# MAMMOTH MARCH

## UPSTATE NY

*AUGUST 12, 2023*



# PARTICIPANT GUIDE

20 MILES - 8 HOURS

# WELCOME

Welcome to MammothMarch - not your average hike!

We are excited to be back in New York, this time at the stunning Letchworth State Park! After a great kick off to our 2023 season of hiking events and a short break in July, we can't wait to be back on the trails!

Many of you will take part in our event for the first time, but we'd also like to welcome back participants from Buffalo last year as well as many hikers from out-of-state who can't wait to visit the "Grand Canyon of the East!

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 - we'd especially like to direct your attention to our **SAFETY section** due to lack of cell service.

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:**

6787 Denton Corners Rd
Genesee Falls, NY 14427

*(Letchworth State Park - Castile Entrance)*

**Follow our event signage to**

**P Event parking**

**Parking**

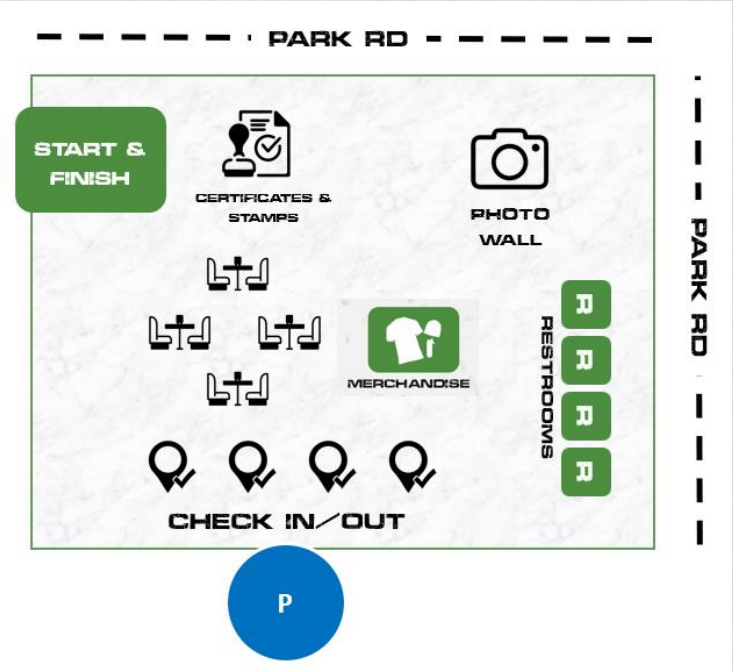
Event parking is complimentary and right at our main event venue, Letchworth State Park's Archery Field. Please use the GPS stated above. Watch out for our Parking signs and staff to guide you.

**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 **6:15 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 to walk. We have an EMT on stand-by, going back and forth between the venue and our aid stations to check on minor injuries (bruises, scratches, etc.)

**Dropping out**

If you need to drop out, e.g. due to exhaustion, you can do so at our water/aid stations. We have an on-demand shuttle on stand-by that offers transport back to our venue. You can either call our emergency number or let aid station volunteers know that you would like to request the shuttle (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 INFORMATION

**Lack of cell phone coverage**

Cell phone reception at Letchworth State Park is spotty at best in some parts, and nonexistent in most areas. We ask you to be prepared and pay attention the following 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 emergency** (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 markers, mileage 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.

# 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 – mandatory items:**

- **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)
- **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 - safety first!)

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

- **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:** Besides a few paved trails, the route features unpaved 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**

- **Download the hiking route in advance**: Please see "The Route" below for further details
- **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 Upstate New York 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 for download**

We recommend using AllTrails, footpath or outdooractive, 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. For our event, you should consider a (trial) version that allows to download the route in advance and have it **available offline**.

**AllTrails: https://www.alltrails.com/explore/map/mammothmarch-upstate-new-york-db07908**

**GPX file download**: **https://tinyurl.com/3uyachd3** **KMZ file** (Google earth): **https://tinyurl.com/4h6bnauy**

**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 16. The route will feature two additional water stops to refill your water bottles. These will be at around mile 4 and 13. All stops feature porta potties.

**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. Please als make sure to make use of our water refill to avoid dehydration while in between the water/aid stations.**

**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!

MadHippie

That's it.

VERB

Tidbits Fun Bites

Pride in Flavor BILTONG BARON Protein Rich Craftsman Made

Monster Energy

eat the change

KrackCorn

CORE FOODS

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!