

# Destin Beach Ultra Runs 2015



## Final Instructions



Runners,

Thank you so much for joining us on this quest to raise funds for the Special Operations Warrior Foundation. Although each of you are running for different individual goals, this is the one goal that binds us all this weekend. As I am putting this into PDF you all have raised of \$33,000 for the SOWF! We will keep fundraising open all weekend and will have SOWF reps on site to collect your donations.

Please review this packet and our website thoroughly this week and contact us early if you have ANY questions. Waiting until the last minute to ask questions only increases your stress (and mine). It looks like we will have a rain free weekend as long as the weather predictors are correct and great running temps.

Once again, thank you so much for spending your time and money at our event. You are one of the three critical pieces of a great running event. As you spend your weekend with us, please be sure to thank the other two critical pieces, our sponsors and volunteers. As you will see, we have some of the best sponsors in ultra running providing us with meeting space, aid stations, money to fund the event, and much more. I also hope that you find our volunteers to be outstanding. We have several military affiliated organizations working with us all weekend to provide you the best experience possible.

Enjoy your rest week and I look forward to seeing you at one of the briefings on Saturday and at the finish line on Sunday.

Thank you,

A handwritten signature in black ink, appearing to read 'Zane Holscher', with a large, sweeping flourish at the end.

Zane Holscher  
Race Director

## **Special Operations Warrior Foundation**

As the war on terrorism continues, Special Operations Forces will be facing new challenges all too frequently. In fact, there has never been a greater need for Special Operations Forces than right now. Special Operations will continue to be the force of choice, time and time again.

The specialized teams are doing more, going more places, and working under a broader range of conditions than ever before. This includes missions that are conducted quickly; and that require frequent and unpredictable deployment schedules, personal hardships, and casualties both in operations and training.

Unfortunately, these deaths occur at an early age, at the beginning of their careers, leaving behind families who have yet to accumulate the resources to provide for their surviving children's college education.

The Special Operations Warrior Foundation strives to relieve special operations personnel of the one concern --their families --that might distract them when they need to be (and America needs them to be) at their very best.

Today, nearly 1,000 deserving children have survived Army, Navy, Air Force, and Marine Corps special operations personnel who made the ultimate sacrifice for their country. These children should receive the education their fallen parent surely would have wanted for them.

### **SOWF Will Be There for Special Operations Families**

The Foundation made a pledge and a commitment to all the men and women serving in U.S. special operations that if they lose their life in the line of duty, the SOWF will provide a post-secondary education for all of their surviving children. The financial resources necessary to honor our pledge has been determined by a third party actuarial firm to be \$116 million.

### **Helping Families Reach Their Wounded Loved Ones**

Although there are numerous charities and other organizations that assist military personnel wounded in Iraq and Afghanistan, SOWF has learned that one of the most important challenges our families face is getting to their hospitalized loved ones as quickly as possible.

We fulfill this need by providing a \$3,000 grant immediately to family members, so they can travel to be bedside with their loved one at the hospital during the crucial first days.

The SOWF is also providing retreats for wounded SOF warriors and their families as well as assisting with other needs not covered by other organizations.

Since 2005, the SOWF has provided over \$2 million to the families of severely wounded special operations personnel.

100%

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## SEAFOOD & OYSTER HOUSE



# Schedule

## Friday, Feb 13th 2015

11am-6pm: Son of a Beach [5K](#) registration and packet pickup at The Back Porch

## Saturday, Feb 14th 2015

8am: [Son of a Beach 5K](#) Start at The Back Porch (packet pickup & registration 6am-730am)

11am, 1:30pm, 5pm: **Destin Beach Ultra Runner's Briefings** at Tops'I Resort  
(one meeting is mandatory for all ultra-runners & team captains; packet pickup open from 9am-6pm;  
100M/24hr runners can only attend 11am or 1:30pm)

\*\* GPS ADDRESS: 515 TOPS'L BEACH BLVD MIRAMAR BEACH FL 32550\*\*

3:45pm: 24hr/100M briefing at start line

4pm: 24hr Run & 100M start at Tops'I Resort Beach

5pm/6pm: Buffet Dinner at Tops'I Fitness Center

## Sunday, Feb 15th 2015

5am: [50 mile](#) Start at Tops'I Resort beach

6am: [50K](#) Start at Tops'I Resort beach

7am: [Relay](#) Start at Tops'I Resort beach

4pm: 24hr Finish; aprox time for 50K awards

7pm: COURSE CUTOFF for 100M/50M/50K

11am-6pm: Post party and Concert on Tops'I Resort pool deck

7pm: [Awards](#) at Tops'I Resort pool deck

## Monday, Feb 17th 2015

11am-2pm: Runner's Social at [Local Catch](#)  
featuring live music



# Family Son of a Beach 5K

**Benefiting the Special Operations Warrior Foundation,  
Sponsored by The Back Porch**

**Early Packet Pickup:** Friday, Feb 13th Noon-630pm upstairs at [The Back Porch](#) Destin

**Day of Registration & Packet Pickup:** Saturday, Feb 14th 6am-730am

**Start:** 8am Saturday, Feb 14th beach behind [The Back Porch](#) Destin

-5K out and back run on the beach

-Perfect for all age groups, ultra-crew members, family members, and Destin Ultra volunteers!

-Electronic Bib Timing

-Post Race refreshments (for runners only) food & drink provided by The Back Porch

-Awards for overall Men's and Women's 5K Run winners, Masters M/F (40+), Grand Masters M/F (50+)

-Custom medals for M/F age group winners in 5K Run and 5K Walk:

**15 and under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+**

-\$20 pre-registration until Feb 8th; \$25 through Fri, Feb 13<sup>th</sup>; \$30 on race day Sat, Feb 14<sup>th</sup>

-Your registration will include a great Son of a Beach aluminum water bottle, awards and post party hosted by The Back Porch complete with food and drink! A T-shirt is NOT included with registration.

-Follow updates on our [Facebook Page](#)

## Ultra Start/Finish Location

TOPS'L Resort

[Tops'l Beach Blvd, Mirimar Beach, FL 32459](#)

\*\* GPS ADDRESS: 515 TOPS'L BEACH BLVD MIRAMAR BEACH FL 32550 \*\*

Sunrise: 6:23am Sunset: 5:37pm

50 mile runners will be starting in the dark; 50K runners it will be twilight. If the moon is out and bright you might get away without a headlamp but if it is not you should plan on having some kind of a light.

Low tide: 5:29am High tide:7:30pm

Bottom line- the running will be much easier (harder sand, less slope) during the low tide hours. The water will start to rise from 5:29 all the way until the end of the race pushing you up further into the softer sand.

**\*\*Seagrove (15m for 50m/16m for 50K) CUTOFF TIME: Noon for all runners \*\***

**FINISH CUTOFF TIME: 7pm** (14hrs for 50m individuals, 13hrs for 50k individuals, 12 hrs for teams)

## Course Records

100+ mile: TBD

24hr: Men's/Overall- Joe Fejes 134 miles\* (2013)

Women's- Connie Gardner 116 miles (2013)

50 mile: Men's/Overall- Joseph Czabaranek 6:19:47 (2013)

Women's- Traci Falbo 7:42:37 (2014)

50K: Men's/Overall- Troy Howard 3:55:35 (2013)

Women's- Connie Gardner 4:29:27 (2014)

Team: Unfallen Comrades 5:48:59 (2013)

\*Guinness Certified World Record, Greatest Distance Run on Sand in 24hrs

## Divisions/Awards

-50 mile/50K, Men/Women

-Overall (1st, 2nd), 18-29, 30-39, 40-49, 50-59, 60+ (1st, 2nd)

-Relay is all one division (1st, 2nd, 3rd)

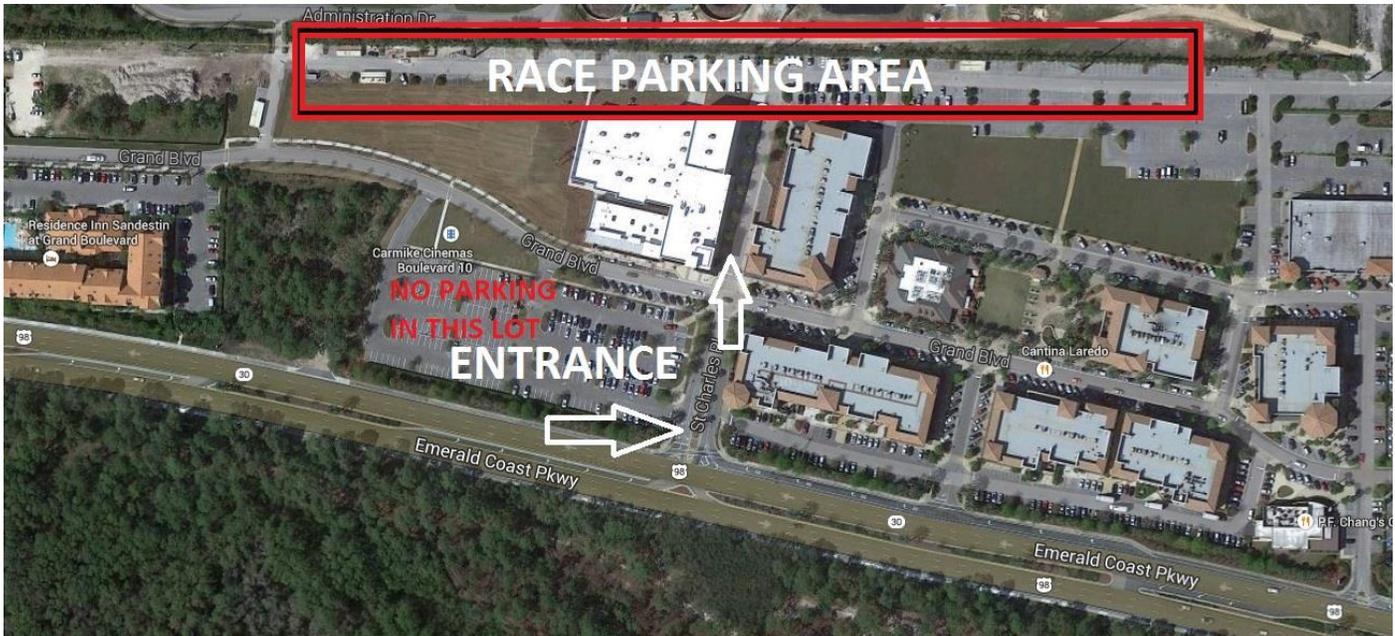
-Overall individual winners (M/F, 50M/50K/24hr/100M) will receive a prize TBD and a custom Destin Ultra engraved 105mm AC-130 Gunship shell!!

-Overall second place will receive custom, etched glass award and other prizes TBD.

-Team winner/runners-up and age group 1st/2nd will receive custom, etched-glass awards.

-Special Awards and prizes as determined by RD

**Sunday Parking** will be at Grande Boulevard Shopping Center. 1 mile EAST of Tops'I Resort on Hwy 98.



## Drop Bags

You will leave your drop bags at the start/finish and they will be returned there.

Please mark clearly with your name and what aid station you want it to go to.

Locations are: Start/Finish, 15 Mile (Seagrove), 38/42 Mile (The Back Porch)

## Aid Stations

(50K runners add 1 mile to all distances)

Crews can drive to all aid stations. There are parking lots near each beach entrance, please do not park in no-parking areas. Day of the race, parking for the start/finish will be at Grande Boulevard shopping center and we will provide a shuttle to the start/finish.

**Mile 4.6:** Ft Panic/Dune Allen catered by Stinky's Fish Camp & volunteers by Air Commando Association (TEAM CHANGE & CREWING)

*-Parking at beach access point just above aid station*

**Mile 10:** Grayton Beach catered by [Local Catch](#) (TEAM CHANGE & CREWING)

*-Parking on street and in town next to the Red Bar, it is a good walk out to the aid station.*

**Mile 15:** Dunes of Seagrove catered by [723 Whiskey Bravo](#) & volunteers by Special Forces Association CH 7\*\***NOON CUTOFF for ALL RUNNERS\*\*** (TEAM CHANGE, CREWING, DROP BAGS, TURN AROUND)

*-Parking in the Dunes of Seagrove parking lot, aid station is on the beach side of the Dunes of Seagrove condos.*

**Mile 20:** Grayton Beach catered by [Local Catch](#) (TEAM CHANGE & CREWING)

**Mile 25.4:** Ft Panic/Dune Allen catered by Stinky's Fish Camp & volunteers by Air Commando Association (TEAM CHANGE & CREWING)

**Mile 30:** Start/Finish at Tops'I catered by [Graffiti](#) (50K FINISH, TEAM CHANGE, CREWING, DROP BAGS)

*-Parking is at Grande Boulevard shopping center and you will be shuttled to the start/finish.*

**Mile 33.5:** Pompano Joe's catered by [Pompano Joe's](#) (TEAM CHANGE & CREWING)

*-Parking is in the Pompano Joe's parking lot, aid station is under the restaurant.*

**Mile 38:** The Back Porch catered by [The Back Porch](#) & volunteers by Ft Walton Beach Sailfish Club (TEAM CHANGE, CREWING, DROP BAGS)

*-Parking is across the street from the Back Porch, you may walk straight through the Back Porch to the aid station on the beach behind it.*

**Mile 42:** The Back Porch catered by [The Back Porch](#) & volunteers by Ft Walton Beach Sailfish Club (TEAM CHANGE, CREWING, DROP BAGS)

**Mile 46.5:** Pompano Joe's catered by [Pompano Joe's](#) (TEAM CHANGE & CREWING)

**Mile 50:** Tops'I catered by [Graffiti](#) (FINISH)

### Please note:

-Stations will have at a minimum: **Water, Nunn, Sodium Caps, energy gels, snack items, and food items**

-You are required to carry your own water between stations to limit the use of cups

-Any special food/drink needs will be provided by racers

-Drop bags at 15 miles, 30 miles, and 38/42 miles.

-There may be river crossings between 10-20 miles (dry shoes in drop bags suggested)

-There are restrooms at each aid station but they are off the beach as required by law

# Google Maps Addresses for Aid Stations

## Start/Mile 30/Finish

Located at Tops'I Catered by Graffiti & Funky Blues Shack  
Shuttle parking at Grande Blvd Shopping Center West Lot  
100 Grand Boulevard  
Sandestin, FL 32550

## Mile 4.6/25.4

Catered by Stinky's Fish Camp  
Located at- Dune Allen Beach Access  
West County Highway 30A  
Santa Rosa Beach, FL 32459

## Mile 10/20

Catered by Local Catch/Another Broken Egg  
Located at- 284 Garfield Street  
Santa Rosa Beach, FL 32459

## Mile 15

Catered by 723 Whiskey Bravo  
Located at- 106C Chivas Lane  
Santa Rosa Beach, FL 32459

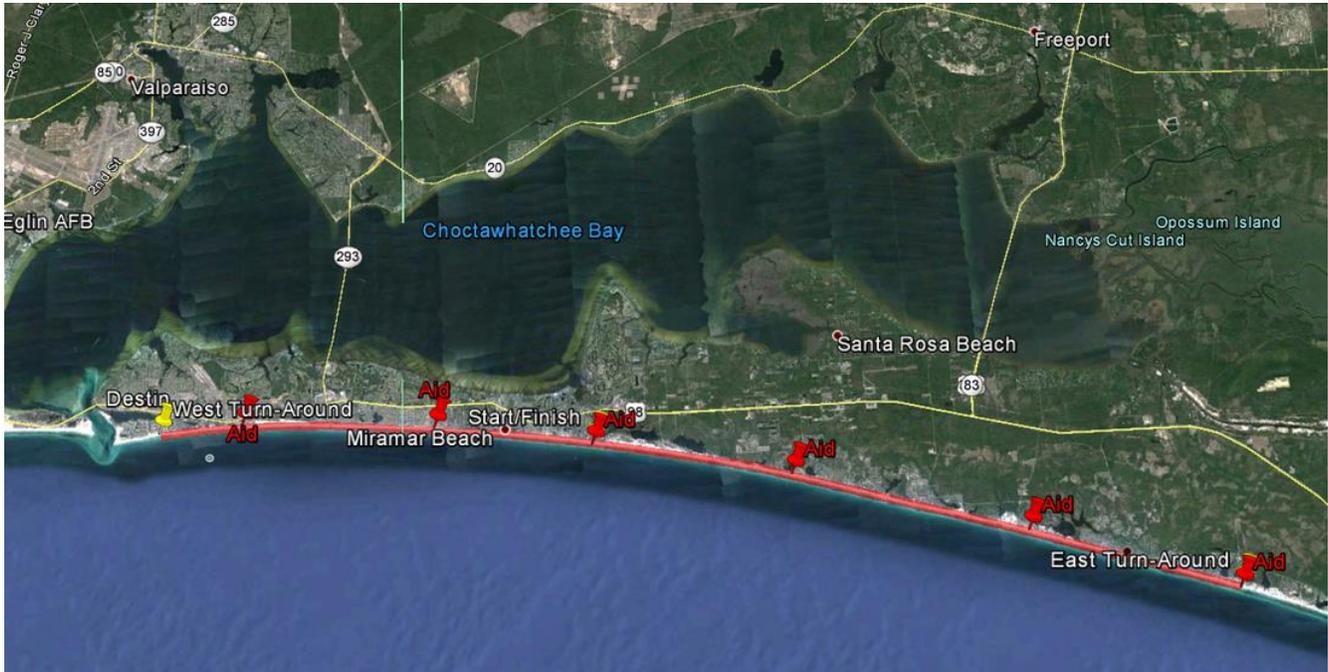
## Mile 33.5/46.5

Catered by and located at [Pompano Joe's](#)  
2237 Scenic Gulf Drive  
Destin, FL 32550

## Mile 38/42

Catered by and located at [The Back Porch](#)  
1740 Scenic Highway 98  
Destin, FL 32541

# Course Map



## 100M and 24HR Runners

Both groups will run the same 1 mile out and back course for the first 13hrs. We will provide a variety of food/drink the whole 24hrs but if you require something specific bring it!

You are encouraged to bring your own tent.

There will NOT be room under the aid station tent for your belongings. You must wear your bib on the front at all time or your lap will not count.

There will be a porta-pottie close to the Camp Gulf end of the course.

The real bathrooms at the Tops'l end is a hike up some stairs.

You are responsible for making sure your lap is counted (a large screen will display your name each time you come through).



**THANK YOU TO THE**  
**FOLLOWING:**

*The Staff of Tops'l Resort by ResortQuest*

*Camp Gulf*

*Gilbert Pump & Mechanical*

*JK Energy Consulting LLC*

*Another Broken Egg Café*

*Nationwide Tents 'N' Events*

*Clif Bar*

*Grayton Beer Company*

*The Blue Bus*

*BOTE Standup Paddleboards*

*Vespa*

*HOKA*

*Run With It*

*World of Beer*

*Destin Fire*

*Grande Boulevard*

*Art by Robyn Patterson*

*Walton County Sheriff's Dept*

*Okaloosa County Sheriff's Dept*

*Image Printing & Digital Services*

*Dunes of Seagrove by ResortQuest*

*All Our Dedicated Staff and Volunteers!*

# Rules

## Everyone

- Race number will be worn on front and visible at all times.
- Race will start on time. If you are late you get the same start time as everyone else.
- No littering. Period. If caught you will be disqualified from this race and future races.
- If you depart the beach you must rejoin at same point you departed.
- Stay off the sand dunes on the north edge of the beach.
- Crewing (providing material aid to the running in the form of food/water/clothing/seating/ or anything other than words of encouragement) not allowed outside of aid station areas!
- Runners must check into and out of every aid station.
- Runners must notify race officials if withdrawing from race.
- Headphones/i-Pods etc. are allowed due to the lack of vehicle traffic.
- All runners must carry water between aid stations. (not 100M/24hr)

## Individuals/Pacers

- Individuals registered for 50 miles can make the choice to change 50K until NOON on Sat, 14 Feb.
- \*No race day changes\*
- Pacers allowed after 30 miles for 50 mile runners and after 80 miles for 100 mile runners
- Only one pacer at any time, up to two pacers.
- No limit on pacers last mile (finish w/ friends and family)
- Pacers cannot assist the forward motion of their runner.
- Pacers are allowed to carry any/all materials for their runner.
- Pacers cannot accept aid outside of aid station areas.

## Teams

- Team's runner can be changed ONLY at aid stations.
- Teams can only have TWO, THREE or FOUR members.
- Team legs are lengths of 4.6, 5.4, 5, 5, 5.4, 4.6, 3.5, 4.5, 4, 4.5, 3.5 miles.
- Team members can legs run in any order, not run at all, or run multi-segments in a row.

## ResortQuest by Wyndham Vacation Rentals is Proud to be a supporter of the Destin Beach Ultra Runs...

and their mission to educate children of fallen Special Operations Forces by benefiting the **Special Operations Warrior Foundation.**

Join us in supporting the cause by registering for 2016 Beach Ultra Runs NOW! Book your beach lodging at TOPS'L Beach & Racquet Resort, a Wyndham Vacation Rentals® managed property.



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\*Rate mention based on Summit studio units at TOPS'L Beach & Racquet Resort in Destin from 2/12/2016 through 2/15/2016. Offer may not be booked online and must be made by calling 844-718-2733 to receive special rates.

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