

7:00AM

DECEMBER 17, 2023

ATHLETE GUIDE



ADDRESS OF EVENT

NATHAN BENDERSON PARK
5851 Nathan Benderson Cir,
Sarasota, FL 34235

PACKET PICK UP

Early Packet Pick Up
Friday 12/15 - 4:00-6:00PM

Race Day Packet Pick Up
at event from 5:50-6:40AM

**Shirt sizes and styles are first come,
first served.*

RACE DAY

Pre-Race Instructions: 6:50AM
National Anthem: 6:55AM
5k Start: 7:00AM
Half Marathon Start: 7:05AM

Awards Pick Up:
Live as you finish.

ELITE EVENTS TRACKER



FREE IN THE
APP STORE

INFO | MAPS | TRACKING | RESULTS

**Don't forget to take lots of
photos and screenshot your
results for social media! Be sure
to hashtag #runeliteevents &
follow us @runeliteevents on
Instagram and Facebook.*

WHAT TO EXPECT

A professionally produced, high quality athletic event... from start to finish!

When you arrive at packet pick up, you'll feel the energy and excitement as you check in and are assigned your very own bib number. But this isn't just any ordinary bib number, it's equipped with a timing chip that will automatically keep track of your epic race journey and allow your friends and family to follow your every move on the free, easy-to-use Elite Events Tracker App. No need to carry a phone, just pin on your bib and let the chip do the work!

But before you hit the starting line, head over to the t-shirt table where you'll get to choose between a high-quality, colorful and gender-specific tech t-shirt or a soft and comfortable cotton tank top. As you prepare for the race, the lively music will get your heart pumping and your feet ready to fly.

When the gun goes off, you'll be running over timing mats that will keep track of your time for each segment of the course. And don't worry about hydration, there will be water stops along the way to keep you going strong.

As you make your way down the home stretch, don't forget to smile because our official race photographers and videographers will be waiting to capture your victorious moment. You'll be wearing your huge finisher medal with pride and taking a picture in front of the Elite Events backdrop. Your free race photos and videos will be online in just a few days, so don't forget to share them with your friends and family!

After crossing the finish line, you'll enjoy a variety of delicious snacks and instantly view your results and split times via the free Elite Events Tracker App. And if you added your friends before the race, you can follow their progress too! Get notifications sent straight to your smartwatch or cell phone as you run. It's going to be an unforgettable experience!

PARKING

If you want to park right by the start and finish, Nathan Benderson Park charges \$10 to park inside of the park.

RESTROOMS

We highly encourage you to use the restroom before you arrive as this will help greatly reduce restroom lines. Indoor restrooms are located inside park buildings.

AWARDS

The top 5 runners in each age category will receive an award. The awards pick up area will be near the finish.

Male & Female Overall, Masters, Grand Masters
1-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

POST RACE SNACKS & REFRESHMENTS

Post race snacks will be prepackaged items. Bananas and fruit are subject to local grocery store availability. Please supplement your post race snacks as necessary.

PARTICIPANT TRACKING

The most user friendly participant tracking app in the running industry is included free.

Step 1: Download the Elite Events Tracker App

Step 2: Click on the Event (Sarasota West Coast)

Step 3: Search the name or bib of the participant/s

Step 4: Claim yourself and add other runners to track.

That's it! It's super simple.

Optional Steps...

Step 5: Runners can upload a photo that will be displayed in the results.

Step 6: Share your profile so your friends and family can follow along race day.

Step 7: Make sure "Push Notifications" are turned on so you receive messages when your tracked participants pass timing points.

SHIRTS



AWARDS



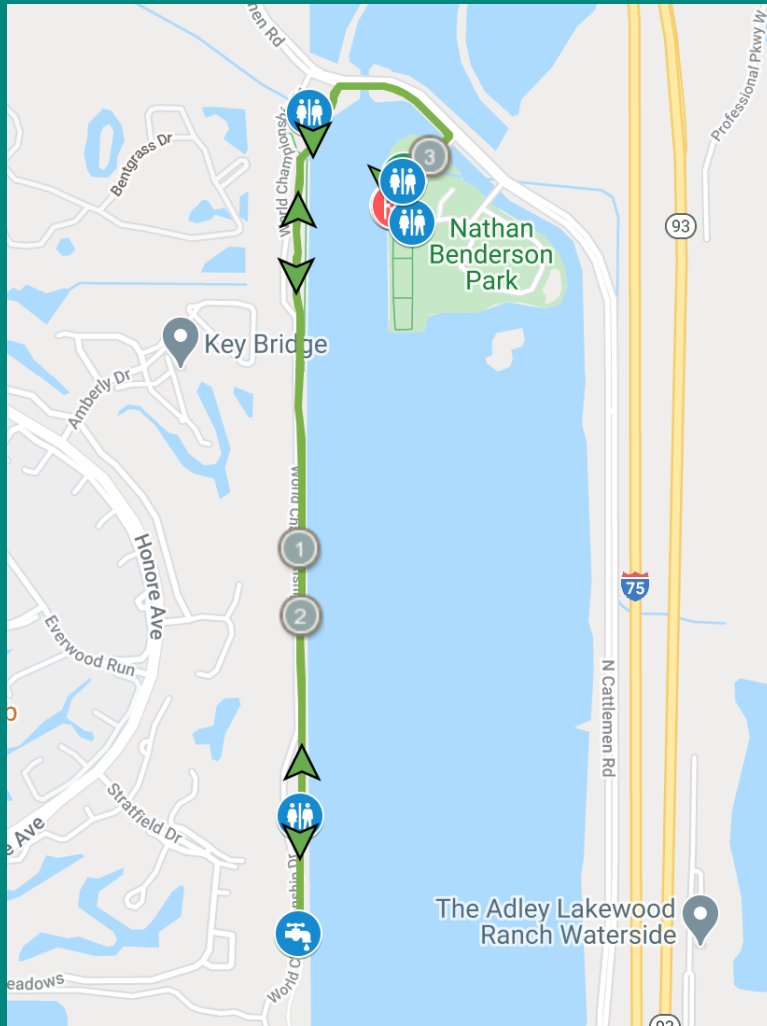
FINISHER MEDALS



TRACKING APP



5K COURSE MAP

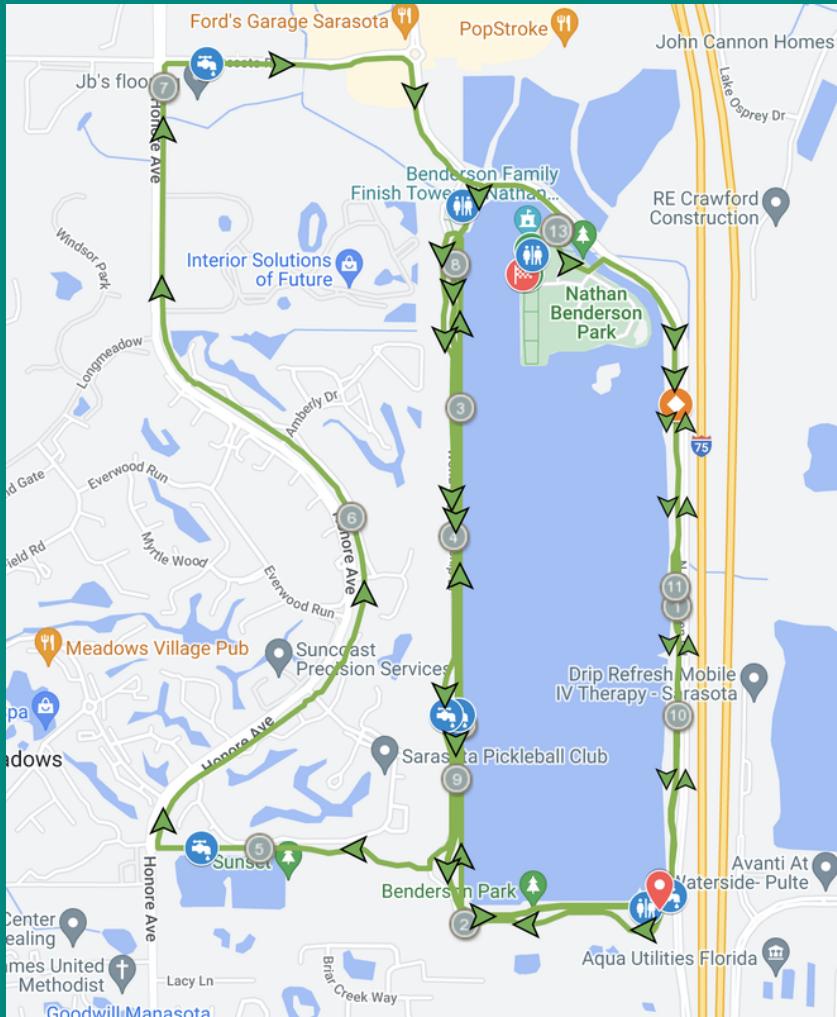


COURSE MAP FLYOVER

A turn by turn flyover is available on our Elite Events Youtube Channel.



HALF MARATHON COURSE MAP



COURSE MAP FLYOVER

A turn by turn flyover is available on our Elite Events Youtube Channel.



THINGS TO DO IN SARASOTA

- 1. Visit Siesta Key Beach:** Enjoy the beautiful white sands and warm Gulf waters at Siesta Key Beach, often ranked among the best beaches in the United States. December offers pleasant weather for a relaxing day by the shore.
- 2. Explore the Ringling Estate:** Immerse yourself in art and culture at the John and Mable Ringling Museum of Art. Wander through the impressive Ca' d'Zan Mansion, explore the art museum, and stroll through the lush gardens on the estate.
- 3. Downtown Sarasota Art Walk:** Discover the vibrant art scene in downtown Sarasota by taking a stroll through the various galleries and studios. Many galleries participate in the monthly "First Friday Art Walk," offering a mix of contemporary and traditional artworks.
- 4. Marie Selby Botanical Gardens:** Experience the beauty of tropical flora at Marie Selby Botanical Gardens. The gardens often host special events and light displays during December, creating a magical atmosphere.
- 5. Mote Marine Laboratory & Aquarium:** Learn about marine life and conservation efforts at Mote Marine Laboratory & Aquarium. Explore interactive exhibits and get up close with fascinating sea creatures, including sharks, turtles, and manatees.
- 6. Sunset Cruise on Sarasota Bay:** Enjoy a romantic or family-friendly sunset cruise along Sarasota Bay. Several tour operators offer boat rides with stunning views of the sunset, providing a unique perspective of the area.
- 7. St. Armands Circle Shopping and Dining:** Indulge in some retail therapy and gourmet dining at St. Armands Circle. This European-style shopping district is known for its upscale boutiques, art galleries, and diverse culinary options.
- 8. Attend a Performance at Sarasota Opera House:** Check the schedule at the historic Sarasota Opera House for a chance to catch a live performance. The venue hosts a variety of events, from operas to concerts, showcasing top-notch talent.
- 9. Kayaking or Paddleboarding in Lido Key:** Explore the waterways around Lido Key by renting a kayak or paddleboard. The calm waters and scenic surroundings make it a delightful outdoor activity for all skill levels.
- 10. Holiday Lights Trolley Tour:** Embrace the festive spirit by taking a holiday lights trolley tour. Many tour companies offer special December tours that take you through neighborhoods adorned with twinkling lights and festive decorations.