



PRESS RELEASE

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For Immediate Release

Registration is open for the City of Mount Pleasant's winter 5K obstacle course *Man vs. Mountain 5K...It's not so pleasant*

MT. PLEASANT, Mich., January 12, 2015 – Embrace the cold of winter with the City of Mt. Pleasant Parks and Recreation's Man vs. Mountain 5K challenge Saturday, Feb. 7. The 5K obstacle course challenges participants to brave the brutal Michigan winter while running, jumping, climbing and crawling their way to the finish line.

Sign up by Jan. 20 to be entered into a drawing for a free 2016 Man vs. Mountain 5K registration. The deadline for all registration is Feb. 5. The cost is \$60 per participant and you must be 18 years of age or older to participate. The race is electronically timed and heat times begin at 9 a.m. in Nelson Park. You can run alone or with a group, but space is limited for each heat. To ensure getting your preferred starting time, sign up soon.

"The race is meant to provide more recreational opportunities for residents and the Michigan community alike during the winter months. The race will create a new look for the GKB River Walk Trail that winds through City of Mt. Pleasant Parks," said Steve Hofer, interim director of recreation. "Man vs Mountain is a unique concept, in that many obstacle races are done during the summer months. This race presents natural obstacles created by Michigan winters such as cold weather, snow and any other elements winter can present."

The course runs through three of Mt. Pleasant's parks with man-made and natural obstacles. Obstacles include a spider maze, wall climb, log carry and more. The obstacles, combined with the natural Michigan elements, create a physically and mentally challenging race.

After the race, Mountain Town Station welcomes all participants to come in, share stories and order some warm food and drinks. Participants get an official Man vs. Mountain hoodie, gloves and mug along with life time bragging rights.

For additional information or to register go to www.mt-pleasant.org/mvm or call the Parks and Recreation Office at (989) 779-5331.

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