MAMMOTH MARCH

MICHIGAN

AUGUST 26, 2023



PARTICIPANT GUIDE

20 MILES - 8 HOURS

WELCOME

Welcome to MammothMarch - not your average hike!

We are excited to host our Michigan premiere at Stony Creek Metropark! A busy August with three MammothMarches comes to an end with 20 scenic late-summer miles just north of Detroit.

Many of you will take part in our event for the first time, but we'd also like to welcome back participants from a previous MammothMarch and many visitors from out of state!

Please make sure to take an in-depth look at the following pages as our Participant Guide deals with everything you need to know for the big day - even if you took part in MammothMarch before.

THANK YOU so much for sharing a whole day of hiking with us; we can't wait to hit the trails with you!

As always, we encourage you to stay safe, take care of one another, and don't forget to have some fun!

Sincerely,

Your
Team MammothMarch







1. MAIN EVENT VENUE

Our main event venue features start/finish and parking. You can also pick up any pre-orders, buy merchandise (before and after the event) and – most importantly – pick up your well-deserved finisher medal and finisher stamp right after completing MammothMarch.



Address for GPS:

4300 Main Park Road
Shelby Twp., MI 48316

(Stony Creek Metropark)

Follow our event signage to

P Eastwood Beach

Park entry & event parking

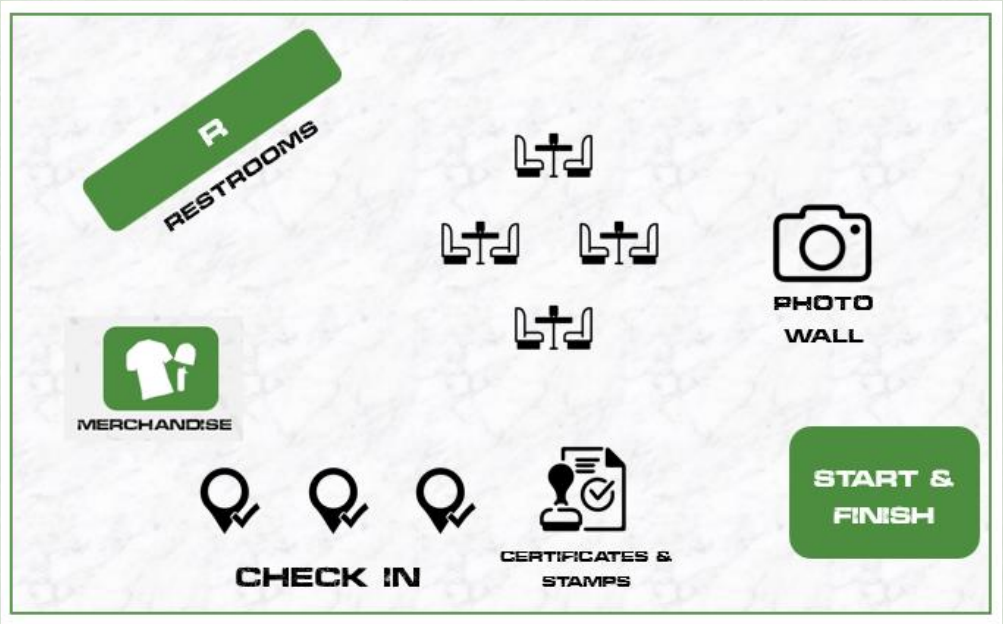
Park entry as well as event parking is already included in your ticket. Please have your MammothMarch ticket ready to display when approaching the Park gates. Parking is right at our main event venue, Stony Creek's Eastwood Beach. Please use the GPS stated above. Watch out for our Parking signs and staff to guide you.

Arrival/Starting time

To ensure a smooth start and best possible hiking experience for all our participants, you had the option to select a specific starting time when registering for MammothMarch. Please check your pre-selected time slot in your Raceroster account (it is not displayed on the actual ticket, but in your account under "products – time slot") and only arrive at Check In around 20 minutes prior to your designated starting time. Groups of 4-5 participants cross the starting line every 30 seconds. Please do not try to check in way earlier as this will only lead to other participants missing their designated starting times. **You will not be able to check in way earlier than your starting time.**

Thanks a lot for your cooperation!

Main event venue



Sample set up MammothMarch main event venue

Check In

Check In **for the earliest starting time** opens at **6:45 am**. Please bring your ticket (either printed or on your cell phone/stored in your wallet) and have it ready to display at Check In.

Event waiver

We have tablets ready for you to fill out and digitally sign our event waiver. Please note that only participants who have signed this on-site waiver are allowed to start.

MammothMarch wristband

At check in, you receive our MammothMarch wristband, marking you as our event's participant to get access to the starting line as well as our aid stations. Please wear it at all times throughout the day.

MammothMarch Hiking Pass

In addition, you receive your personal MammothMarch Hiking Pass. You will collect stamps for starting as well as finishing MammothMarch events. Make sure to have it ready after crossing the finish line – as well as taking it with you on your next MammothMarch adventure. If you took part in MammothMarch before, please have your Hiking Pass ready at Check In so we can stamp it accordingly.

Bag drop

Please note that we do not offer options to drop a bag.

Merchandise

Pre-ordered merchandise can be picked up either before the event or after crossing the finish line at our merchandise tent. Merchandise is also available for sale before and after the event (while stocks last).

2. SAFETY

The health and safety of our participants, staff and stakeholders involved in MammothMarch is our highest priority. Therefore, we have implemented several key measures to keep everyone as safe as possible.

Emergency number

In case of a severe emergency, **call 911**. Local support is on stand-by and can reach you quickly.

In all other cases, please contact our MammothMarch emergency number: **(954) 205-5129**, e.g. if you are exhausted, feel severe pain in your legs and cannot continue walking. We have an EMS team on stand-by, going back and forth between the venue and our aid stations to check on minor injuries (bruises, scratches, etc.).

Dropping out

Our emergency number also serves participants who need to drop out, e.g. due to exhaustion. We have an on-demand shuttle on stand-by that offers a transport back to our venue. Please consider waiting times.

Important: Please note that a drop out is **only possible at our aid stations/water stops**. Be sure to ask yourself at each aid station if you're capable of making it to the next one/finish line!

IMPORTANT SAFETY INSTRUCTIONS:

We are all in this together and ask for your support in following our safety instructions:

- **Drink enough water** throughout the day. Refill your own bottle (mandatory to bring) at either aid/water stop to avoid dehydration.
- **Listen to your body**: If you don't feel 100% comfortable that you will make it to the next aid/water stop or ultimately the finish line, please drop out at an aid/water stop and ask for our on-demand shuttle.
- **Check in on fellow hikers**: If someone looks exhausted, dehydrated or simply not too well, check in on him/her and ensure that participant is not alone on his/her way to the next aid/water stop.
- **In case of a severe emergency** and without cell reception: Don't waste time and **call 911**. This call might get through even if your provider doesn't have service. If this doesn't work, make sure the hiker needing assistance is not left alone, check where you are (trail/mile markers, etc.) and proceed to the next aid station to call for help.
- **Our sweeper crew** ("*Final Mammoths*") walks close behind the slowest group to ensure that everyone makes it safely to the next aid/water stop. If you are hiking at a pace that will not let you finish before sunset, they will ask you to drop out at the next aid/water stop.

Our environment

While we go to great lengths to keep ourselves as safe as possible, nature oftentimes comes up short. Please help us in leaving our world (incl. our route) better than we've found it.

Please simply consider mother nature as one of us or in other words:

Leave nothing, but footprints…. Take nothing, but pictures… Kill nothing, but time… Collect nothing, but stamps.

3. THE HIKE

First things first: Let's take a look at what you need to pack - and what else you might consider packing.

What to pack – <u>mandatory items</u>:

- **Your ticket**
- **Your ID**
- **Cell phone** (at least one group member needs to have the GPS coordinates of our route stored)
- **Refillable water bottle** (in an effort to reduce waste, we don't offer bottled water. We have several spots set up where you can refill your water bottle/bladder (start/finish/water stops/aid stations)

What else you might consider when packing your backpack – food for thought:

- **Headlamp/headlight** (although there's little chance you will finish after sunset, we won't allow you to finish without it after it got dark. The flashlight of your cell phone is not an appropriate replacement)
- **Power bank** to recharge your cell phone as an extended use (GPS software!) has a huge impact on battery life
- **Additional snacks** (for the first 8 miles and/or in case you have special dietary requirements/allergies or simply need your favorite go-to snack)
- **Hiking poles** (only if you have used them before)
- **Playlist on your cell phone** (podcasts, music, something to get you through a down-time)
- **Small first-aid kit** (although we've got you covered at the main venue and at our aid stations, we always recommend carrying the basics with you along with any personal medication that you need)

What to wear

A highly controversial topic is what to wear. While there's no one-size fits-all answer, please make sure you feel comfortable in what you wear, and that you have used it before.

- **Trail shoes/hiking boots:** Parts of the route feature unpaved hiking/dirt/gravel trails and (possibly muddy/wet) forest floor. Wear only what you've used before and proved to be comfortable
- **Functional clothes** (multiple layers of functional clothes are highly recommended to adjust to quickly changing weather conditions/temperatures throughout the day)
- **Sun/rain protection** (sunscreen, hat, sunproof shirt, waterproof rain jacket or poncho, water-resistant pants, rain protection for your backpack)
- **A good hiking sock** … does not slip/wrinkle/pinch, and feels great even after a strenuous tour
- **DO NOT** wear brand-new shoes. You should have used any new equipment a couple of times before
- **DO NOT** wear a pair of jeans; rather use functional clothing, like hiking/trekking pants

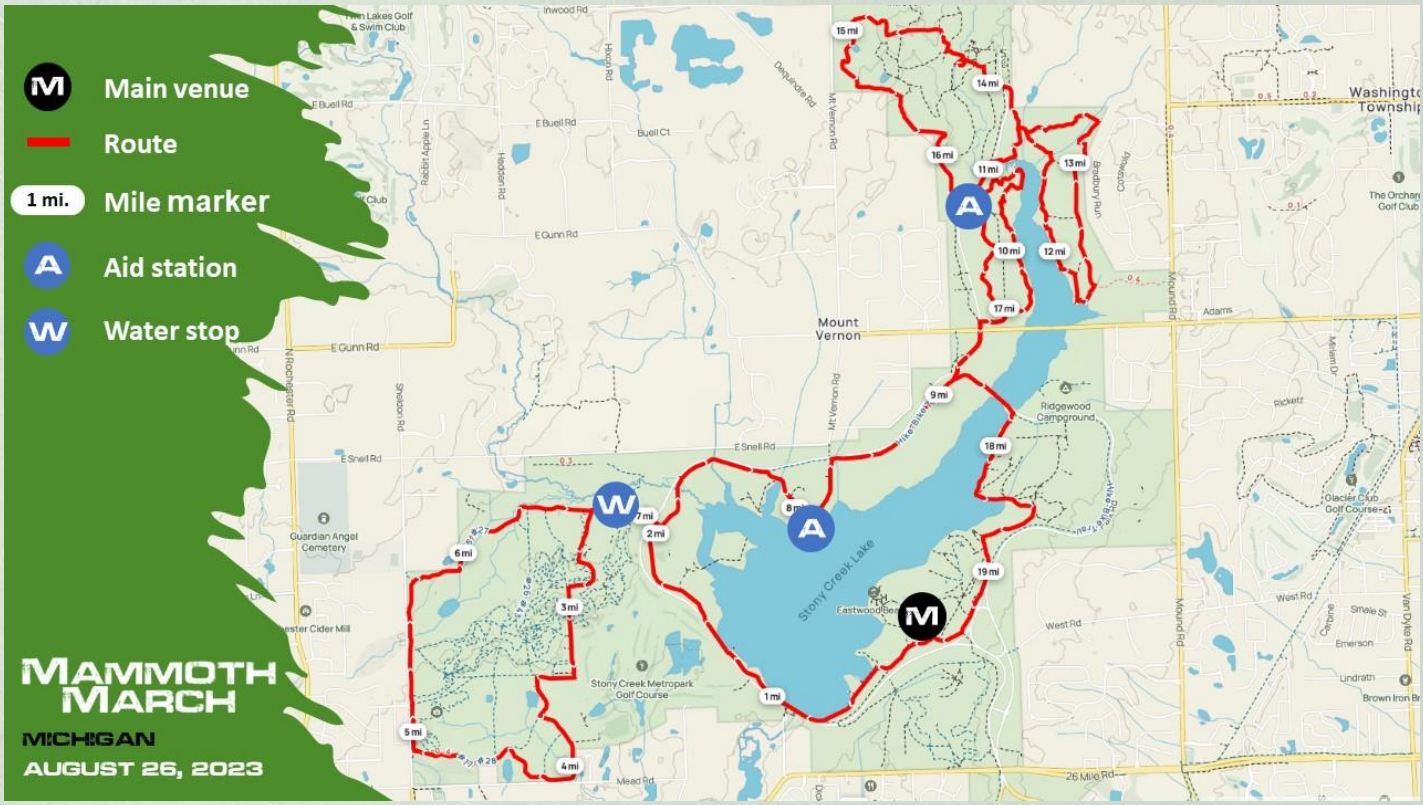
What we highly recommend before and during the event

- **Navigate with GPS support or download the hiking route in advance**: Please see "The Route" below
  Walk in (small) groups: Makes life easier in case of any emergency and has a huge impact on your motivation and that of others around you
- **Drink enough water throughout the day**: We can't emphasize enough how important it is to keep your body hydrated
- **Help and support fellow participants** in any case of an emergency. We're all in this together!

Check out our **website** for a lot of useful blog posts dealing with preparation, clothing, blisters & more!

4. THE ROUTE

Here's your 2023 MammothMarch Michigan route:



Please note that the route is still preliminary and may be adjusted due to weather issues, official directives and/or simply parts being inaccessible. Therefore, short-term changes are possible, and we will provide an update of the route if need be.

GPS – ready to support navigation

We recommend using AllTrails, footpath or outdooractive to navigate along our route, but there are many other apps that work well on both Android and iOS. Most apps require the set up of an account (for free) to use some functions, e.g. downloading the route. For our event, there's no need to upgrade to a PRO account. The latest AllTrails version of the hiking route will also be ready at Check In to scan with your smartphone.

AllTrails: https://www.alltrails.com/explore/map/mammothmarch-michigan-f7bdb0e?u=i&sh=zvorlr

GPX file download: **https://tinyurl.com/msyjxf86**

Signage along the route

In addition to your smartphone coordinates, we mark the route as best and accurate as possible. Watch out for our official MammothMarch signage. Follow the direction markers and small yellow flags. No direction/flag: Go straight/follow the trail.









Aid stations

There will be two fully stacked aid stations providing water, energy drinks, bananas, cereal/protein bars, sandwiches, and more. The first one is at around mile 8, the second one at around mile 10.5 (which you will pass again at mile 16.5). The route will feature an additional water stop to refill your water bottles at mile 2 (which you will pass again at mile 7). All stops feature restrooms and water refill options.

Drop outs are only possible at these aid stations/water stops. Ask yourself if you feel comfortable making it to the next one/finish line before continuing the hike!

Please consume whatever you want on site and take only as much as you eat/drink! Slower hikers/participants with a later starting time want to enjoy the full range of aid station supplies as well.

Remember to bring your own refillable drinking bottle (see 3. The Hike - mandatory items to bring).

As we are a hiking challenge and no running event, please note that our aid stations are open to serve all participants with an average hiking pace of 2 – 4 mph.

Waste

Littering is strictly prohibited! Please take any waste with you until you reach the next trash bin.

5. AFTER THE EVENT

While you're either full of joy and those endorphins simply prevent you from thinking of something other than your accomplishment – or you're simply too exhausted – you wouldn't want to miss out on the following quick to-dos:

- Grab your well-deserved **finisher medal**
- Get your **personalized certificate** and make sure your name is spelled correctly in our system (to include your name onto our virtual wall of fame, which will be posted in our Facebook event group in the days after the event)
- Collect a **finisher stamp** for your MammothMarch Hiking Pass

After finishing MammothMarch you will probably feel like you can move mountains. Rest assured, there will come a time where you will feel exhausted and might be in (hopefully not too much) pain. Be careful when getting home and only consider driving a long distance when you really feel like you're capable of doing so.

Event pictures

We will post photos of the event in the first few days after the event. Make sure to frequently check our Facebook event group.

Wall of fame

We will also post our virtual wall of fame – including names of all finishers that have checked out at our finisher tent – in the first few days after the event. Tag yourself and start bragging. You deserve it!

Please note: We can only include you if you've picked up your certificate after the event!

6. MISCELLANEOUS

MammothMarch with your dog

If you bring your dog, make sure to have them short-leashed throughout the whole duration of the event and to take care of his/her well-being (as well as people around your furry friend). We have a detailed blog post about this topic on our website: https://www.mammothmarch.com/post/mammothmarch-with-a-dog

Cashless event

MammothMarch is a cashless event. Please have your credit card ready for any on-site purchases (e.g. merchandise). We accept the most common providers (American Express, Discover, MasterCard, Visa) as well as Apple Pay.

THANK YOU

Our goal is to help you challenge and push your limits both mentally and physically. We work relentlessly to organize the most rewarding, long-distance outdoor adventures while hosting events with the least possible impact on our environment.

Thank you for being an active participant in our events and part of our growing MammothMarch community!

OUR PARTNERS

We want to give a BIG THANK YOU to our MammothMarch partners. We wouldn't be the same without them and truly appreciate their support!

ONE TREE PLANTED

We deeply care about our planet's future and give back to nature. That's why we're planting one tree for every registered hiker to support reforestation projects in the US!

Thank you ONE**TREE**PLANTED for helping us realizing our planting efforts!