

FROZEN:H3 RUNNER GUIDE



PALMETTOULTRAS.COM

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PACKET PICK UP & PRE RACE FUN & RACE LOCATION

RACE LOCATION

6369 South Carolina Highway 41 Bethera, SC 29434. When you turn off Highway 41 you'll travel a short distance down a road that leads to the start/finish line. You can park on either side of the road

PACKET PICK UP

We're excited to partner up with one of our title sponsors: Fleet Feet to offer you packet pickup at their newest location in West Ashley (1401 Sam Rittenberg Blvd Suite 5, Charleston, SC 29407) on January 12th from 2-6pm. Stop by and grab your swag and pick up any last minute nutrition or gear you need for the race!

PRE RACE FUN

We are hashing out details for a pre race get together the night before the race. Stay tuned for more details!



PARKING/CAMPING

PARKING

Once you turn off highway 41 there is a road that leads back to the trailhead aka start/finish area. You can park on both sides of the road. Be nice and don't block other vehicles in please

CAMPING/LODGING

There is room to camp near your vehicle and a few spots in the woods where you could set up a tent. If you have a camper you can park on the side of the road leading back to the trail. This is not an official campground and there is no water/electricity hook ups. Spots are first come first serve. Buck Hall Recreation Area has a campground with all the amenities and is about 25 minutes away. There's also plenty of hotels nearby in Mount Pleasant.



START TIMES/CUTOFFS

START TIMES/CUTOFFS

- 212 miler: Thursday, January 11 @ 8am EST
 - 78 hour cutoff (must meet a cut off of 6 loops, 108 miles in 34 hours to continue running)
- 140.6 miler: Friday, January 12 @ 6pm EST
 - 43 hour cutoff
- Night 100k: Friday, January 12 @ 6pm EST
 - 22 hour cutoff
- 16.3 miler: Saturday, January 13 @7am EST
 - 5 hour cutoff
- 50k: Saturday, January 13 @7am EST
 - 10 hour cutoff
- 50 miler: Saturday, January 13 @ 7am EST
 - 14 hour cutoff



START TIMES/CUTOFFS

START TIMES/CUTOFFS

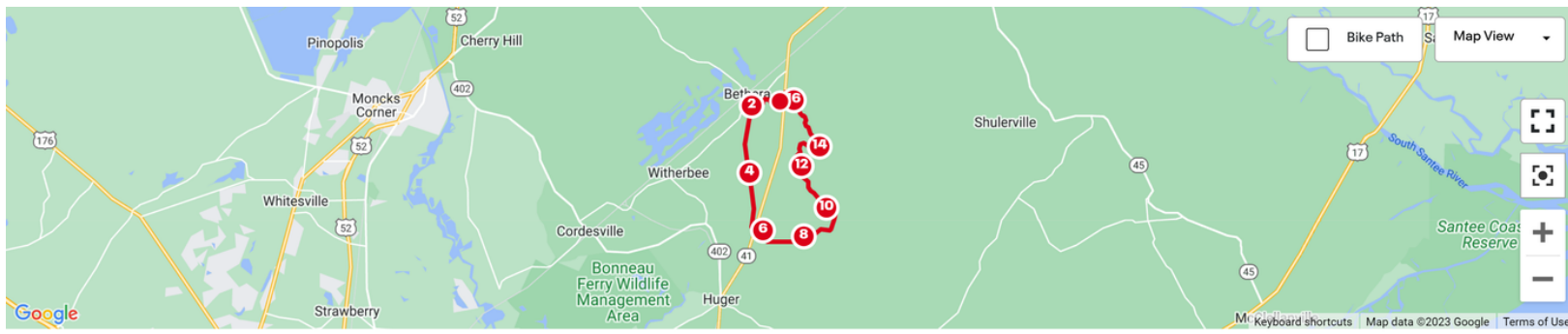
- 100k: Saturday, January 13 @ 7am EST
 - 22 hour cutoff
- 100miler: Saturday, January 13 @ 7am EST
 - 30 hour cutoff
- 5k: Saturday, January 13 @ 8am EST
- 10k: Saturday, January 13 @ 8am EST
- Night 16.3 miler: Saturday, January 13 @ 6pm EST
 - 5 hour cutoff
- Night 50k: Saturday, January 13 @ 6pm EST
 - 10 hour cutoff



COURSE MAPS

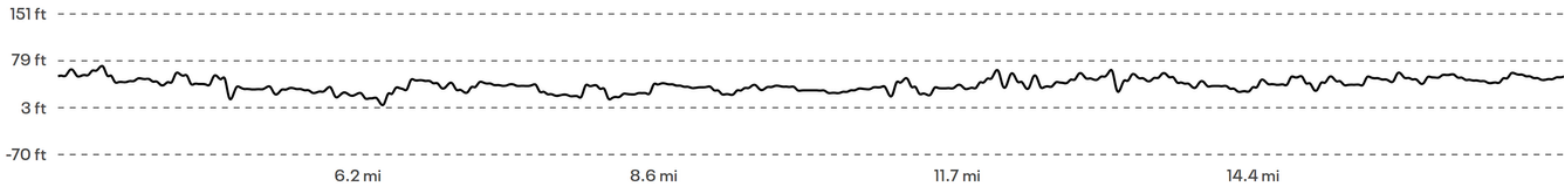
16 MILE LOOP

[Click here to access the GPX file for the 16 mile loop.](#) The course will be well marked BUT remember that we are not the only people out on these trails. It is highly recommended that you download the route to your watch and/or phone. Aid stations are located at ~6.2 miles and 11.44 miles. Aid stations will have Mandarin Orange Endurance Fuel from Tailwind, water, and typical aid station food. Bathrooms located at each aid station.



Start	Max	Gain
55 ft	69 ft	230 ft

Elevation



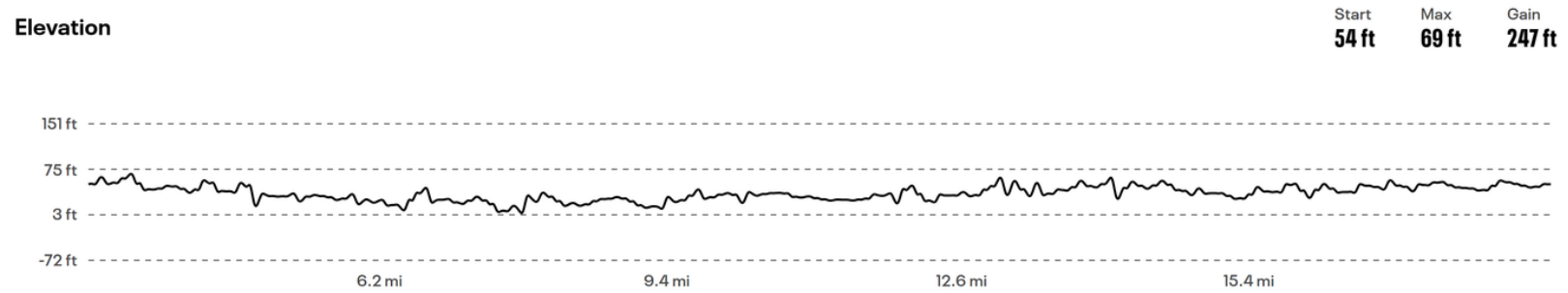
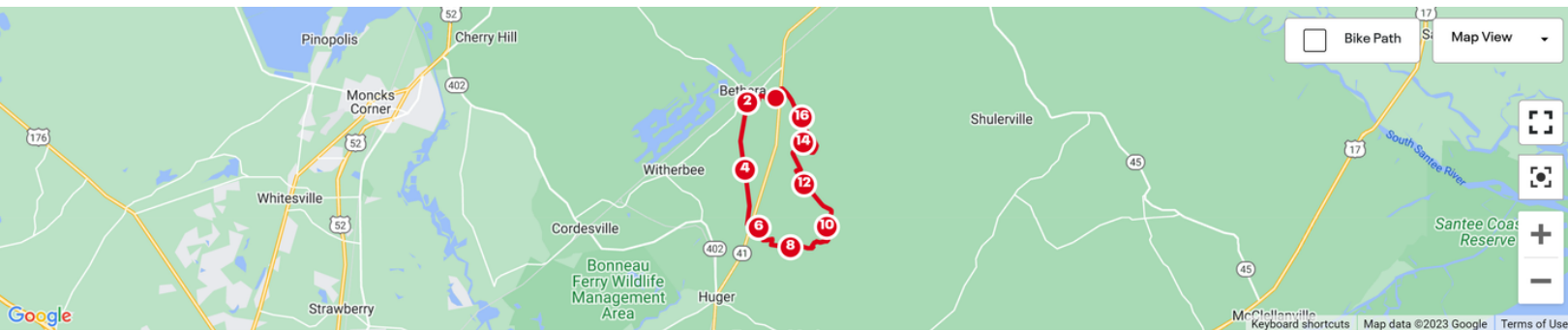
The course will be marked well with signs, flagging tape, and reflective markings. We will mark the course but as stated above there is always the chance someone may mess with those markings so **please** have the course on your phone/watch. The Jericho Horse Trail is also marked with blue blazes.



COURSE MAPS

18 MILE LOOP

[Click here to access the GPX file for the 18 mile loop.](#) The course will be well marked BUT remember that we are not the only people out on these trails. It is highly recommended that you download the route to your watch and/or phone. Aid stations are located at ~6.2 miles and 12.5 miles. Aid stations will have Mandarin Orange Endurance Fuel from Tailwind, water, and typical aid station food. Bathrooms located at each aid station.



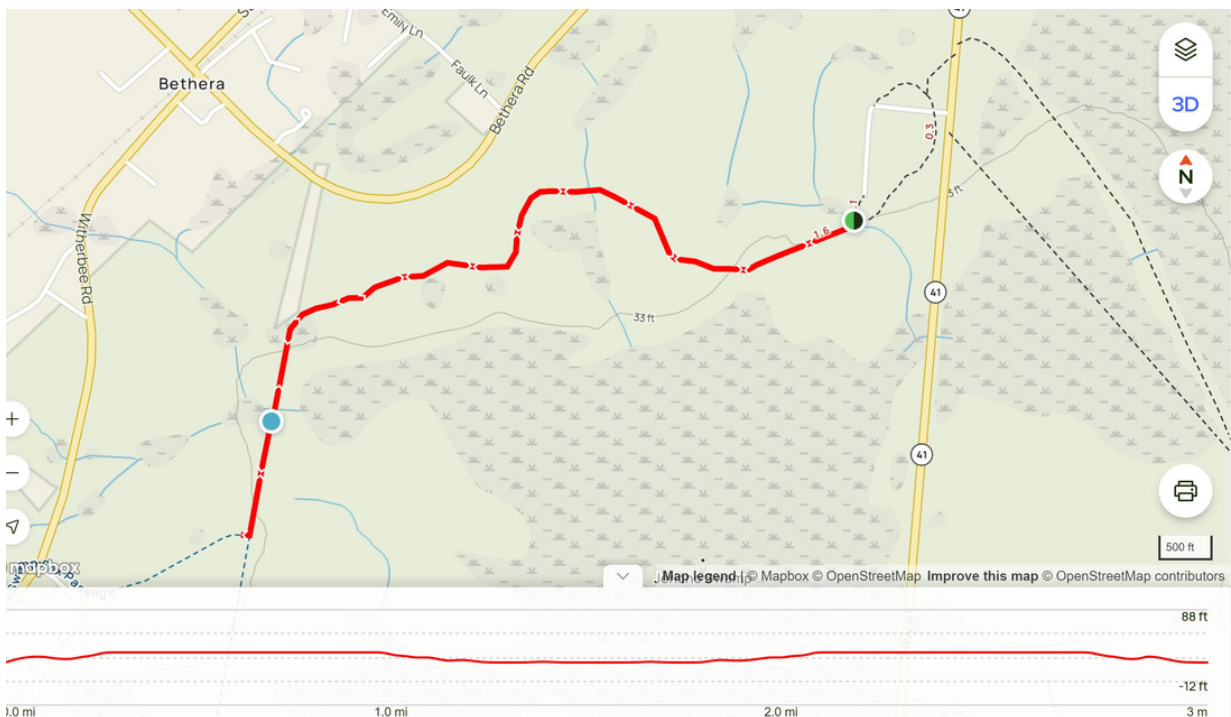
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COURSE MAPS

5K

You can download the 5k course map and see more details about the course [here](#). The 5k route is an out and back. Look for signage stating “5k turnaround”. When you see this sign, turn around and return to the start. There are no aid stations along the 5k course but there is one at the start/finish. If you need any water/nutrition please plan to carry it with you.



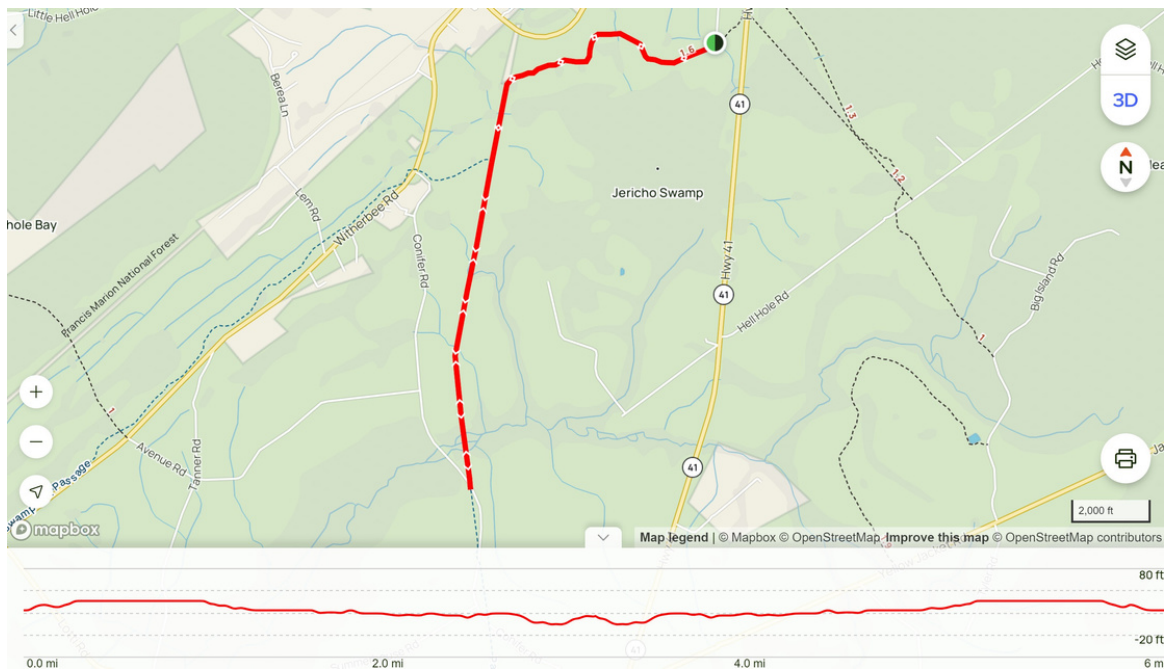
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COURSE MAPS

10K

You can download the 10k course map and see more details about the course [here](#). The 10k route is an out and back. Look for signage stating “10k turnaround”. When you see this sign, turn around and return to the start. There are no aid stations along the 10k course but there is one at the start/finish. If you need any water/nutrition please plan to carry it with you.



The course will be marked well with signs, flagging tape, and reflective markings. We will mark the course but as stated above there is always the chance someone may mess with those markings so **please** have the course on your phone/watch. The Jericho Horse Trail is also marked with blue blazes.



LOOP COUNTS

Each distance will have a set number of loop(s) that they will be required to run to reach their distance. 5k and 10k runners will run an out and back with a clearly marked turn around spot

16 M	50k	50M	100k	100M	140.6	211.9	Loops
16.3	16.3	18.3	16.3	18.3	18.3	18.3	1
	16.3	16.3	16.3	16.3	18.3	18.3	2
		16.3	16.3	16.3	18.3	18.3	3
	32.6		16.3	16.3	18.3	18.3	4
		50.9		16.3	18.3	18.3	5
			65.2	16.3	16.3	18.3	6
					16.3	18.3	7
					16.3	18.3	8
				99.8		16.3	9
					140.4	16.3	10
						16.3	11
						16.3	12
						211.6	



AID STATIONS

LOCATIONS

- Start/Finish Line at Jericho Horse Trail (33.20181327763091, -79.76784419890264)
- Irishtown Road Trail Crossing (33°07'35.3"N 79°46'33.4"W)
- Yellowjacket Road (33.160930, -79.756077)
- You can leave a bag/bin near the start/finish tent for easy access to your stuff. You are also welcome to set up a tent near your vehicle to use as your own home base.
- All aid stations will have port-a-johns

WHAT WE'LL HAVE

We are excited to announce that we Tailwind is the official liquid nutrition sponsor of Frozen: H3 and we will have Mandarin Orange Tailwind Endurance Fuel on course at every aid station! It will be mixed to a concentration that will provide 50 grams of carbs and 630mg sodium/24 oz. If you didn't know I'm a Registered Dietitian and I work with runners so I get pretty nerdy about fueling! We will have a 5 gallon cooler with Tailwind at each of the 3 aid stations and 1 backup. If you're planning on using Tailwind as your main fuel source I do recommend bringing some of your own just in case. In addition to Tailwind we will have the usual water and ultra snacks like sour patch kids, gummy bears, bars, pretzels, chips, pickles, warm broth, and more. At the aid station at the start finish line we'll also be serving up some hot meals throughout the day. Runners and volunteers eat for free. If anyone coming with you wants a meal please add that on for \$5/meal in ultrasignup so we can make sure we have enough food for everyone. Here is our tentative menu (subject to change):

9AM: French Toast + Sausage

1PM: Cheese Quesadillas

6PM: Pulled Pork Sandwiches



COURSE RULES

- Do not pet, poke, kick, cuddle or hold any wild animal!
- There will be no unofficial runners (BANDITS)... EXCEPT FOR OFFICIAL PACERS!
- Each runner's race number must be worn prominently on the front of the runner throughout the entire race.
- Runners must follow the marked trail at all times. Any runner departing from the trail must return to the point of departure on foot before continuing to proceed on the course.
- Each runner must complete the entire course on foot under his/her own power.
- Runners may not store supplies of any kind along the trail.
- Runners are responsible for the actions of their crews. Everyone associated with the race must comply with all Race rules, regulations issued by the Race Director in pre-race memos and at the pre-race briefing and all parking and access instructions, or risk disqualification of the runner.
- Each runner must be checked IN and OUT of all manned checkpoints.
- Monitoring of individual runners may be required at the discretion of the Aid Station captain or medical personnel. Refusal of the runner to cooperate may result in immediate disqualification. The Aid Station captain or medical personnel have the complete authority to evaluate the condition of any runner at any time, and to determine whether the runner may continue.
- Littering of any kind is prohibited. Please respect the natural beauty of the forest to allow our continued use of this course.
- Runners must use approved USDA/Forest Service techniques for human waste disposal if they are required to relieve themselves in the "wild". Basically, get as far off the trail as possible if you have to poop. And bury it at least 6"
- Runners must refrain from any act of bad sportsmanship and don't cheat!!!
- Any runner who is unable to finish the race must personally inform the Aid Station captain of the nearest checkpoint of his/her decision to withdraw.



COURSE RULES

- The runner is responsible for any "search" costs incurred by their participation in this event if an emergency search procedure is activated. This includes searching for runners classified as "lost" caused by noncompliance with withdrawal procedures from the race listed above
- The entrant is responsible for any costs incurred by them or their crew for medical treatment or medical evacuation during their participation in this event.
- Runners are to carry their own supplies. No mechanical or physical assistance may be given to the runner at any time.



LOST & FOUND/ MEDICAL

LOST & FOUND

Palmetto Ultras, LLC and Frozen: H3 cannot be responsible for the personal effects of any participant. Items left at aid stations will be collected by the aid station personnel assigned to that location and returned to the Start/Finish area. Unclaimed items will be donated to charity. However, if you are missing an item, and let the Race Director know, we will arrange for pick up or mail your item back to you (runner pays shipping costs)

MEDICAL

It is important for the participant to recognize the potential physical and mental stresses which may evolve from participation in any race. The runners may be subject to extreme temperatures of heat and cold, hypothermia, heat stroke, kidney failure, seizures, low blood sugar, disorientation, injury, falling trees, tree branches, wild animal or reptile attack, or even death from their participation in this event. Race management and the associated race volunteers will be doing all they can to insure "safe passage" to the finish; but ultimately, it is the runners themselves who must understand and monitor their own limitations. In the event you need a hospital, the closest hospital from the Jericho Horse Trail is Roper Hospital Berkeley located in Monks Corner: Roper Hospital, 730 Stoney Landing Rd, Moncks Corner, SC 29461



SPONSORS

THANK YOU

BIG Thank You to all of our sponsors! These races would not be possible without your generous support!



**THE BILLY
SIMONS TEAM**
TRIDENT REAL ESTATE LLC



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PARTNERS

THANK YOU

BIG Thank You to all of our partners for providing our runners with discounts and/or giveaway items for our group trail runs!



CONTACT INFO

HAVE A QUESTION?

If you have any questions about races, Lowcountry Trail Runners group trail runs, sponsorship/partnership, etc... you can email me anytime at kayla@palmettoultras.com. I try to make sure these runner guides are comprehensive and have all the info I'd want to know if I was running the race but I'm a human too and may have forgot something so don't ever hesitate to ask! Hope to see you on the trails soon

Kayla Fitzgerald

