

# RACER HANDBOOK

As of March 1, 2022



## Know Before You Go/Run...

Welcome to the Mid Mountain Marathon presented by Saucony 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/slrevents> for the most up-to-date race day details, training runs and more!



# RACE DAY

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## ANOTHER YEAR OF BEING GREEN!

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

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4:30am	Begin loading shuttles to start area at Skull Candy Offices 6301 N. Landmark Drive
5:20am	Last shuttle leaves for start area
6:00am	Race Starts
11:00am	Course Cut off, Pine Lodge Aid Station #5 mile 16.96
11:00am	Awards will be held at Finish Line/ Nordic Jump area at UOP
1:00pm	Course closes

### Packet Pickup: **NO DAY OF RACE BIB PICKUP!**

Friday, August 19, 2022  
Salt Lake Running Company  
2454 S 700 E, SLC, UT 84106  
10:00- 7:00 pm

Due to the complexity of the race logistics and setup there will NOT be Packet Pickup on Race Morning. We will allow someone else to you pick up your packet, if needed.

### 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 4:30am with the last shuttles leaving at 5:20am. 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

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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://www.trailforks.com/route/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 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 11:00am, 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

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**THE FINAL COURSE IS SUBJECT TO WEATHER AND CONSTRUCTION.**

**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

Overall Prizes will be given to the 1st, 2nd, and 3rd overall Male and Female, and Overall Masters Male and Female Winners at the in person races. Prizes are given to the 1st, 2nd, and 3rd place person in each age division. There are 12 age divisions – M/W: 14 and Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and Over.

## Lost & Found

If you lose something, please email us at [race@slrc.com](mailto:race@slrc.com) and we'll do our best to reunite you with your belongings. Lost items will be taken to SLRC 700 E location the day after the race and left there for two weeks. Anything not claimed by August 31, will be donated to charity. SLRC is not responsible for any lost items.

## 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 #runttc #runmtn

## Opportunity Drawing

Each participant will receive a raffle ticket that can be found on their race bib. The opportunity drawing is sponsored by Saucony, SLRC, Darn Tough, CEP, Nathan, Nunn just to name a few! We have stacks of really cool outdoor gear for you to win!