

## Guana 50k and 12k Trail Races Instructions – December 2, 2018

We want to welcome you to the 2018 Guana Back to Nature Trail Races. Please read the race instructions below before you arrive on race day.

Packet pick-up will begin at 6:30am the morning of the races at the start/finish area. The start/finish line is located right by the trail head just beyond the parking lots. There is a \$3 fee per car to park in the Guana lots. You place \$3 in the self service envelope and put in the box. There are three lots within the reserve and the start/finish area is beyond the third lot. There will be some parking available at the Guana Education Center, turn left just before the parking lot entrance. There is also free parking at a lot just south of the Guana entrance and north of the Exxon station; you can walk to the start/finish area from there. We will have volunteers directing traffic at all parking areas. **Parking is limited, so we encourage you to drive down with other entrants and friends.** For those of you not familiar, the Guana lots are 9.5 miles south of Mickler's Landing on A1A. If you pass the Exxon station you have gone too far. All lots are on the west side of A1A.

We will also offer a shuttle service for the 12k runners, which will take you from the Education Center parking entrance down to the bag pick-up area and back. It will rotate between the two areas from 10:30am until 12:50pm.

All races this year will be timed utilizing timing chips located on back of your race bib. **If you are running as a two-person team in the 50k you will each have a chip so you can run together or as a relay, it's your choice. Your combined time will be utilized to determine winners.** We have to be out of the park by 5pm; that means there is an 9 hour cutoff for the 50k and a 4 hour cutoff for the 12k.

We will have a pre-race briefing at 7:50am, just prior to the 8am 50k races. There will also be a pre-race briefing for the 12k entrants at 12:50pm, just prior to their 1pm start.

There are a total of three water/aid stations along the 7.75 mile loop course; the start/finish area, the southernmost part of the trail (3 miles from start/finish), and a third station at about 6 miles. The main aid station at the start/finish area will have water, GU Brew hydration beverage GU gels and an assortment of ultra snacks; pretzels, M&Ms, twizzlers, etc. The two remote stations will be stocked with water and gels. **Be sure to dispose of cups and refuse in the bins provided.** The course will be well marked, so you shouldn't make any wrong turns. We will also have three port-o-lets located near the start/finish area.

This year The Laughing Freckle will be taking pictures and you will be able to download any you choose for no cost. Look for an email from them after the event.

There will be a post-race awards celebration from 3 to 5pm at The Reef, an ocean front restaurant with great food. We will be upstairs in the private dining room. Beer, wine, beverages and appetizers are all included in your entry fee. We will begin the awards ceremony around 3:45pm. Award plaques will be handed out to 1<sup>st</sup> and 2<sup>nd</sup> place age group winners. While at The Reef you will receive a commemorative beer glass, so it is worth your time to attend. The Reef is located in Vilano Beach, about five miles south of the Guana on the ocean side of A1A.