

FINAL EVENT INFORMATION

PACKET PICKUP:

Saturday February 17th, 2024- Magnolia Park 2929 S. Binion Rd. Apopka, FL 32703

2pm-4pm

Sunday, February 18, 2024 – Magnolia Park 2929 S. Binion Rd. Apopka, FL 32703

5:15 am – 5:45 am

THERE WILL BE NO PACKET PICKUP AT GREEN MOUNTAIN (RACE START). Please make sure to grab your packet before boarding the shuttle.

KEY TIMES:

5:45AM- SHUTTLE LEAVING

7:00AM – START

12:45PM – 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: Bags will be available both at the start line and at registration at the finish. If you wish to have a bag transported from the start, please leave your bag with the announcer. If you wish to leave your bag at the finish line, please leave it with registration.

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

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 mile 13.5 until you've reached the Pumphouse.

Click here to view the course map: <https://www.plotaroute.com/route/2365254>

You can also download the GMX/KML data to import into your personal device or mapping program.

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 3, 7.3, 11.7, 14.7, and 17.1. These stations will offer water & Gatorade with the mile 11.7 and 14.7 stations having snacks, bananas and cola as well.

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 the start and finish. The 2nd aid station at mile 7.3 (North Shore Trailhead) has public restrooms to your left when you enter the parking lot. The 4th aid Station at mile 14.7 (Pumphouse) has a portalet unit on the course.

RACE DAY PARKING: You will park at Magnolia Park and then take the complimentary shuttle over to Green Mountain at 5:45am. Please note, if you plan to get dropped off directly at Green Mountain (only if you already picked up your race packet) there is very limited parking at the start line venue.

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. 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 aid station. 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 or 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 rain with a high around 65F. Winds NNE at 10 to 15 mph. Chance of rain 80%. Rainfall around a half an inch. 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!**