

*"The Original"*

ULTRAMARATHON RACES

# KEYS 100<sup>®</sup>

## 2024 RACE GUIDE



produced by  
*UltraSports*<sup>™</sup>





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## **2024 KEYS100 ULTRAMARATHON**

### **WELCOME TO THE FLORIDA KEYS!**

The “Conch Republic”--self-described and tongue-in-cheek!--welcomes us for the 16<sup>th</sup> time to its beautiful chain of islands, ending in Key West. We will run across 40 of them on May 18-19, 2024 along historic Overseas Highway. When you reach the finish line at Higgs Beach, you will have experienced a unique and spectacular course—and a deceptively difficult athletic challenge—*KEYS100*.

You will be supported along the way by teams of experienced race marshals and medical staff, plus monitors at each of eight timing stations. All are there to assist in any reasonable way to get you to the finish line—and to keep you and the Keys community safe and smiling! Your time will be scored by the best in the business—Mike Melton and MCM Timing. And your progress will be photographed and made available in real time to the folks at home by the team from social media provider, *SPLIFE*.

You and your support crew or teammates should keep this “Race Guide” open throughout the race. Use the “Meet-Up Locations” list to plan your crew stops or runner exchanges. The “Staff Roster” has contact information for all key personnel. Don’t hesitate to reach-out to any of us.

Thank you for participating in this 16<sup>th</sup> annual event. See you at the finish line celebration on Higgs Beach!

**Bob Becker, Race Director**

**Ultra Sports, LLC**

# Weekend Calendar for 2024

## *Friday, May 17, 2024:*

**3:00pm - 8:00pm:** Packet pick-up under the tiki hut behind the Holiday Inn in Key Largo for 100-milers and 100-mile teams. 50-milers, 50-mile teams and 50-kilometer runners have the option to pick-up here also, OR on Saturday prior to their respective races at their race starting locations.

**4:00-5:30pm:** “Experts Panel” inside the Holiday Inn. Moderated by Caryn Lubetsky. Includes RD review of current course conditions. Questions will be welcome from the floor. The program will be livestreamed by SPLIFE.

## *Saturday, May 18, 2024*

### Start of 100-mile races, Divers Direct shopping center, Key Largo

**5:15am:** Announcements and singing of “National Anthem”

**5:20am:** First of two elite waves starts.

**5:30am:** Corral #1 begins. In order to spread-out the field, subsequent groups will be checked-in and start every five minutes.

### 50-mile races, Marathon Garden Club, Marathon

**7:15 - 8:45am:** Packet pick-up and check-in are DRIVE-BY only at St. Columba Episcopal Church, located behind the Marathon Garden Club at 451 52nd Street (Gulf). For the race start, crews & teams may park ONLY in the Winn Dixie lot on the other side of US#1 and past the traffic light. Do NOT park in the nearby Publix lot or CVS lot or any other. Then walk across the highway at the crosswalk for the race start.

**8:45am:** Q&A session & update with the race director in front of the Marathon Garden Club building.

**9:00am:** First wave of runners starts, with subsequent corrals starting every 5 minutes. Like the 100-mile races, each wave includes individual & team runners.

## **50-kilometer race, Lower Keys Chamber of Commerce, Big Pine Key**

Please do not block access or park directly in front of the Chamber building. Bathrooms are open to us and located on the outside of the building to the left of the entranceway.

### **Finish Line, Higgs Beach, Key West**

**3:00pm-4:00pm:** Finish line opens for all races--and the celebration begins! Food will be prepared and drinks available for finishing runners and their registered crew members until the last runner crosses the line on Sunday afternoon. Plenty of seating will be available under the big tent for finishers to relax, recover and swap stories with old and new friends.

### ***Sunday, May 19, 2024:***

**10:30am-1:30pm:** Live music by Key West's own Gary Hempsey.

**11:00am:** Awards Presentation begins for all 50-mile and 50-kilometer individual and 50-mile team winners.

**12:00 noon:** Awards presentation begins for all 100-mile individual and 100-mile team winners.

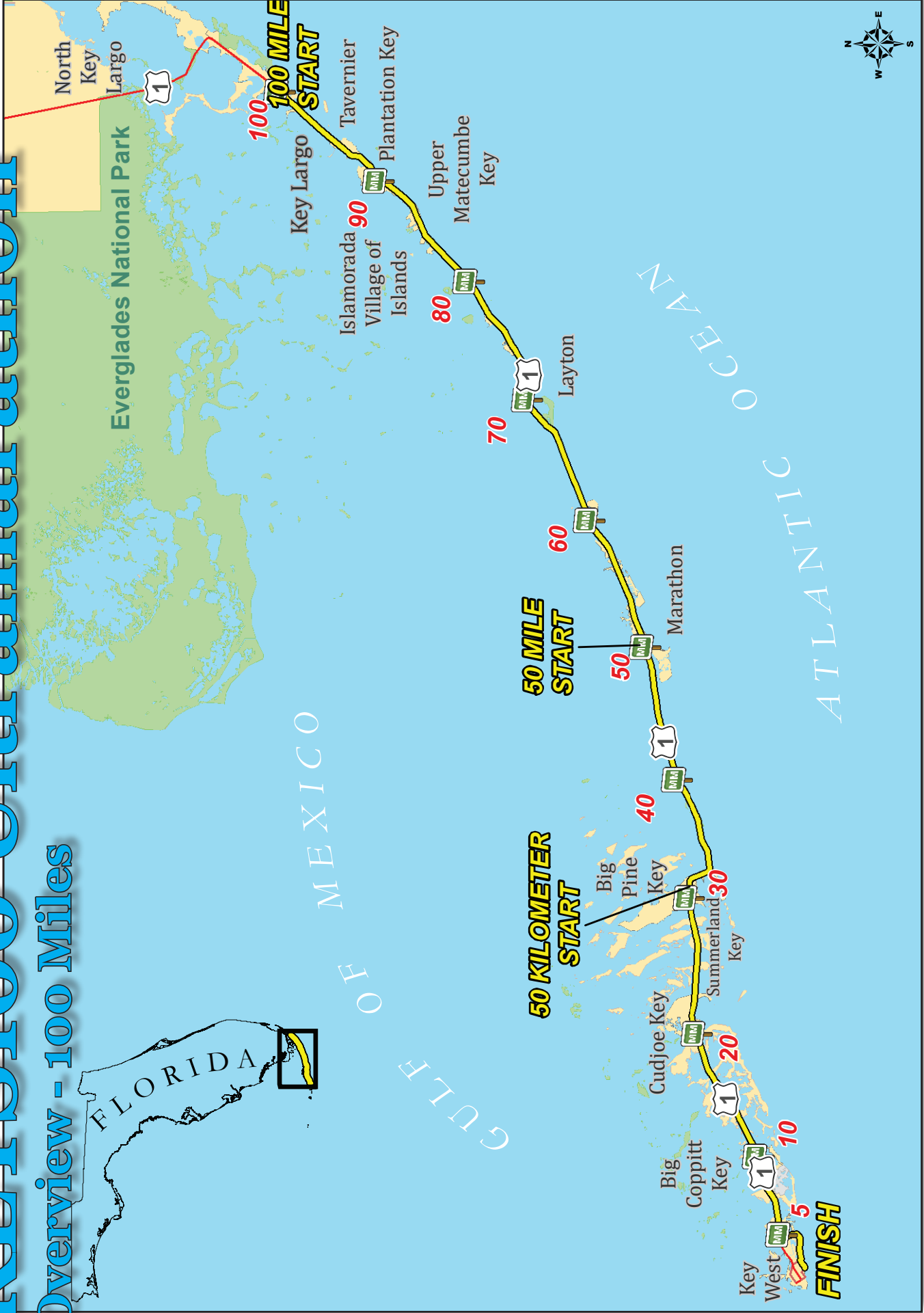
**Note: Awards may be picked-up at the finish line for those who cannot stay for the awards presentation on Sunday. Check to see if you're a winner before leaving the finish line.**

**3:00pm-4:00pm:** Finish line closes 32 hours from the last finisher's actual start time.

**4:00pm-7:00pm:** Our traditional "After Party" will take place at "First Flight", 301 Whitehead Street, just off Duval Street downtown. If you are still in Key West, gather for "on your own" dinner and drinks before setting-off for a night of fun in town. The venue is a short walk to Mallory Square for those who want to watch the sunset at this iconic spot on the water. See you there!

# KEYS100 Ultramarathon

Overview - 100 Miles





# 2024 KEYS100 OFFICIAL CUT-OFF TIMES

Total time allowed to complete the race:

**100-mile individual and team races:**

32 hours to complete the course beginning when the runner crosses the start line timing mat.

**50-mile individual and team races:**

20 hours to complete the course beginning when the runner crosses the start line timing mat.

**50-kilometer race:**

12 hours to complete the course beginning when the runner crosses the start line timing mat.

**These interim cut-off times are in effect this year:**

All runners and teams must cross (or pass) all timing equipment before the sites close—**no matter your start time**. Failure to make all cut-offs will be considered "DNF"—"Did Not Finish"—and you will not be allowed to continue the race.

Mile Marker 90 at Coral Shores High School: **11:00am**

Mile Marker 74.9, just past Shady Cove Avenue: **4:00pm**

Mile Market 59.3 near Keys Cable Park: **8:30pm**

Mile Marker 50 at Marathon Garden Club: **11:00pm**

Mile Marker 40 at Veterans Park, west end of Seven Mile Bridge: **2:00am (Sunday)**

Mile Marker 25 at Dion's store on Summerland Key: **7:00am (Sunday)**

Mile Marker 10 at Circle K Shell station on Big Coppitt Key: **Noon (Sunday)**

**FINISH LINE: Higgs Beach in Key West**

## 2024 CREW SUPPORT AND TEAM MEET-UP LOCATIONS

Meet Runners ONLY at Sites That Are **BOLDED** and **HIGHLIGHTED**

**ENTRIES WITH THIS BACKGROUND COLOR ARE SUBJECT TO CHANGE ON RACE DAY**

*There is inadequate parking in many locations this year. After your meet-up, please move your vehicle promptly to make room for others, but do not park on residential property and do not block driveways*

**QUIET EARLY and AT NIGHT, PLEASE**

**MILE MARKERS:** green & white signs along the road count **DOWN** from MM100 (Key Largo) to MM0 (Key West)--whole numbers only. Partial numbers below are approximates.

| Mile Marker ("MM")             | Miles to next exchange location | Heading towards Key West, Atlantic "OCEAN" is on the left; Florida "BAY" is on the right.  |
|--------------------------------|---------------------------------|--|
|                                |                                 | LOCATION   |
| <b>99.8</b>                    | <b>2.2</b>                      | <b>100 MILE RACES START</b> at Divers Direct shopping center (next block south of Key Largo Holiday Inn)   |
| T 99.8                         |                                 | Portable toilets at north end of shopping center building next to Sparkey's Ice Cream  |
| 99.6 CROSS HIGHWAY             |                                 | .2 mile after the race start, runners cross to highway <b>MEDIAN</b> at traffic light at CVS and stay on bike path next 3 miles. Cross to median with Deputy or on green light only  |
| <b>97.6</b>                    | <b>2.5/2.9</b>                  | <b>Meet-up location--ALL.</b> Shell World and First State Bank. Use either lot in <b>MEDIAN</b> . <b>QUIET.</b> People live upstairs above Shell World store.  |
| 96.5 CROSS HIGHWAY             |                                 | Bike path ends in <b>MEDIAN</b> ; runners cross Highway to <b>OCEAN</b> Side   |
| <b>95.1</b>                    | <b>3.6</b>                      | <b>Team exchange ONLY:</b> Park at FL Keys National Marine Sanctuary or Southeast Trailer Sales on <b>BAY</b> side. Cross highway with caution.  |
| T <b>94.7</b>                  | <b>3.2</b>                      | <b>Individual crew support ONLY</b> at J&M Scaffolding, <b>OCEAN</b> side. Portable toilet for all race participants   |
| 92.4                           |                                 | Circle K, Dairy Queen, Mobile Gas in <b>MEDIAN</b>   |
| T <b>91.5</b>                  | <b>1.4</b>                      | <b>Meet-up location--ALL.</b> Shopping center parking lot, <b>BAY</b> side. <b>MUST</b> park in <u>LOT</u> and <b>NOT</b> in driveway or on road shoulder. Do not block driving or parking areas in shopping center, including McDonald's lot. Move back, away from highway. Winn Dixie and Dunkin' Donuts stores are located here, too. Bathrooms in stores. <b>CAREFULLY CROSS HIGHWAY AT LIGHT.</b> |
| 91.0                           |                                 | Tavernier Creek: runners cross bridge, then follow sidewalk onto service road. <b>REMAIN ON SERVICE ROAD NEXT 4.3 MILES</b>  |
| T <b>90.1 TIMING EQUIPMENT</b> | <b>2.4</b>                      | <b>Meet-up location--ALL.</b> Timing equipment on sidewalk at Coral Shores High School, <b>OCEAN</b> side. <b>PARK IN SCHOOL LOT.</b> Runners and vehicles continue on Service Road, with runners on left side facing traffic, <b>NOT</b> on right-side bike lane. Portable toilets.   |
| T 88.5                         |                                 | Marlin gas station and food store. Buy something to use bathrooms.   |
| T 88.3                         |                                 | Tom Thumb gas station and food store. Buy something to use bathrooms.  |
| <b>87.7</b>                    | <b>Est. 2.7</b>                 | <b>Meet-up location--ALL.</b> Park on grass on service road, <b>OCEAN</b> side, across from Founders Park (where road emerges from trees)  |
| 86.7                           |                                 | Service road ends after "Village Montessori School" sign (before "Puerto Vallarta Mexican Restaurant" sign). Runners move to highway shoulder, <b>OCEAN</b> side, and vehicles onto highway.   |
| 85.7                           |                                 | Snake Creek bridge: runners and vehicles cross bridge onto service road at Hog Heaven sign, <b>OCEAN</b> side. Note: Snake Creek bridge is the only drawbridge on the course and it opens on demand. <b><u>OBEY BRIDGE COMMANDS IMMEDIATELY. NO EXCEPTIONS.</u></b>  |
| <b>85.0</b>                    | <b>Est. 3.6</b>                 | <b>Meet-up location--ALL.</b> Park where you can on grass along service road past "Hog Heaven". Boat trailers may be parked in some areas. Be cautious; share the space. <b>DO NOT ENTER "HOG HEAVEN" PROPERTY</b> looking for a bathroom under any circumstances.   |
| 84.0                           |                                 | Continue on service road behind <i>Theater of the Sea</i> to end, then left onto highway shoulder.   |
| T 84.0                         |                                 | Starbucks and Postcard Inn property on left. Buy something to use bathrooms.   |
| 83.8                           |                                 | Cross Whale Harbor Channel bridge into Islamorada proper (Upper Matecumbe Key).  |
| 83.0                           |                                 | Runners <b>STAY ON MAIN ROAD SHOULDER</b> ; do <b>NOT</b> veer left to run along service road.   |
| T 83.0                         |                                 | <b>PUBLIX</b> on <b>BAY</b> side. Bathrooms  |
| T 82.8                         |                                 | CVS on <b>BAY</b> side   |
| 82.2                           |                                 | Wendy's on <b>OCEAN</b> side; many other businesses on both sides of highway   |
| 82.2                           |                                 | Islamorada Brewing & Distillery-- <b>OCEAN</b> side. Race sponsor  |
| 82.1                           |                                 | Landmark--Islander Resort, <b>OCEAN</b> side   |
| 82.1                           |                                 | Landmark--Lorelei Restaurant and Cabana Bar, <b>BAY</b> side   |
| 81.9                           |                                 | Landmark--Hurricane Monument on <b>OCEAN</b> side  |

| Mile Marker ("MM")                   | Distance to next exchange option | 2024 INDIVIDUAL CREW & RELAY TEAM MEET-UP LOCATIONS, Page 2 of 4   |
|--------------------------------------|----------------------------------|--|
| 81.8                                 |                                  | Landmark--Cheeca Lodge & Spa on OCEAN side   |
| 81.5                                 |                                  | World Wide Sportsman on BAY side--bathrooms inside   |
| 81.5                                 |                                  | Islamorada Fish Co. on BAY Side--outside entrances to bathrooms  |
| 81.4                                 | Est. 4.4                         | <b>At Green Turtle Inn, runners leave main road shoulder and begin running on service road. Vehicles turn off main road to OCEAN side. Meet runners anywhere from MM81.2 to the end of the road where it merges with US #1. This is mostly a residential area; be particularly courteous here. There are no mile marker signs. Use street addresses/ mailboxes to determine location--e.g., street number 80901 is located at approx. MM80.9</b> |
| 80.3                                 |                                  | Midway Café. Good coffee, smoothies, food. Must buy something to use bathroom.   |
| 80.2                                 |                                  | Note: Long drive-through driveway on BAY side after passing Midway Café is closed in 2024 due to road construction.  |
| 79.2                                 |                                  | (Landmark) Bud & Mary's Marina--before Tea Table Key bridge  |
| 79.0                                 |                                  | Tea Table Key  |
| 78.5                                 |                                  | Indian Key Fill  |
| 77.0 CROSS HIGHWAY                   |                                  | <b>After Lignumvitae Ch. bridge, runners carefully cross to BAY side service road/path with Deputy (or at crossing signs) approx. 1/4 mile past turn into Robbie's Marina; stay on BAY side next 5.2 miles</b>   |
| 77.0 to 75.2; no mile markers        | 4.0-2.2                          | <b>Meet-up locations--ALL: Park off road on wide grass shoulder along highway on BAY side. Recently completed road construction here with new grass. Park and drive carefully. Suggest meeting close to MM77 and again close to MM75.</b>  |
| 74.9 TIMING EQUIPMENT                |                                  | Timing equipment is located immediately after Sandy Cove Avenue along bike path. Portable race toilets. <b>NO MEET-UP HERE</b> , but toilets are available. <b>PARK NORTH OF THIS LOCATION AND WALK HERE FOR TOILETS.</b>  |
| 74.6                                 |                                  | Gas station and store. Use bathrooms only if buying something.   |
| 73.0 OR 71.8                         | 3.9                              | <b>Individual runners only: Two limited parking areas on BAY side--your choice if there is room: (1) just past Channel 2 pedestrian bridge; OR, at foot of Channel 5 bridge. All runners cross highway to OCEAN side with Deputy to begin Channel 5 bridge crossing.</b>   |
| 70.8                                 | 2.7                              | <b>Team Exchange ONLY at far side of Channel 5 bridge--parking lot or shoulder</b>   |
| 69.5                                 |                                  | Sea Bird Marina. <b>STAY CLEAR. Do NOT enter this property for ANY reason. Doing so will result in IMMEDIATE DQ.</b>   |
| 68.1                                 | 1.5                              | <b>Kwik Stop store, Layton--ALL. THIS AREA CAN GET VERY CROWDED; COOPERATE! Do not block store entrance or "camp out". Meet your runner, then leave. "Regular" customers must be able to park &amp; access store. Bathrooms inside--buy something. Overflow option: CAREFULLY park on BAY side, right of paved shoulder, where legal.</b>  |
| 67.4                                 |                                  | Caution: Bike path tends to flood in this area outside Long Key State Park. Carefully move to road shoulder if sidewalk is under water, then return immediately to bike path.  |
| Approx. 66.6                         | 5.1                              | <b>Meet-up location--ALL: Use off-road area and road shoulder, BAY side. CAREFULLY cross road to meet runner.</b>  |
| 65.4 & 63.2                          |                                  | Note: Long Key bridge parking lots (both ends of bridge) are NOT available for runner meet-up  |
| 61.5                                 | 2.2                              | <b>Meet-up location--ALL: Unpaved area on OCEAN side at far end of Conch Key just before Tom's Harbor Cut bridge</b>   |
| 61.2                                 | [Option]                         | <b>Meet-up location--ALL: Unpaved area on Duck Key, OCEAN side</b>   |
| 60.8                                 | [Option]                         | <b>Meet-up location--ALL: Unpaved area at far end of Duck Key just before Tom's Harbor Channel bridge, OCEAN side. Race portable toilets just before bridge</b>  |
| 59.1 TIMING EQUIPMENT                |                                  | Approximate timing equipment location on OCEAN side shoulder before Keys Cable Park. <b>DO NOT ENTER "KEYS CABLE PARK" PROPERTY</b> unless buying food at Bongo's Café.  |
| 59.0 VERY carefully park on BAY side | 1.6 (team) or 3.6 (indiv.)       | <b>Meet-up location--ALL: Park in right-of-way (rough service road) on BAY side ACROSS HIGHWAY from Keys Cable Park. Access at Dorset Drive past "Cable Park" entrance--make hard right "U-turn" and park facing north. Do NOT enter construction areas there. CAREFULLY cross highway to meet/exchange runner north of "Cable Park" driveway.</b>   |
| 58.3 CROSS HIGHWAY                   |                                  | Runners cross highway at Guava Drive to enter bike path--"Hell's Tunnel". Stay on BAY side next 11 miles. Pedestrian bridges are open through Marathon.  |
| 57.4                                 | 3.4                              | <b>Team Exchange ONLY: Park on Kyle Avenue on BAY side--NOT on highway shoulder. Meet runner proceeding through "Hell's Tunnel"</b>  |
| 55.4                                 | 1.4                              | <b>Individual Runners ONLY: Paved parking area on US#1 just after bike path emerges from trees--and "Hell's Tunnel"</b>  |
| 54.0                                 | 1.3                              | <b>Meet-up location--ALL: Paved lot on BAY side</b>  |

|  |   | 2024 INDIVIDUAL CREW & RELAY TEAM MEET-UP LOCATIONS, Page 3 of 4  |  |
|--|---|---|--|
| Mile Marker ("MM")                           | Distance to next exchange option                            |   |  |
| T Marathon                                   |   | NOTE: Many commercial businesses are located in Marathon for food, fuel, supplies, bathrooms  |  |
| 52.7   | 2.7   | Meet-up location--ALL: Beall's Shopping Center parking lot  |  |
| T 50.0 TIMING EQUIPMENT & 50-MILE RACE START | 2.9 to 50-mile water stop only.<br>3.1 for 100-mile meet-up | Meet-up location--ALL (100-milers): Welcome to Marathon Garden Club. Timing equipment location. Parking on site for 100-mile runners & teams. Bathrooms inside. Do not block access to next door business; do not park in their lot. <b>50-MILERS DO NOT PARK HERE FOR RACE START: PARK IN WINN DIXIE LOT JUST NORTH OF TRAFFIC LIGHT ON OCEAN SIDE AND WALK ACROSS ROAD AT LIGHT TO START. NO EXCEPTIONS.</b>  |  |
| 47.1--50-Mile Runners & Teams ONLY           | 7.2   | <b>STAFFED WATER STOP BEFORE CROSSING BRIDGE FOR 50-MILE INDIVIDUAL AND TEAM RUNNERS ONLY. RUNNER CREWS AND TEAMS WILL NOT MEET THEIR RUNNERS UNTIL THE FAR SIDE OF SEVEN MILE BRIDGE. NO EXCEPTIONS. After 50-mile race start, crews and teams should drive to a restaurant or other location in Marathon and WAIT for the estimated time it will take their runner to cross the bridge--likely 1 hour plus--before driving across bridge. Do not cross immediately; very limited parking on far side.</b>           |  |
| 46.9--100-Mile Runners & Teams ONLY          | 7.0   | <b>100-MILERS ONLY; ABSOLUTELY NO 50-MILERS:</b> Vehicles park at Isla Bella Marketplace on Knights Key Blvd., OCEAN side, located past the entrance to Isla Bella Resort. Six race vehicles at a time maximum. Park there and walk to US#1 shoulder to meet/exchange runner after they cross highway, then LEAVE to make room for others. Drive to restaurant or other location in Marathon; WAIT an hour (for most runners) before driving across bridge. Do not cross immediately; parking is limited on far side. |  |
| 46.9 CROSS HIGHWAY                           |   | Runners cross US#1 with Deputy near Knight's Key Blvd. before Seven Mile Bridge. Runners stay on OCEAN Side next 40 miles   |  |
| 39.9   |   | Vehicles exit Seven Mile Bridge and must park in the lot on the BAY (right) side just after bridge OR on the BAY side shoulder past the entrance to that lot. NO PARKING on the OCEAN side and NO PARKING in the Veterans Park lot on OCEAN side. <b>Cross highway with Sheriff ONLY</b>  |  |
| T 39.9 TIMING EQUIPMENT                      | 4.7   | Timing mat location. Runner meet-up may ONLY take place PAST driveway entrance to Veteran's Park. NO EXCHANGE OR SUPPORT allowed from end of bridge to driveway. NO WAITING FOR RUNNERS BETWEEN DRIVEWAY AND END OF BRIDGE. THIS AREA MUST REMAIN OPEN FOR ACTIVE RUNNERS AND STAFF. Photos may be taken from other side of road (BAY side). Portable toilets on site and down hill in Veteran's Park. Cross highway ONLY with Sheriff  |  |
| 36.4   |   | DO NOT STOP OR PARK NEAR ENTRANCE TO BAHIA HONDA STATE PARK. MEET RUNNER ON FAR SIDE OF BAHIA HONDA BRIDGE ONLY, OCEAN side. Runners must continue across Bahia Honda Bridge to far side.   |  |
| T 35.2                                       | 1.4 or 4.2  | Meet-up location--ALL: Meet runner at FAR SIDE of Bahia Honda Bridge at paved lot on OCEAN side. Portable race toilet. You are on Scout Key. If no room to park, continue 1/4 mile, turn right onto small road at "Vehicles Only" sign and park down the hill. Carefully cross highway to meet runner.  |  |
| 33.8   | 2.8   | Meet-up location--ALL: Park in small lot on BAY side at entrance to Spanish Harbor Ch. bridge. Parking can be very limited. Better option: continue to MM31.0; meet runner there.   |  |
| Big Pine Key                                 |   | Entering Key Deer protected habitat; endangered species. DO NOT EXCEED SPEED LIMIT on Big Pine Key. Watch for these small deer as they are frequently walking along the road.   |  |
| T 31.0                                       | 2.6   | Meet-up location--ALL: Lower Keys Chamber of Commerce property on OCEAN side. Bathrooms. (Location of 50-kilometer race start.)   |  |
| 30.4   |   | Tom Thumb gas station and store. Open all night   |  |
| 28.4   | 2.2   | Meet-up location--ALL: Barry Avenue on BAY side: turn right and another immediate right into open space (dirt area) between building and US#1. You are on Little Torch Key  |  |
| 26.2   | 1.3   | Meet-up location--ALL: Parking area at entrance to Niles Channel Bridge, OCEAN side   |  |
| T 24.9 TIMING EQUIPMENT                      | 1.2   | Meet-up location--ALL: Circle K--formerly Dion's. Parking on site is limited; park next door at Summerland Dental or along W. Shore Drive. Do not block store entrance or fuel pumps. Portable toilets.   |  |

| Mile Marker ("MM")    | Distance to next exchange option | 2024 INDIVIDUAL CREW & RELAY TEAM MEET-UP LOCATIONS, Page 4 of 4  |
|-----------------------|----------------------------------|---|
| 23.7                  | 2.4 or 4.5                       | Meet-up location--ALL: Parking area before Kemp Channel, OCEAN side; ped. bridge open   |
| 21.3                  | 2.5                              | Meet-up location--ALL: "Kickin' Back Food Mart", OCEAN Side, Cudjoe Key. Open until +/- 11:00pm. Do not block entrance. If lot full, park across highway on Blimp Road shoulder   |
| 20.5                  |                                  | Bow Channel pedestrian bridge open  |
| 20.0                  |                                  | Portable race toilet on OCEAN side across from Mangrove Mama's  |
| 18.8                  | 1.9                              | Meet-up location--ALL: Park Channel pedestrian bridge is open. Large lots at both ends of bridge, OCEAN side  |
| 16.9                  | 2.0                              | Meet-up location--ALL: Sugarloaf Lodge Motel, BAY side. <b>PARK IN LOT AT FAR END OF PROPERTY, WELL PAST MOTEL OFFICE. QUIET AT NIGHT &amp; respectful decorum, please.</b>   |
| 15.6                  |                                  | Lower Sugarloaf Channel pedestrian bridge is closed   |
| 14.9                  | 2.0                              | Meet-up location--ALL: Baby's Coffee. Portable toilets. Do NOT enter store or use store bathroom unless buying something  |
|                       |                                  | Saddle Bunch #2, #3, #4 and #5 pedestrian bridges are all open  |
| 12.9                  | 2.1                              | Meet-up location--ALL: Parking area before Saddle Bunch #5 bridge, OCEAN side   |
| 11.9                  |                                  | Shark Channel pedestrian bridge is closed   |
| 10.8 TIMING EQUIPMENT | 2.7                              | Meet-up location--ALL: Timing equipment on sidewalk. Circle K Shell. Bathrooms inside. Buy something  |
| 9.8                   |                                  | Rockland Channel pedestrian bridge is open  |
| 8.1                   | 3.1                              | Meet-up location--ALL: Meet runners on OCEAN side just north of the Naval Air Station entrance and overpass. <i>Vehicles drive there; here's how</i> : take the Naval Air Station exit on right at start of the overpass. Cross under highway, then turn left (northbound). Carefully park north of that turn along the right shoulder to meet runner. After runner meet-up, continue north and make U-turn where safe to continue towards Key West |
| 8.1                   |                                  | Runners note: At Naval Air Station bridge, runners do NOT use highway overpass. Continue on sidewalk and shoulder below and to the left of bridge   |
| 6.1 CROSS UNDER HWY   |                                  | Runners continue on pedestrian sidewalk, <b>proceeding UNDER US#1 to BAY side.</b> Continue on bike path on BAY side to light at "T" intersection (at traffic light) in Key West  |
| 5.0                   | 2.9                              | Meet-up location--ALL: Park in GRAVEL area <i>only</i> between Shell station and bike path at Key Haven Blvd. (Station is open 6:00am-11:00pm.) Do NOT park on gas station property or use bathroom unless making a purchase. Limited parking.  |
| 4.9                   |                                  | CVS on Ocean side   |
| 4.0                   |                                  | Traffic light at College Road (west end of loop road). Vehicles get in left lane.   |
| 3.9                   |                                  | Cross small Cow Channel bridge  |
| 3.8 CROSS RD AT LIGHT |                                  | Runners: At traffic light at the "T" in Key West, turn LEFT, crossing US#1 <i>with the light</i> onto the South Roosevelt sidewalk on the OCEAN side  |
|                       |                                  | <i>Disregard further MM signs; they are inaccurate. Approx. 3.8 miles remain to the finish line.</i>  |
| 2.1                   | 2.1                              | Martello Tower East at KW Airport: "Pines Park" lot just past brick "Tower" structure. Park as marked on pavement. <b>THIS IS LAST LOCATION TO MEET OR EXCHANGE RUNNERS.</b>  |
| 1.5                   |                                  | <b>Begin major road construction on S. Roosevelt Blvd. for next 1/2 mile until turn at Bertha Street. Sidewalk only 6' wide in spots; be especially courteous to others in this section.</b>  |
| 1.0                   |                                  | Smathers Beach bathrooms (two blue buildings)   |
| 0.8                   |                                  | At end of S. Roosevelt continue on sidewalk, turning right onto Bertha Street for one block   |
| 0.6                   |                                  | 1st left onto Atlantic Blvd. Proceed to finish line at Higgs Beach. Vehicle recommendation: park near finish line. Meet runner at White Street intersection (blinking light) to run together final 250 yards to finish  |
| 0                     | Done!                            | <b>FINISH LINE, Higgs Beach</b>   |

Welcome to the finish line celebration for runners, registered crew and volunteers under the big tent. Enjoy food & beverages--and well-earned R&R--and don't forget to share your race story with old and new friends! New bathroom building is under construction in 2024; portable toilets only. Awards program Sunday: 11:00am for 50M & 50K; Noon for 100M. Live music by Key West's own Gary Hempsey begins at 10:30am.

Reminder: Every Crew Member & Every Team Driver Is Equally Responsible for Knowing and Complying with ALL Race Rules and Requirements.

Updated 04.09.2024

# KEYS100: May 18-19, 2024

## Race Staff and contact information

|                    | Name             | Phone               |
|--------------------|------------------|---------------------|
| Race Director      | Bob Becker       | 954-439-2800        |
| Race Timer         | Mike Melton      | 772-349-1704 (text) |
| Logistics          | Scott Richards   | 561-289-4884        |
| Logistics          | Joe Delazzaro    | 954-708-7569        |
| Logistics          | Dennis Gormley   | 646-258-4250        |
| Logistics          | Arnie Ochoa      | 786-403-2190        |
| Chief Marshal      | Mark Cudak       | 561-309-2038        |
| Medical Director   | Dr. Barry Hummel | 954-495-6541        |
| Photography/SPLIFE | Tuan Nguyen      | 858-527-8459        |

| FRIDAY PACKET PICK-UP |                           |              |
|-----------------------|---------------------------|--------------|
| 3:00pm-8:00pm         | Karen Kolinski, site mgr. | 813-404-8802 |
|                       | Tuan Nguyen               | 858-527-8459 |
|                       | Lulu Pelz                 | 561-596-3124 |
|                       | Susan Jobe, sales         | 954-348-9868 |

| 100-MILE RACE START                                    |                |              |
|--|----------------|--------------|
| Divers Direct Shopping Ctr., MM99.8. Portable toilets. |                |              |
| 5:15am-8:00am  | Lisa Cameron   | 954-802-8116 |
|  | Dawn Sullivan  | 407-575-4608 |
|  | Scott Richards | 561-289-4884 |

| MM90 Coral Shores High School. TIMING STATION. 6:00 AM until no later than 11:00 AM |                |              |
|---|----------------|--------------|
| 6:00am-11:00am  | Tom Asiala     | 561-573-0422 |
|   | Ted Williamson | 949-310-3416 |

| MM74.9 Sandy Cove Ave. TIMING STATION. Portable toilets.** 7:30 AM until no later than 4:00 PM |                   |              |
|--|-------------------|--------------|
| **Crew and teams park & meet runners just BEFORE MM75--NOT AT THE TIMING MAT. Walk to toilets. |                   |              |
| 7:30am-4:00pm  | Eli Papatestas    | 917-226-5582 |
|  | Dr. Wendy Collins | 206-551-1765 |

| MM59.0 Near Keys Cable Park. TIMING STATION Portable toilets. 9:30 AM until no later than 8:30 PM |              |              |
|---|--------------|--------------|
| 9:30am-8:30pm   | Issie Sosa   | 305-457-2255 |
|   | Sean Kreller | 561-715-3745 |
|   | Ramon Palomo | 786-537-6477 |

| 50-MILE RACE PACKET PICK-UP                                       |                |              |
|---|----------------|--------------|
| Drive-by ONLY at St. Columba Church, one block behind Garden Club |                |              |
| 7:15am-8:45am   | Karen Kolinski | 813-404-8802 |
|   | Paige Kurtz    | 757-291-8414 |

| 50-MILE RACE START. MM50, Marathon Park ONLY in Winn Dixie lot across highway and north of traffic light. |                    |              |
|---|--------------------|--------------|
| 9:00am-10:00am  | Becky LeBaron      | 352-871-6122 |
|   | Susan Jobe (Sales) | 954-348-9868 |

| MM50 Marathon Garden Club, Bayside. TIMING STATION. Toilets inside. 10:00 AM until 11:00 PM |                       |              |
|---|-----------------------|--------------|
| 10:00am-11:00pm   | Becky LeBaron         | 352-871-6122 |
|   | Dr. Yunjoo "June" Yim | 561-466-2163 |

|  |                        |                     |
|--|------------------------|---------------------|
| <b>MM40</b> Veterans Park, past 7 Mile Bridge. <b>TIMING STATION.</b> Portable toilets. 10:00 AM until 2:00 AM (Sun) |                        |                     |
| <b>10:00am-2:00am</b>  | <b>Carol Miller</b>    | <b>305-302-4123</b> |
|  | <b>Terri Swanson</b>   | <b>954-336-8367</b> |
|  | <b>Ted Williamson</b>  | <b>949-310-3416</b> |
|  | <b>Dr. Darby Sider</b> | <b>954-495-6540</b> |

|                                    |  |                     |
|------------------------------------|--|---------------------|
| <b>50-KILOMETER PACKET PICK-UP</b> | MM31--Lower Keys Chamber of Commerce, Big Pine Key. Parking on site. |                     |
| <b>10:30am-11:50am</b>             | <b>Susan Jobe</b>  | <b>954-348-9868</b> |
| <b>50-KM RACE START</b>            | <b>Dawn Sullivan</b>   | <b>407-575-4608</b> |
| <b>Noon-12:30pm</b>                | <b>Lisa Cameron</b>  | <b>954-802-8116</b> |

|  |                               |                     |
|--|-------------------------------|---------------------|
| <b>MM25</b> Circle K Mobile & Store. <b>TIMING STATION.</b> Portable toilets. 12:00 PM Sat. until 7:00 AM Sun. |                               |                     |
| <b>12:00pm -7:00am Sun.</b>  | <b>Linda O'Brien</b>          | <b>954-298-9721</b> |
|  | <b>Tim O'Brien</b>            | <b>954-295-7113</b> |
|  | <b>Dr. Gabriel Gavrilescu</b> | <b>954-608-0100</b> |

|  |                              |  |
|--|------------------------------|--|
| <b>MM10.6</b> Circle K/Shell on Big Coppitt Key. <b>TIMING STATION.</b> 2:00pm Sat. until Noon on Sun. |                              |  |
| <b>2:00pm-Noon (Sunday)</b>  | <b>Intermittent staffing</b> |  |

## FINISH LINE

| <b>Time Slots</b>               | <b>Name</b>                              | <b>Cell</b>         |
|---------------------------------|--|---------------------|
| <b>3:30pm Sat. -3:30pm Sun.</b> | <b>Don Nelson--Manager</b>               | <b>305-304-0091</b> |
|                                 | <b>Leanne Hood--Manager</b>              | <b>513-373-6502</b> |
|                                 | <b>Lulu Pelz</b>                         | <b>561-596-3124</b> |
|                                 | <b>Karen Kolinski</b>                    | <b>813-404-8802</b> |
|                                 | <b>Tony Mehta</b>                        | <b>772-202-0069</b> |
|                                 | <b>Susan Jobe (Sales &amp; Awards)</b>   | <b>954-348-9868</b> |
|                                 | <b>Lisa Cameron (Sales &amp; Awards)</b> | <b>954-802-8116</b> |
|                                 | <b>Dr. Barry Hummel, Medical</b>         | <b>954-495-6541</b> |

|                      |                         |                     |
|----------------------|-------------------------|---------------------|
| <b>RACE MARSHALS</b> | <b>Mark Cudak, Mgr.</b> | <b>561-309-2038</b> |
|                      | <b>Ty Aronson</b>       | <b>954-865-9057</b> |
|                      | <b>Van Hyunh Leap</b>   | <b>305-747-0601</b> |
|                      | <b>Pam Kennedy</b>      | <b>561-628-5671</b> |
|                      | <b>Lella Provoste</b>   | <b>772-521-4759</b> |
|                      | <b>Laurie Copeland</b>  | <b>772-341-8356</b> |
|                      | <b>Sandy Chauvin</b>    | <b>561-346-9121</b> |
|                      | <b>Howard York</b>      | <b>954-675-7630</b> |
|                      | <b>Joe Winwood</b>      | <b>412-551-1413</b> |
|                      | <b>Simon Li</b>         | <b>917-808-6516</b> |

|                     |                                    |                     |
|---------------------|------------------------------------|---------------------|
| <b>MEDICAL TEAM</b> | <b>Dr. Barry Hummel, Director</b>  | <b>954-495-6541</b> |
|                     | <b>Dr. Darby Sider</b>             | <b>954-495-6540</b> |
|                     | <b>Dr. Wendy Collins</b>           | <b>206-551-1764</b> |
|                     | <b>Dr. Gabriel Gavrilescu</b>      | <b>954-608-0100</b> |
|                     | <b>Dr. Yunjoo "June" Yim</b>       | <b>561-466-2163</b> |
|                     | <b>Dr. Alinor "Lucky" Mezinord</b> | <b>786-728-5413</b> |
|                     | <b>Jesse Meagher</b>               | <b>561-329-6377</b> |
|                     | <b>Paola Oyolacollazo</b>          | <b>787-379-6799</b> |

# 2024 RACE RULES

KEYS100—RACE RULES & STANDARDS FOR 2024

**Race Rules are designed to provide a safe and fair experience for everyone involved and to help ensure our ability to produce the race again next year.**

Every Runner & Crew and Every Team & Driver Are Equally Responsible for  
Knowing and Complying with ALL Rules

## PERSONAL, EVENT & COMMUNITY SAFETY:

**IV'S and SUPPLEMENTAL OXYGEN PROHIBITED.** Anyone using an intravenous device or supplemental oxygen for ANY reason will be immediately disqualified from continuing to race. If medically required for a team member, that runner may not continue under any circumstances. Any other use of an IV or oxygen by a team member will result in immediate DQ of the entire team.

**AFTER SUNDOWN.** Defined strictly as 7:30pm Saturday until 6:00am Sunday, ALL racers, pacers, crew members and drivers when not inside the team vehicle must wear a vest or similar item with reflective material clearly visible 360 degrees, as well as clearly visible colored blinking LED lights facing front and rear. **NEW FOR 2024: One set for every runner and crew member or driver is required.** Anyone not complying will immediately be stopped and not allowed to continue, and may be pulled from the race. Both a reflective vest (or similar-purpose item) AND blinking lights must be worn. (Highly visible gear that incorporates blinking, colored lights front and rear is acceptable.) DO NOT START ACROSS SEVEN MILE BRIDGE WITHOUT NIGHT GEAR IF YOU CAN'T COMPLETE THE CROSSING BEFORE 7:30PM. Note: Headlamps do NOT count as required safety gear, but wearing one or carrying another type of light is highly recommended.

**LIMITING NUMBER OF PEOPLE CROSSING OVERSEAS HIGHWAY.** For teams, only the new runner and a maximum of ONE additional team member may cross the road for a runner exchange and to assist the finishing runner. For individual runners, no more than ONE CREW MEMBER AND A PACER may cross the road. All others must remain on the vehicle side, well back from the roadway. ALWAYS wait for traffic to pass in both directions, then cross with extreme care. NEVER cause traffic to slow down or stop when crossing the highway. YOU MUST WAIT. Severe time penalties or DQ will be enforced with a zero-tolerance policy towards dangerous crossings of, or behavior on, any roadway.

EXCEPTION AT MM40 AFTER CROSSING SEVEN MILE BRIDGE: All team members or individual runner support crew may cross the road to meet their runner past the driveway into Veteran's Park. To avoid a bottleneck, no one other than race staff and active runners are allowed between the end of the bridge and the driveway into Veterans Park. *Meet or exchange your runner past the driveway into Veteran's Park.* No parking in Veteran's Park or on the ocean-side shoulder. Vehicles are moving at high speed in this area, so it can be very dangerous. Extreme caution must be taken when crossing the highway. If a Sheriff or marshal is on site, you MUST cross ONLY where they are located and at their direction.

**RACING BIBS.** Bibs must be worn on the runner's front with race number clearly visible at all times. IN ADDITION, FOR TEAMS, the team bib with timing chip must be worn by the active runner when passing timing equipment. An adjustable belt will be supplied with the team bib for ease of transition from one active runner to another. Plan ahead!



## DRIVING & SUPPORT:

**PRESCRIBED MEET-UP LOCATIONS.** Team runner exchanges and individual runner and crew meet-ups, must take place at prescribed stops only. The official list of these locations will be published on the website as "Runner Meet-Up Locations" and included in the printed "Race Guide" that is distributed at packet pick-up. You are not required to use every allowable stop; but, when an exchange is made or support given, it must be at one of these locations. This requirement will be strictly monitored.

**NEVER DISRUPT TRAFFIC.** Vehicles will "leap-frog" the runner along the race route. Vehicles pulling on and off the road must do so conservatively, waiting for an adequate opening and not interrupting moving vehicles. Once on the road, get-up to speed quickly and maintain it; no slowing down to converse with or otherwise support any runner while moving. All support must be provided by crew members on the ground; handing the runner supplies from the vehicle is never allowed.

**ACTIVITY PROHIBITED ON BRIDGES.** No change of runners is ever allowed on a bridge. This includes Seven Mile Bridge. No support of any kind may be given to a runner on any bridge, and no support may ever be given from a moving vehicle. If approaching Snake Creek drawbridge (MM85.7) with gates down OR warning lights flashing that indicate the bridge is about to go up, runners and vehicles must stop IMMEDIATELY and wait until the bridge re-opens for vehicular and foot traffic. ANY VIOLATION OF THESE RULES WILL RESULT IN IMMEDIATE DISQUALIFICATION. "DQ" WILL ALSO APPLY IF A TEAM RUNNER OR AN INDIVIDUAL RUNNER ON SEVEN MILE BRIDGE IS UNABLE TO COMPLETE THE DISTANCE.

**PARK OFF ROADWAY.** Vehicles must be parked completely off the road surface whenever stopped. Vehicle doors must not open onto the road. Do not block bike lanes or trails. NEVER block a driveway, park or enter on private property uninvited.

**SUPPORT VEHICLE.** Each team and individual runner must have its own vehicle, and only one vehicle per team and individual runner will be allowed on the course. If a crew is supporting more than one runner (maximum of three runners), this one-vehicle-only rule still applies. A "shuttle" vehicle to ferry crew or gear to the support vehicle is permitted on a very limited basis, but the "shuttle" may not remain on the course in active support. All race vehicles must meet minimum requirements of property damage and personal liability automobile insurance for the State of Florida. All vehicle drivers must be fully licensed. Vehicle headlights must be on whenever driving on the road, 24 hours a day.

**VEHICLE SIZE & TYPE RESTRICTIONS**—FIRM. The team or individual runner support vehicle may be a car, SUV, minivan or full-size passenger van with the following limitations: **Maximum length is 238 inches, maximum height is 96 inches and maximum width is 81 inches.\*** (Individual runners are advised to use a minivan or SUV.) Not allowed on the course at any time are motor-homes or RVs of any type and of any length, including slide-in truck campers. Oversize vans including any RV conversions, are not allowed. Pick-up trucks up to ½ ton with two axles and "standard" wheels and tires are discouraged, but allowed as support or crew vehicles, but nothing over-sized will be allowed. No trailers of any kind or size are allowed. No receiver baskets or similar extensions may be used unless the combined length with vehicle is under 20 feet.

\*A cargo van that meets these size requirements may be used, but it must have a seat for each passenger, including the runner. Cargo vans with only two seats, even if there are only two support crew including the driver, are not allowed. If the runner has to be taken off the course (or even getting to and from the race) there is nowhere for all to safely sit.

*The decision of the Race Director or his designee will be final should any question arise about acceptability of a support vehicle. If you are unsure about whether your vehicle will be okay, ask the RD or Chief Marshal BEFORE the race.*

**PARKING LIMITATIONS FOR NON-PARTICIPANTS.** Due to extremely limited parking throughout the race, secondary vehicles, including those of family and friends, are NOT permitted at any support or exchange location. Supporters, including family and friends, are invited to view the race start and are welcome to watch the finish at Higgs Beach. They may also park at non-race support locations and cheer their runner from there. To reiterate: LIMITED PARKING is the issue, not cheering fans!

**NO PETS.** Pets are not allowed in race-support vehicles at any time, including team vans and individual runner support vehicles. This rule will be strictly enforced. Do not bring them.

**VEHICLE MARKING & SIGNS.** Vehicles must have the team or individual runner NUMBER CLEARLY visible on all four sides of the vehicle. Team or runner name is recommended but optional. All must display a "CAUTION: RUNNERS ON ROAD" sign on the rear of the vehicle, as required by race permits. This sign will be provided at pre-race check-in. Bring blue painter's tape for mounting sign. Professionally made signs for these purposes may be substituted, if preferred.

#### **COMPETITION & SPORTSMANSHIP:**

**STRICTLY FOLLOW COURSE.** Run ONLY where course instructions direct at all times. Cross the highway ONLY where instructed to do so. Examples: When running on the road shoulder, racers MUST ALWAYS RUN ON THE OCEAN SIDE OF THE ROAD FACING TRAFFIC. THIS IS NOT AN OPTION. When a bike path or sidewalk is available on the side of the highway where directed to run, runners MUST run there and NOT on the road shoulder. This is NOT an option; failure to do so will be considered cutting the course. The race's intent is to keep runners off the road shoulder to the maximum extent possible. Runners failing to comply may be required to retrace their steps to the point of infraction, then run the proper route, and will be subject to time penalties.

**DECORUM.** Runners and crew must display courtesy, good taste, decorum and sportsmanship at all times, and must not litter, mar or pollute the landscape or environment. That includes defecation anywhere other than in bathrooms and portable toilets which are available throughout the Keys. Use them. Penalties for doing otherwise, including immediate DQ for flagrant violations, apply. Nudity is specifically not allowed and will be severely penalized.

**TIMING EQUIPMENT.** All runners and teams MUST cross all timing mats or pass close to timing sensors set-up along the course. Locations are included in the "Runner Meet-Up Locations" list.

Note to teams: Each team member will be required to wear their individual racing bib at all times. In addition, when the runner is passing timing equipment, the TEAM bib number with timing chip MUST be worn so that the team's interim time is scored. Plan accordingly when determining who runs each leg.

**NO BIKES.** Supporters or pacers on bikes, skates, skateboards and the like are never allowed under any circumstances.

**RUNNING UNDER OWN POWER.** Runners must progress under their own power without any type of physical assistance. Runners may not use walking sticks, ski poles or similar. Neither runner nor crew may carry an umbrella or shade cover while progressing on the course. Artificial cooling vests or systems are prohibited. Wearing ice in a bandana, buff or other article of clothing is permitted and encouraged.

**ENFORCEMENT—UPDATED FOR 2024.** Race marshals will be on the route to assist runners and teams in any reasonable way. Marshals will monitor compliance with race rules and be empowered to levy penalties depending upon the nature of the infraction. A warning may be issued by marking a “slash” on the runner’s bib. A second infraction may result in completing an “X” on the bib which will carry a one-hour time penalty. Any further infractions will result in disqualification.

NOTE: At any time during the race, major rules infractions by competitor or crew may result in immediate DQ at the discretion of the Chief Marshal and Race Director.

**TEAM REQUIREMENT: TEAM VOLUNTEER TO WORK MINIMUM 4 HOURS.**

**READ CAREFULLY. CAPTAINS: THIS IS A RACE REQUIREMENT FOR SOME TEAMS.** Virtually all ultra-distance team relay races have significant volunteer requirements. Without such help, it is extremely difficult for ultra-distance races to provide necessary runner support during the event. For *KEYS100*, each team with one or more team members residing within 50 miles of any point along the course MUST provide at least one race volunteer to be available on race weekend for a minimum of four (4) hours to work at the finish line, a timing location or packet pick-up. A team driver does NOT meet this requirement! Online Volunteer Registration is required; this allows volunteers to select the position and time slot they prefer--first come, first served--and to confirm that they are fulfilling your team requirement. FOR 2024, ALL TEAMS REQUIRED TO PROVIDE A VOLUNTEER MUST DO SO NO LATER THAN MAY 1. FAILURE TO COMPLY WILL MAKE THE TEAM INELIGIBLE FOR RACE AWARDS. While this is a race requirement, we respectfully request everyone's help in encouraging as many people as possible to volunteer. (It is inevitably a gratifying and inspiring experience for those who do.) Please do your fair share in support of the race: identify your team volunteer and have them register before May 1st.

Revised 04.09.2024

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