



## PRESS RELEASE

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FOR IMMEDIATE RELEASE

### **Registration for Man vs. Mountain now open; sign up before Nov. 1 for a discounted rate**

**MT. PLEASANT, Mich.** – Registration is now open for the City of Mt. Pleasant Parks and Recreation’s Man vs. Mountain challenge on Saturday, Feb. 6, 2016.

This unique winter 5K dares participants to embrace the cold of winter while running, climbing, jumping and crawling their way to the finish. The race is electronically timed and heat times begin at 9 a.m. Sign up before Nov. 1 to receive the discounted registration fee of \$55. Event pricing will gradually increase to \$70 as the race day approaches.

The course, set through Mt. Pleasant’s picturesque park system, is filled with strategically placed manmade obstacles that complement the natural elements of Michigan winters, such as snow and the cold temperatures. Each obstacle is designed to accommodate multiple skill levels. “Man vs. Mountain is challenging, exhilarating and overall a lot of fun,” said Recreation Coordinator Steve Hofer. “This race was created to provide an additional recreational opportunity during the winter months. If you like to be active and you have a sense of adventure, this one-of-a-kind event is perfect for you.”

Following the event, join fellow Man vs. Mountain 5K challengers at Mountain Town Station for a warm beverage, hearty meal and the chance to exchange stories from the experience. Challengers take home memories, bragging rights and race swag.

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

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