



START TIMES 2023

Group Name	Group Bib	Group Type	Gender	Start time
Margarita Men	1	Regular Team	Male	7:00 AM
Surrounded by Beaches	2	Regular Team	Female	8:00 AM
Flaglerlicious 1	3	Half option	Female	10:30 AM
Sunday Morning Scrambled Legs	4	Regular Team	Female	6:00 AM
Sloth Striders	5	Regular Team	Coed	7:00 AM
The Runaways	6	Regular Team	Male	8:00 AM
Concord Cruisers	7	Regular Team	Female	7:00 AM
Keep on Shufflin'	8	Regular Team	Female	6:00 AM
Slow Motion	9	Regular Team	Female	6:00 AM
The Meme Girls	10	Regular Team	Female	8:00 AM
Chicks with Kicks	11	Regular Team	Female	6:00 AM
Hot Mess Express	12	Regular Team	Female	6:00 AM
Tenacious Turtles	13	Regular Team	Coed	6:00 AM
Rum Runners	14	Regular Team	Coed	7:00 AM
Just 2 Dads	15	Ultra Team	Male	8:00 AM
RELAYted	16	Regular Team	Coed	7:00 AM
FABULOUS 6	17	Regular Team	Coed	6:00 AM
The Barbell Boyz	18	Regular Team	Male	7:00 AM
Imagine "Walking"	19	Regular Team	Male	8:00 AM
Imaginary Runners	20	Regular Team	Coed	7:00 AM
Team Rampage	21	Ultra Team	Male	8:00 AM
Graham Swamp Trail Crew	22	Regular Team	Male	8:00 AM
The Running Elements	23	Regular Team	Coed	6:00 AM
We Are Better At Running Up A Tab	24	Regular Team	Coed	7:00 AM
Oceans Rush	25	Regular Team	Female	6:00 AM
Teetotalers	26	Ultra Team	Male	8:00 AM

Hunk of Burning Legs	50	Half option	Coed	10:30 AM
run for fun	51	Half option	Coed	10:30 AM
Sole Sisters	52	Half option	Female	9:30 AM
Flaglerlicious 2	53	Half option	Female	10:30 AM
RCRC	54	Half option	Male	10:30 AM

Grouped by start time

Group Name	Group Bib	Group Type	Gender	Start time
Sunday Morning Scrambled Legs	4	Regular Team	Female	6:00 AM
Keep on Shufflin'	8	Regular Team	Female	6:00 AM
Slow Motion	9	Regular Team	Female	6:00 AM
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HOLDING TIMES: VERY IMPORTANT!

Insert your start time and runner paces into the pace calculator, check your arrival times at every exchange and compare it to this table. Contact RD if you have any arrival times outside of these times.

Exchange	Can't arrive before	Can't arrive after
1	6:45a	9:15a
2	7:45a	10:15a
3	8:30a	11a
4	9a	11:15a
5	9:30	11:45a
6	10a	12:15p
7	10:45a	12:45p
8	11a	1:25p
9	11:30a	2:00p
10	11:45a	2:30p
11	12:30p	3:20p