



**The Guana Reserve  
Back to Nature Trail Runs**

**The Course**

Consists of winding, wooded trails in the Reserve. A true back to nature experience. The 50K Ultra and 2x25K Team event will begin at 8:00AM. Teams can run together or as a relay, their choice. The 12K will begin at 1:00PM

**Awards**

We are going green this year, all finishers receive a cool finishers hat. All runners will receive a long sleeve race shirt. Plaques awarded two deep in each age group in 50K and 12K. Team goes three deep.

**Altra** trail shoes will be awarded to the first male and female overall and masters winners in the 50k.

**Refreshments and Post Race Party/Awards**

Water, GU hydration drink, GU gels, and snacks will be provided. **GU is the Official supplement.**

Post-race party/awards presentation will take place at The Reef Restaurant, 4100 Coastal Hwy., Just north of Vilano Beach (on A1A) from 3:00 to 5:00pm.

**Entry Fees**      **Sorry, there are no refunds**

50K Ultra—\$40 (\$36 JTC Running Members), through Sept.28th, \$50 (\$46 JTC Running members ), Sept. 29-Nov. 23rd. Race day entry \$60 (no discounts), **cash or check only** on race day. No guaranteed entries on race day.

50K Team- \$80 per team (\$72 if JTC Running members), through Sept.28th, \$90 per team( \$82 if JTC Running Members) Sept.29th-Nov.23rd. Race day entry \$120 per team (no discounts), **cash or check only** on race day.

**Sunday, December 1st, 2019**

**50K and 2x25K Team at 8:00 AM**

**12K Race at 1:00 PM**

**Guana Tolomato Matanzas  
Estuarine Research Reserve**

505 Guana River Road, off A1A in South Ponte Vedra Beach, FL (9.5 Miles south of Mickler’s Landing)

Sponsored by Altra Footwear in association with 1st Place Sports

**Entry Fees Cont.**

12K- \$30 (\$26 JTC Running members), through Sept.28th, \$40 (\$36 JTC Running Members), Sept.29th - Nov.23rd. Race Day entry \$50 (no discounts) **cash or check only** on race day.

**Limited Participation**

Due to the Environmental Sensitivity of the Guana Reserve, this event is limited to 125 participants per event. Enter as early as possible because there may not be space on race day.

**Parking**

Parking in the Reserve is \$3.00 per vehicle. Use southern most entrance just north of the Exxon gas station.

**Proceeds**

Proceeds benefit: Friends of the GTM Research Reserve.

**Packet Pickup**

Race packet pickup day of the race only at start/finish area.

**For More Information**

For more information contact: Mark Ryan, Race Director 50K, at markryan.sawgrass@gmail.com or (904)338-3230, Franz Lerch, Race Director 12K at lerch01@comcast.net or (904) 790-0770.

**Altra Footwear**

Purchase Altra Footwear products at the **1st Place Sports** and enjoy the “Back To Nature” races.

# SPONSORS



## BECOME A JTC RUNNING MEMBER

Founded in October 1975, JTC Running is Northeast Florida's preeminent promoter of healthy lifestyles through running, fitness, and fellowship. It is both a social club with several varying events per year and a philanthropic organization that seeks to benefit runners of all types.

### THE VALUE OF MEMBERSHIP

#### JTC Running Membership Includes:

- A subscription to "The Starting Line" - our bimonthly newsletter about the club, events, and running information.
- Discounted entry fees at most JTC Running events ( Gate River Run, Summer & Winter Beaches, etc.)
- JTC Running apparel at a nice price.
- Social events— A couple of times a year we have non-running casual gatherings.
- Local training runs—many of which have running mentors.
- Discounts on merchandise at many sports stores and other stores in Jacksonville area \_see the website for a complete list:

Back to Nature Trail Runs										Official Use Only		
Official Entry Form December 1st, 2019												
<input type="text"/>										<input type="checkbox"/> Send me information on joining JTC Running		
<input type="text"/>					<input type="text"/>							
First Name		Last Name										
<input type="text"/>		<input type="text"/> M <input type="text"/> F		<input type="text"/> S <input type="text"/> M <input type="text"/> L <input type="text"/> X		<input type="text"/>						
Age on Race Day		Sex		Unisex T-Shirt Size		Email Address						
<input type="text"/>										<input type="checkbox"/> 50K <input type="checkbox"/> 50K Relay <input type="checkbox"/> 12K		
Street Address										Apt. #		
<input type="text"/>										<input type="text"/>		
City					State		Zipcode					
<input type="text"/>					<input type="text"/>		<input type="text"/>					
Telephone Number					Make checks payable to JTC Running and mail to: P.O. Box 24667, Jacksonville, FL 32241-4667					Method of Payment:		
										<input type="checkbox"/> Cash <input type="checkbox"/> Check		
										\$ _____ Amount Paid with Entry		
<small>I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and /or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that I must return the ChampionChip transponder, if requested or I will be billed \$30.00 as replacement cost. I also understand that if this event is canceled or rescheduled for any reason beyond the control of race management that my entry fee will not be refunded. I grant permission for this event's organizers to take pictures of me during this event and agree for this event to use any photos of me that may be taken during my participation. I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizers of this event and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.</small>												
Please sign here. (Parent must sign if participant is under 18 years of age)										Date Signed		