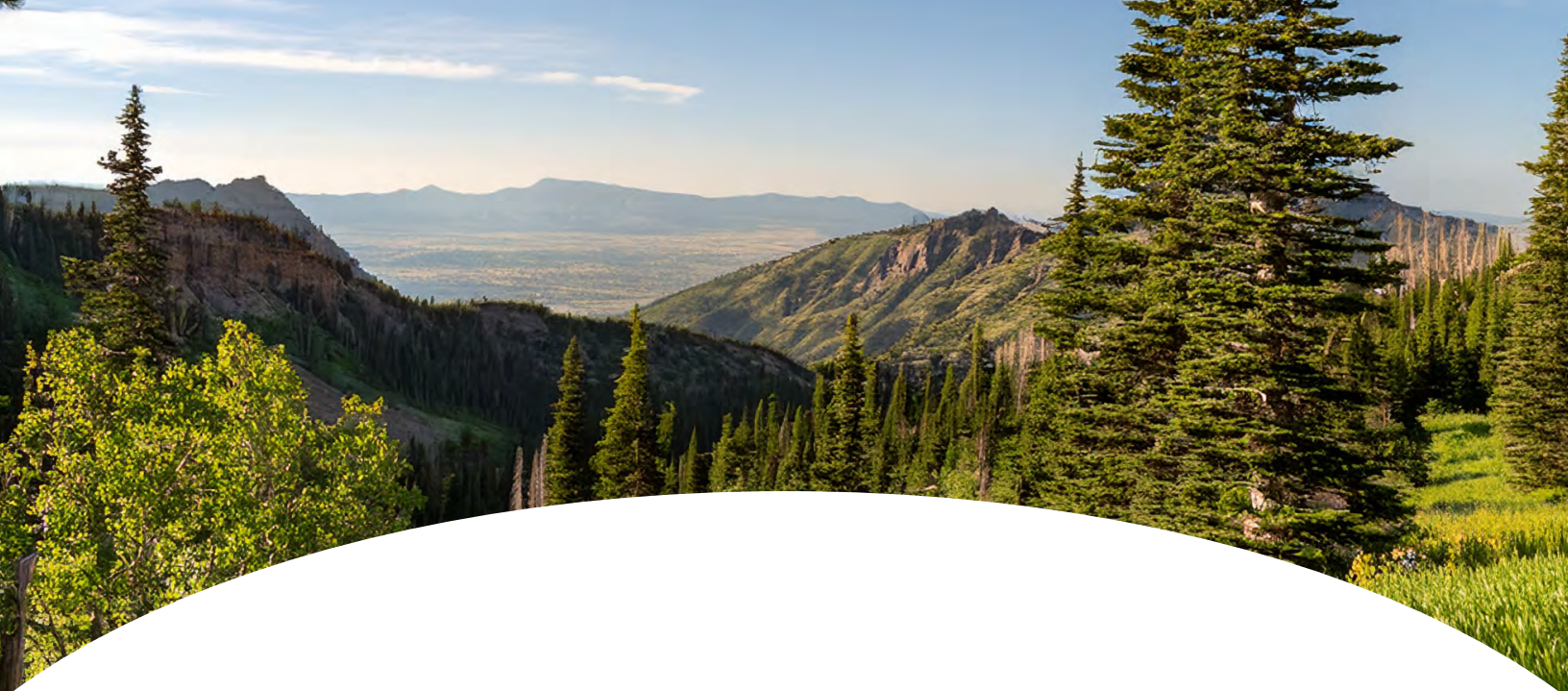




WELCOME MAMELE MOUNTAINS RACERS!

Here's all you need to know for our
2025 Mamele Mountains Trail race!
We can't wait to see you!

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RACERS WEEKEND GUIDE

PACKET PICKUP

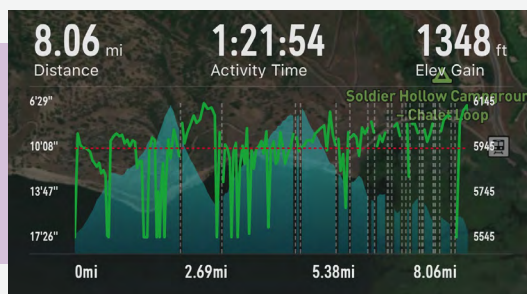
We highly recommend that you pick up your packet on Friday. VIP is from 4:00PM–5:30PM, and regular ticket holders are from 6:00PM–8:30PM. Packet pickup will only be open from 7:00AM–8:30AM Saturday morning. It's important that you have your race bib to race.

TRAIL INFORMATION

Distance: 8 miles

Terrain: Most of the course is on double or single track dirt trails. Be aware of the three R's...roots, ruts, and rocks. You will want to be careful of your footing to avoid potential injury. Since the weather has been dry this season, there are sections that have a lot of loose dust/dirt on the trail. There are also areas where weeds may brush your legs, so be aware if you have allergies.

Elevation: The total elevation gain is 1348 ft.



Aid Stations: There are two aid stations. The first one is at mile 3 and the second at mile 6. Both aid stations will be stocked with water for you to refill your water bottles or packs. There will also be electrolyte liquid available. Pretzels and Nerd Clusters will also be at each aid station.

TRAIL RACING ETIQUETTE AND SAFETY

- Stay on the trail. Pay close attention to the trail markings to stay on the designated course. There are blue flags, mile markers, arrows, and wrong way signs to help you stay on course.
- Leave no trace. Be sure to pack out everything you pack in, including trash and waste. Trash cans will be at the start and finish line as well as at both aid stations.
- Be respectful of the wildlife. Observe animals from a distance. Do not feed them. Also be aware of snakes and rodents that could cross your path.
- When passing, announce yourself by saying, "On your left" and maintain a safe distance. Yield to equestrians. And if you do encounter hikers or bikers on the trail, be courteous and give space to allow safe passings.
- If you get injured, send someone to the closest volunteer or aid station for help. We have medical personnel on the course and at the finish area to come to your aid. There is cell service on the entire course. If it is an emergency, always call 911.
- Use Only One Ear Bud: We ask that if you choose to run with headphones, you only use one ear bud. This is to help you be alert and better aware of your surroundings.
- Be Prepared: Carry essentials like water and snacks. It is required that you carry water for this race. Both aid stations will provide water to refill your water bottles or packs. There will also be snacks available (pretzels and nerd clusters).
- Know Your Limits: Come prepared. If you are unable to reach the second aid station within three hours, you will be brought down the mountain and allowed to cross the finish line but will have a DNF mark on your results. This is to ensure your safety.



FINISH LINE

There will be water available once you cross the finish line. There will also be several snacks (Cuties, Bananas, ZBars, and Clean Simple Eats Clear Protein Drinks). You will receive your medal at the finish line along with your FREE pair of Golden Mae earrings! To receive your Golden Mae earrings you will need to present your bib number at the Golden Mae sponsor tent located in the Race Village.

RACE VILLAGE INFORMATION

Recovery Center: Multiple Physical Therapists will be there to take care of any of your post race needs. We will also have Rapid Reboot at the recovery area. They are a company that have created compression boots to help speed up the recovery process. You will have the opportunity to test them out.

Food Trucks: There will be amazing food options for racers, family, and friends. Come enjoy some good food. The Cafe at the Nordic Center will also be open. It has small snack items, coffee, cold drinks, hot pretzels, and energy bars for purchase.

- **Shifuku:** Teppanyaki Bowls
- **Umani Pizzeria:** Pizza
- **Maya's Mexican Food:** Tacos
- **Wanna Smash:** Smash Burgers
- **Mountain Berry Bowls:** Acai Bowls
- **Bevy's Soda Shop:** Soda and Lemonades

Mamele Merchandise Tent:

All the cute Mamele swag will be available for purchase at the race village. Please note that the Mamele booth will be *cashless* so come ready with a card, Apple Pay, or Venmo!

Sponsor Tents:

Just Ingredients
Redmond/Relyte
Better Days
Momset
Golden Mae
Kiava

Family Activities:

Bounce House
Blow Up Slide
Corn Hole
Giant Connect 4





MAPS AND PARKING

Here are our packet pickup maps and race day maps. PLEASE LOOK AT THESE BEFORE RACE DAY AND KEEP IN MIND THAT PARKING IS FIRST-COME, FIRST-SERVED! The parking is about a quarter mile away from the start line, so please keep this in mind when you are planning to be to the start line and ready to go by 8:30AM when important announcements are made.

PACKET PICKUP /VIP DINNER MAP

[Where to pick up your packets, where to park, and more!](#)

OVERALL RACE DAY MAP

[The only map you need to look at before race day!](#)





FRIDAY ITINERARY

Packet Pickup Location:
Soldier Hollow Lower Parking Lot
2090 S Olympic Dr, Midway, UT 84049

RACER ITINERARY:

6:00 PM – 8:30 PM

Packet pickup

VIP RACERS ITINERARY:

4:00 PM – 5:30 PM

Packet pickup

5:30 PM – 6:00

Gates open to VIP dinner – mingle.

6:00 PM – 7:00 PM

Dinner

7:00 PM – 8:00 PM

Chari Hawkins speech

@_charihawkins on IG

8:00 PM – 8:30 PM

Meet and greet with Chari

8:30 PM

Goodnight, see you in the morning!





SATURDAY ITINERARY

Starting and Finish Line Location:

2002 S Olympic Dr

Midway, UT 84049

7:00 AM – 8:30 AM

Packet pickup for those of you who could not come Friday. We strongly encourage you to come Friday night for packet pickup if possible. Packet pickup will NOT go beyond 8:30AM, so be sure to get there well before 8:30 if you plan on picking up your packet the morning of.

8:30 AM

Racers to Starting Line Area (Wave Corrals)

8:45 AM

Important Race Announcements at Starting Line

9:00 AM

Wave 1 start

9:05 AM

Wave 2 start

9:10 AM

Wave 3 start

9:15 AM

Wave 4 start

9:20 AM

Wave 5 start

9:25 AM

Wave 6 start

10:00 AM – 2:30 PM

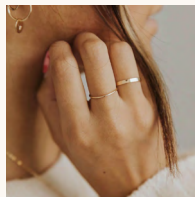
Finish Line Party which includes:

- Food Trucks
 - Pizza (Umani Pizzeria)



- Mexican Food (Maya's Mexican Food)
- Acai Bowls (Mountain Berry Bowls)
- Burgers & Fries (Wanna Smash)
- **Bounce Houses, Yard Games**
Set up for your family members, kids, friends, and others to enjoy!
- **Our special sponsors and vendors including:**

Golden Mae – A jewelry line we've been using and loving for years.



Every racer will get a pair of my all time favorite butterfly hoops earrings! How fun is that?! Be sure to pick up your earrings at their booth and check out their other amazing things!

Redmond Relyte – the best

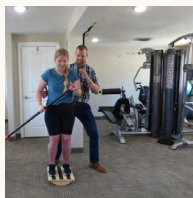


electrolytes that we really can't live without!

Better Days – The absolute best greens on the planet! Check out their booth to sample all of their amazing drink offerings.



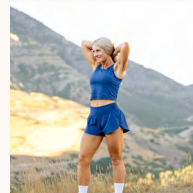
Color Country Physical Therapy



post race!

These guys will be sure to get you taken care of in our recovery zone

Kiava – our favorite workout



line! Seriously the cutest and most supportive active-wear! They will

have another Mamele Mountains set this year that will match all of our swag!

Just Ingredients – Get excited!



They will be coming to sample and sell a variety of their amazing

products. They are new to the race this year so be sure to give them some love!



Momset – last but not least! Where “mom” meets mindset. Be sure to check out their booth for more info

11:00/11:15 AM

Top three finishers are announced At podium

PRIZES

1ST PLACE: \$300 cash prize, 1st place trophy & gift basket.

2ND PLACE: \$200 cash prize, 2nd place trophy & gift basket.

3RD PLACE: \$100 cash prize, 3rd place trophy & gift basket.

Again, you MUST run in the first wave to qualify for any of these prizes

12:25

Cut off time for Aid Station 2

(If you reach the second Aid station after this time you will be brought down to the finish line)

12:30 PM

Team prizes and Fine Wine prize announcement

TEAM PRIZES

BEST TEAM NAME

MOST SPIRITED TEAM

“FINE WINE” WINNER

Chosen out of our seasoned racers (ages 65+)

Each winner will receive 1
free year on the Mamele
App & a Mamele
Mountain swag gift card

1:30

Finish line cut off time