



DECEMBER 1ST, 2013

The Guana Reserve

Back to Nature Trail Runs

50K Ultra, 50K Relay, 12K Race

**Sunday, December 1, 2013**

50k and 50k Relay at 8:00 AM

12k Trail Race at 1:00 PM

Guana Tolomato Matanzas

Estuarine Research Reserve

505 Guana River Road, off A1A in South  
Ponte Vedra Beach, FL (9.5 miles south of  
Mickler's Landing)

Sponsored by Mizuno Footwear and Gu in  
association with 1st Place Sports

### **The Course**

Consists of winding, wooded trails in the Reserve. No cement, no asphalt, a true back to nature experience. The 50k Ultra and 2x25k Relay will begin at 8:00 AM. The 12k shall begin at 1:00 PM (in order that the majority of the runners will finish together.)

### **Awards**

Finishers of the 50k Ultra will receive medallions. All runners will receive a commemorative technical t-shirt. Awards, three deep in 13 age groups in the 50k and 12k races. Awards also to the top 5 teams overall in the 50k Relay.

Mizuno shoes will be awarded to the first male and female overall in the 50k and 12k and first Masters male and female in both races. Mizuno shoes also to the first team in the relay.

### **Refreshments and Post Race Party**

Snacks and Drinks will be provided. Gu is the official supplement.

Post-race party/awards presentation will take place at The Reef Restaurant, 4100 Coastal Hwy., Just north of Vilano Beach (on A1A). 3:00 PM.

### **Entry Fees**

50k Ultra - \$35 (\$31 JTC Running members), until September 15th. \$45 (\$41 club members), Sept. 16th-Nov. 30th. Race day entry \$60 (no discounts).

50k (2x25k) Relay - \$60 per team, until Sept. 15th. \$70, Sept. 16th-Nov. 30th. Race day entry \$90.

12k - \$25 (JTCR members \$21), until Sept. 15th. \$30 (\$26 JTCR), Sept. 16th-Nov. 30th. Race day entry \$40, no discounts.

### **Limited Participation**

Due to the Environmental Sensitivity of the Guana Reserve this event is limited to 125 participants per event. Enter as early as possible; there may not be space on race day.

### **Parking**

Parking in the park is \$3.00 per vehicle. Use southern most entrance, just north of the Gate Station.

### **Proceeds Benefit**

Proceeds benefit: Friends of the Guana Research Reserve.

### **Packet Pickup**

Race Packet Pickup Day of Race Only.

### **For More Information**

For more information contact: Mark Ryan, Race Director 50K, at Markryan@watsonrealtycorp.com, or (904) 338-3230. Bob Fernee, Race Director 12K, at Bob@1stplacesports.com or (904) 743-3161.

### **Mizuno Footwear and Apparel**

Purchase Mizuno products at 1st Place Sports and enjoy the back to nature

# SPONSORS



## BECOME A JTC RUNNING MEMBER

Founded in October 1975, JTC Running is Northeast Florida's preeminent promoter of healthy lifestyles through running, fitness, and fellowship. It is both a social club with several varying events per year and a philanthropic organization that seeks to benefit runners of all types.

### THE VALUE OF MEMBERSHIP

JTC Running membership includes:

- A subscription to "The Starting Line" - our bimonthly newsletter about the club, events, and running information.
- Discounted entry fees at most JTC Running events (Gate River Run, Summer & Winter Beaches, etc.)
- JTC Running apparel at a nice price.
- Social events - A couple times a year we have non-running casual get togethers.
- Local training runs - many of which have running mentors.
- Discounts on merchandise at many sports stores and other stores in Jacksonville area - see website for complete list: [www.jtcrunning.com](http://www.jtcrunning.com)

Back to Nature Trail Runs															Official Use Only			
Official Entry Form															December 1, 2013			
<input type="text"/>															<input type="checkbox"/> Send me information on joining JTC Running			
First Name										Last Name								
<input type="text"/>		<input type="text"/> M <input type="text"/> F		<input type="text"/> S <input type="text"/> M <input type="text"/> L <input type="text"/> X			<input type="text"/>											
Age on Race Day		Sex		T-Shirt Size			Email Address											
<input type="text"/>															<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Street Address															Apt. #	50K	50K Relay	12K
<input type="text"/>										<input type="text"/>		<input type="text"/>						
City										State		Zipcode						
<input type="text"/>			<input type="text"/>			<input type="text"/>			Make checks payable to JTC Running and mail to: P.O. Box 24667, Jacksonville, FL 32241-4667			Method of Payment:		\$ _____				
Telephone Number										<input type="checkbox"/> Cash		<input type="checkbox"/> Check		Amount Paid with Entry				
<small>I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that I must return the ChampionChip transponder, if requested or I will be billed \$30.00 as replacement cost. I also understand that if this event is canceled or rescheduled for any reason beyond the control of race management that my entry fee will not be refunded. I grant permission for this event's organizers to take pictures of me during this event and agree for this event to use any photos of me that may be taken during my participation. I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizers of this event and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.</small>																		
Please sign here. (Parent must sign if participant is under 18 years of age)												Date Signed						