



TOUR DE PAIN

FACTS

Started in 1992

Estimated 1,200 runners

Three races in 24 hours

Four-mile beach run on Friday evening

5K run the next morning

One-mile sizzler at Hemming Plaza

Awards given based on total time in three races

Participants receive a moisture-wicking shirt

Finishers get finisher medal

Post-race celebration with free Gatorade, beer and food



OVERVIEW

The Tour de Pain is a race series designed to test the ability to run three different races in a 24-hour period. Each year, about 1,200 runners take part in the event. The first race is on a Friday evening and is a four-mile beach run in Jacksonville Beach. The second race is a 5K, which is held early the next morning and starts at 1st Place Sports on Baymeadows Road. The third race is a mile sizzler later that afternoon. It is a one mile double loop from Hemming Plaza. The runner's time in each of the three events will be added together to determine their place for the Tour de Pain. Runners do have the option to pick just one race, which they can sign up for individually. Participants each get a moisture-wicking shirt and finishers will get a finisher medal.

