

2024 Wolfson Children's Challenge

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INTRODUCTION

This packet contains important information for the 2024 Wolfson Children's Challenge for solo ultra- runners and relay teams. Team captains are responsible to be familiar with everything contained in this packet and to educate all team members on significant information. It is recommended that all runners read through the race information package. All information in this document is subject to change.

RACE INFORMATION

Race Name: Wolfson Children's Challenge
Event Director: Joanna Blinn – Joanna.Blinn@bmcjax.com
Event Director: Keri Cummings – keri.cummings@bmcjax.com
Race Director: Paul McRae – paulmcraelmhc@gmail.com
Timing Director: Rob Gould – rob@secondwindtiming.com
Facebook Event: www.facebook.com/wolfsonchildrenschallenge
Race Website: www.wolfsonchildrenschallenge.com
Results Website: <http://www.secondwindresults.com>

RACE TIMES

7:00am - 55k Solo Ultra Start & 55k Team Relay Start
8:00am – 30k Solo Start Start
1:30pm – 1 Mile Fun Run Start
2:00pm – Exchange Zone closes – No participants will be allowed to start a lap after this point 3:00pm – Finish Line & Course Closes

PACKET PICKUP, PARKING, & SETUP

Packet Pickup Times

Two early packet pickup sessions will be held (Ultra, Relay, 30K Individual, 1-Mile)
*Thursday, January 25, 10am to 1 pm at Wolfson Children's Hospital Main Entrance
Located at 800 Prudential Drive, Jacksonville, FL 32207 Please follow signs at the Borowy Family Children's Critical Care Tower to the main entrance.
*Friday, January 26, 10am to 1 pm, at Nocatee Station Field
Located at 400 Nocatee Center Way, Ponte Vedra Beach, FL 32081
*Saturday 5:30 am Packet Pickup is also available but EARLY packet pickup is STRONGLY RECOMMENDED.
*A Photo ID is required for the person picking up the packet along with an Email Confirmation of the race registration. If someone is picking up a packet for a friend or family member, a copy of that person(s) Email Confirmation will be required for pickup.
*The individual picking up a team's packet is responsible for distributing materials and shirts to the other members of the team. Team packets must be picked up in full at one time.
*If someone is picking up a packet for a team they are not member of, a copy of that teams Email Confirmation will be required for pickup.



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TEAM INFORMATION

Substitutions & Changes:

If team members need to be changed (substituted), the team captain may make changes online up to January 24, 2024.

Should you need to make a late change after January 24, 2024 you may do so during packet pickup Thursday or Friday between 10a.m.- 1p.m., The new relay participant must be present to sign the release waiver. Please note that t-shirt sizes and quantities cannot be guaranteed after January 24, 2024.

Non-Registered Runners:

Non-registered runners are prohibited from the course. Pacers are welcome; however, they must be registered for the race and they may NOT cross the start or the finish line.

Only officially registered participants, volunteers, and race officials are allowed on the course. If you do not have a race number, volunteer t-shirt, or race official credentials, you will be asked to leave the course.

What Times Are Provided For Teams?

Each team will be timed as a team and is guaranteed a TEAM FINISH TIME. Lap times will be provided; however, the official time shall only be the final finish time. Lap times, will only be listed as

Lap 1, Lap 2, Lap 3, etc. and runners will not receive specific times tied to their names. Runners may find their time by referencing the lap they ran, but individual names will not be listed with the laps.

How to Receive Accurate Times – VERY IMPORTANT:

All team members shall have the same bib number. Each participant must wear their bib, on a Race Bib Belt, on the front of the body, clearly visible to race timers. In addition, each bib will have the timing chip on the back of the bib. This Bib/chip must be worn by every runner on the team and each runner must cross the timing mat at the completion of their leg, then exchanged between team members after each leg is complete. There will be an exchange zone setup where runners can switch the belt from the runner that just completed their leg to the runner starting the next leg. Failure of each runner to wear the chip during their lap will result in teams not receiving a valid time for the race and will not be eligible for awards and their team will not receive a time for the race. Times will not be corrected or adjusted for teams that do not wear a chip during any part of the race.

Return The Timing Chips

Timing chips and race belts do not have to be returned.

Bib/Chip Exchange

Relay athletes will exchange their race bib and race belt directly after the finish shoot in the EXCHANGE ZONE. The relay exchange zone will be towards the left side once past the finish shoot. In the Exchange Zone the runner completing their lap will transfer their race belt to the next runner. Once the next runner has the race belt secured, they will depart the Exchange Zone for their lap on the course.



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Injured Runners During Race

In the event of an injury to a runner on a relay team, any of the remaining runners can replace the injured runner. Once a runner drops out of the race, team or individual, he or she cannot enter back into the race. If an IV is administered, the injured runner is no longer eligible to run.

Coed Team Guidelines

To be eligible for team scoring, a coed team must have both men and women on the team. A minimum of 3 males and 3 females is required to be eligible and scored for awards.

Team Runner Rotation

Teams may order their runners in any order they desire.

Can Runners On A Team Run Multiple Legs?

Yes, but a team would have to have less than 11 runners on your team if one person wanted to run multiple legs. The total number of legs run cannot exceed 11. (i.e. if you had 8 runners, 5 could run single legs, and 3 could run double legs, or 7 could run single legs, and 1 could run 4 legs, etc).

Can two participants run the same leg?

NO, only one person can run each leg. The reason for this are several. One, only one timing chip is issued to each team. Two, the course and aid stations are only designed for the capacity of one runner per team per leg. Pacers are allowed. See separate section regarding information on pacing.

Relay Team Tents

Each relay team may bring one (1) 10 x 10 pop-up tent.

Tent Set-Up

Tents may be set up on race morning January 27, 2024 between 5:30 a.m. & 6:30 a.m.

Each team is responsible for the set-up and equipment required of their own individual tent, ground weights and banner.

Coolers and Grills

Registered runners participating in the event may bring one (1) small cooler (may not exceed 60 qt size). Due to safety and security, grills, crockpots and other devices that require flame or electric for heat are not allowed in the event area. Coolers are prohibited for spectators.



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DAY OF RACE INFORMATION

Medical Aid Stations

Medical stations will be located at various points along the course and at the finish line.

Finisher Medals

Finisher Medals will be provided to everyone who crosses the finish line. Upon completion of their event or relay leg, each runner may visit the medal tent to claim their medal.

Post-Race Events

Refreshments, family-friendly activities and entertainment are available to all. Food will be available for purchase and all participants will receive two complimentary drink coupons.

Award Prizes

Prizes will be presented in the following categories based on race gun time. Prizes must be claimed at the event by 3:00pm or they will be forfeited.

Award Categories - 55K Ultra • Top Overall Male

- Top Overall Female

Award Categories - 30K Ultra • Top Overall Male

- Top Overall Female

Award Categories - Ultra Relay Team Members

- Top Male Team

- Top Female Team • Top Coed Team **Bag Check-In/Out**

A bag check for 30K & 55K individual runners will be provided at the information tent. Mark your bag clearly with your name and race number, and please keep personal items to a minimum to ensure safety.

GENERAL RULES

Respect Local Residents & Communities

While running the course, please remember that the route is on Nocatee resort property and all walkways are open to the public during our event.

Littering & Property Damage

Any runners who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be dismissed from the course and will not be invited back. Toilets and trash cans will be provided on the course and within the event space.

Follow Race Officials Instructions

Race officials include staff and volunteers. Course volunteers are considered Race Officials. They have authority to disqualify an individual or team for rule violations, abusive behavior, or failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority will result in or disqualification.

Visible Race Number

All runners are provided with a race bib that contains a timing chip that must be worn and visible on the front of each runner at all times while on the road. Bib numbers must be pinned to the outer most layer of clothing, including jackets, shorts, and reflective vests (if worn). Failure to wear the bib with the number clearly displayed will result in disqualification. RELAY EXCHANGES: DO NOT remove the race belt with timing chip until you have crossed over the electronic timing mats.



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Pets/Dogs

Only registered service dog are permitted on the field

Run On The Course and on Proper Surfaces:

Runners are to run on the designated course. Remember the Nocatee greenway is open to the public, and you will likely see some bicycle and golf cart traffic on the race course.

Be Aware of Traffic and Obey Police Directions:

Runners are to understand that they do not have exclusive use of the roadway, or Nocatee Greenway. Police will be provided at all street crossings and runners must obey their instruction even if it requires stopping for traffic. Crossing streets and areas other than the designated crossing point will result in disqualification. Due to the course crossing active roadways, runners may be required to stop for traffic at the discretion of the Officer in command at each intersection. If this occurs, runners must comply and times will not be adjusted for such.

Personal Music Devices and Headphones:

The use of personal music devices with headphones while running is strongly discouraged. Races require that all runners be alert and aware of their surroundings at all times. Wearing personal music devices causes distractions and the inability to hear what is going on around the runner.

If you still choose to use them, you do so at your own risk and must meet the following requirements: 1. Hear traffic. 2. Be aware of the sounds around you 3. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling). Violations will result in disqualification.

Strollers:

The use of strollers / jogging strollers while running is discouraged, however, as a children's hospital event, we understand strollers, wheelchairs and running chairs are a natural feature, especially for the 1-Mile Fun Run. Please note, the route can be congested and a lap race will have runners of many different paces in both directions. If a stroller/chair is needed during the race, the stroller/chair must yield to runners at all points of the race. This may require coming to a complete stop.

RESULTS

Official results from the event will be streaming live at www.secondwindresults.com. Results will also be displayed live under the results tent next to the relay exchange zone. Runners can also print out a receipt with their finish times and splits.



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Weather:

Race day weather is unpredictable. Staying hydrated is critical to having a fun and successful race, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke. Hydration becomes especially critical during times of high heat index. The heat index (HI) is an index that combines air temperature and relative humidity to determine how hot it feels. If the heat index is above 90°, heat cramps and heat exhaustion are possible. Above a HI of 105°, heat exhaustion is likely and heat stroke is probable with continued activity.

Runners must maintain their safety by monitoring the condition before, during, and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Water should be supplemented with electrolytes such as NUUN, SaltSticks, etc. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine.

Race Officials may suspend, halt, delay, shorten, or cancel the race at their discretion for any weather concerns.

Bad Weather:

The race will occur rain or shine. However, under certain severe weather conditions where the safety of runners is in jeopardy or where significant damage or alterations to the race course occur, we reserve the right to cancel the event, and/or relocate all field activities. There will be no refunds given if the race is canceled due to weather. Conditions that may result in a race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

Heat:

If there is extreme heat during the race we reserve the right to hold teams / individuals until the temperature drops, shorten the race, or cancel the race.

Lightning:

If there is lightning at the start of the race we reserve the right to delay starts until the lightning clears, shorten the race, or cancel the race. If there is lightning present during the event, all runners will be pulled from the course. In the event lightening is observed while on the course, seek shelter immediately.

Prohibited Items on the Course:

The following items are not allowed on the race course: rollerblades, unauthorized bicycles, dogs or other animals, scooters, skateboards, and any other device that may endanger others or put a runner at an advantage over the other participants.

Alcohol:

While participating in the race, the consumption of alcohol is not allowed at any point along the course. Alcohol may be responsibly consumed by individuals 21 years or older at the finish line after a runner has completed their portion of the course as permitted by the event organizers.

Runners must present photo I.D.

In the Event of an Emergency:

In the event of serious emergency call 911. We will have limited medical staff on hand. First aid personnel will be stationed at the start/finish line area. They will be equipped to handle only minor sports injuries. Please be aware of this and plan ahead for how you will handle any emergencies. It is the responsibility of each runner to be aware of the location of hospitals and other medical facilities.

In the event of an emergency notify the nearest race official, as they will be able to communicate with nearest medical personnel or call for an ambulance if the emergency is severe enough. If you are not near any race officials, please contact Paul McRae at 904.316.8122



15th ANNIVERSARY



**WOLFSON CHILDREN'S
CHALLENGE**

55K Ultra 55K Relay 30K Run 1-Mile Fun Run

PRESENTED BY



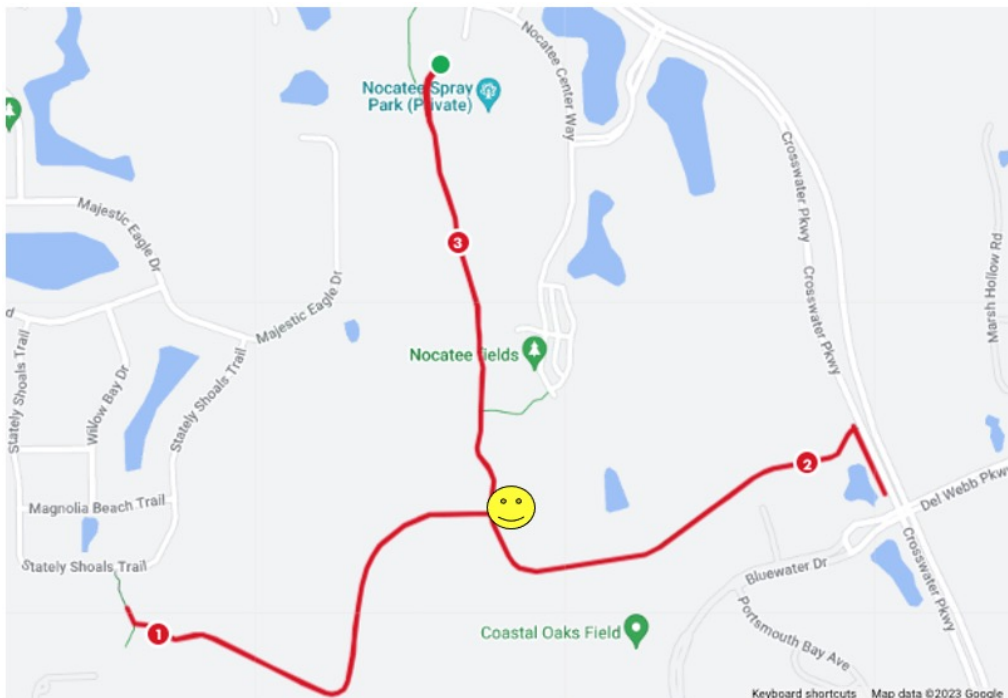
SUBARU

JACKSONVILLE | BJAAK.COM

Runners are responsible to make sure that they stay on the course. The course will be well marked and identified, however each runner should review the course map prior to leaving the starting line and ultimately it is each participants responsibility to be knowledgeable of the route.

All athlete must complete the course by 3:00 pm. Traffic control, road closures and signage will be ending at that time as well. Participants will not be allowed to start a lap after 2 pm and the course will close at 3 pm no matter where someone is on the route. At 3 pm the finish line, results and course support will close.

<https://www.mapmyride.com/routes/view/5663444491/>



Water Station



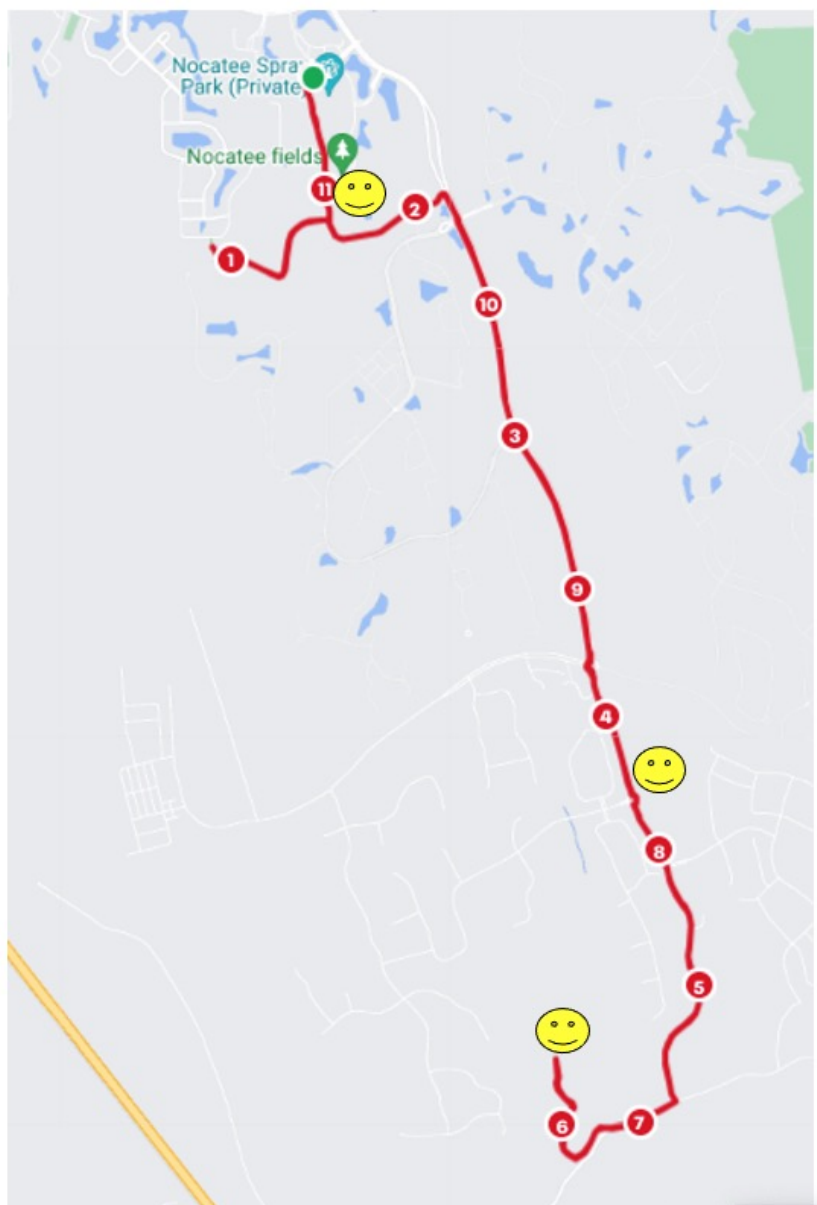
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Solo Ultra Runner 55K Route: Course will consist of 3 laps on this 11.38 mile course.
<https://www.mapmyride.com/routes/view/5820382675>



Water Station



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Solo Ultra 30K Runners will complete a 2 lap course. Lap 1 the same 11.30M course shown above, and lap 2 will be a shorter 7.26 M course. (Below)

<https://www.mapmyride.com/routes/view/5820394414>



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