

# Important Race Info — Please Read and Heed!

*Amelia Island Runners wants you to have a safe and enjoyable Turtle Trot. Please read this carefully!*

## BEFORE THE RACE

The 5K/10K will be timed using ChampionChips. **You must wear a chip to be scored in the results!** Make sure it's securely fastened to your shoe. Chips will be distributed on race morning starting at 6 a.m. (Chips will not be in your race packet, and you can't use your own chip if you register on race day.)

If you preregistered, **please make sure the information on the label of your packet is correct.** If any of it is wrong, it will be wrong in the race results! If you find any errors, please report them to us on Friday Sept. 3 at (904) 277-8365, or on race morning at the registration table.

The race will start on Atlantic Avenue a bit west of the Atlantic Recreation Center at 7:30 a.m. Please don't enter the roadway until instructed to do so.

## DURING THE RACE

**Please be aware that there will be traffic along the course. Please don't run with dogs, strollers, or headphones.**

5K and 10K runners will head west together on Atlantic Avenue at the start, on the right (north) side of Atlantic Ave. All will turn right onto North 14th Street at the intersection.

5K runners will turn around near Land's End Deli and run back toward the Recreation Center, staying on the same side of the road they went out on. 10K runners will keep going north on 14th Street until they enter the Fort Clinch State Park back entrance, and head back through the park toward the main entrance on Atlantic Avenue.

Water stations will be provided at about the 1-mile and 2-mile marks for 5K runners. For 10K runners, they will be at about the 1-mile, 3-mile and 4.5-mile marks. It can be hot this time of year so please stay hydrated.

## AS YOU NEAR THE FINISH

**To reach the finish line, you will need to cross Atlantic Avenue onto Jean Lafitte Blvd. YOU MUST CROSS IN THE DESIGNATED CROSSING ZONE.** Police will be posted there to coordinate traffic.

**5K RUNNERS: Stay on the north side of Atlantic Avenue, running east, until you are just past the Recreation Center; then turn right into the crossing zone.** You'll see the finish line ahead of you on Jean Lafitte Blvd.

**10K RUNNERS: When you exit Fort Clinch State Park onto Atlantic Avenue, you must TURN RIGHT and STAY**



**TO YOUR RIGHT on Atlantic Ave. for about half a block. Then when you reach the crossing zone, TURN LEFT into the crossing zone to cross Atlantic Ave.** You'll see the finish line ahead of you on Jean Lafitte Blvd.

## ONCE YOU FINISH

**You must return your ChampionChip before leaving the finish area (unless you used your own chip).** Volunteers will

collect them and can help you remove the chip. Bottled water will be available at the finish area, with refreshments including Gatorade inside the Recreation Center auditorium.

## 1.5-MILE NONCOMPETITIVE WALK

The 1.5-mile walk begins just after the 5K/10K run at 7:35 a.m. Walkers will head west on the Atlantic Avenue north sidewalk, and turn around at the 3/4-mile mark. Refreshments will be available afterward inside the Rec Center auditorium.

## RESTROOMS AND SHOWERS

Restrooms in the front hall of the Recreation Center will be open, along with restrooms in the shower area of the Rec Center swimming pool. Runners can use the shower facilities free of charge after the race. You must provide your own towels.

## KIDS' FUN RUNS

Half-mile and one-mile kids' runs, for children 10 and under, will begin at 9 a.m. on Atlantic Avenue in front of the Recreation Center. **Parents are encouraged to run with their children for free** — just fill out a registration form. The kids' runs are \$10 per child, with registration on race day until 8:45 a.m. Youth runners must wear a race bib. All youth finishers will receive a ribbon, and top finishers in the 1-mile, age 10 and younger, will receive awards.

The half-mile run will start first. Kids will head west for a quarter mile and turn around, staying in the designated runners' lane at all times. The one-mile run will follow, on Atlantic Avenue. Kids will head west for a half-mile and turn around, staying in the designated runners' lane at all times. The runners' lane will be marked by orange cones and police will be present, but please be aware that there **will be traffic** on the road while the runs are under way.

## POST-RACE AWARDS AND PRIZES

A post-race awards ceremony will be held in the Rec Center auditorium after the kids' runs. Results will be posted at the finish line when available and also later on our website, [www.AmeliaIslandRunners.com](http://www.AmeliaIslandRunners.com).

Among the door prizes will be two overnight hotel stays. **Save your bib number for the door prizes!** Must be present to win. You also can present your race bib after the race for free admission to Fort Clinch State Park on Sept. 4.

For last-minute info, and for post-race results, pictures and more, please visit our website. Thanks for entering and we hope you have a great Turtle Trot!

*Please thank our great Turtle Trot sponsors!*

**Advance Rehabilitation**  
[www.advancerehab.com](http://www.advancerehab.com)

**Amelia Dental Group**  
[www.ameliadental.com](http://www.ameliadental.com)

**Baptist Medical Center Nassau**  
[www.e-baptisthealth.com](http://www.e-baptisthealth.com)

**Current Running**  
[www.currentrunning.com](http://www.currentrunning.com)

**First Coast Community Bank**  
[www.fccbank.com](http://www.fccbank.com)

**Fort Clinch State Park**  
[www.floridastateparks.org/fortclinch](http://www.floridastateparks.org/fortclinch)

**Memorial United Methodist Church**  
[www.mumconline.com](http://www.mumconline.com)

**Nassau Physical Therapy**  
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