

EVENT GUIDE

EARLY PACKET PICKUP: SATURDAY, OCT 11TH

Get extra rest on race day (and avoid the lines) by joining us for early packet pickup!

Utica Hanson's Running Shop from 12:00 PM - 4:00 PM

Address: 8409 Hall Rd, Utica, MI 48317

RACE DAY SCHEDULE: SUNDAY, OCT 12TH

Location: Timber Ridge Pavilion, Addison Oaks County Park 1480 Romeo Rd. (32 mile rd.), Leonard, MI 48367 ***PARKING IS FREE**

- 7:30 am – 9:30 am: Race morning packet pickup
- 8:00 am: **Costume contest**
- 8:30 am: Half Marathon start
- 9:15 am: 13K start
- 9:30 am: 4 Mile start
- 12:30 pm: course closes (3.5 hour time limit for 4 Mile, 13K, and Half Marathon)



COURSE MAPS



4 MILE

<https://www.plotaroute.com/route/2672552?units=miles>

13K

NEW course

<https://www.plotaroute.com/route/3116736?units=miles>

HALF MARATHON

NEW course

Two loops!

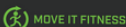
<https://www.plotaroute.com/route/3092468?units=miles>

AID STATIONS

There will be one aid station on the 4 mile route. **SEE NEXT PAGE FOR CUPLESS EVENT OPTION**

For the half marathon and 8 mile routes there will be an aid station on the trail at about the 2.5 mile mark and at Walker road and the trail that runners will pass by 2-4 times based on race distance.

THANK YOU TO UPLAND HILLS SCHOOL for volunteering at the Walker road aid station!



13 GHOSTS
HALF MARATHON, 13K, 4 MILE TRAIL RUN
LEONARD, MI

CUPLESS EVENT (OPTIONAL)

Registrants had the option to opt into our cupless event option! If you opted to join our initiative to eliminate excess trash at our event, we ask that you carry a personal hydration pack and/or use the provided Hydrapak Speedcup at the course aid stations. :)

Personal hydration packs and bottles can be refilled with either water or hydration mix at the aid stations. **There will be single use cups available for those who did NOT opt in.**

We thank you for your cooperation and planning to help achieve this goal!



A collapsible, reusable cup designed to replace single-use cups at race events and minimize waste on trails and roads.

LIGHTWEIGHT

Constructed with ultra-light, abrasion resistant TPU & RF welded seams for superior durability

FINGER LOOP

Provides support when drinking or pouring, use with a clip to attach to packs & belts

FREE STANDING

Stands like a cup both when empty or full

COMPRESSIBLE

Soft material is flexible and ultralight so you can stuff it anywhere

SAFE & EASY TO CLEAN

100% BPA & PVC free; top rack dishwasher safe



When approaching the aid stations you will see signs to get ready. The volunteers are equipped with Hydrapak sport pitchers and will pour into your personal hydration vessel. You are welcome to as much as you need, knowing you may have to pause your run to fuel up.

 MOVE IT FITNESS

13 GHOSTS
HALF MARATHON, 13K, 4 MILE TRAIL RUN
LEONARD, MI

AWARDS

OVERALL/AGE GROUP AWARDS

All finishers will receive a 13 Ghosts medal at the finish line!



Additional awards include the following for all distances:

Overall M/F
19 & under M/F
20-29 M/F
30-39 M/F
40-49 M/F
50-59 M/F
60-69 M/F
70 & over M/F

 MOVE IT FITNESS

13 GHOSTS
HALF MARATHON, 13K, & MILE TRAIL RUN
LEONARD, MI

POST-RACE

FINISH LINE SNACKS

You've chased the 13 Ghosts— now it's time for the reward! Join us at the finish line for fresh pizza, assorted snacks, and hydration to keep you feeling alive and well. Relax, refuel, and enjoy some post-race fun with your fellow runners and maybe a friendly ghost or two.

PHOTOS

Race day photos will be uploaded (usually within 24 hours) on the registration page under the “photos” tab.

RESULTS

Your bib has your timing chip. Please wear your bib on the front of your body and visible at the finish line. Your finish line results will be available on RunSignUp and you can access them by scanning the QR code onsite or by going to the RSU event page. After the event results will be posted to ERCrace.com in the results section.

****Any athlete completing a distance other than the one they signed up for please let us know ASAP so this does not interfere with results!**

*Runners can sign up for results notifications for the event by going into your Runsignup profile, find the event and enable results notifications.
Text message/data rates apply blah, blah... ;)*

Results can also be found under the “Results” tab on the [13 Ghosts Registration Page Here.](#)

THANK YOU FOR RACING WITH US!



MOVE IT FITNESS

13 GHOSTS

HALF MARATHON, 13K, 4 MILE TRAIL RUN

LEONARD, MI

FUTURE MOVE-IT FITNESS RACES CAN BE FOUND AT

[HTTPS://MOVE-ITFITNESS.COM](https://move-itfitness.com)



FOLLOW US ON INSTAGRAM, FACEBOOK,
AND JOIN OUR CLUB ON STRAVA HERE.

STRAVA

DON'T MISS THREE UPCOMING EVENTS...

