



# IRON HORSE

## ENDURANCE RUNS

100 mile, 100 km, 50 mile  
Florahome, Florida

- Date:** February 18, 2012 at 7:00 AM, EDT
- Time Limit:** 26 hours for the 100 miles, 18 hours for the 100km, 15 hours for the 50 mile. The course will remain open for 26 hours.
- Registration:** Registration begins September 1, 2011. All registration forms and liability releases need to be mailed to the Race Director at the address below.
- Location:** Old Norfolk and Southern Rail Trail starting in Florahome, Florida, going west for 1.75 miles then turnaround and go east 12.5 miles and then return to Florahome. The course parallels Highway 100.
- Contact:** Chris Rodatz, Race Director  
986 Lakeridge Dr.  
Orange Park, FL 32065  
Phone: 904-655-6511  
E-mail: [crodatz@bellsouth.net](mailto:crodatz@bellsouth.net)
- Course:** The course consists of a 25 mile out and back on an old rail trail. The course is flat with grassy and gravel surfaces, however, the Florida DOT has paved 4 miles of the course so that will be a good reprieve from the railroad gravel and make for a faster course. No hills, shaded and scenic.
- Qualifying:** Applicants for the 100-mile event must have completed a 50-mile race since January 1, 2011 or provide other proof of adequate conditioning and/or suitable running history. Entries strictly limited to the first 110 runners; this is a hard cap mandated by our park permit.
- Entry Fees:** 100 mile: \$130  
100 km: \$80  
50 mile: \$75  
Registration must be made by postal mail to the above address. Checks made out to Chris Rodatz or Iron Horse Endurance Run. No entries after February 1, 2012. NO REFUNDS.
- Awards:** 100 mile: Silver and gold buckle to under 24 hr finishers.  
Brass buckle to under 26 hr finishers.  
100 km: Brass buckle to all finishers.  
50 Mile: Finishers medallion.  
  
100 mile winners get a silver buckle.
- Note:** All runners must carry at least one water bottle. The aid stations are 5.5 miles apart and Florida is humid even in February and March.
- Motel Info:** The host hotel is the Holiday Inn Express Palatka at 3813 Reid St., Palatka, FL 32177, (386) 325-2500. This is a new motel and they are giving us a rate of \$82/night. The best thing about it is that it is only 13 miles from the start/finish. Mention Iron Horse Endurance Races when you call in. If there are any problems with the rate e-mail me at [crodatz@bellsouth.net](mailto:crodatz@bellsouth.net). The other motels in the Palatka area are either more expensive or not as convenient to the start. There are numerous restaurants within two miles of the motel and there is a Walmart for last minute supplies on Hwy 19.
- Race Briefing:** The race briefing will be held Friday night at 6 p.m. at the Holiday Inn Express and lasts no more than 1 hour.

# DIRECTIONS

## TO THE HOLIDAY INN PALATKA:

**3813 Reid St.  
Palatka, FL 32177  
(386) 325-2500**

### From the North/Airport

Get on I-95 South. Go right on I-295. Go approximately 24 miles to Exit 10 which is US Hwy 17. Go right. That is due south. Go approximately 37 miles to the Town of Palatka. As you come into Palatka look for a right split which is US Hwy 19. Go approximately 1 mile on 19 to the intersection with St Rd 100. Turn right on 100 and the Holiday Inn Express is between the Sleep Inn and Lowe's on the left hand side.

### From the West coming into Jacksonville on I-10

Take the I-295 Exit south to Orange Park and I-95. Go approx. 12 miles to Exit 10 and take the right exit. Follow the directions above to Palatka.

### From the South on I-95 from Daytona area or Orlando

Go north on I-95 to Exit 305 which is St Rd 206. Take the exit and go left on 206. Follow 206 until it merges with 207 then follow it all the way to US 17/St Rd 100. About 18 miles. Turn right and go through the town of Palatka. St Rd 100 veers off to the left. Watch for the signs. On St Rd 100 go about 1 mile and it will cross Hwy 19. Go straight and the Holiday Inn Express is on the left.

### From the South and West from the Tampa/St. Pete area

Come up on I-75. In Gainesville or before, get on US 301 north to Starke. In Starke take a right on St Rd 100 and follow it all the way to Palatka to the Holiday Inn Express which will be on the right. NOTE: You will pass through Florahome which is the start for the Iron Horse series of races.

## DIRECTIONS TO THE START:

### From the Holiday Inn

Real simple. The course parallels St Rd 100. Take a left out of the Holiday Inn Express, go 13 miles to Florahome. The parking and start is on the right. It is the corner of St Rd 100 and Coral Farms Rd. and has a flashing yellow light.

## COURSE DIRECTIONS:

The course is a 12.5 miles one-way from Grandin, Florida to the east 12.5 miles on an old rail trail that is unimproved. The start is in Florahome. You will run east approximately 10.75 miles, turn around, run 12.5 miles to the west to Grandin, turn around, and return to Florahome, which is 25 miles round-trip. The course is flat with grassy and gravel surfaces. There are no major impediments. There are three old trestles along the way. All three have had wooden rails nailed down for runner access. The course is totally rural and scenic.

There will be three aid stations, counting the start and finish. The aid stations will be well stocked with basic foods necessary to complete the runs (no ice cream or pizza). We will have hamburgers, brats and drinks for runners and their families at the start and finish. If you have special food requirements, you'll need to provide them yourself. Due to Florida's humidity, you'll be required to carry a water bottle with you. Please call or e-mail with any questions.

