

50FORFL.COM

50M.

**PSJ-MXB
10.12.19**

RELAY FOR RECOVERY

Runner Info Packet

Fueled by Causes...We Strive!

A Production of:

GETSETGROW
— RACE PRODUCTIONS —

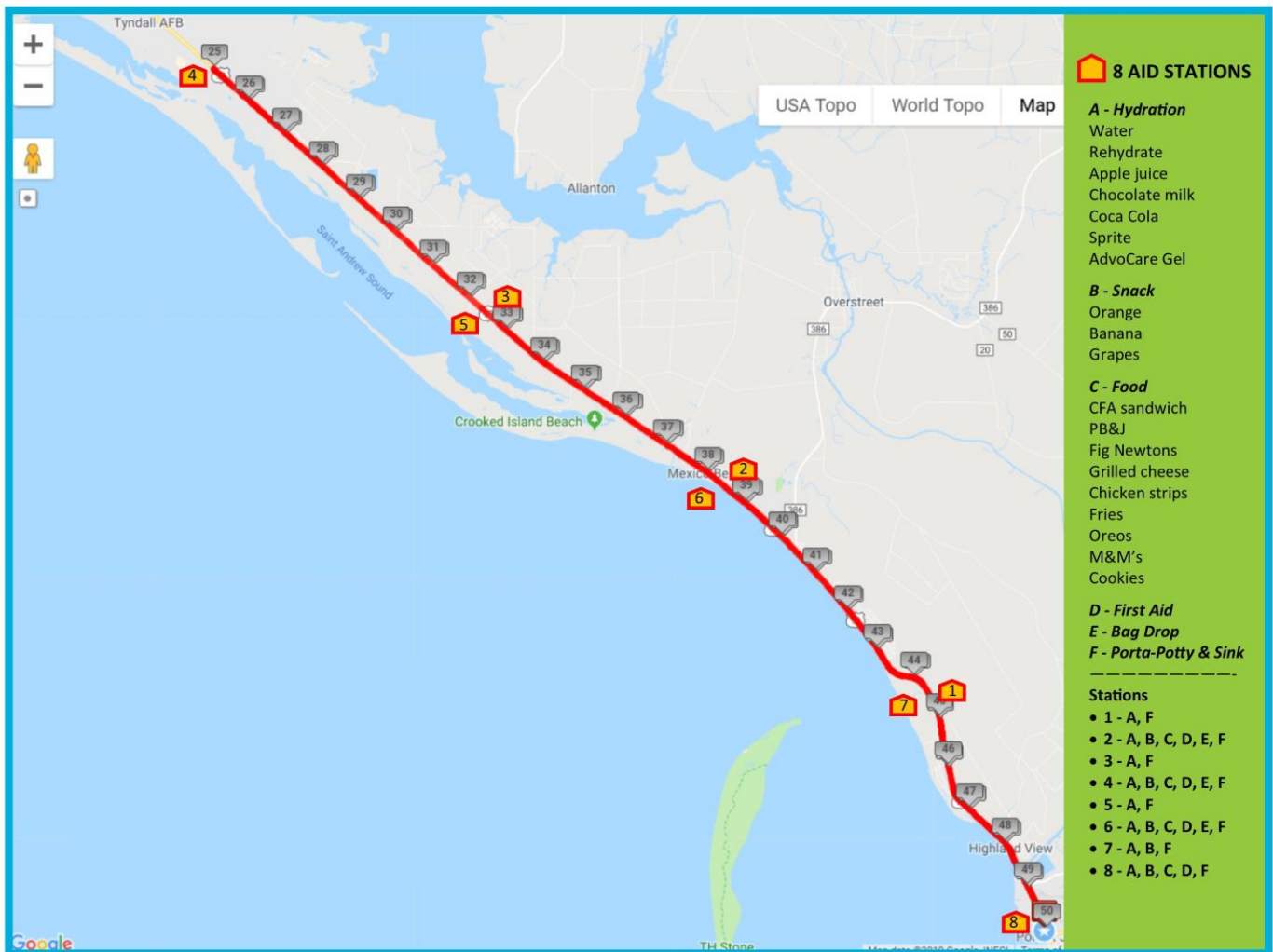
PO Box 60
Locust Grove, GA 30248
(678) 492-9939
GetSetGrow.com



50 MILE ROUTE MAP

PORT ST. JOE – MEXICO BEACH

For directions to each Aid Station visit 50forFL.com



REGISTRATION

“Fifty For Florida” is a 50 mile run along I-98 from Port St. Joe beyond Mexico Beach and back. The run is designed for both the solo ultra runner and 2 to 7 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 500 total runners

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) Supply bags must be 1 gallon Ziplock sized bags and properly labeled. See website for sample.

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.

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
- There are 2 designated parking areas. First Baptist Church of Port St. Joe and Port St. Joe High School (2.1 miles from the starting line) Pre-race shuttles are available between the school and church 4:30 am – 6:30 am and will run every 10 minutes.
- The run begins at 6:30 am. We suggest you arrive at the starting line area (PSJ-FBC) no later than 1.5 hrs. before your start time. This will give you time to be transported to the desired aid station in time to begin your run. **Late runners will be advanced to the next aid station.** (Note: Check “aid station” section for time cut-offs)
- 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 or member 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.


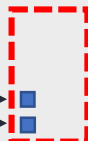
WHEN YOU ARRIVE

START / FINISH – PORT ST JOE

Start / Finish Location:

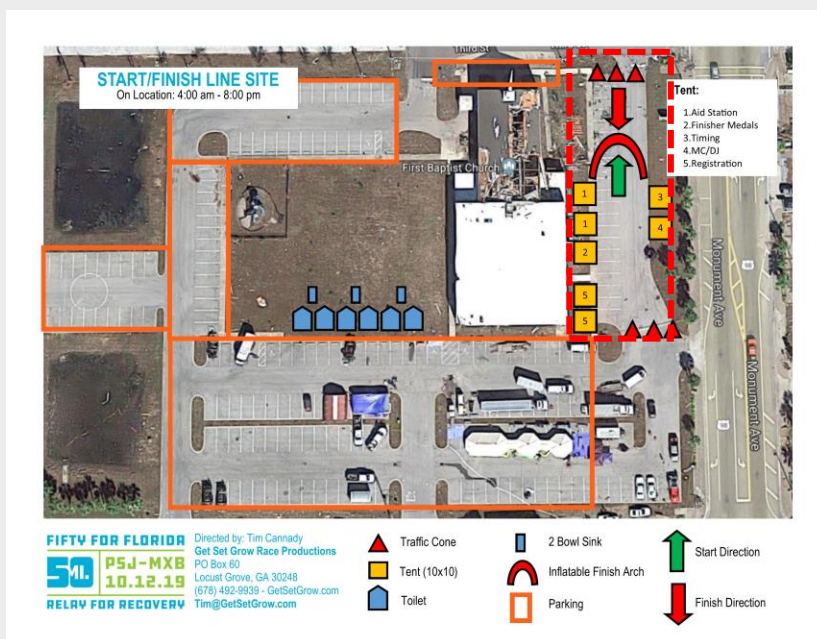
First Baptist Church
102 Third St
Port St. Joe, FL 32456

When You Arrive:

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

Secondary Parking Area (2.1 miles away)

Port St. Joe High School
100 Shark Dr.
Port St. Joe, FL 32456



Preparation Tips

TEAM COMMUNICATION TIPS

- Effective communication among team members is essential. Please do so in detail and often.
- Discuss where team member will begin and end their run.
- Discuss possible start / end times and locations. Each runner needs to know their specific time and locations to plan their transportation to and from respective stations.
- Each runner that does not reach their transition location by the cutoff time will be advanced to the next aid station or the finish-line. (**note the designated times in the AID STATION section**)
- For safety and tracking purposes **all runners must download** the **RaceJoy** app and activate the LIVE feature on your mobile phone. This feature should be turned on once a runner leaves the start finish line and remain on as long as they are anywhere on the route whether running or not. If a runner is discovered not utilizing the tracking feature they are subject to being pulled from the run course until turned on.

Pre-Race Team Communication

- Appoint a team captain
- Gather everyone's mobile number
- Appoint a designated driver (a non-runner)
- Who will begin and end where?
- What time should each person be in place to begin?

Race Day Team Communication

- Be on time to your respective transition location.
- Update team members of any delays.

AID STATIONS

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- Event transportation will be provided to and from overflow parking area and to respective aid stations.
- Sweep vehicles will patrol the route providing transportation to stragglers falling behind the suggested minute mile pace and those needing a ride from an aid station to the finish line. ***This is not designed to have relay runners to their respective transition location(s). Each team is to provide a designated driver to transport team members to their respective transition location(s).***
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