

FINAL EVENT INFORMATION

PACKET PICKUP:

Sunday, January 22, 2023 –

6:00 am – 7:30 am at Magnolia Park 2929 S. Binion Rd. Apopka, FL 32703

Shuttle Bus Riders: YOU WILL RECEIVE YOUR PACKET AT THE BUS.

KEY TIMES:

7:30AM – START

11:30AM – AWARDS CEREMONY

1:30PM – EVENT SUPPORT ENDS

RACE NUMBER: Your race bib must be worn on the front of your running shirt or shorts during the run and remain visible at all times. Do not cut, fold or alter your race number in any way. You must have your run number visible when you cross the finish line. Timing Chip ankle straps will also be worn.

OUTSIDE ASSISTANCE: The Lake Apopka Scenic Trail Run is a test of your individual endurance. Please do not allow your friends to run or bike along beside you during the run.

WARM-UP BAGS: Warm-up bags will be transported from the start line to the finish line. Labeled bags will be available at packet pick-up. If you wish to have a bag transported, please place your bag in the designated bins at packet pick-up.

PRE RACE BUS SERVICE: Athletes utilizing this service will receive their race packets before getting on the bus.

COMPLIMENTARY SPECTATOR/FINISH LINE SHUTTLE: A shuttle bus will run between the designated offsite parking area, 20600 CR 455 Minneola, FL 34715, .7 miles north of the scenic overlook and the finish line beginning at 9am. This shuttle will run continuously between the parking area and the Green Mountain Scenic Overlook until 12pm. The parking shuttle is open to everyone.

RELAY TEAM – RUNNER #1: After runner #1 finishes leg at The Pump House, they will be transported back to the start area at Magnolia Park, via a golf cart. RUNNER #1 should park at Magnolia Park.

RELAY TEAM – RUNNER #2: Must check in with team at Magnolia Park at 6:30am. You will then be transported by golf cart to the Pump House where you will await your handoff from Runner #1.

RELAY TEAM – RUNNERS # 2-4: Please make arrangements with your team for transportation to the finish line after your leg or park your car where you will finish and drive over to the designated athlete parking area at the finish line to join your team. Athlete parking area is

located at 20600 CR 455 Minneola, FL 34715 and a shuttle will be available to take you to Green Mountain Scenic Overlook.

NOTE: THERE IS NOT A RETURN SHUTTLE TO MAGNOLIA PARK

COURSE: It is your responsibility to know the course! Please study the course map available online and note the locations of the turns and support stations. All turns will be marked with signs and cones. Please note that you will share the trail with vehicles on the scenic wildlife drive for 1.2 miles starting at the pumphouse at mile 4. At the 5.2 mile mark vehicles will turn right and runners will continue running straight, following the Lake Apopka Shoreline.

Click here to view the <https://www.plotaroute.com/route/766346>. You can also download the GMX/KML data to import into your personal device or mapping program.

RELAY TEAM INFORMATION: Please make sure we have a complete roster of your team members and the segment each member is running. You can enter that information at this form here https://docs.google.com/forms/d/1tdNTcliqWKgjYWwWF3SKK-5X8QgthwWMZlr41N_z8Dw/edit. Each team member will receive a bib at check-in and all individual relay team bib numbers are the same for each team member.

The relay exchange point is right after the runner crosses the timing wire. After crossing, the relay runner will hand off the timing chip ankle bracelet to their team member. That runner will then affix the bracelet to their ankle and continue racing. A volunteer will also log your relay team exchange for reference. If you are running a double segment and will not be stopping to hand off your timing chip, please announce that you are a relay along with shouting out your bib number to the volunteer as you pass so they can account for your team.

AID STATIONS: All aid stations are cup-free, disposable cups WILL NOT be provided. Runners should bring their own hydration system or drink bottles with them during the run. Aid stations are located at miles 4, 11.5, and 15.5. These stations will offer water & Gatorade, gels, bars, bananas & salty snacks. An additional water-only stop will be available at mile 7.

LITTER: Please respect the environment by helping keep the North Apopka Loop Trail and surrounding area clean! Do not discard your energy product wrappers (i.e., Bar and Gel wrappers), banana peels and other trash along the course. All trash should be discarded in the garbage bags located at each water stop or in the trash cans located at the relay exchanges and aid stations.

RESTROOMS: Toilets will be located at each of the three aid stations.

RACE DAY PARKING: There will be no parking available at Green Mountain Scenic Overlook on race day. The designated offsite parking area is less than 1 mile to the north at the roundabout, 20600 CR 455 Minneola, FL 34715.

A shuttle will run between the parking area and the Green Mountain Scenic Overlook Finish line beginning at 9:00am and run continuously until the end of the race.

TIMING: The run will be timed using state of the art race|result pro chips. The timing chips are attached to a neoprene ankle bracelet and they must be worn on your ankle, NOT YOUR WRIST. Chips will be handed out near the start line the morning of the race and will be collected at the finish. You are responsible for the safe keeping of this chip during the event. There is a \$60 replacement fee for lost or non-returned chips.

Track boxes will be positioned at each relay exchange and again at mile 8. The track boxes will record your time as you pass by. We hope to have these times live online during the race, but the cell coverage is spotty in some locations along the course so all splits may not be available until after you finish.

VOLUNTEERS: Please thank the volunteers whenever possible! If you have friends of family members that would like to volunteer on race day, please have them email VTeam@SommerSports.com

WILDLIFE: Expect to see and enjoy abundant wildlife along the course including the potential to see alligators sunning themselves along the shoreline. Please respect nature and do not disturb or harass the wildlife. It is against Florida law to feed the alligators and remember, wildlife always has the right-of-way on the trail.

FINAL TIP: Have a safe race and remember to take in plenty of calories and drink plenty of fluids during the run. The current weather forecast shows warmer than normal temperatures with possible high temps in the mid 80's during the run. We also suggest applying sun screen prior to the start as at least 80% of the course is out in the open with no shade. RACE SMART!