

Feb. 5, 2022 Angry Tortoise 25k/50k Race Details
(Letter to runners – 1/14/22)

Dear Runners –

We are looking forward to seeing you on race day. Please see below announcements pertaining to the race.

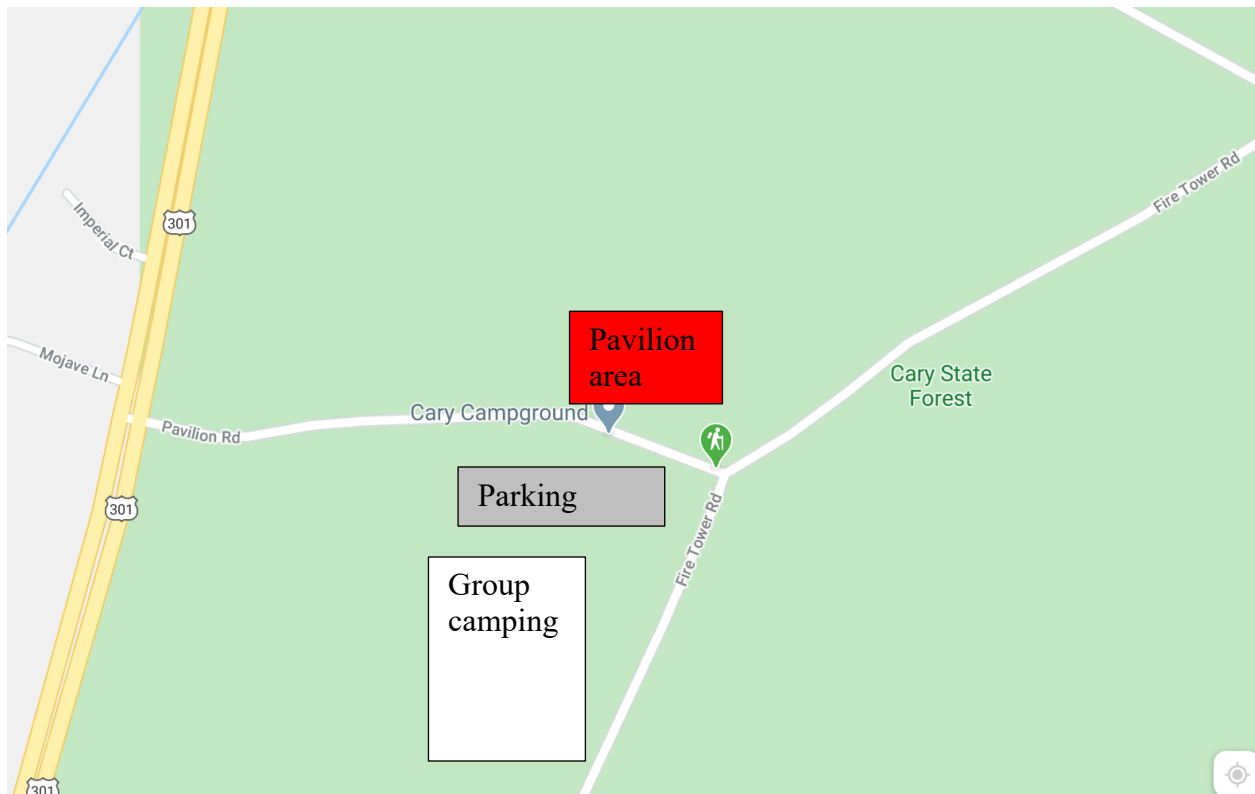
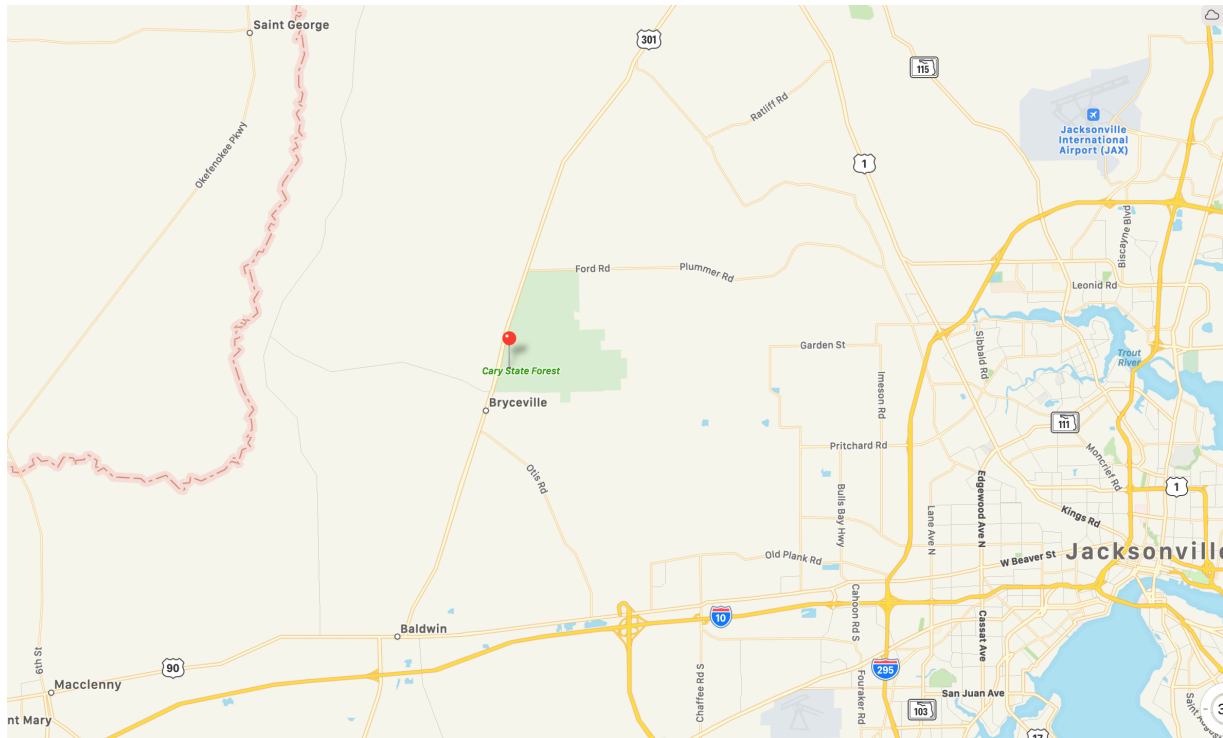
All 25k and 50k runners will run on Saturday, Feb. 5, 2022. **Both races will start at 7:30am.**

1. Race Start/Finish Location:

You may be able to use the below address in your Maps App to direct you to the start/finish of the race in Cary State Forest. However, cell service is spotty in the forest or sometimes nonexistent! I recommend you print out a map and have it with you when you leave for the race! A race sign will be out on 301 with a flashing light to indicate where to turn on to Pavilion Road the morning of the race. Once in the forest, proceed about 1/3 of a mile to the parking area on the right. **Volunteers will be out to assist you in parking starting at 6:00AM (please don't arrive earlier than this time).** Please do not park on the side of the roads or at the Cary Forest Ranger Station. There will be plenty of space for parking, so please park where directed.

Address: 7465 Pavilion Road, Bryceville, FL 32009

Please note the below pictures showing where you are going in relation to Jacksonville and major interstates. On Map 1, the red pin indicates where the race will be in relation to surrounding areas. Map 2 shows you where you will be going once you enter the forest and labels areas for parking, Pavilion, and group camping. The Pavilion is where packet-picket, start/finish, and all race activities will be held. Signs will be posted once you enter the forest to direct you accordingly. Use the Pavilion Road to enter the forest; although the map does show Fire Tower Rd access, this road may be closed.



2. Forest Entrance Fee: The entrance fee for runners is covered in the race registration fee. If you do have visitors who come to the forest, please tell them to pay the park entrance fee of

\$2 per person (cash only). You will see a payment box near the pavilion. Children under 6 are free.

3. Packet pickup (NEW)– You can pick up your race packet at the Pavilion on race day between 6-7:30AM at the Pavilion. There will be no packet pick-up the night before the race. The official race start is 7:30AM for both the 25k and 50k. You will have some great swag in your race bags courtesy of our awesome sponsors! Your race bib with timing chip attached and shirt will also be in your race bag. The Pavilion and Parking are located in close proximity, so you shouldn't have a problem taking things back to your car prior to starting the race.
4. Camping: Free camping (for tent, vehicle, or small RV without hook-ups) will be offered this year for runners on Friday, Feb. 5, 2022 until Saturday, Feb. 6, 2022. The group camping area is close to the Pavilion (see second map above), so follow the direction as described above in #1. You can come the day before the race and camp overnight in the designated campground near the Pavilion. There should be plenty of room and a sign will mark the group camping. If you want to RV camp with hook-ups, you will have to reserve through <https://www.reserveamerica.com/camping/cary-campground/r/facilityDetails.do?contractCode=FLFS&parkId=1120135>
You will have access to bathrooms and electricity at the tent camping site.
To ensure a tranquil camping environment, please do not run generators.
5. Pre-Race Announcements: Please arrive at the Pavilion at 7:00am for pre-race announcements. The race will start and finish at the Pavilion.
6. COVID stuff: Please remember to socially distance during the race. At aid stations, please allow volunteers to fill your containers rather than touching dispensers.
7. Weather and Race Day Planning: Please be prepared for all weather conditions. Wear sunscreen, bug spray, and proper attire. Please come to this event well-hydrated and in good health. Florida weather is unpredictable and often hot. We will have electrolyte drink and salty foods at the aide stations.
8. Race Course and Markings: The course is mainly well-groomed forest roads. See attached map of race route. The course will be well-marked. Throughout the course, you will see signs and flags to your right on the trail marking the course. If you by chance get off course, then go back to the spot where you got off course, curse the running gods for your misfortune, and then keep on going. Please note that there may be some vehicle traffic on the course as the roads will not be closed. Move to the side of the road for approaching vehicles to pass.
9. Aid Stations: The main aid station will be at the intersection of No Catch and Basin Roads – you will pass this aide station 3 times on the 25k route (remember 50k runners repeat this loop). There will also be an aid station at the start/finish. At both aid stations, we will provide an electrolyte drink (GU Roctane or Gatorade), Coke, water, and an array of sweet and salty foods (e.g., Rice Crispy Treats, Fruit Snacks, chocolate candies, cheese-it crackers,

granola bars). 50k runners: You may bring a bag or small cooler and put at the start/finish for your own aid. There will be no drop bags on the route.

10. This is a cup free race, so you MUST have a bottle or cup to carry with you. You can buy a cup for an Angry Tortoise special price of \$5 prior to the race from one of our sponsors, Flatlander Running. They are collapsible, reusable cups. If you want one, you can purchase one at packet pick-up. Cash only.
11. Awards: Awards will be given to first overall male and female, first male and female master's (between 40-59 yrs of age), and first male and female Grandmaster's (older than 60 yr) in both the 25k and 50k races. This year's awards are cool paintings by our awesome sponsor, John Rafalski - https://www.dailypaintworks.com/Artists/John_Rafalski-12700. If you think you may have won an award, please don't leave until you check with the race director, so she can check the results and hand-deliver your special award. No awards will be mailed following the race.
12. Cut-off times: We will have an eight-hour cut-off for both the 25k and 50k, which means you can really spend time in the great outdoors and enjoy the scenery if you choose to do so. If you do not finish your specified race before the cut-off time of 3:30pm, you can finish the course at your own discretion should you choose to do so or hitch a ride on a buggy that will sweep the course after cut-offs. If you finish passed the cut-off time, your time will be listed as a Did Not Finish (DNF) in the final results; that said, I will still give you a big AIR hug and call you a winner 😊
13. Dropping down: If you sign-up for the 50k and decide to drop down to the 25k on race day AFTER you start the 25k, your results will be entered in the final results. However, you will not be eligible for awards in that distance. You must tell our timing official that you are dropping down before you leave the race.
14. DNF: If you decide to drop out of the race, you must tell the race director or timing official, prior to leaving the race. We want to ensure everyone's safety. If you are unable to make it back to the start/finish to drop, then please go to the aide station and notify a volunteer there that you need assistance in returning to the Pavilion.
15. Medical Attention: Should you feel like you need medical assistance, immediately notify a volunteer or race director, so we can attend to your needs. Nassau County has a nearby Fire Station that we will call in the event that you appear to need emergency care.
16. Littering: There is a ZERO tolerance on littering. If you get caught littering on the course or anywhere in the forest, you will be disqualified and publicly shamed!
17. Cheating: Wow, I can't believe that I even need to talk about cheating If you are found cheating, you will be disqualified. Please do not cut the course or do anything else that taints our sport and earns you eternal bad karma. As much as I hate it, cheating occurs in our sport. If you are caught cheating, you will be disqualified and not allowed to run future trail or ultra events sponsored by the Florida Striders Running Club.

18. Sportsmanship: Please follow the rules of trail running – respect the trail by staying on the marked course, only place litter in trash bins, wear your bib on the front of your outfit, and be nice to others.
19. Pacers and crew: Pacers (or friends who want to run with you who are not registered) are NOT allowed in this event.
20. Post-race meal: Our sponsor Firehouse Subs will be providing each runner with a lunch box containing a 6 in sub (turkey, ham or veggie), chips, and cookie after the race.
21. Photography: Michael Brynildsen, photographer and owner of Semper Fi Photos, is returning as our race photographer. Photos will be posted on his Facebook page after the race, and a link will be posted on the race's Facebook page.
22. Sponsors: We have several wonderful sponsors who have helped off-set the costs of this event and contributed to making this event awesome. Please check out their services and products and support them in return.
 - Garber Automall: <https://www.garberautomall.com>
 - Garber continues to be one of our main financial supporters. They have a great array of vehicles and a wonderful service department. Check them out in Green Cove Springs.
 - Stacy Gilder LLC, Realtor - Keller Williams Atlantic Partners. Stacy is a new ultra-sponsor for our race AND a returning runner! Let her know how she can assist you with finding your dream home and/or selling your house! She would probably even talk real estate with you on the course ☺ but if you decide not to talk real estate while running... you can contact her here:
(904) 742-3269 - cell and text or email stacygilder@gmail.com
 - Pat's Nursery - <https://www.patsnurseryinc.com>
 - Wow! If you haven't checked out Pat's Nursery in Fleming Island, you definitely should! Pat and his crew will help you make great plant selections. They have a wide assortment of plants, mulch, fertilizers and also install sod. Pat is a new financial sponsor for our race!
 - Firehouse Subs <https://www.firehousesubs.com>
 - One of our awesome returning sponsors! I love firehouse subs – my favorite: a Meatball Sub, bag of chips and limeade after a run – perfect! Firehouse will be giving runners and volunteers a free post-race meal!
 - PRS Race Timing: <https://www.prsracetiming.com>
 - One of our valued returning sponsors! Coach Paul McRae and Rob Gould are amazing in handling our timing, providing our bibs and being present through the whole race to make sure you have accurate results!
 - PRS Race Timing puts on some great fun community races. Check out the website for upcoming races and check out Paul's coaching services!
 - Flatlander Running: www.flatlander.run
 - Your race director, Mae, and her hubby Zach Hanna started Flatlander Running a couple years ago. We hope to provide some awesome run-cations and running adventures in the years ahead!
 - Michael Brynildsen - *Owner / Photographer*, Semper Fi Photos

- An awesome returning sponsor who captures great photos from our race and shares them for free on his Facebook page!
- Urban Bean Coffeehouse: <http://www.theurbanbeancoffeehouse.com>
 - Another awesome returning sponsor! You will find a free latte card in your race bag. My favorite tea latte is the Ginger Turmeric latte with Macademia Nut milk (YUMMY). Urban Bean located in OP has a wonderful selection of gourmet donuts, breakfast foods, lunch/dinner selections, and, of course, COFFEE! Check them out!
- Clay County Amateur Radio Emergency Service: <http://www.clayares.org/wp/>
 - Our HAMM radio team helps keep track of all of our runners out there! They also help out at aide stations!
- Poochies Dog Park, Boarding, and Pet Spa: <http://www.poochiespark.com>
 - Another awesome returning financial supporters. This is the best place for doggy day care, boarding, and grooming. My dog Miley loves their ponds and playgrounds. Check out their location in Orange Park.
- One Farm - <https://onefarm.com/product/turmeric-relief-cream/>
 - One Farm is a new sponsor. They will be providing samples of turmeric relief cream in your bags, which will come in handy after the race to soothe your sore muscles. Check out their other great products! I use their CBD products to help with sleep and muscle soreness.
- John Rafalski - https://www.dailypaintworks.com/Artists/John_Rafalski-12700
 - John is a fellow strider who you can meet at Wednesday Strider track nights! John volunteers his time to assist with timing at track each week! He is also kind enough to be one of our sponsors and will be donating his amazing artwork for our award winner prizes!

23. Volunteers – Thank you to our wonderful volunteers who help make this race flow smoothly.

- Runners4Recovery: our main aid station is run by Mike Martinez and his Runners4Recovery crew. They are great individuals – check out their page on Facebook and support their 5k in Sept to raise funds for their non-profit! <https://www.runners4recoveryjax.org>

24. Proceeds: Proceeds will go to Florida Striders Kids' Running Programs. Thank you to our sponsors for your generosity and helping us donate more funds to kids' running programs and scholarships!

I hope you all have a great race and trail experience at this year's Angry Tortoise!

To the trails ahead,
 Mae Barker
 Race Director
 Contact Info: Cell 904-210-2556