



TIME IS RUNNING OUT.. SIGN UPS CLOSE IN LESS THAN ONE WEEK

To ensure a smooth and enjoyable experience for all runners on this double and single track dirt trail, we will be starting in 8 different wave groups.

The first wave will start at 8:00 am this year, with each wave starting 5 minutes after the previous wave. Please read through the descriptions below carefully, and select the wave that best reflects your pace and goals for race day.

Remember, if you are aiming to win or place in the overall standings, you must start in Wave 1, as overall winners will be determined by gun time, not chip time.



WAVE DESCRIPTIONS

WAVE 1: *Competitive Racers!* This wave is for our fastest and most competitive runners who are aiming for an overall win or a top placing finish.

WAVE 2: *Advanced Runners!* This wave is for experienced racers who are looking to push the pace and achieve a strong personal best.

WAVE 3: *Strong Mid-Pack Runners!* This wave is for runners who have a solid running base and are looking to maintain a consistent, steady pace throughout the race.

WAVE 4: *Recreational Runners!* This wave is for those who enjoy running and are comfortable with the race distance and primary goal is to complete the race at a comfortable pace.

WAVE 5: *Casual Pace Runners!* This wave is for those who prefer a more relaxed pace. You may be new to trail running and are simply wanting to soak in the experience without feeling rushed.

WAVE 6: *Hikers & Casual Participants!* Primarily hiking with occasional running on flatter sections. Focused on enjoying the scenery and finishing comfortably.

WAVE 7: *First- Time Runners!* This wave is for anyone running their very first race, those joining with friends or family for fun, or anyone wanting to enjoy the course with zero pressure.

WAVE 8: *Walkers & Leisurely Pacers!* This wave is designed for participants who plan to walk all or most of the course. This is a supportive and encouraging wave for those who want to experience the trail at their own speed and enjoy the camaraderie or also the "Why in the world did I sign up for this race?"



WAVE SIGN-UP INSTRUCTIONS

Wave sign-ups are open from June 15 - July 1 and each wave is capped at 200 people. If you do not sign up for a wave during this time period, you will be automatically assigned a wave starting time.

If you're wanting to run with your friends, make sure you all select the wave time of your slowest pace racer!

And remember, if you are hoping to place in the top 3, you must start in Wave 1. Our top three finishers will be based off of gun time, NOT chip time. Once wave sign up times close on the 1st, we will be unable to swap start times, so be sure to follow the instructions below to get the wave you want!



- 1. SIGN INTO YOUR RUNSIGNUP ACCOUNT**
- 2. SELECT "PROFILE/UPCOMING EVENTS"**
- 3. SELECT "MANAGE REGISTRATION"**
- 4. SELECT "WAVE" (GRAY STRIP AT THE TOP OF THE PAGE, OR DOWN AT THE BOTTOM OF THE PAGE)**
- 5. SELECT WHICH WAVE TIME YOU WOULD LIKE TO START IN.**

If you have any questions while selecting your time, please email us at support@mamelemountains.com! We are happy to help. We can't wait to see you on the mountain!

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.

-Andrea & the Mamele Mountains Team



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MAMELE MOUNTAINS IMPORTANT DATES

JUNE

~~JUNE 1~~ — ~~LAST DAY FOR RACE
TICKET TRANSFERS~~

~~JUNE 15~~ — ~~TRAINING GUIDES
WILL BE SENT &
WAVE SIGN UPS OPEN~~

JULY

JULY 1

WAVE SIGN-UPS
CLOSE

*wave sign ups
close in less
than one
week!*

AUGUST

AUG 3

RACE ITINERARY
WILL BE SENT OUT

SEPTEMBER

SEPT 11

VIP DINNER &
PACKET PICK-UP

SEPT 12

RACE DAY!!



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