



What to Bring

- **Photo ID:** A valid photo ID is required to verify your registration. IDs are also required for the purchase of specialty beverages in Mountain Town Station.
 - **STUDENTS:** Must show student ID.
- **Cash/Credit/Debit Card:** Bring cash or a credit/debit card for purchasing food and beverage at Mountain Town Station.

What to Wear

Plan on running through some snow and off course, wooded trails.

- Running shoes
- Warm clothes – Warm socks, gloves, hats, scarves, and coats.
- Warm/dry clothing to change into after the event – extra socks are recommended! **You will receive your long sleeve shirt after the race.**
- Optional:
 - Winter foot traction such as Yak Trax. Coils preferred. No spikes greater than 1.4mm.
- Come fully hydrated and take advantage of water stations on the course.

Parking

- Parking is free and is in close proximity to Mountain Town Station.
- Participant parking is located at City Hall at 320 W Broadway St. and all surrounding areas including parking lots and streets. City meters are free on Saturdays.

Pets

- There are no dogs or pets permitted on the course during the event.

Check In

Arrive 30 minutes prior to wave time

- **Day-of Registration:** Expecting a friend? Day-of registration is accepted, however we cannot guarantee all participant swag. Cost is \$80 on event day – cash or check accepted.
- **Check in:** Check in is located in Mountain Town Station and all participants will receive their timing chip, official heat time and will be required to sign waiver. Timing chips must be returned at the end of the race to staff members at the finish line. Race results will be available day of and will be posted on Facebook.

Bag Check/Changing Room

- We DO NOT have a bag check for this event. Most, if not all, parking will be at City Hall or in very close proximity to Mountain Town Station if you needed to store items.
- We recommend everyone come ready to race. There are bathrooms located inside of Mountain Town Station that can be utilized for changing if needed.

Spectators

- Are welcome! They can hang out at Mountain Town Station while you run or walk along race route to cheer you on! The finish area is just outside Mountain Town Station and is a perfect place for spectators to congratulate racers.

Before, During & After the Event

- **Information Desk:** Questions can be answered at the registration table located in Mountain Town Station. There will also be volunteers throughout the event that can help in providing important information.
- **Restrooms:** Located within Mountain Town Station or port-a-johns located at Millpond Park. Racers go past this location twice through the race.
- **Food & Beverages:** Beverages may be purchased at any time. A post-race buffet is available for \$8/person at Mountain Town Station beginning at 10:30am. IDs are required for the purchase of beer or alcoholic beverages in Mountain Town Station. There will be bananas and water available at the finish line.
- **SWAG:** Participant swag will be provided after the event in Mountain Town Station. Once race is completed, participants should go to information desk to receive swag. Swag includes:
 - MVM Long Sleeve Shirt
 - MVM Glass
 - (1) complimentary Mountain Town Station beverage of choice
 - CMU Winter Gloves
 - Free Photos (NEW) – There will be designated stations to capture each participant!
 - Additional promotional items
- **Entertainment:** Throughout the day, pump-up music will be provided by 95.3 CFX!
- **Lost & Found:** All lost and found will be located at the Registration table in Mountain Town Station. All items not claimed on event day will be brought to City Hall – 320 W. Broadway, Mt Pleasant, MI 48858. Phone number: 989-779-5331.

Obstacles

- At any time during the race should participants choose not to complete an obstacle for whatever reason, participants may go around and continue on with the race. The race is for all skill levels and should be fun for all!
- Obstacles may be added, modified, or change location from originally scheduled.
 - To receive, a 1st place finish, all obstacles must be achieved.
 - Due to the nature of this event, some obstacles may be slippery from snow, water, ice.

Trails

- This race has runners traversing obstacles along roads, sidewalks, paved trails, and wooded trails.
 - This is a winter event that may encounter snow, ice, and slippery surfaces. We will manage the course to reduce icy surfaces, however this is one of the natural obstacles of this event.
- **Wooded Trail:** When runners enter this section of the race, it does create a tighter running space. We will mark the trail with flags indicating where runners must be.
 - **Riverbank:** Part of this route has participants running alongside the river. The route you should follow will be highly visible and marked.

Post-Race Party:

- Stick around after your finish at Mountain Town Station and share your amazing experience! Food and drink will be offered for purchase to all. Awards will be announced following the last runner crossing the finish line.

Awards:

- Medals awarded to top male and female participant in each category:
12 - 15, 16 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60+
- Overall event best male and female will be awarded a FREE entry in 2018.
- Costume Awards
 - Best Individual
 - Best Couple
 - Best Team (up to 10)

Weather Policy

- Man Vs Mountain 5K is a rain, snow, cold weather event. In case of dangerous weather that affects the safety of participants or staff, Man vs Mountain staff reserves the right to postpone or cancel the

event. In the event of cancellation, there will be no refunds. Participants will be mailed swag bags in case of cancellation.

Refund Policy

- No refunds will be processed after January 17th.
- Cancellations prior to January 17th will receive full refund minus a \$5 refund fee.