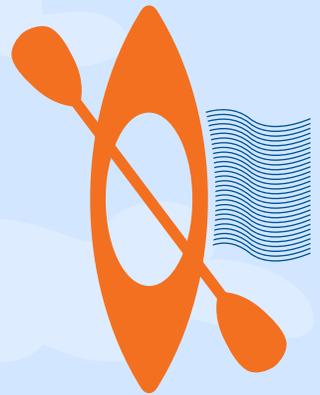**SECOND ANNUAL**

UF/IFAS Nature Coast Biological Station

WORKOUT ON WATERFRONT
WoW

Saturday, February 24, 2018 in Cedar Key, FL

Coastal Heritage 5K

Runners of all ages can follow a route winding through downtown Cedar Key and along the historic waterfront. Race starts 9 a.m. at Lil Shark Park (192 2nd St) in Cedar Key. Register for any events at Active.com in advance or day of race.

Atsena Otie Kayak Challenge

For kayakers ages 18 and above. Starts at the beach in downtown Cedar Key at 10:15 a.m., runs around and through Atsena Otie Key and back to the beach.

Repurpose-It-Regatta invites all ages to build your own boat from recyclable materials and enter the race at G Street and 3rd Street starting at 11:15 a.m. (Boats with children require 1 adult).

Lunch and a silent auction will be held at noon.

Proceeds from this event will support a new aquarium at the UF/IFAS Nature Coast Biological Station, Support to Cedar Key School and International Coastal Cleanup scheduled fall 2018.

Register at https://endurancecui.active.com/event-reg/select-race?e=47835554

UF|IFAS
UNIVERSITY *of* FLORIDA

UF/IFAS NCBS Workout on Waterfront Event
REPURPOSE-IT-REGATTA

Join us for the Repurpose-it-Regatta in Cedar Key, FL on February 24, 2018. Grab a friend or group and enter the race with a self-made boat.

Date:
Saturday, Feb 24, 2018

Start Time:
11:15 a.m.

Location:
G Street & 3rd Street

Registration:
Online or in-person at Cedar Key Park beginning at 7:00 a.m.

Check-in:
Registration tent moved to G Street at 11:00 a.m.

Cost:
$40.00/boat by Jan 26; $45.00 Jan 27- Feb 24

Participants:
2 to 5 per boat. Under 18 at least 1 adult required.

Allowed Materials
- Corrugated Cardboard
- Duct Tape – Only on Seams & Bends
- Metal
- Cotton Rope
- Natural fabrics (e.g., cotton, burlap, wool, coir, silk, linen)
- Non-pressure-Treated Wood
- Paper Milk Cartons
- Recyclable Plastics (any plastics used must be recycled in designated containers after the race)
- Silicone Caulk – on seams only
- Spray Paint
- Sails out of materials above
- Anything you collect from the aquatic environment you may use in construction of vessel with proof. (i.e., photo)

(Except for Styrofoam –No Exceptions)

Restricted Materials
- **No styrofoam or foam of any kind**
- No polyurethane paint
- No items that are part of another boat or made for boating
- No PVC
- No non-silicone caulk
- No synthetic fabrics (e.g., nylon, polyester, rayon, elastane, spandex)
- No Fishing line or monofilament

Following Items Required
- Life jackets for all participants
- Build your own paddle
- Name for Boat
- Figure head or decoration – Must comply with materials allowed
- All materials must be removed from water after event – Duct tape removed from plastic or materials before recycling
- If any piece of your boat fall into the water during the race, it must be removed from the water before crossing the finish line or you will be disqualified

Awards for following
- Fastest Boat
- Most Creative Boat
- Pulling up the Rear
- Winner of Pirate Heat (fastest out of disqualified boats)

Why are some materials restricted?

The pollution of our coasts and oceans with debris and other waste is a global problem, and we **all** have a part to play in reducing our use of harmful chemicals and plastics, especially plastic ropes, fishing line and "disposable" plastics like bottles, bags, plastic ware, and styrofoam. Therefore, we want to encourage boats in the *Repurpose-it Regatta* be made from natural materials. Natural fibers and materials break down over time, while plastics and synthetic materials may never biodegrade, or take exceedingly long to biodegrade.

Plastics are a hazard in the ocean in many ways – marine life can easily become entangled or trapped in plastic trash or can mistake the plastic for food and ingest it. Marine life that get tangled in plastic or eat plastic are likely to die painful and slow deaths as a result. This is a big problem, especially for birds, dolphins, whales, and sea turtles.

Plastic in the ocean is also a problem for fisheries and humans because plastic degrades into tiny pieces that make their way into the food web. Small plastic particles (called microplastics) can trap high amounts of toxins on their surface. The plastic and the toxins can carry through the food web into the fish we eat. We are only now realizing the magnitude of this problem and it has unknown effects on fisheries and human health.

This video from the Plastic Pollution Coalition offers a stark reminder of the impact our daily plastic use can have on the ocean. So, what can you do….?

1. **Limit use of single use plastics.** We should do away with the notion that plastic is "disposable" because plastics take a very long time to degrade. Some of the most common plastic items found in the ocean are plastic bags, plastic caps and lids, plastic drinking straws, and plastic beverage bottles. You can really cut down on plastic use by bringing your own cloth bags to the grocery store, purchasing items packaged in paper or glass whenever possible, using a refillable metal or glass water bottle, and stopping your use of plastic drinking straws.

2. **Recycle.** Of course, you should recycle whenever possible but recycling is not a true solution to plastic pollution in the ocean – many items are not recyclable and recycling is not 100% efficient. Focus on limiting plastic use first, and recycle when you can't avoid using plastic.

3. **Limit sources of microplastics.** Purchase personal care products that do not contain polyethylene and stick to all natural fabrics, as synthetic fibers are some of the most common types of microplastic found in Florida's waters.

4. **Be a responsible angler.** Recycle your used monofilament in a specially designed monofilament recycling bin. Monofilament can't be recycled in regular recycling bins but these special PVC bins can be found at many boat ramps and fishing piers.

5. **Participate in marine cleanup events.** Many coastal communities host clean-ups you can take part in. Or, gather some friends and start your own shoreline cleanup!

Pledge to make a change. You can **take the pledge** to reduce your plastic use at **http://stjohns.ifas.ufl.edu/Sea/microplastics/index.html**