

FIFTY FOR FLORIDA

50 MI.

PCB-PSJ
10.12.19

RELAY FOR RECOVERY Runner Info Packet

Fueled by Causes...We Strive!

A Production of:



PO Box 60

Locust Grove, GA 30248

(678) 492-9939

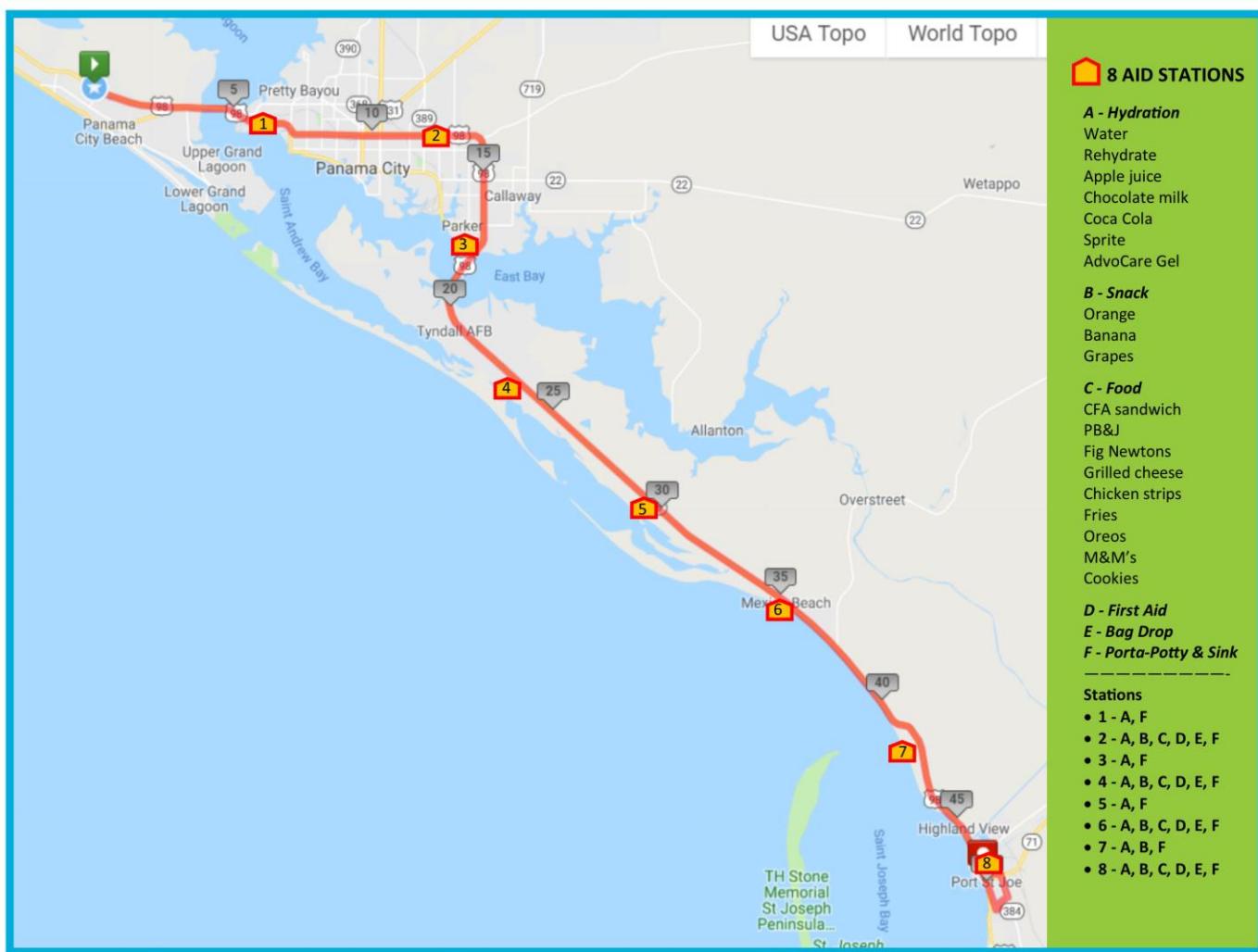
GetSetGrow.com



50 MILE ROUTE MAP

PANAMA CITY BEACH – PORT ST. JOE

For directions to each Aid Station visit 50forFL.com



REGISTRATION

“Fifty For Florida” is a 50 mile run along I-98 stretching from Panama City Beach to Port St. Joe. The run is designed to both the solo ultra runner and 2 to 8 member relay teams. This years goal is to raise \$500K to assist families affected by Hurricane Michael on October 10, 2018. To register each participant commits to raise pledges to help meet this goal.

SOLO RUNNER

- Visit 50forFL.com for additional details.
- Registration \$100 + pledges of \$900

TEAM RELAY RUNNER

- Relay Teams consist of 2 to 7 members
- Visit 50forFL.com for additional details.
- Registration for each member is \$100 + each commits to raise \$900
- GOAL – to secure 100 Teams

SETTING UP YOUR FUNDRAISER

- When you register at 50forFL.com you will be instructed to set up a personal fundraiser.
- Once setup you will be provided a link to share with family and friends asking them to support your mission.
- Promote the link often.

NOTE:

- Participants running 26+ miles may check 2 “in-route” supply bags to be placed at one of the designated aid stations. (2-4-6-8) Supply bags must be 1 gallon Ziplock sized bags and properly labeled. See website for sample.

PARTICIPATION GUIDELINES & TIPS

- The run is 12 hours and held 6:30 am – 6:30 pm.
- At 6:30 pm remaining runners will be pulled from the run course and delivered to the finish-line
- It is suggested that all runners beginning at the start line have someone drop them off at the start location in Panama City Beach and either pick you up or leave a vehicle for you at the finish-line in Port St. Joe. **Shuttles will not be provided.**
- It is suggested that **team relay runners** have designated driver(s) responsible for transporting team runners to and from respective aid stations.
- There are 7 on-route aid stations and 1 at the finish-line. Please note the function of each station on the attached map.
- All runners must be at least 18 to participate alone. Runners below age 18 must be accompanied by an adult (that they know) at all times. No runner under 14 years of age may participate.
- An appointed relay team captain may **pickup race packets** for their entire team at the following times / locations.
Packet pickup on OCT 11, 11 am – 2 pm with the location TBD (monitor the event Facebook page for location details)
Race start location 5 am – 6 am.

WHEN YOU ARRIVE

START - PANAMA CITY BEACH

Location:

Chick-Fil-A
11428 Panama City Beach Pkwy
Panama City, FL 32407

When You Arrive:

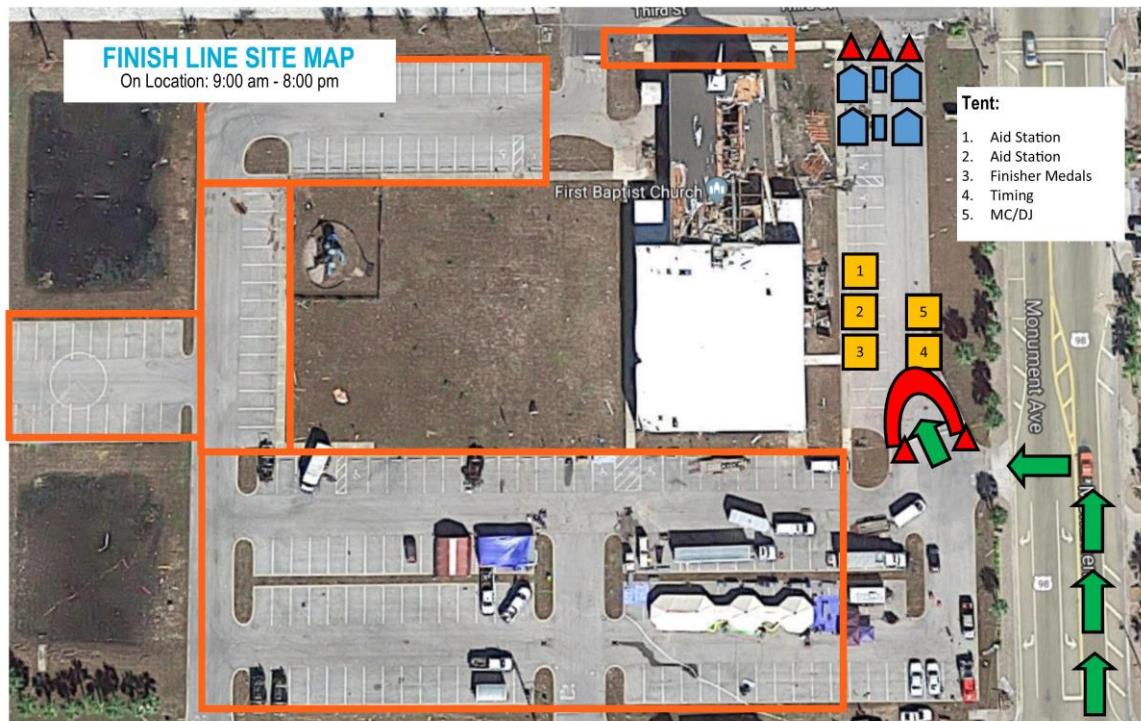
1. Park here 
2. Report to the registration tent here 



Preparation Tips

- Parking is available in designated areas (orange) until Sunday morning. However, you are encouraged to have someone drop you off at the race start area and pick you up (or leave a vehicle for you) at the finish-line. **Event transportation will not be provided back to the start line from the finish-line.**
- Teams are encouraged to have a designated driver responsible for getting runners to the desired aid station(s). **Event transportation will not be provided.**
- Download the **RaceJoy** app and become familiar with its features. Every runner will be **required** to download the app and utilize the LIVE feature on a mobile device for safety and tracking purposes. If a runner is discovered not utilizing the tracking feature they are subject to being pulled from the run course until turned on.
- Why is transportation not provided to and from aid stations and the start/finish lines?
 - 1) There are 9 different "locations" along the route
 - 2) The route is 50 miles long and takes an average of 55 minute to travel end to end.
 - 3) A number of miles of I-98 are under active construction.
 - 4) 25 miles of the route is 2 lane road
 - 5) The number of vehicles needed to provide adequate transportation for all 9 locations creates traffic concerns expressed by the FDOT and FHP. We apologize for any inconvenience this may cause and appreciate your understanding.

FINISH - PORT ST. JOE



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LOCATION

First Baptist Church
102 Third St.
Port St. Joe, FL 32456

PARKING & PICKUP

You are encouraged to have a designated driver pick you up or leave a parked vehicle for you to utilize after completing the run.

LOCATION EQUIPPED WITH

Hydration / Nutrition
Restrooms
Finisher Medals for Solo Runners (*team runners pick theirs up at packet pickup*)

POST RACE ACTIVITIES

Due to the varying finish times an awards ceremony will not be held. However, feel free to hang out, enjoy great DJ music and celebrate those crossing the finish-line.