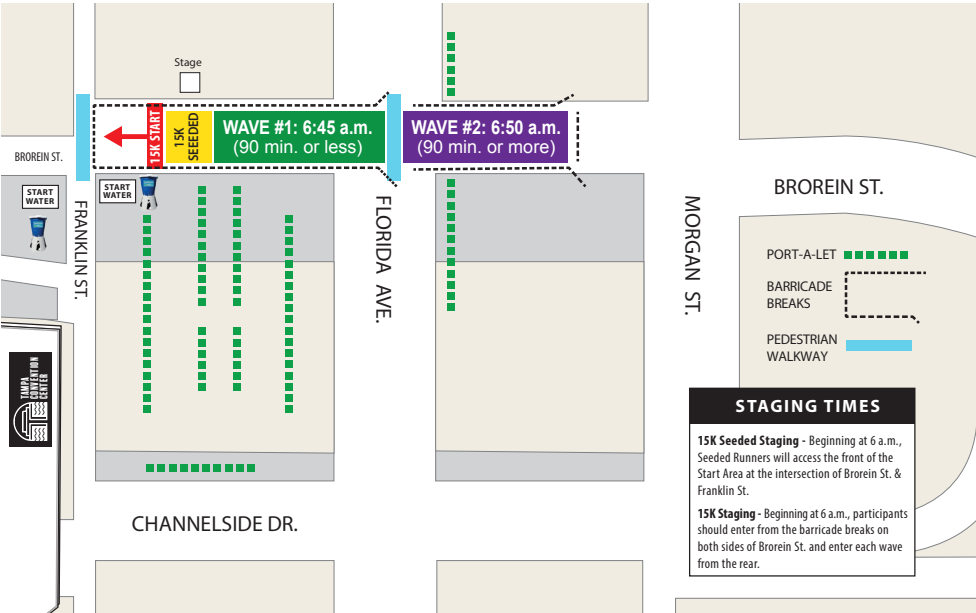


MICHELOB ULTRA CHALLENGE INSTRUCTIONS



**WELCOME TO THE 2024
MICHELOB ULTRA
CHALLENGE, 2024
PGDC 15K & 5K AND
PUBLIX GASPARILLA
HALF MARATHON & 8K!**

2024 PGDC RACE WEEKEND MICHELOB ULTRA CHALLENGE START INFORMATION

Sat., Feb. 24
PGDC 15K – 6:45am
Start Line – Brorein & Franklin Streets

PGDC 15K Start Wave Access

Michelob Ultra Challenge registered participants will have access to the PGDC 15K Green and Purple Wave Start Staging Areas. Wave Start Directional signage will be posted.

Michelob Ultra Challenge registered participants with a Seeded Sticker will be able to access the PGDC 15K Seeded Staging from the front if the staging area – Brorein & Franklin Streets

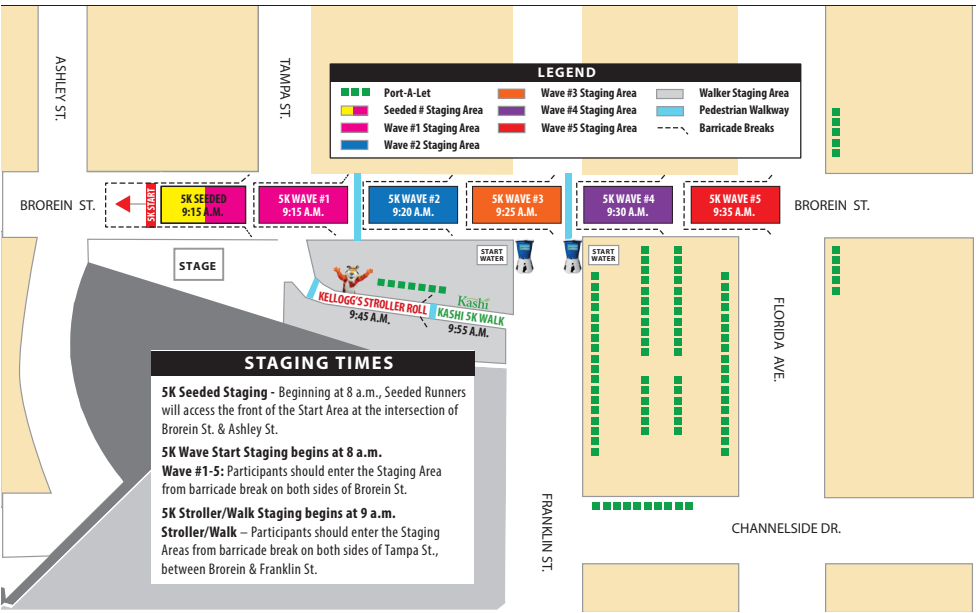
15K Start Water

Zephyrhills Natural Spring Water ‘Water Monsters’ will be available on either side of Brorein at Franklin. Volunteers will be available for assistance with filling cups. Please be mindful of placing used cups in the strategically placed trash boxes.

Aid Stations

Beginning at 1.5 miles, Aid Stations and Portalets will be located at every mile. Zephyrhills Natural Spring Water will be available at each Aid Station.

Gatorade Endurance Formula (Cherry flavored), will be available at the 3-mile and 7-mile marks – Bayshore & Rubideaux.



PGDC 5K – 9:15am
Start Line – Brorein & Ashley Streets

PGDC 5K Start Wave Access

In 2024, the PGDC 5K will feature five Run Wave Starts and additional Starts for the Special K 5K Stroller Roll and Kashi 5K Walk.

Michelob Ultra Challenge registered participants will have access to all of the PGDC 5K Wave Starts (Pink, Blue, Orange, Purple & Red), including the Special K 5K Stroller Roll and Kashi Walk. 2024 PGDC 5K Wave Start Directional signage will be posted.

Michelob Ultra Challenge registered participants with a Seeded Sticker will be able to access the PGDC 5K Seeded Staging from the front if the staging area – Brorein & Ashley Streets



5K Start Water

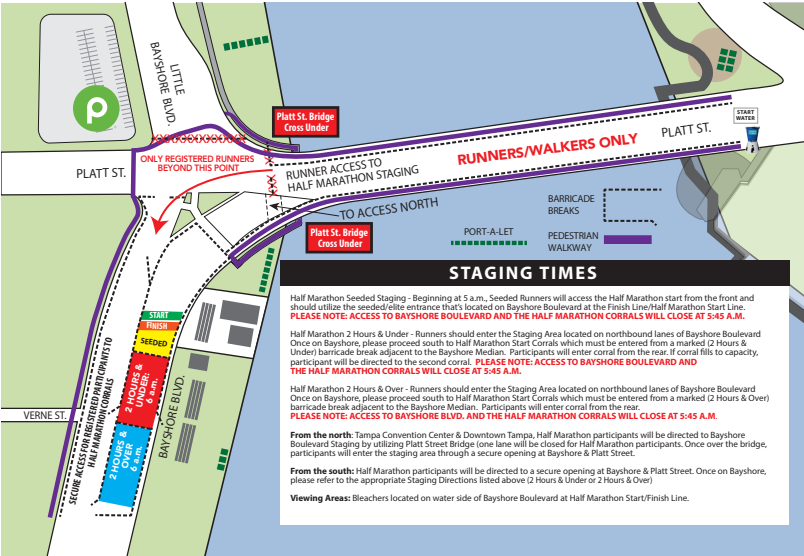
Zephyrhills Natural Spring Water ‘Water Monsters’ will be available on either side of Brorein at Franklin. Volunteers will be available for assistance with filling cups. Please be mindful of placing used cups in the strategically placed trash boxes.

Aid Stations

The PGDC 5K will include for Aid Stations between Miles 2 and 3. Portalets will be located at every mile. Zephyrhills Natural Spring Water will be available at each Aid Station.

ATTENTION KASHI 5K WALKERS!

Because of road closure permits, a 16-minute per mile pace must be maintained throughout the PGDC 5K. At approximately 11:30am, walkers remaining oncourse, will be moved to the Bayshore Boulevard sidewalk. Timing Pads and an 8K Finish Structure will also be moved and, we’ll be waiting on you at the Finish Line.



2024 Publix Gasparilla Half Marathon Start – 6 a.m.

Start Line: The Finish Line on Bayshore is also the 2024 Publix Gasparilla Half Marathon Start.

In 2024, the Publix Gasparilla Half Marathon will feature one rolling Wave Start. The Start Area will be split into two Waves – a Red Wave (2-hours & under) and a Blue Wave (over 2-hours).

Michelob Ultra Challenge registered participants will have access to both Publix Gasprilla Half Marathon Wave Start Staging Areas. Publix Gasparilla Half Marathon Waves must be accessed from the southbound lanes of Bayshore Boulevard landside sidewalk. Red and blue signage will mark Wave Start Access Points.

Michelob Ultra Challenge registered participants with a Seeded Sticker will be able to access the Publix Gasparilla Half Marathon Staging from the front of the staging area – Bayshore Boulevard at Start/Finish Line.

PLEASE NOTE: Publix Gasparilla Half Marathon Bayshore Boulevard Start Access will close promptly at 5:45 a.m.. Once closed, Publix Gasparilla Half Marathon participants will be redirected to the Bayshore Boulevard waterside sidewalks. At this point, Publix Gasparilla Half Marathon Wave Start Access will open from the waterside of Bayshore Boulevard.

Half Marathon Start Water

Zephyrhills Natural Spring Water ‘Water Monsters’ will be available on Channelside Drive, east of the Platt Street Bridge. Volunteers will be available for assistance with filling cups. Please be mindful of placing used cups in the strategically placed trash boxes.

Aid Stations

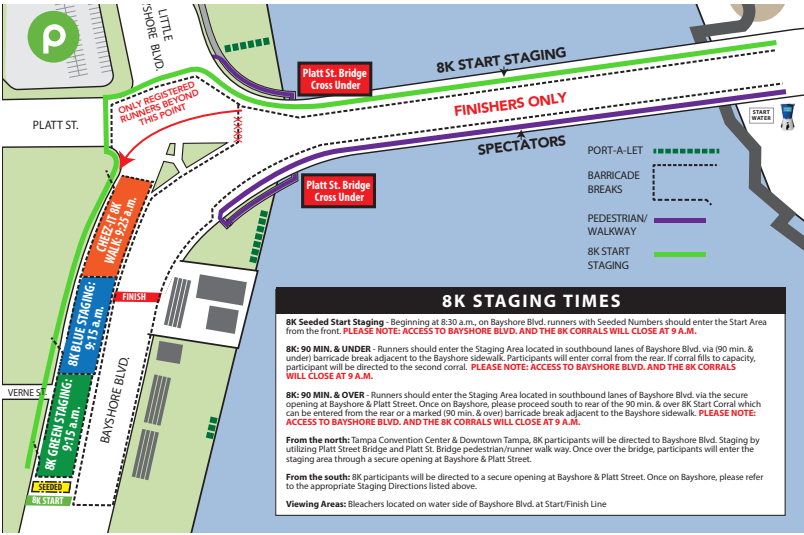
Beginning at Mile 1.5, the Publix Gasparilla Half Marathon will include Aid Stations and Portalets at every mile. Gatorade Endurance Formula (Cherry flavor) and Zephyrhills Natural Spring Water will be available at each Aid Station. Gatorade will be placed on the first tables and will be followed by Zephyrhills Natural Spring Water.

For nutrition, banana pieces will be distributed during the Publix Gasparilla Half Marathon at Mile 8.5 (Bayshore & Villa Rosa).

ATTENTION HALF MARATHON WALKERS!

Walkers are welcome in the 2024 Publix Gasparilla Half Marathon. Because of road closure permits, a 16-minute per mile pace must be maintained for the first five miles (Davis Islands portion of the course). Those unable to complete the first five miles by 7:20 a.m. (1:20) will be moved to the Davis Islands sidewalk until they reach Bayshore Blvd., when they will be transferred back onto the road for the remainder of their half marathon.

Those not able to complete miles 5 – 11 and reach Bay To Bay Boulevard by 9:00 a.m. (3:00), will be moved to the Bayshore Boulevard sidewalk until Bay to Bay, at which time, they will be allowed back onto Bayshore Boulevard. These participants will be sharing the road with the Publix Gasparilla 8K participant.



2024 Publix Gasparilla 8K Start: Bayshore Boulevard at Verne Street
Start Time: 9:15am

In 2024, the Publix Gasparilla 8K will feature one rolling Wave Start. The Start Area will be split into two Waves – a Green Wave (1-hour & under) and a Blue Wave (over 1-hours). New in 2024, the Cheez-It 8K Walk will start at 9:25am.

Michelob Ultra Challenge registered participants will have access to all of the PGDC 8K Wave Starts (Green, Blue and Cheez-It 8K Walk). 2024 PGDC 8K Wave Start green, blue and Cheez-It signage will mark Wave Start Access Points.

Michelob Ultra Challenge registered participants with a Seeded Sticker will be able to access the Publix Gasparilla 8K Start from the front and should utilize the Seeded Entrance located on Bayshore Boulevard near the Davis Islands Plant Avenue Bridge Overpass. Seeded numbers are green/yellow.

Publix Gasparilla 8K Start Water – Zephyrhills Natural Spring Water ‘Water Monsters’ will be available on Channelside Drive, east of the Platt Street Bridge. Volunteers will be available for assistance with filling cups. Please be mindful of placing used cups in the strategically placed trash boxes.

Aid Stations

Beginning at Mile 1.5, the Publix Gasparilla 8K will include Aid Stations and Portalets at every mile. Zephyrhills Natural Spring Water will be available at each Aid Station. At Mile 2 & 4 – Bayshore & Rubideaux, Gatorade Endurance Formula (Cherry flavor) will be available and will be placed on the first tables followed by Zephyrhills Natural Spring Water.

ATTENTION Cheez-It 8K WALKERS!

Because of road closure permits, a 16-minute per mile pace must be maintained throughout the Publix Gasparilla 8K. At approximately 11am, walkers remaining oncourse, will be moved to the Bayshore Boulevard sidewalk. Timing Pads and an 8K Finish Structure will also be moved.

MICHELOB ULTRA CHALLENGE GENERAL INSTRUCTIONS

PGDC RaceGear Check

Gear Check will be available in the Tampa Convention Center’s Meeting Room #124, located just inside the Franklin Street Entrance. On Saturday February 24, Gear check will open at 5:30 a.m. and close at 11:30 a.m. Please do not check valuables. Any gear remaining in Meeting Room 124 at 11:30am, will be taken to the Gasparilla Distance Classic Association Office.

On Saturday February 25, Gear check will open at 4:30 a.m. and close at 11:30am. Please do not check valuables. Any gear remaining in Meeting Room 124 at 11:30 a.m., will be taken to the Gasparilla Distance Classic Association Office.

PGDC Packet Pick-up

ABC Action News Health & Fitness Expo, presented by TampaWell

Tampa Convention Center East Hall

Fri., Feb. 23: 10 a.m. – 8 p.m.
Sat., Feb. 24: 6 a.m. – 3 p.m

PLEASE NOTE: If you are not able to attend the Expo and pick up your Race Number, a Race Number Pick-Up Authorization Form must be completed, signed, and presented by whoever WILL be picking it up for you.

[Click Here for a downloadable version of the Race Number Authorization Form.](#)

Michelob Ultra Challenge Race Numbers will feature two tear-off coupons and one Michelob Ultra Beer Coupon that isn’t tear-off, to redeem the following:

- Event Shirt, Bottle Opener & Reusable Shopping Bag
- PGDC Bottle Openers will be distributed from the Shirt Pick-Up Areas.
- Publix Running Hat (Hats will be distributed from the Publix Super Markets booth in the rear of the East Hall)

Michelob Ultra Complimentary Beer Coupon for four complimentary beers during the Q105 Post-Race Celebration, presented by Michelob Ultra, in Tony Jannus Park (across from Bayshore Publix Super Markets).

Beer coupons have been pulled for registered participants, 20 years of age and under

PLEASE NOTE: A one-stop special Michelob Ultra Challenge Packet Pick-Up Area will be located in the rear of the expo. Jackets, shirts & Rooms To Go Reusable Goody Bags will be distributed in this location.

Race Numbers – Michelob Ultra Challenge registered participants will receive one Race Number that should be worn for the 15K, 5K, Half Marathon & 8K. Race Numbers must be placed on the runner’s front torso and as the weather will be cool, please remember numbers cannot be covered by jackets or any other apparel. Wearing any clothing over the race numbers could impact Michelob Ultra Challenge Race Results.



Finish Line

After crossing the Finish Line, please do not stop – continue moving to pick-up your 2024 PGDC Finisher’s Towels, 2024 PGDC Finisher’s Medals, Zephrrhills Natural Spring Water, Gatorade, Publix Bananas, Natalie’s Orchid Island Orange Juice, Cheez-Its and WK Kellogg’s Fruit Loops.

Michelob Ultra Challenge Finisher Medals will be presented following completion of the Publix Gasparilla 8K on Sunday morning.

Michelob Ultra Challenge Medal Drop Zone

A Michelob Ultra Challenge Medal Drop Zone will be located at the base of the Platt Street Bridge at Channelside & Ashley Streets

On Saturday morning, Challenge participants can drop their 2024 PGDC 15K Finisher’s Medal and Finisher’s Towel for safekeeping before heading to the 2024 PGDC 5K Start Line.

On Sunday morning, Challenge participants can drop their 2024 PGDC 15K & 5K Finisher’s Medals for safekeeping before heading to the 2024 Publix Gasparilla Half Marathon Start Line

Following the Publix Gasparilla Half Marathon, Challenge participants can drop their 2024 Publix Gasparilla Half Marathon Finisher’s Medal for safekeeping before heading to the 2024 Publix Gasparilla 8K Start Line.

Following the 2024 PGDC 8K, Challenge participants will receive their PGDC 8K Finishers Medal and 2024 Michelob Ultra Challenge Finisher’s Medal before returning to the Michelob Ultra Challenge Medal Drop Zone to retrieve their PGDC 15K, 5K and Half Marathon Finisher’s Medals.

Michelob Ultra Challenge Overall Awards will be presented beginning at 11am on Sunday, February 25th, during the Q105 Post Race Celebration, presented by Michelob Ultra, taking place in Tony Jannus Park.

Finish Line Finisher’s Pix

FinisherPix Photographers will be in the secure Finish Line Area atop the Platt Street Bridge. Krewe of Alegria Pirates will be on-site to pose for pictures!

See you at the Start Lines!