



Palm Bluff Trail Race and Ultra Marathon

April 30th, 2017

The 5th Annual Palm Bluff Trail Race and Ultra Marathon will be a one day event taking place on Sunday, April 30th. This event will consist of a trail foot race that utilizes the white, red and yellow trails at the Palm Bluff Conservation Area. The foot race will have 3 different distances that participants can select from. There will be a 12K (7.4 mile), a half-marathon, and a 50K ultra-marathon. This event will start early in the morning at 7:00 AM for the 50K race, the other events will start at intervals after the 50K event. There is a course cutoff time of 3:00 PM for all events. All participants must be off the course by this time allowing us to clear the course before dark.

Schedule of Events

April 29th:

- Overnight campers may arrive throughout the day
- Pre-Race Packet Pickup: 3:00 PM – 6:00 PM

April 30th:

- Registration and Packet Pickup Opens: 6:00 AM
- 50K Starts: 7:00 AM
- Half Marathon Starts: 8:00 AM
- 12K Competitive Wave Starts: 8:30 AM
- 12K Fun Run and Walk Wave Starts: 9:00 AM
- 12K Awards Ceremony: 10:30 AM (approximate)
- Half Marathon Awards Ceremony: 11:00 AM (approximate)
- 50K Awards Ceremony: 1:00 PM (approximate)
- Course cutoff is 3:00 PM (All runners must be off the course)
- All Personnel and Aid Station Supplies cleared from the course: 6:00 PM

Drop Bags

Drop bags may be placed at the first aid station. You will pass this spot every 6 - 8 miles depending on what loop you are doing. Drop bags will be collected at the start line 30 minutes before the start of the 50K race and returned to the finish line as early as possible after you finish your event. You must let the aid station know you are finishing and need your drop bag returned. We also encourage you to bring your drop bag back with you when you finish the event. That way you won't have to wait for it. **Please mark your drop bag clearly with your name and bib #** and make sure it is protected against the weather.

Camping and Hotels

If you are interested in camping out at the park the night before or the night after please email me directly for more information. We have reserved the group campground at the start/finish line for the weekend. We are limited to 24 people at the campsite and space is on a first come, first serve basis. But be warned, if you are staying with us we might put you to work before or after the race. Also the camping area is very primitive. There are no facilities except for the porto-lets and hand wash station we are bringing in.

There are two local hotels that are within 10 miles of the start line. These are the Holiday Inn Express in Orange City, FL and the Hampton Inn in DeBary, FL. Contact information is below.
Holiday Inn Express 1330 Saxon Blvd Orange City, Florida 32763 Hampton Inn 308 Sunrise Blvd. Debary, Florida, 32713

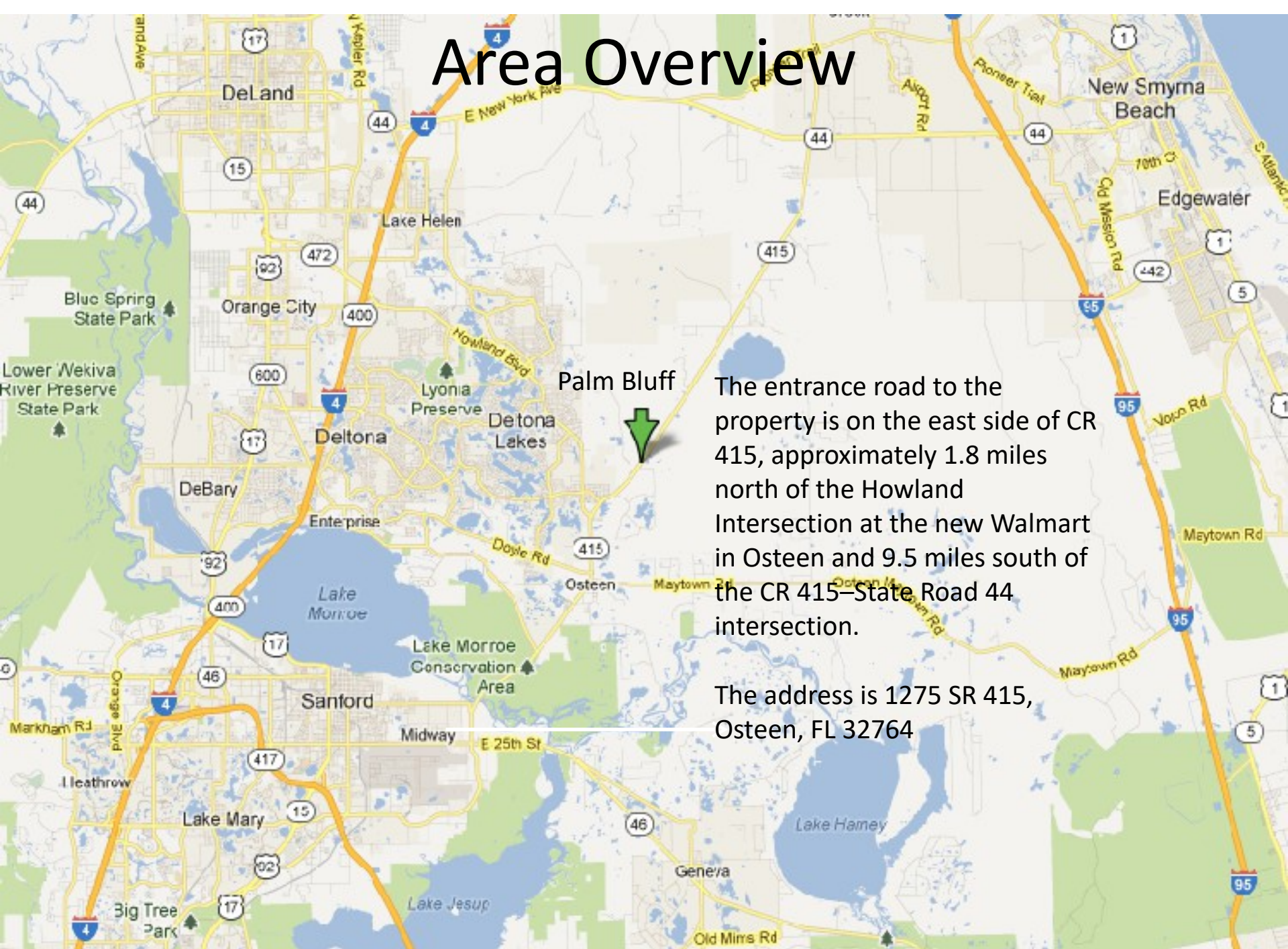
Aid Stations

There are three aid stations located on the course. Each aid station is approximately 2.5 – 3 miles apart. Aid stations will be stocked with a variety of food to meet your needs. You can expect to find PBJ sandwiches, Hammer and CLIF Gels, M&Ms, potato chips, pretzels, fig newtons, gummi bears, oranges, bananas, Gatorade electrolyte drink, water and some other surprises. Each aid station will also be equipped with a first aid kit, and biofreeze in case you need assistance on the course. Please don't be shy about asking our volunteers for anything or letting them know if you need help.

Course Markings

The course is well marked and runners will be following the red and yellow loops depending on the distance they are running. There will be directional arrows placed along the course. These are color coded for each distance. Green for 50K, Blue for ½ Marathon and Red for 12K runners. Please watch the markers and follow your color arrows. The course will also be marked with small orange surveyor flags. Watch for these as you run the course. If you find yourself running for more than 10 minutes without seeing a marking you may be off course. Your best bet is to retrace your steps until you find a course marking and then start again. Don't be shy about asking volunteers for directions if needed.

Area Overview



Palm Bluff



The entrance road to the property is on the east side of CR 415, approximately 1.8 miles north of the Howland Intersection at the new Walmart in Osteen and 9.5 miles south of the CR 415–State Road 44 intersection.

The address is 1275 SR 415, Osteen, FL 32764

Parking Area and Start Line



12K Course

Start /
Finish Line
And
Parking
area

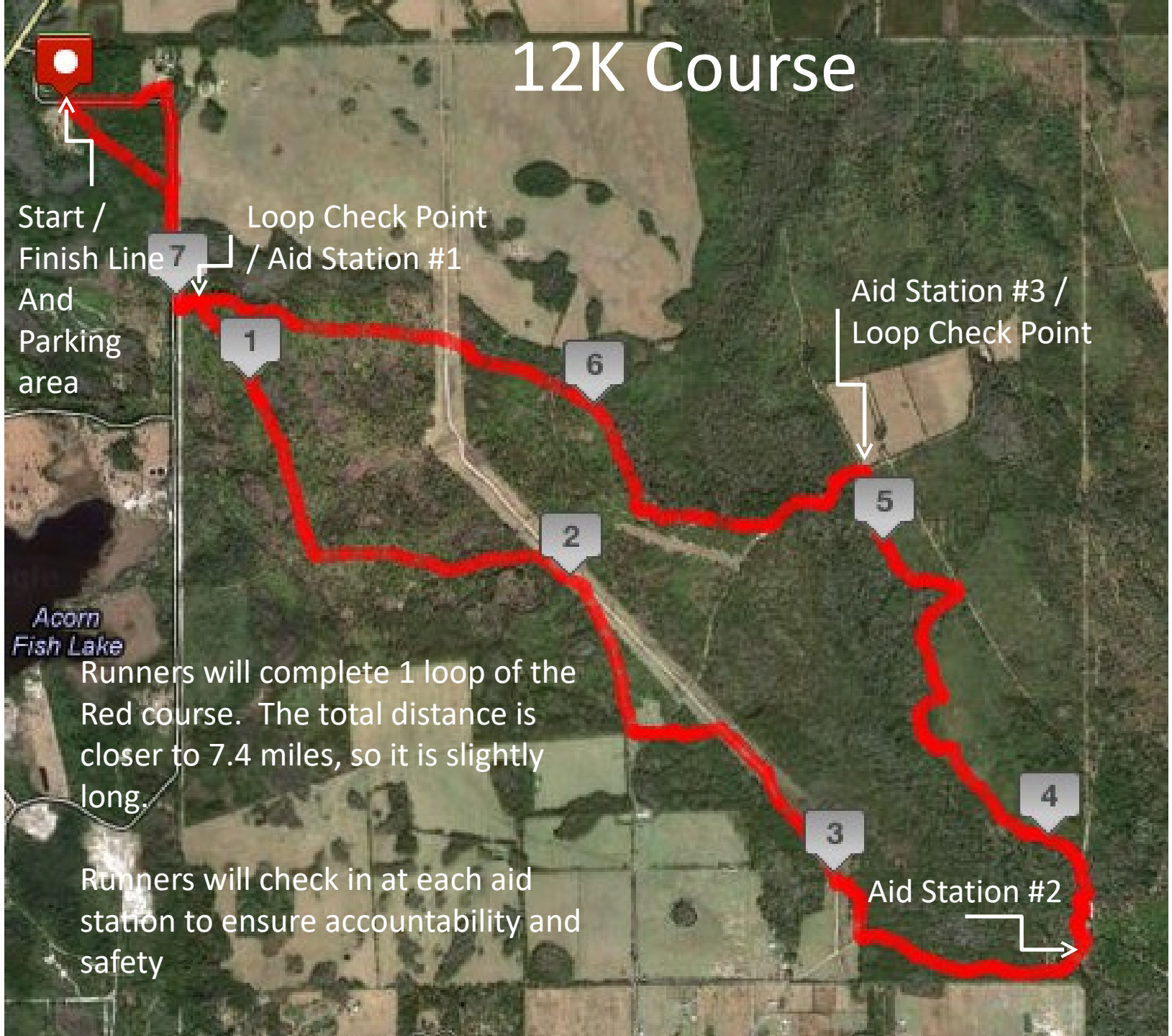
Loop Check Point
/ Aid Station #1

Aid Station #3 /
Loop Check Point

*Acorn
Fish Lake*

Runners will complete 1 loop of the Red course. The total distance is closer to 7.4 miles, so it is slightly long.

Runners will check in at each aid station to ensure accountability and safety



Half- Marathon Course

Start /
Finish Line
And
Parking
area

Loop Check Point
/ Aid Station #1

Aid Station #3 /
Loop Check Point

Acorn
Fish Lake

Red Loop

Runners will complete 2 loops of the Red course beginning the 2nd loop at Aid Station #1. The total distance is closer to 13.5 miles, so it is slightly long.

Runners will check in at each aid station to ensure accountability and safety

Aid Station #2

50K Course

Start /
Finish Line
And
Parking
area

Loop Check Point
/ Aid Station #1

Yellow Loop

Aid Station #3 /
Loop Check Point

Acorn Fish Lake

Runners will complete 4 loops of the Red trail and 3 loops of the Yellow trail. The total distance is closer to 32.6 miles, so it is slightly long.

Runners will check in at each aid station to ensure accountability and safety

Aid Station #2

Questions?

Don Stoner

Runner's High Timing and Race Management

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