

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.

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 DAY

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

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

Bib & Event T-Shirt Pickup Options: NO PICK-UP AT THE START AT DEER VALLEY!!!

- Option #1
Wednesday, August 14, 2019
Salomon at City Creek - 51 Main Street, #220, Salt Lake City, UT 84111
4:00 – 7:00pm
- Option #2
Friday, August 16, 2019
JANS - 1600 Park Avenue, Park City, UT 84060
3:00 – 7:00pm
- Option #3
Saturday, August 17, 2019
Skullcandy - 6301 N. Landmark Drive, Park City, UT 84098
5:30 – 6:15am

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). Shuttles 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.

Course Details

The race course begins at Silver Lake/Deer Valley, where it follows the iconic Mid Mountain Trail. An online course map can be found at: <https://mountaintrails.org/mid-mountain-marathon>

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 downhill.

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

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.

Awards

The top three overall men/women will receive the long-standing tradition of a fresh apple pie 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 Mountain Trails office. 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 is not responsible for any lost items.

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 #midmountainmarathon!

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!