



HEY RACERS!

BE SURE TO READ THIS EMAIL IN ITS ENTIRETY - We've got your race weekend itinerary, detailed instructions AND important hydration information!

Can you believe we are only a few weeks out from the race?!
I can't wait!

To start, there have been a lot of questions coming in about hydration during the race and if hydration packs are needed!

THE ANSWER IS: YES!!

IMPORTANT TO NOTE: CARRYING WATER IS REQUIRED FOR YOU TO BE ON THE SOLDIER HOLLOW TRAIL.

Bring whatever type of water bottle or pack you like! Don't forget it on race day because you won't be able to race without it!

**keep scrolling for
racer itinerary!!**

HYDRATION INFORMATION

If you are going to be doing a run that is longer than an hour, it makes ALL of the difference to replenish your electrolytes (and of course water as well, but that's a given).



I used to run races and used to always wonder why I was cramping and feeling terrible after an hour or two. The answer? I wasn't supplementing and replenishing what my body was using.

Mamele Mountains is around 8 miles, so the need for a full hydration vest will be personal preference. If you're used to racing with one, great! I wouldn't consider them necessary for this race though. But remember, you **MUST** carry a water bottle or hydration pack. There will be places to fill your water bottle at the start line, as well as the two aid stations on the trail, and at the finish line. There will be no cups available at the aid stations!

The two aid stations will be placed around mile 3 and 6! We will have water and electrolytes, as well as a small snack (pretzels and nerd clusters). If you feel you will need more fuel than that, you will need to carry extra snacks/energy with you!

Andrea's hydration tips for

RUNS LONGER THAN AN HOUR

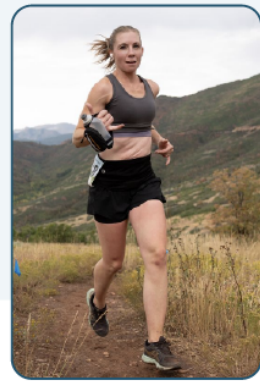
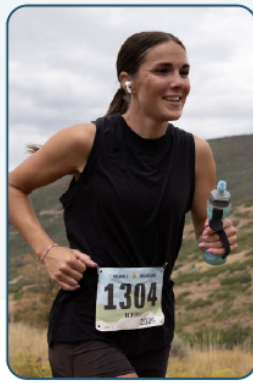


#1 One electrolyte stick pack every hour with water. These are the ones I've been using and loving especially for running.

#2 Some form of electrolyte replacement every 30 minutes such as a gatorade chew or a few energy beans!

#3 When it comes to fluids, alternate between water and an electrolyte replacement solution each time you drink! So if you just had a drink of water, your next drink should be a drink with some form of electrolyte in it.

#4 Unless you're SUPER speedy, plan on Mamele Mountains taking you longer than one hour. We have yet to have someone finish in under an hour!



During the Mamele Mountains trail race, we will have water and Re-Lyte Electrolytes at each aid station for you to replenish your bottles with!

Re-Lyte is amazing for keeping you hydrated during a race. Their sodium to potassium ratio helps a lot when it comes to getting that sodium back into your body when you're sweating and pushing your body during any endurance activity.

I always recommend practicing with what you're going to be using on race day prior to the race. You can try Re-Lyte [HERE](#) if you haven't already so that your body is used to it for race day!

[SHOP HERE](#)



RACER ITINERARY!!

A few things to note!

Please remember that you will need a photo ID to pick up your packet. If you are picking up a packet for someone else, you will need a copy of their photo ID to do so!

There will also be a question tent set up here for you to ask any specific questions about the trail or the schedule for the race!

[DOWNLOAD NOW](#)

PS! We've got some incredible companies that we have partnered with for the year to help bring you the absolute best experience at the race. I individually reached out to each one because I personally use their products or services and know that you will love them too. I'm not getting paid to share them and genuinely love each one.

You can show them some support or give them a try by shopping their links below! I've included our discount code if we have one.

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