



The 17th Annual Hooters

River, Roots & Ruts 10 mile Trail Run & Relay

Caloosahatchee Regional Park

Alva, Florida

Sunday, January 5, 2020

10 Mile Trail Run and Relay 8:00 am

5K Fun Run 8:15 am

ENTRY FEES

Registration will close when the 10 mile race reaches 350

10 Mile Trail Run

*Individual 10 Mile Trail Run: (until 12/1/19) \$45 / \$36 FMTC Member

*Individual 10 Mile Trail Run: (12/2—Race Day) \$60 / \$48 FMTC Member

Member discounts will not apply on Race Day registration

2 Person Relay 10 Mile Trail Run

*Team (until 12/1/19) \$90
(per runner \$45 / \$36 FMTC Member)

*Team (12/2-Race Day) \$120
(per runner \$60 / \$48 FMTC Member)

Member discounts will not apply on Race Day registration

5K Fun Run (no cap on runner participation)

Individual until 12/1/19 \$18

12/2/19-race day \$20

No FMTC Member Discount for 5K

*FMTC member discount applies to indicated registration class. Members must be logged into their individual Chronotrack account to receive their discount.



REGISTRATION & PACKET PICK UP

Saturday @ Hooters of Fort Myers
January 4th, 2020 4411 S Cleveland Ave
11a.m.-3p.m. Ft, Myers, FL 33901
239-275-4666

Race Day @ Caloosahatchee
January 5, 2020 Regional Park
Starting at 7:00 a.m. In the Lodge



REGISTER NOW

Presented by the



www.ftmyerstrackclub.com

Please note there is a 2.5 time limit. If you cannot complete the course in that time consider entering the Fun Run.

The 5K fun run will not be limited.

Race Committee
Race Director: John Rinkenbaugh
Park Supervisor: James Eash

RIVER ROOTS & RUTS 2020 (COURSE MAP)

The River, Roots & Ruts is a great opportunity to experience Florida trail running at its finest. It is suited for experienced trail runners and novices.

While not a course for a PR, it will go down in your log book as a special run. The main event is a 10 Mile Trail Run utilizing both sides of the park: the wide nature trails on the south side and the single lane mountain bike trails on the north side.

REGISTRATION

RACE DAY REGISTRATION: Will be in the Lodge, Caloosahatchee Regional Park starting at 7:00 a.m.

IN PERSON: at packet pick-up on Saturday January 4th, 11a.m.-3:00 p.m. at Hooters 4411 S Cleveland Ave., Ft. Myers. Register online at

www.ftmyerstrackclub.com

AMENITIES

10 Mile Trail Run entrants receive a short sleeved technical shirt, entry for random prize drawings and outstanding post-race refreshments. 5K runners receive a short sleeve cotton shirt.

CHIP TIMING

This event will be timed with ChronoTrack Bib Tag Technology. Your Timing Strip is attached to your race number. Do not remove this tag, fold or wrinkle your race number. Do not cover your (Tag) with a jacket. Simply pin all corners to your running shirt.

PROCEEDS

The RRR is sanctioned by the Fort Myers Track Club. Proceeds from this event support GiGi's Playhouse, trail maintenance by the Mudcutters Bicycle Club and the Fort Myers High School Cross Country & Track programs.

Mission Statement

Provide a quality event for all involved: runners, volunteers, staff and sponsors. Promote trail running and the sustainable use of the Caloosahatchee Regional Park. Donate proceeds to the not-for-profit organizations

OVERALL AWARDS

Top 3 Male and Female Overall Winners
Top 3 Male and Female Masters Winners
Top 3 Male and Female Grandmasters Winners
Top 3 Male and Female Senior Grandmasters

AGE GROUP AWARDS

FEMALE AGE DIVISIONS

MALE AGE DIVISIONS

<19	<19
20-24	20-24
25-29	25-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-54	50-54
55-59	55-59
60-64	60-64
65-69	65-69
70+	70+

Relay Awards

Awards for the 2 person relay teams will be for 3 categories: male, female or mixed. The relay awards will be 3 deep in each category.

5K FUN RUN

We will not be timed. Awards are given to the first overall Male and Female.



If you are looking for a flat, perfectly marked course with crowds, plenty of hoopla, thousands of other runners and a big mouse, you should consider running at Disney Cool World. If however you want to experience a beautiful and challenging trail with only a few hundred fellow dirt enthusiasts, have the chance to win an unique award and more door prizes than you could shake a root at, sign up for the RRR. Don't take our word on it, see what other runners have said about previous RRR's.

www.ftmyerstrackclub.com

The 17th Annual River, Roots and Ruts Trail Run will be held at Lee County's Caloosahatchee Regional Park (CRP) which straddles N. River Road, CR 78, in Alva, Florida (approx. 15 miles east of Fort Myers) on Saturday, January 5, 2020. The 10 Mile Trail Run and Relay course will utilize both sides of this scenic 785 acre park, while the 5K Fun Run will stay on the wider nature trails on the south side.

10 Mile Trail Run and Relay: There is a 2 1/2 hour time limit (15min/mile)! If you can't complete a road 10 Mile Trail Run in 2 1/2 hours please consider entering the 5K. The finish line and aid stations will be taken down 2.5 hours after the start. (We have only rented the park for the morning and the police, EMT's, staff and volunteers have committed for that amount of time.) Walkers, strollers, dogs are not permitted. Use of headphones is discouraged. Registrations will be limited to 350 runners for the Half and Relay events. Awards for the 2 person relay teams will be for 3 categories: male, female or mixed. The relay awards will be 3 deep in each category. FYI: the relay transfer point is a short walk, 1/4 mile away from the start.

Timing for Half and Relay: Times will be posted after the run and at www.ftmyerstrackclub.com. We will be using the ChronoTrack B-Tag (it is attached to your bib) which can be picked up at packet pickup on Saturday at Hooters or at the park on race day.

Shirts: 10 mile trail and relay runners will receive a short sleeve performance shirt. Fun Runners will receive a short sleeve shirt cotton shirt.



5K Fun Run -Walkers are welcomed. Awards will go to the top Male and Female finishers only. The 5K is a Fun Run, and this year there are shirts for Fun Runners (limit 125). 5K'er will get a bib number. In addition, you get free parking, post race snacks and beverages, a chance to win great door prizes and a really great run in the park with some nice folks. Not a bad deal!

Timing for the 5K Fun Run: There is not an official time but a display clock will be at the finish line for the Fun Runners to check their times.

Attention: Relay Runners - Each relay team is assigned one number attached to a race belt to be worn on the athlete's waist only. You will need to pick up your race number and belt the morning of the race. The team member running the first leg of the Relay must wear the race number and belt from the starting line to the Relay Transfer Point (5.0 ± miles). You will then transfer the race number and belt to the team member running the second leg, who will race to the finish. At the end of the race please turn in your race number and belt to the finish line volunteer. Please return our race belt and avoid the \$25.00 lost belt fee. (Individual 10 Mile Trail Runners do not have to pick up a chip, it will be on your bib.) Click here for instructions.

Aid Stations: Water and Gatorade will be available at volunteer staffed aid stations throughout the course.

Post Race: Refreshments: water, sports drinks, bagels from the Bagel Factory and fruit from Sun Harvest and Hooters will be provided. Award presentation and door prizes will be given out beginning after Fun Run.

Showers: Outdoor showers are available in the campground.



Directions: The Caloosahatchee Regional Park address is 19130 North River Road, Alva, FL 33920.

From north of Fort Myers take I75 south to exit 143, east on 78 (Bayshore), Left on SR 31, right, east, on CR78 (North River Rd) for 7 miles. The main entrance to the park is on the south side, race day parking entrance is 1/4 mile further east.

From south of Fort Myers take I75 north to exit 141, east on SR 80 (Palm Beach Blvd), left on SR 31, right, east, on CR78 (North River Rd) for 7 miles. The main entrance to the park is on the south side, race day parking entrance is 1/4 mile further east.



Parking: Parking for all runners will be at the far east end of the park (depicted on the course map.) Volunteers should use the campground parking area. The main entrance will be used for overflow parking if needed. Registration, and packet pickup will open at 7am at the Lodge.

Airports: Southwest Florida International Airport (RSW) is 25 minutes to the south and is served by all the major carriers. Tampa International (TPA) is 2 hours driving time to the north. Miami (MIA), West Palm Beach (PBI) and Fort Lauderdale (FLL) are roughly 3 hours to the east.

HOTEL HOTLINE: Please call Lee County Sports Housing at 1-239-541-1800, Monday through Friday between 9 a.m. and 5 p.m. Eastern, or submit a reservation request online at: <http://leecountysportshousing.org/event/1240>

Lodging and Camping: Camping is available for the weekend of the event for \$15/night. Walk-in tent campsites only, hot showers. Call 239-694-0398 to hold a spot.

SUPPORTING SPONSORS

We are extremely grateful to have the support of our corporate sponsors and supporters.



www.ftmyerstrackclub.com

