



JANUARY
20-21, 2023



MAP IT:

[Click here for the entrance
to Southern Tour](#)

INDIVIDUAL AND TEAM ROSTERS:

[Click Here](#)

COURSE MAP

[Click Here](#)

LIVE RESULTS

[Click Here](#)

ABOUT WITHOUT LIMITS AND THE WILMINGTON HEALTH FOUNDATION

The Southern Tour Ultra was founded in 2013. Tom Clifford, owner and founder of Without Limits, in collaboration with the Wilmington Health Foundation wanted to put on a running festival for the regional running community that brings running, music, team camaraderie, goal setting, overcoming obstacles all in one in a family friendly atmosphere! This is a Woodstock type feel event, where you can enjoy yourself, let loose, have fun, run hard, and simply enjoy life and running for 48 hours. You won't regret your decision to come race with us.

We have several events within Southern Tour - A 50 mile individual open event, 50K individual open event, 50 mile age graded team relay, and Last Man Standing Event.

All of these events are inviting to different types of people. From die hard ultra marathoners to the runners who just love to show up and enjoy the atmosphere without running "too far"

You should expect the following at Southern Tour:

- Trail Running
- Classic Rock and String Banjo Music
- Camp Fires
- Beer
- Live Music
- Camaraderie
- Great times with friends and teams
- Camping
- BBQ

About Wilmington Health Foundation:

Wilmington Health Foundation is creating healthier communities by connecting individuals and companies to programs that empower change.

WHAT DO WE DO?

We assist and finance local organizations that are dedicated to creating a healthier community.

OUR ROLE IN THE COMMUNITY

We encourage and educate Greater Wilmington Area residents on a healthier future.

If you see them on the course, give them a big THANK YOU!



Creating Healthier Communities



Rental
Leasing
Logistics



ABOUT



PACKET PICKUP

When: Friday January 20th

Time: 1:00pm to 5:00pm

Where: [Fleet Feet Sports Wilmington](#)
[the Forum Location](#)

Relay Teams: The Team captain or 1 individual from the team must be responsible to pick up the team packet. Team bibs, shirts, camping passes, batons, and add on items, will be stuffed together in one bag for one person to pick up.

Last Man Standing: Must pickup your packet at the race site Friday. Your name will be on the gate list

On-Site Pickup

If necessary you can pickup on Saturday morning from 6:00am to 7:30am at the race site.

SCHEDULE

WEDNESDAY

■ 8:15pm and 8:45pm [Pre-Race Zoom Call](#)

FRIDAY

■ 1:00pm: Camping set up allowed

■ 6:00pm: Gates close. Please do not try to come in after 6pm

■ 9:00pm: Last Man Standing Starts

SATURDAY

■ 5:30am: Gates open for race morning

■ 5:30-7:30am: Packets can be picked up if you are unable to on Friday

■ 6:15am: 50 mile Individual Meeting

■ 6:30am: 50 mile Individual Start

■ 7:15am: 50K Individual Meeting

■ 7:30am: 50K Start

■ 8:15am: Relay Meeting

■ 8:30am: Relay Start

■ 12:00pm: String Band Plays

■ 2 to 3pm - Awards begin

■ 4:00pm - 50K and 50 mile need to be on last leg

■ 5:00pm - Relay teams need to be on final lap

OTHER INFORMATION

- All Campers must have a wrist band
- Camping Passes included for Last Man Standing Runners
- Campers will be on the gate list to enter Friday but should pick up packets prior to arrival

About the Races

INDIVIDUAL EVENTS

50 MILE AND 50K

Both the 50 mile and 50K Runners will run the 10 mile course.

We will have one manned aid station on course at mile 3. The aid station will have water, Gatorade, gels and honey stingers. You are welcome to set up anywhere along the camping area to put your own aid station supplies. The big white tent where you run through your lap split will also have aid.

A bag drop location will be out to the mile 7 and 8. You can put anything you want in this bag, but please do not put items inside that you want back! When you run through the lap exchange, make sure your bib is visible on the front of your chest so we can receive your lap split.

Awards will be given to the top 3 overall male and female in each race. Overall finishers will receive a special Southern Tour Medal (50K) or Belt Buckle (50 mile) When you are completed with your race, come over to our information tent to receive your finisher gift. All individual athletes must be on their final lap by 4:00pm with a headlamp.

LAST MAN STANDING

Course will be 4.167 miles out and back

Last Man Standing (LMS) runners will begin Friday at 9:00pm. You will need to be on site by 6:00pm if possible so you arrive before it gets too dark to set up your camp. Your name will be on a list at the gate and you can get your packet at the race site. LMS runners do not need camping passes.

LMS Runners will run 4.167 mile course that consists of a loop and out and back portion. To remain in the race, you must be on the start line every hour and complete your loop before the next send off begins. The last person that completes the 4.167 miles is declared the winner.

We will have an area sectioned off for you to set up your gear. Your start and finish area will be sectioned off outside of the big white tent.

You will set up your camp site/gear area in the main field with everyone else.



AGE GRADED RELAY

Relay teams will all have a bib for each athlete on your team and a baton. The baton must be carried by each person for each lap. Your baton has a timing chip inside of it that will get your team's splits. Your bib will also have a timing chip to get your individual name and 5 mile split time which will be put into the overall 5 mile results.

Make sure you know your team and when to expect them at the exchange zone. Your next runner must be ready to accept the baton in the exchange zone. The clock never stops, so make sure your next runner up is prepared.

The relay is age graded and gender weighted.

Women all have a 10% handicap on top of the normal age grading. This makes everyone have to run pretty hard if you are competitive. \$800 is awarded to the fastest age graded team, \$200 is awarded to the fastest overall team.

RELAY RULES

- There is no specific order your team has to run, however the first person from each team will need to check in before the race start, we will announce this.
- Each team has a baton, you must complete the race with your baton
- Each runner's first leg will count toward their overall 5 mile time. For example if you are running 2 legs of the relay, legs 1 and 6, your first leg will be the one that counts toward the 5mile overall results (even if 6 is faster)
- Each runner must run with a chipped bib and their team's baton
- Handicaps will be added to the team's times throughout the day. The lower the handicap, the more time off the team will receive at the end. For example 89 means 89% of the overall time:)
- Any changes to your team must be submitted prior to the race or your team is subject to DQ.
- Relay teams that want to run two runners at once can do so to finish early but will not be eligible for overall relay awards. No more than two runners can run together at once.



CAMPING

Everyone camping needs to have a wristband on. You will not be able to get into the event field on Friday without a camping pass. You can park up front along the power lines near the entrance of US 17, but no vehicular traffic will be allowed all the way in to drop off or park unless you are camping Friday. Camping Wristbands will be found in your athlete packets if you paid for camping through registration

LOCATIONS AND PASSES

- If you still need to buy a pass you can do so [HERE](#)
- We have designated camping spots around the venue. The course runs by all camping locations.
- Please only camp in the spots we have marked out on the [course map](#).

CAMPING RULES

- Campfires are allowed w/fire ring
- Please bring your own wood
- Canopy tents and dogs are permitted
- Quiet time is 10pm
- Outside Alcohol is permitted but we will have beer and beer for sale
- Everyone must exit the property by 9am Sunday
- PROHIBITED
 - Bottled beer or kegs
 - Fireworks
 - Littering or leaving trash
 - Anything illegal





PARKING

OPTION 1

The Event Field (Yellow on the maps): These fields are closest to the events staging.

4-Wheel drive vehicles are highly recommended for this area. A and B. It will be best to carpool with folks to park here.

If you park here, remember you can only enter before 12:00pm and Exit after 12:00pm

OPTION 2

US-17 Power Lines (Purple on the Map)
This is closest to where you turn in off US-17 and about a 600 meter walk to the event staging area. Any style car can park here and come in and out throughout the day however walking is involved. This is also the area where you can park Friday without a camping pass and run the course or walk your stuff to the field to set up for Saturday.

PARKING MAP

PARKING AND F.A.Q

IMPORTANT RACE INFO

- Be ready for any weather for this event
- This is a bring your own food event, we do not have food trucks.
- Take what you brought. Please leave NO trace of trash or gear behind
- We highly recommend carpooling. There are only about 300 parking spots on site.
- Take your time and slow down turning into the venue
- If you want to come and go or leave early, park up front by the power lines. If you park in the main field, you will need to stay at least until 12:00pm
- All people can park up front along the power lines. Please do not park on US 17. This is illegal.
- Free Beer: We will have kegs from Wicked Weed and Waterman's Brewing
- We will have our running beer Shakori 40 IPA for sale
- Refunds will not be issued at this point for any reason including weather





OPEN A WORLD OF POSSIBILITIES

EXPERT ADVICE | DATA-DRIVEN INSIGHTS | PERSONALIZED OUTFITTING

Fleet Feet in Wilmington opened its doors in 2014, and we've been outfitting runners with the right gear and knowledge ever since. As of today we have outfitted thousands of runners, walkers, and customers of all kinds, and we continue to work toward our vision:

To inspire the runner in everyone.

COME RUNWITH US

910.239.9410
1125 Military Cutoff Rd.
Suite D
Wilmington, NC 28405

910.769.8540
3852 Carolina Beach Rd
Suite 120
Wilmington, NC 28412

WWW.FLEETFEET.COM/S/WILMINGTON

FLEET  **FEET**[™]

WILMINGTON

THE COURSE

With a beauty unparalleled, this unmanaged coastal wilderness includes a labyrinth of trees and winding paths that take you from the historical soil where President Washington stood to the wind-swept coastal plains. You run in a tunnel of vines and dense forest and open into a sand-laden marshland with amazing views. One with nature, you may encounter osprey flying overhead or even deer on the trails—all part of the Ultra-experience. The blue and orange skies of the coastal Carolinas beckon you to keep going! It is an Ultra and despite the conditions, you cannot give up!



Wide fire road with single track in portions

Most of the track is fire road trail that has plenty of passing zones

Long Crossings

There is one log crossing with a pretty old log. You can choose to cross or to jump the stream. Up to you!



Pond Crossings

There are muddy spots on the course depending on how much rain we receive during the winter months. These portions are fairly short if there is mud

Views of the Atlantic Intracoastal Waterway

The course will have some views of the coast and has very coastal terrain. That is what makes it so unique, there are not many plots of land that still exist along the water that are uninhabited.



WOL

WITHOUT LIMITS

2023 EVENTS

JANUARY 21
SOUTHERN TOUR



SATURDAY

FEBRUARY 25
WILMINGTON



SATURDAY

APRIL 2
GRAVEL GRINDER



SUNDAY

APRIL 22
SWIM/RUN



SATURDAY

MAY 6
WHITE LAKE



SATURDAY

JUNE

Happy
Summer

JULY
CAMP WEEK



7/15-7/20

AUGUST 26
COPPERHEAD



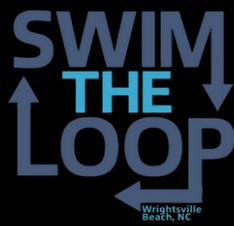
SATURDAY

SEPTEMBER 30
WB TRI



SATURDAY

OCTOBER 15
SWIM THE LOOP



SUNDAY

NOVEMBER 12
BATTLESHIP



SUNDAY

DECEMBER 9
SHAKORI 40



SATURDAY

RUNNERS ESSENTIALS

BY
Without Limits®

www.runners-essentials.com

RUNNERS ESSENTIALS DAILY VITAMIN

Essential vitamins, powerful antioxidants, and energy producing adaptogens combined in a single daily proprietary formula

Benefits

- Improved Endurance
- Better Recovery
- More Energy
- Great Source of Iron
- Anti-inflammatory



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

| Amount Per Serving | %DV |
|--------------------------------------|-----------------------|
| Vitamin D (as Cholecalciferol)..... | 20 mcg...100% |
| Thiamine (as Thiamine HCl)..... | 5 mg...417% |
| Riboflavin..... | 5 mg...385% |
| Niacin (as Niacinamide)..... | 16 mg...100% |
| Vitamin B6 (as Pyridoxine HCl)..... | 6 mg...353% |
| Folate (400 mcg Folic Acid)..... | 666.67 mcg DFE...167% |
| Vitamin B12 (as Cyanocobalamin)..... | 5 mcg...208% |
| Biotin..... | 30 mcg...100% |

| | |
|---|---------------|
| Pantothenic Acid (as Calcium-D-Pantothenate)..... | 5 mg...100% |
| Iron (as Ferrous Fumarate)..... | 22 mg...122% |
| Zinc (as Zinc Citrate)..... | 11 mg...100% |
| Chromium (as Chromium Picolinate)..... | 35 mcg...100% |

| | |
|--|---------------|
| Proprietary Endurance Blend*..... | 600 mg..... † |
| Asian Ginseng Root Powder, Beet Root Extract, Masson Pine Bark Extract, Rhodiola Root Powder | |
| Green Tea Leaf Extract..... | 200 mg..... † |
| Quercetin Dihydrate..... | 200 mg..... † |
| Coenzyme Q10..... | 75 mg..... † |
| Ginkgo Leaf Powder..... | 50 mg..... † |
| Turmeric Root Extract..... | 50 mg..... † |
| Astaxanthin..... | 2 mg..... † |

† Daily Value not established.

Other Ingredients: Hypromellose Capsule, Microcrystalline Cellulose, and Magnesium Stearate. Contains: Tree Nuts (Ginkgo)

Manufactured for:

Runners Essential Vitamin LLC
1001 Military Cutoff Road, Suite 200
Wilmington NC 28405 • Tel 855 832 3293
Information and Ordering Visit:
www.runnersdailyvitamin.com

DIRECTIONS: As a dietary supplement, take two capsules daily.
CAUTION: Do not take if you are pregnant or nursing. Consult your physician prior to use. Do not take if allergic or hypersensitive to any ingredient. KEEP OUT OF REACH OF CHILDREN. Do not use if seal is broken or missing. Store in a cool, dry place.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

OFF NEW SUBSCRIPTIONS
WWW.RUNNERS-ESSENTIALS.COM