

# 2018 Wolfson Children's Challenge

Race Instructions

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## INTRODUCTION

This packet contains important information for the 2018 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.

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## RACE INFORMATION

Race Name: Wolfson Children's Challenge

Event Director: Joanna Blinn - [joanna.blinn@bmcjax.com](mailto:joanna.blinn@bmcjax.com)

Race Director: Paul McRae - [paul@prsracetiming.com](mailto:paul@prsracetiming.com)

Timing Director: Rob Gould - [rob@secondwindtiming.com](mailto:rob@secondwindtiming.com)

Facebook Event: [www.facebook.com/wolfson55](http://www.facebook.com/wolfson55)

Race Website: <http://www.wolfsonchildrenschallenge.com>

Results Website: <http://www.prsracetiming.com/race-results.html>

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## 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

## WAIVER

When registering all individual and team captains signed an online waiver agreeing to all terms and set forth contained in that waiver. Any person participating in the individual or team relay consents to the waiver by starting any leg of the run.

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignUp.com, PRS Race Timing, LLC, Municipalities, Baptist Health System Foundation, Inc. d/b/a Baptist Health Foundation for the benefit of Southern Baptist Hospital of Florida, Inc. d/b/a Wolfson Children's Hospital and Baptist Health System, Inc. d/b/a Baptist Health, Precision Meeting and Event Management, LLC, and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

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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, 2018.

Should you need to make a late change after January 24, 2018, you may do so during packet pickup Friday between 11a.m.-4p.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 21, 2018.

### **Non-Registered Runners:**

Non-registered runners are prohibited from the course. Pacers are welcome; however, they must be registered for the race and have a valid race bib however 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 tied to 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.

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## **Return The Timing Chips**

Timing chips will NOT have to be returned this year.

## **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.

## **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 reasons 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.

## **PACKET PICKUP, PARKING, & SETUP**

### **Packet Pickup Times**

All Runner's Packets (Ultra, Relay, 30K Individual, 1-Mile) Packet pickup is Friday, January 26, 11am to 4 pm, at The Baseball Grounds of Jacksonville, and the morning of the event beginning at 5:30 am. Photo ID and email confirmation will be required., at the Baseball Grounds of Jacksonville, and the morning of the event beginning at 5:30 a.m.

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## **Individual 55k, 30k, and 1 Mile Pickup**

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.

## **Ultra-Relay Team Packet 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.

A Photo ID is required for the person picking up the race packet.

If someone is picking up a packet for a team they are not a member of, a copy of that teams Email Confirmation will be required for pickup.

## **Relay Team Tents**

Each relay team may bring one (1) 10 x 10 pop-up tent. Tent placement will be assigned based on registration date, in chronological order of when a team registers, in allocated event space and designated areas predetermined by event management.

Only the first 100 teams to register are guaranteed tent space and placement. Tents will be assigned to a designated row and space, such as Row C, Space 10.

Field space for tents may not be saved for other teams. Event Management will do its best to honor all requests, but there are no guarantees.

## **Tent Set-Up**

Tents may be set up on January 26, 2018 during packet pick-up from 11:00 – 4:00 p.m. the day before the event OR the morning of the event, January 27, when packet pick-up opens at 5:30 a.m.

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

## **Ground Weights**

Tents that penetrate the field turf are strictly prohibited. Ground weights must be provided by individual teams and are required to secure team tents. Tents without ground weights will be removed for safety and security reasons.

## **Coolers and Grills**

Registered runners participating in the event may bring one (1) small cooler (may not exceed 60 qt size). Alcohol is strictly prohibited. All coolers and bags will be searched upon event entry. Coolers in violation of size, or without wide wheels, will not be allowed to enter the event. Due to safety and security, grills and crockpots, or any open flame, are prohibited. Participants with coolers may be asked to carry them, rather than wheeling across the field. Coolers are prohibited for spectators.

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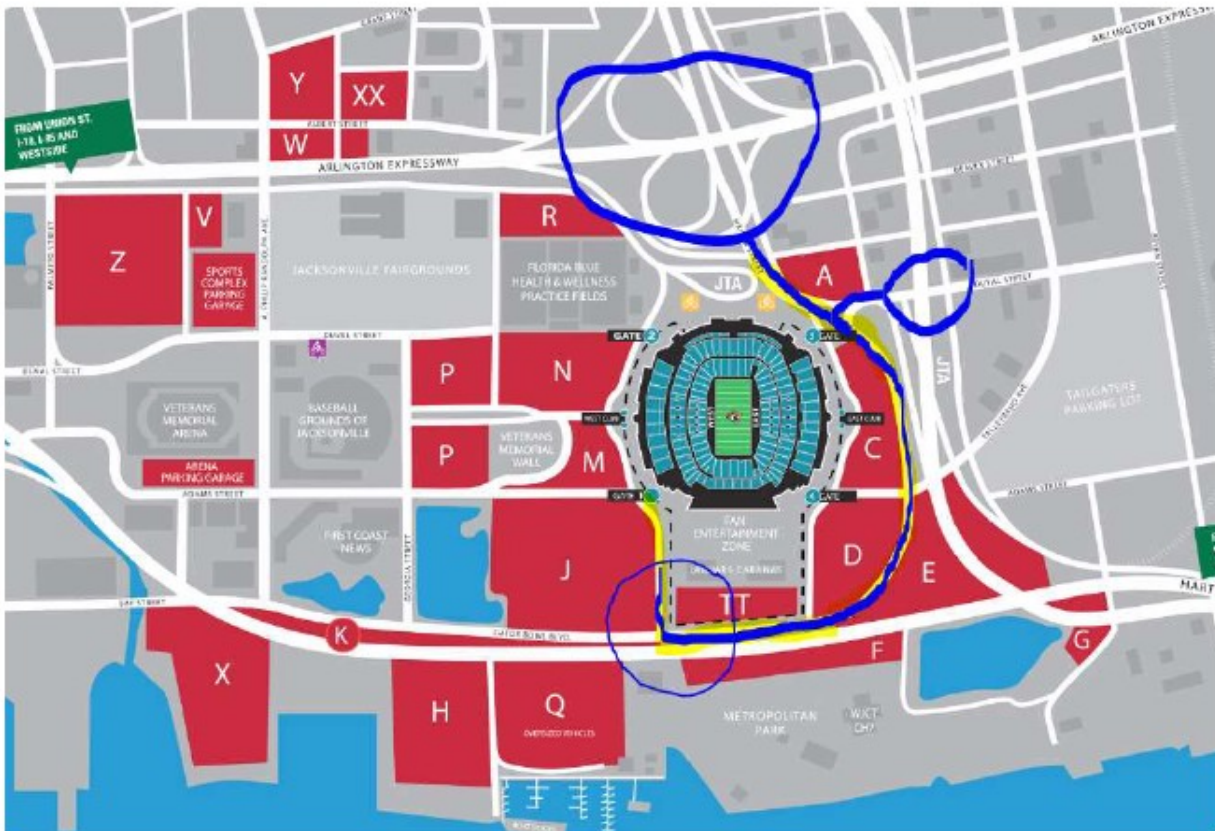
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## Parking

Parking is available in Lots P, J, M and N on the West Side of the Stadium between the Baseball Grounds and EverBank Field. Access to the parking lots will be off Gator Bowl Boulevard through the east gate in Lot J.

The recommended route for access the lot J entrance from Gator Bowl Boulevard from the Arlington Expressway / Haines Street Exit or the Hart Bridge / Duval Street Exit. There will be street closures and traffic delays accessing Lot J from the west from Bay Street or A Phillip Randolph Boulevard



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## DAY OF RACE INFORMATION

### **Medical Aid Stations**

A medical station will be located at the finish line and medical and safety staff will patrol the course.

### **Finisher Medals**

Finisher Medals will be provided to everyone who crosses the finish line. Upon completion of their event or relay leg, each runner will receive a ticket that can be redeemed for a medal at the medal tent in the Runners Village.

### **Post-Race Events**

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

### **Awards**

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

Award Categories - 55K

- Top Overall Male
- Top Overall Female

Award Categories - 30K

- Top Overall Male
- Top Overall Female

Award Categories - Ultra Relay

- Top Male Team
- Top Female Team
- Top Coed Team

### **Bag Check-In/Out**

A bag check will be provided in the information tent. Mark your bag clearly with your name and race number, and please keep personal items to a minimum to ensure safety.

### **Adding 1-Mile Fun Run To Your Registration**

Anyone who has previously registered for the 55K, 30K, or 55K Relay, and wants to also participate in the 1-Mile Fun Run, can register on the day of the race for an additional \$5 cash donation to Wolfson Children's Hospital. Just check in at the registration tent on race day, where you will be given a generic race bib to wear for the 1-Mile Fun Run event. However, if you wish to receive the complete 1-Mile Fun Run packet (T-shirt included), you must register separately as a 1-Mile Fun Run participant.

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## **GENERAL RULES**

### **Respect Local Residents & Communities**

While running the course, please remember that the route is on city streets and walks that are open to the public during the 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.

### **Follow Correct Route - Navigation is the Responsibility of Each Runner**

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. Any runner shortcutting the course will be disqualified. Please remember, that even if you are not competing for a time or finish position, there are other runners and teams that are. While skipping part of the course may not seem like a big deal to you, it may affect the results and standings of others. Any runners or teams with suspicious and/or inconsistent lap times will be disqualified from continuing the race.

### **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.

## **RESULTS**

Official results from the event will be streaming live at [www.secondwindtiming.com](http://www.secondwindtiming.com). Results will also be displayed live under the results tent next to the finish line arch. Runners can also print out a receipt with their finish times and splits.

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## **SAFE RUNNER**

### **Safe Runners – Safe Support – Safe Race:**

In the event of a serious emergency call 911. Safety is our number one priority. There are many potential hazards in a race including, but not limited to: automobile traffic, road and course conditions, and weather. We ask that all participants please take appropriate precautions to ensure a fun and safe event. Please help us keep the race safe by focusing on being safe runner and by helping us keep the race safe. Below are some basic guidelines and rules to help us all have a safe race.

### **Run On The Course and on Proper Surfaces:**

Runners are to run on the designated course. The course does include running in closed lanes of roadways. There will be traffic on portions of the roadway along most of the course. Runners must stay on the designated closed lane. In addition, there are portions of the race on sidewalks and the Riverwalk. On these segments runners must stay off the adjacent roadway surface.

### **Be Aware of Traffic and Obey Police Directions:**

Runners are to understand that they do not have exclusive use of the roadway, sidewalks, or the Riverwalk and are to stay in the designated course lane. 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. In addition, the course has uneven surfaces, grass surfaces, and curbs. It is possible that strollers/chairs will not be allowed on certain areas of the baseball field, if conditions prohibit it. If strollers/chairs impede or contact other participants, the stroller will be prohibited from continuing in the event. The Race Director reserves the right to prohibit strollers/chairs at any point of the race if they become a safety issue or impede the progress of the race.



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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.**

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## **In the Event of an Emergency:**

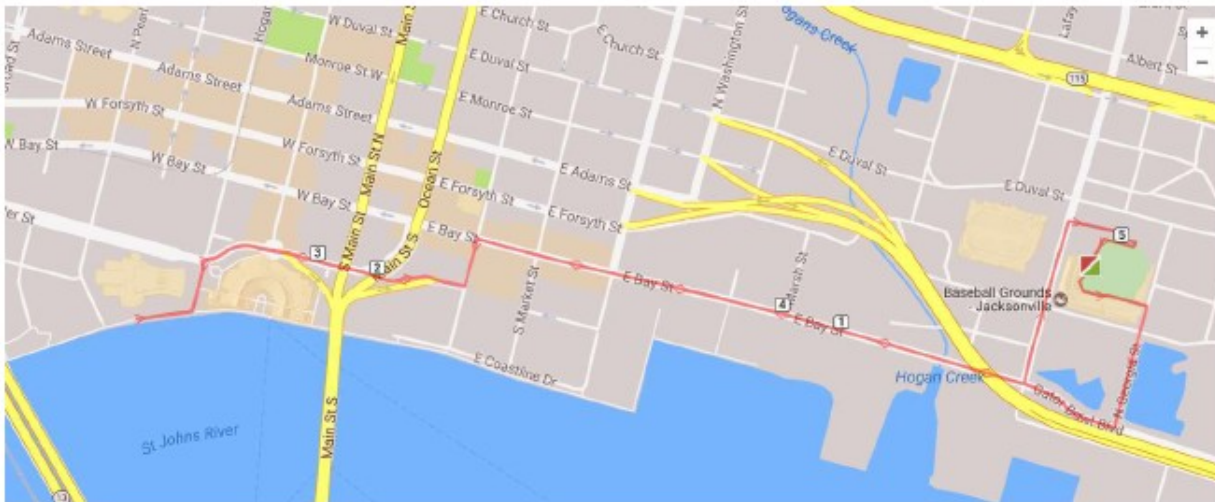
In the event of serious emergency call 911. We will have limited medical staff on hand. First aid personnel will be stationed at the start/finish line area. They will be equipped to handle only minor sports injuries. Please be aware of this and plan ahead for how you will handle any emergencies. It is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

## **COURSE INFORMATION:**

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.

5km Course Map – 55k x 11 loops, 30k x 6 loops



1 Mile Course Map – All streets on this course are closed to traffic



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## **Aid Stations:**

There will be two aid stations. One on the course and one near the start/finish area. Aid stations will have water for participants on the course.

## **Ultra Aid Station:**

There will be a designated area for Ultra Solo participants to leave items for a self-supported aid station along the course at the 1st Base Dugout (just after the start of each lap)

## **Finish Line Area**

Athletes, running as individuals or teams, will all pass under the same finish line arch.

Athletes finishing the event, i.e. Lap 11 for 55k, or Lap 6 for 30k, should pass through the shoot on the far right side.

Athletes competing as individuals, or athletes on a team doing a double leg of the race should pass through the arch in the middle shoot, and continue on their next leg of the race.

Relay athletes that are exchanging their bib should pass through the arch on the far left side. Once in the exchange zone the bib and race belt will be transferred to your team mate, who will continue on with the race.

