

TRAIL FEST



AT GRAHAM SWAMP

November 23rd, 2024

Graham Swamp Preserve
5136 Colbert Lane
Palm Coast, FL

SCHEDULE

- 10:30A PACKET PICK UP OPENS
- 12:00P 2 LAP MOUNTAIN BIKE RACE STARTS
- 2:00P(ISH) BIKE RACE AWARDS
- 3:00P 5K & 10K RUNS START
- 3:15P KIDS RUN (10 & UNDER, FREE, 1/2 MI)
- 4P LIVE MUSIC
- 4:30P(ISH) 5K & 10K AWARDS
- 5P YOGA IN THE WOODS (BRING MAT)

PARKING

ALONG FENCE LINE ALONG COLBERT LANE. SEE PARKING MAP, FOLLOW SIGNS ONSITE. ONCE YOU PARK, YOU WILL HAVE A BIT OF A WALK TO THE START/FINISH AREA. BRING EVERYTHING YOU NEED FOR BEFORE, DURING AND AFTER SO YOU DON'T HAVE TO MAKE TRIPS TO YOUR CAR.

EVENT DAY INFO

- THE MOUNTAIN BIKE RACE WILL BE 2 LOOPS ON THE MOUNTAIN BIKE TRAIL, APPROXIMATELY 14 MILES.
- THE 5K COURSE WILL GO OUT ON THE MOUNTAIN BIKE TRAIL TO ABOUT MILE 2.4 AND THEN COME BACK ON THE HIKING TRAIL, WHICH IS ABOUT 1 MILE. YES THE RUN IS LONGER THAN 3.1, THAT'S HOW IT GOES WITH TRAIL RACES! THERE WILL BE ONE WATER STATION ON THE COURSE AROUND MILE 2.4.
- THE 10K COURSE WILL BE 1 FULL LOOP ON THE MOUNTAIN BIKE TRAIL. THERE WILL BE ON WATER STATION AT MILE 2.4.
- THE GATOR CHALLENGE CONSISTS OF COMPLETION OF THE 2 LAP MOUNTAIN BIKE RACE AND THE 10K RUN. THERE ARE NO AWARDS FOR HOW FAST YOU COMPLETE THE GATOR CHALLENGE, EVERYONE WHO COMPLETES THE CHALLENGE WILL TAKE HOME AN AMAZING GATOR PLAQUE.
- WHAT HAPPENS IF IT RAINS? THE RUNNING & BIKING EVENTS ARE RAIN OR SHINE. IF IT IS LIGHTNING WE WILL DELAY UNTIL 30 MINUTES WITH NO LIGHTNING. IN THE UNFORTUNATE SITUATION WHERE THE WEATHER IS TOO BAD TO HOLD THE EVENTS WE WILL PROVIDE A DISCOUNT TO TICKET HOLDERS FOR NEXT YEAR. IT IS NOT POSSIBLE TO ISSUE REFUNDS DUE TO INCLEMENT WEATHER.

WHAT TO BRING & WHAT TO LEAVE AT HOME

NOT ALLOWED

- GLASS
- OPEN FLAMES, INCLUDING CIGARETTES/CIGARS
- WEAPONS
- NO DOGS ON COURSE

FEEL FREE TO BRING

- WATER. PLEASE AVOID BRINGING PLASTIC THROW-AWAY BOTTLES. WE WILL HAVE A WATER REFILL STATION. BRING A REUSABLE BOTTLE.
- CHAIRS
- BUG SPRAY
- YOGA MAT FOR YOGA CLASS
- CASH FOR FOOD AND DRINKS