



HEY RUNNERS!



We are so excited to give you the Mamele Mountain trail race guides for Soldier Hollow 2026!

The guides are designed for you to start in just a few days on **Monday, June 15!**





TRAIL DETAILS

LOCATION: Soldier Hollow, Midway Utah
DISTANCE: 8 miles
TERRAIN: Double and single track dirt trails
ELEVATION GAIN: 1,506 ft
AID STATION #1: Mile 3
AID STATION #2: Mile 6

Training for the race is strongly recommended. Following the guides will also help you prevent injuries and help you have a more enjoyable overall race experience!

We have two guides attached in this email:

- 12 Week Beginner Training Guide
- 12 Week Intermediate Training Guide

**Trail may change slightly watch for updates from the Mamele Team*

Beginner Guide

Our beginner guide is designed for new runners or for someone who is just returning to running.

Intermediate Guide

Our intermediate guide is designed for those that can already run 3 miles.

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



USE CODE MAMELE FOR 20% OFF



USE CODE MAMELE FOR 10% OFF



USE CODE MAMELE FOR 20% OFF



USE CODE MAMELE FOR 15% OFF



USE CODE MAMELE FOR 15% OFF

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

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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