



## ROUTE

**Day 1: Cap Haitian to Plaisance: 30 miles**

First 18 miles out of Cap is pretty flat. You'll hit an ascend up the mt with tons of switchbacks into Plaisance for the final stretch. It'll feel like a long hike. Lots of voodoo up the mountain.

**Day 2: Plaisance to D'ennery: 13 miles**

Beautiful run through the mt into a tiny town. A bit of an ascend to start and then rolling hills as we descend to the next end.

**Day 3: D'ennery to Gonaives: 18 miles**

Offroad day. Half of it is uphill, and the second half is downhill. Gonaives is a busy little town.

**Day 4: Gonaives to St. Marc: 35 miles**

This course is full of rice fields. It's flat all the way through and beautiful. little shade, so sunglasses, hat, buff and sunscreen all day.

**Day 5: St. Marc to Wahoo Bay: 20 miles**

Large stretches of rolling hills. Not much shade, so take the same precaution as the previous day.

**Day 6/7: Wahoo to Port Au Prince: 29 miles**

A run along the ocean all the way to Arcahaie, another little town en route to Port-au-Prince. It will get busy when we get into PaP.

**Day 8: Port Au Prince to Jacmel: 56 miles**

Final day! the first half will run through the capital and a few towns as we head towards the mountain. The second half will be a run over the mt into Jacmel. Breathtaking! The finish line is right in front of the ocean in downtown Jacmel!

\*Always run going against traffic.



## AGENDA

3:00 AM – WAKE UP

3:30 AM – Doctor Meetings / Hot Water / Coffee / Breakfast

4:20 AM – Morning Meeting & Bags Packed. All runners are responsible to put day bags in support truck and overnight bag in Bus.

4:30 AM – Run Starts. School Bus leaves\*, then Sweeper Truck, then next two Support Trucks. Cyclist take off.

At Each 5K Check Point:

1. Logistics Lead will check in each runner as they come in.
2. “Replenish” Lead – Will provide their day pack and any water, gels, sunscreen, ice
3. Doctor Lead – Check out each runner before they head back on the road.
4. Update Runners on what to expect until the next stop (markets, turns, landmarks etc)

\*Each morning the School Bus (Tony & Jules) will:

- Check in at the guesthouse under Team Tassy
- Grab all room keys and leave all bags in one room
- Make sure lunch is ready to go as soon as runners arrive (around 12 noon)

We can leave the bus at the guesthouse and have Jules/Tony moto back to meet the team.

Get to Hotel around lunch

1. Check in all runners
2. Make sure they are replenished
3. Lunch and Announcements from Team
4. Wifi Access for all runners

After Lunch:

1. Medical Attention for (1-2 hours)
2. Film Crew Interview Station
3. Blogging station
4. Recovery time – reading, napping, swimming, relaxing, exploring the community :)

6 pm: Dinner