



## Wekiwa Springs Ultra Athlete Guide

**RACE VENUE:** Wekiwa Springs State Park- Youth Camp 1800 Wekiwa Circle Apopka FL 32712

**RACE PARKING:** After entering the park, please follow the signs to the Youth Camp Area. You will make a left at the first intersection after the ranger station. Continue straight until you make the second available left turn. You will see a Youth Camp sign shortly after turning. Please continue straight on that road until staff or signage directs you to the parking lot in the ball field.



# **Wekiwa Springs Ultra**

## **EVENT TIMELINE**

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**Event Timeline:** \*subject to change

#### **Friday, January 3, 2025**

Pasta Dinner - 6:00 PM at the Dining Hall

Packet Pickup - 6:00 PM - 8:00 PM at the Dining Hall

#### **Saturday, January 4, 2025**

Packet Pickup - 6:15 AM - 7:00 AM at the Recreation Hall

Breakfast - 6:00 AM - 8:00 AM at the Dining Hall (meal ticket required)

12 Hour Start Time - 7:15 AM

24 Hour Start Time - 7:30 AM

Relay Start Time - 7:40 AM

Lunch - 1:00 PM - 3:00 PM at the Dining Hall (meal ticket required)

Dinner - 7:00 PM - 9:00 PM at the Dining Hall (meal ticket required)

12 Hour Finish Time - 7:15 PM

#### **Sunday, January 5, 2024**

Breakfast - 7:00 AM - 10:00 AM at the Dining Hall (meal ticket required)

24 Hour Finish Time - 7:30 AM

Relay Finish Time - 7:40 AM

Camp Closes- 11:00 AM

# Wekiwa Springs Ultra

## IMPORTANT RACE INFORMATION

**RACE NUMBER:** You will receive your assigned BIB number via email during race week. You will receive a bib with your number and a timing chip, as well as a secondary chip for your ankle. You will receive these items at packet pick-up. Please read more details below under TIMING.

**START/FINISH LINE AREA:** All loops and events will start and finish in the area right in front of the Rec Hall. There will be two timing mats. One will be in the street which is the Event Start and the FINAL FINISH LINE. You are to only cross this line when it is the end time of your event or you are choosing to end your race early. The second mat will be in the parking lot. This mat will be the one you cross when you finish each lap. After you cross this mat, you will be able to stop at the gear check area for restocking and recovery. This is where your aid station will be, as well.

If you choose to leave the course at any time during the race, you are allowed to do so. Please make sure you cross the LOOP finish line mat before doing so. When you choose to start again, you will start at the start flag placed on the corner at the end of the parking lot.

**RUN COURSE:** This route is completely on trail. While relatively flat, there are some exposed roots and sand areas that make it a technical course. **It is mandatory to have a headlamp or lighting at night,** as there is none offered on the course.

**RUN COURSE MAP:** It is your responsibility to know the course! Please study the map in advance and note the locations of turns and aid stations. You can access the map from the event website or by this link <https://www.plotaroute.com/route/2734002>

**COURSE MARKINGS:** There will be yellow arrows on the ground located at each turn and immediately after to confirm. There will also be straight arrows along the route to confirm you are still on the right path.



**AID STATIONS:** There will be one fully stocked station and one for just water refills. The water refill station will be located around mile 2 on the loop. The fully stocked station will remain at the loop finish line. Here you will have water, Gatorade, bananas, chips, other treats and rotating hot items like cheese quesadillas, broth, bacon, etc.

**CREW SUPPORT:** You are allowed to have crew support for this event. We will have a designated area for tents or gear after the loop finish line. Crew can wait there to cheer you on and assist you. You are also welcome to have them join your run and pace you. Please advise, the crew must buy a meal ticket to receive any of Sommer Sports provided food, snacks, or hydration.

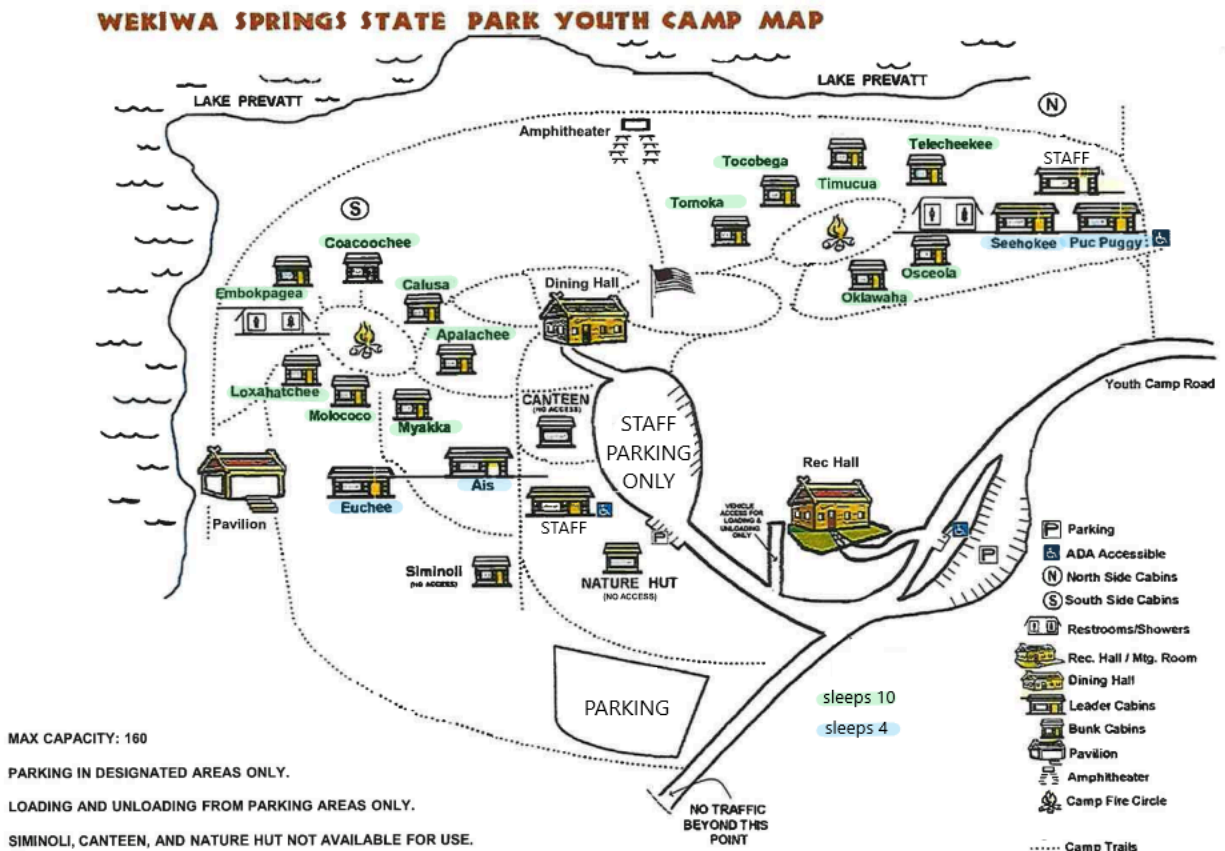
**LITTER:** Please respect the environment by helping keep the State Park clean! Do not discard anything along the course. This includes gel wrappers, banana peels, or leftover food/snacks of any kind. All trash should be held onto and discarded at the loop finish line station.

**TIMING:** This race 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

along with your bib at the race venue. Timing chips will be collected in the run finish chute. If you drop out of the race for any reason, please turn in your timing chip at the end of the finish line chute. You are responsible for the safekeeping of this chip during the event. There is a \$65 replacement fee for lost or non-returned chips. Please do not cut the chip bands. You will be assessed a \$15 replacement fee if you cut the band on your ankle strap.

If you or your friends wish to receive text or email results notifications during the race, please make sure you follow the link in the email to authorize messaging via RunSignUp.com

**LODGING:** You have picked your lodging option, or chosen not to have one, during your registration process. We will have an unloading area for all cabins and campsites, but then it will be mandatory for you to move your car to the parking lot. **PLEASE PACK BEDDING** as no sheets will be provided for you. Refer to the website to see what your cabin offers specifically.



**FOOD:** There is a complimentary pasta dinner for all athletes on Friday night at 6:00 pm, as well as snacks provided at the aid station. For anyone who purchases a meal ticket, we will provide meals at specific times throughout the day (refer to the event timeline). You are welcome to bring your own food and nutrition, but please do not leave any food unattended anywhere along the course or campsite. We do not have kitchen access at the camp, as it is under construction.

**RESULTS & AWARDS:** Our race announcer will announce when awards are ready to be distributed, shortly after the 12 and 24-hour events respectfully. Awards are to be given to the top 3 males and females in each race, as well as the top 3 teams. Awards are based on completed lap total, NOT overall pace. The awards podium will be nearby so photos can be captured.

**UNSPORTSMANLIKE CONDUCT:** Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in disqualification!

**VOLUNTEERS:** Please thank the volunteers whenever possible! If you have friends or family members that would like to volunteer on race day, please email [vteam@SommerSports.com](mailto:vteam@SommerSports.com).