



JTCRunning
Presents
**THE GUANA RIVER 50 km TRAIL RUN
& 2 Person Relay**
Saturday, March 28, 2009 7:30 a.m.

Meet at the trailhead in the Guana Tolomato Matanzas National Estuarine Research Reserve just off State Road A1A in South Ponte Vedra for JTCRunning's seventh annual ultra trail run.

General Directions: From Jacksonville Beach at Butler Blvd., follow SR A1A south for approximately 18 miles to the GTMNERR entrance. From St. Augustine, go to Vilano Beach and follow SR A1A north for approximately 9 miles.

Note: Gate Food Store is approximately 400 m south of reserve entrance on A1A.

Trailhead Information: http://www.dep.state.fl.us/coastal/sites/gtm/guana_river.htm (trail map)

Trailhead Address: Guana River, 505 Guana River Road, Ponte Vedra Beach, FL 32082

The 50 km race is a four lap event on the trails at the Guana Reserve. Each relay runner must run two consecutive 12.5 km laps. There will be water and refreshment stations on each lap and water about the 4 mile mark on the loop. A personal water bottle and your favorite energy fuel is highly recommended for optimum performance. – **** Note headlamp may be needed prior to start.** (Carry these with you – this is a primitive nature area)

Drop bags may be placed at trail starting point (You circle this point each loop.)

Entries Limited to 125

Fee-pre: \$40 per person or \$60 per relay team - Includes Event Shirt and awards

Fee-post 3/01/09: \$50 per person or \$70 per relay team – Includes Event Shirt and awards

GTMER Reserve entry fee: \$3 per car – toll machine at entry to reserve

Awards: 50 km: First place overall male and female

For information: Bill Dunn (904) 269-3820 or e-mail GuanaTrail50KRD@comcast.net

Make check payable to: JTCRunning **Mail to:** 2578 Foxwood Road S. Orange Park, FL 32073

MAILING APPLICATION PRIOR TO MARCH 1st GUARANTEES AN EVENT SHIRT

Late registrants may sign up from 6 to 6:45 a.m. race day at the trailhead.

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Name: _____ **Age on race day:** _____

RELAY ONLY – Teammate's name: _____

Sex: _____ **T-Shirt Size:** M L XL **Phone:** _____

Address: _____

City-State-ZIP: _____

I know that running an ultra-marathon is a potentially hazardous activity which could cause injury or death. By my signature, I certify that I am medically able and properly trained to participate in this event. I will abide by the decisions of race officials relative to any aspect of my participation, including such decisions as may deny or suspend my participation. I assume all risks associated with participation in this event including those of injury or illness. In consideration of the Jacksonville Track Club's acceptance of this entry, I, for myself and for anyone entitled to act on my behalf, do waive and release the Jacksonville Track Club, the Florida Department of Environmental Protection, all race officials and sponsors, as well as their representatives and successors, from all claims or liabilities of any kind arising from my participation in this event.

Signature: _____ **Date:** _____ **E-mail:** _____