

DAYTONA 100

December 9-10, 2023
9th annual Jacksonville Beach to Ponce Inlet

OFFICIAL RACE GUIDE



produced by
UltraSports

Contents

- 1 Cover**
- 2 Contents**
- 3 Welcome—Race Director**
- 4-5 2023 Race Weekend Calendar**
- 6-8 Race Rules**
- 9 Ancient Wisdom:
"Dave Krupski's Top 5
Tips for Race Day Success"**
- 10-11 Race Stations Schedule**
- 12-13 Course Overview Map**
- 14-17 100-Mile Course Details**
- 18-28 100-Mile Map Guide Details**
- 29 2024 KEYS100**
- 30-31 50-Mile Course Details**
- 32-33 50-Mile Map Overview**
- 34-35 50 KM Course Details**
- 36-37 50 KM Map Overview**

You and your crew will want to use this "Race Guide" throughout the race—and especially the new "Course Details"—one list for each distance.

Even if uncrewed, consider carrying these pages with you. They include everything you need to know during the race. The "Race Guide" includes detailed course maps that match-up with "Course Details" for ease of use.

All the information you will need to navigate the course successfully: areas where runner and crew may choose to meet—and sensitive areas where there is no parking allowed, locations of sidewalks/bike paths and when you will be running on the road shoulder—always on the ocean-side facing traffic, of course.

Aid station and timing locations, bathrooms, gas stations, restaurants, points of interest and more.

This booklet is your "bible" on race day; use it well.

All photos, unless otherwise noted, were taken by Tuan Nguyen-
Logo, Medal and Belt Buckle designed by Jeff Mayer.





WELCOME TO THE 9TH ANNUAL DAYTONA 100 ULTRAMARATHON

photo provided by Bob



You have chosen to race along this terrific North Florida oceanside course from Jacksonville Beach to the Town of Ponce Inlet—alone or as a team of four—or from Flagler Beach to Ponce Inlet running 50-miles or 50-kilometers. You will run by some very exclusive real estate, through small “Old Florida” beach towns and eclectic Daytona Beach, then finish in the shadow of the historic Ponce Inlet Lighthouse at Davies Lighthouse Park.

You will receive your finisher’s medal, stunning buckle for indivial 100-mile finishers, and—maybe—a race award, and you and your crew will be invited to stay, swap stories with other finishers and enjoy a burger and beverage at the finish line pavilion.

Runners will be supported along the route by our teams of race marshals and medical staff, aid stations and water stops, and have your official time recorded and scored by the best in the business, MCM Timing.

It is a privilege to be back as the Daytona 100 Race Director.

See you in Jacksonville Beach and Flagler Beach on December 9, 2023.

Bob Becker

Race Director

2023 Weekend Calendar

Friday, December 8:

Noon: Shake-Out run beginning at Courtyard Oceanfront Hotel,
1617 1st Street North, JAX Beach.

Run the first few miles of the course with race staff to burn-off some nervous energy!

2:00pm: Optional shuttle for 100-mile runners departs Ponce Inlet for JAX Beach Courtyard.

3:00pm-8:00pm: Packet pick-up (all race distances are invited) at Courtyard Oceanfront Hotel.

3:30pm-4:30pm: Experts Panel and Q&A, Courtyard. (Optional)

5:30-6:30pm: Experts Panel and Q&A, Courtyard. (Repeated)



left to right. Bob Becker RD,
Elite Athletes: Kerri Kanuga, 2021 Women's Champion
Caryn Lubetsky & Course Record Holder (2014) Lee Whitaker

Saturday, December 9:

5:30am: 100-mile race, first wave starts at Beach Blvd. and 1st Street in front of JAX Beach Lifeguard HQ

9:45am: Optional shuttle for 50-mile and 50-km runners departs Ponce Inlet for Wadsworth Park

10:45am: Packet pick-up for 50-mile and 50-km runners, Wadsworth Park, Flagler Beach

11:30am 50-mile race, first wave starts at Wadsworth Park

Noon: 50-kilometer race, first wave starts at Wadsworth Park

3:00pm-1:30pm (Sunday): Finish line celebration. Hot food and more served, weather permitting.

Sunday, December 10:

1:30pm: Finish Line Closes

1:30pm: Awards Presentation at Hidden Treasure Rum Bar & Grill, across the street from the finish line. Awards may be picked-up at the finish line for those who cannot stay for the awards presentation.



Race Rules

All Runners and Crew Are Equally Responsible for Knowing and Complying with ALL Race Rules



PERSONAL SAFETY & IDENTITY:

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 runner to another. Plan ahead!

NIGHTTIME GEAR. After sundown, defined strictly as 5:00pm Saturday until 7:00am Sunday, ALL racers (and pacers, if any,) 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. Both reflective vest (or similar) AND blinking lights must be worn. (Reflective vests or similar reflective gear that incorporate blinking, colored lights front and rear are acceptable.)



Note: Headlamps do NOT count as required safety gear, but wearing one or carrying another type of light is strongly recommended. It can be quite dark in certain sections of the course. Be smart and be safe; be prepared with all appropriate nighttime gear.

DRIVING & SUPPORT:

MEETING THE RUNNER. Along some parts of the course, this is wide open. (Just don't block driveways or entrances or park on private property.) In other areas, local ordinances prohibit parking. Study and use the Race Guide so the runner will know to carry additional water or other supplies in such areas, and crew will know where to park to meet the runner next.

NEVER DISRUPT TRAFFIC. 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, speed must be maintained; no slowing down to converse with or otherwise support any runner.

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 crewed runner, or runners supported by the same crew, may only have one vehicle on the course. 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.

PACERS. Only one pacer at a time is allowed. Pacers may join 100-mile runners at Mickler's Beach Park (Mile 16), 50-mile runners at the Publix in Hammock Beach (Mile 10) and 50-kilometer runners at Gamble Rogers S.R.A. (Mile 5). Pacers must walk or run under their own power; no bikes, skateboards or any other wheeled conveyances are allowed.

VEHICLE MARKING & SIGNS. Vehicles must have the runner NUMBER (or NUMBERS) CLEARLY visible on all four sides of the vehicle. Runner name is recommended but optional.



COMPETITION & SPORTSMANSHIP:

IV'S and SUPPLEMENTAL OXYGEN PROHIBITED.

Anyone using illegal drugs or an intravenous device or supplemental oxygen for ANY reason will be immediately disqualified from continuing to race.

STRICTLY FOLLOW COURSE AS DESCRIBED IN THE RACE GUIDE. 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 LEFT SIDE OF THE ROAD FACING TRAFFIC. When directed to run on a bike path or sidewalk, runners MUST run there and NOT on the road shoulder. The race's intent is to keep runners off the road shoulder to the maximum extent possible.

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 or portable toilets. Be discreet.

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 "Course Details" list.

Team reminder: the active runner passing timing equipment must wear the TEAM BIB with timing chip in addition to their personal bib. Plan accordingly.

ENFORCEMENT. Race Marshals are on the course to monitor runner health and safety and to support your effort to finish the race. They are also there to enforce the rules. Time penalties may be imposed at their discretion for violations. Flagrant violations may result in disqualification at the discretion of the Race Director.

MEDICAL—NOTE TO ALL. Medical support will be on the route to assist runners in any reasonable way. Contact information for all staff will be included in the Race Guide. IN AN EMERGENCY, don't wait: CALL 911.



Mile 6

*runner passing
through Jacksonville
Beach's Oceanfront
park's annual holiday
light show display.*

Ancient Wisdom: Dave Krupski's top-5 tips for race-day success



1 **50 and 100 are just numbers:** You are all runners. You've done what you are going to do on race weekend thousands of times before. Sure, for many of you, you may be running for longer than you ever have in your life. But at the end of the day, it is still just running . . . putting one foot in front of the other in a race from point A to point B, until you reach the finish line. In other words, don't psych yourself out by the distance involved.

2 **Stay in the present moment at all times:** If you find yourself feeling crappy at Mile 12 and saying to yourself, "how in the world am I ever going to run 88 more of these miles," let me suggest that is not a helpful thought! You do not need to run 88 more miles when you are at Mile 12. You just need to run THIS mile. That is it . . . for the entire race. Keep your mind focused on RIGHT NOW, as much as possible. Focus on your pace, your breathing, the environment, the experience, etc. etc.

3 **Use music like it is Red Bull:** Listening to music is great and all, but for 31, 50, or 100 miles? It kind of loses it's intended effect after a while. Plus, music is disassociative . . . it takes you away from experiencing everything external, and keeps you in your own head. Instead of listening to music a ton during the race, treat it as a "pick me up" . . . something to use in short spurts when you feel your energy or motivation waning a bit.

4 **Practice "The Tao of The Taylors":** I am, of course, referring to Taylor Swift and Coach Eric Taylor (from the TV show Friday Night Lights): When things aren't going so well for you during the race -- which will likely happen to you often over the course of 31, 50, or 100 miles -- just "Shake it Off" . . . if you keep moving, the Immutable Truth of Ultrarunning is that things will get better.

Just stay focused and objective, and run with desire and a sense of purpose, and things will work out. In other words, "Clear Eyes, Full Hearts, Can't Lose!"

5 **Above all, have fun out there!:** You get to run on December 3rd, and do so on a beautiful point-to-point course along the ocean. And you get to run a seriously long way. To me, THAT is living.

Savor and enjoy the experience. Lean in to the struggle. And run with joy in your heart, knowing there's no place you would rather be, "out there" seeing for yourself what you are made of! Godspeed!!!

AID STATION, DROP BAG SITES and TIMING LOCATION SCHEDULE

100 mile 50 mile 50 kilometer drop bag sites (Station Open/Close Times)

Mile 2.6 & Mile 4.5

Water stop at Atlantic and Ahern Street, near One Ocean Resort. Runners pass here twice.

Mile 7 (5:30am-8:00am)

Aid station #1 & Timing station, Beach Blvd. and 1st Street

Mile 16 (7:30am-10:30am)

Aid station #2 & Timing station, Mickler's Beach

Mile 21.8 (8:30am-Noon)

Water stop for uncrewed runners, GTM Middle Beach

Mile 26 (9:00am-1:30pm) 100-mile drop bag site

Aid station #3 (no timing), GTM Preserve, ocean side across from EXXON

Mile 31.3 (9:45am-3:00pm)

Water stop for uncrewed runners, "The Reef" parking lot

Mile 35 (10:30am-4:00pm)

Aid station #4 & Timing station, at Church of the Nazarene, St. Augustine

Mile 39.6 (11:00am-5:30pm)

Water stop for uncrewed runners, striped building parking lot at turn onto A1A Beach Blvd.

Mile 43 (11:45am-7:00pm)

Aid station #5 and Timing station, at Publix, Anastasia Plaza, St. Augustine Beach

Mile 51 (1:00pm-9:30pm) 100-mile drop bag site

Aid station #5 (no timing) Southeast Intracoastal Waterway Park, Matanzas Beach area

Mile 54.8
(1:30pm-10:30pm)

Water stop for uncrewed runners, Marineland, past large parking lot and bathroom building

Mile 60 Mile 10.7
(12:30pm-Midnight)

Aid station #7 and Timing station, Publix at Hammock Dunes

Mile 64 Mile 6.3 & Mile 15 (1:30pm-1:30am Sunday)

Water stop for uncrewed runners, Varn Park, Flagler Bch.

Mile 73 Mile 23.3 Mile 4.3 (1:00pm-3:30am Sunday) 100/50 mile drop bag site

Aid station #8 and Timing station, Gamble Rogers SRA

Mile 78.7 Mile 29.7 Mile 10.7 (1:30pm-5:30am Sunday)

Water stop for uncrewed runners, Circle K

Mile 84 Mile 34.2 Mile 15.2 (2:30pm-8:00am Sunday) 50km drop bag site

Aid station #9 and Timing station, Ormond Beach

Mile 88.6 Mile 39.6 Mile 20.6 (3:00pm-9:30am Sunday)

Water stop, uncrewed runners, Crabby's Oceanside

Mile 92 Mile 42.7 Mile 23.7 (3:30pm-10:30am Sunday) 100/50 mile drop bag site

Aid station #10 and Timing station, Frank Rendon Pk.

Mile 95.7 Mile 46.7 Mile 27.7 (4:00pm-11:30am Sunday)

Water stop, uncrewed runners, Toronita Ave. lot.

Finish Line: Davies Lighthouse Park, Ponce Inlet (3:00pm Saturday -1:30pm Sunday)



100-Mile Course Overview

AID STATIONS, TIMING CHECKPOINTS AND DROP BAG SITES



Mile 2.6/4.5 
Near One Ocean Resort

Mile 7 Aid Station #1 
Beach Blvd and 1st st (5:30am - 8:00am)

Mile 16 - Aid Station #2 
Mickler's Beach (7:30am - 10:30am)

Mile 21.8 
Middle GTM Beach

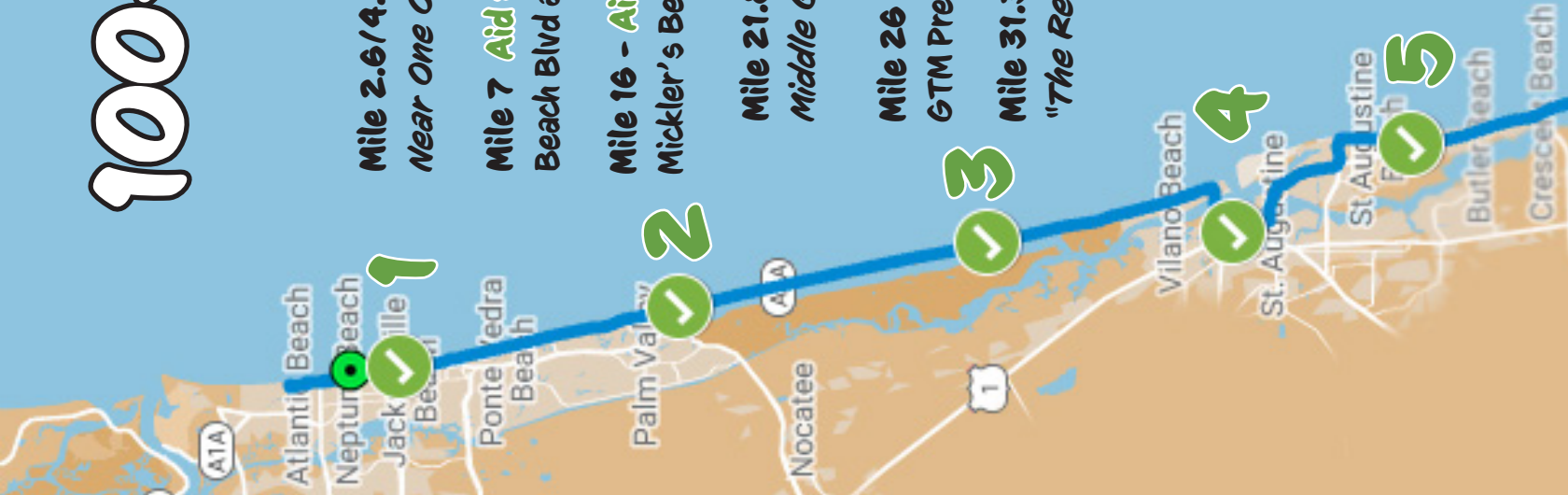
Mile 26 Aid Station #3 
GTM Preserve oceanside across from Exxon Station (9:00am - 1:30pm)

Mile 31.3 
"The Reef" Parking Lot

Mile 35 Aid Station #4 
Church of the Nazarene, St. Augustine (10:30am - 4:00pm)

Mile 39.6 
Striped building parking lot at turn onto A1A Beach Blvd

Mile 43 Aid Station #5 
Publix St. Augustine Beach (11:45am - 7:00pm)





Mile 51 Aid Station #6 
 Southeast Intracoastal Waterway Park, Matanzas Beach Area (1:00pm - 9:30pm)

Mile 54.8 
 Marineland large parking area

Mile 60 Aid Station #7 
 Publix, Hammock Dunes (12:30pm - Midnight)

Mile 64 
 Varn Park, Flagler Beach

Mile 73 Aid Station #8 
 Gamble Rogers State Rec. Area (1:00pm - 3:30am)

Mile 78.7 
 Circle K


Mile 84 Aid Station #9 
 Granada Plaza, Ormond Beach (2:30pm - 8:00am)


Mile 88.6 
 Crabby's Oceanside


Mile 92 Aid Station #10 
 Frank Rendon Park, Daytona Beach Shores (3:30pm - 11:00am)


Mile 95.7 
 Toronita Ave lot


Mile 100 - Finish
 Davies Lighthouse, Ponce Inlet

Aid Station 

Water Stop for uncrewed runners 

Timing Checkpoint 

100 Mile Drop Bag Site 



DAYTONA 100 Ultramarathon
2023 100-MILE RACE COURSE DETAILS

Match to 100-Mile Map in 2023 Race Guide

Locations where runners must make a turn or cross the road, aid and timing station locations, recommended options where runner & crew may meet and teams exchange, and various points of interest
QUIET EARLY and AT NIGHT, PLEASE

Mileage indicators are best estimates. Course distances are NOT certified.

Mile	MILES TO NEXT SUPPORT	LOCATION
<i>Heading towards Ponce Inlet, Atlantic "OCEAN" is on the left, and "Intracoastal" is on the right.</i>		
0.0	2.6	100 MILE RACES START at the circle on Beach Blvd. at First Street, in front of the Lifeguard HQ building, Jacksonville Beach. Park free across street in Joe's Crab Shack lot or 1/2 block north in municipal lot
1.1		Runners continue STRAIGHT through at 16th Ave. N, even though road is blocked for vehicles
1.3		Road blocked for vehicles at 20th Ave. N at Neptune Beach sign; runners continue STRAIGHT
2.3		Road blocked for vehicles at Orange Street; runners continue STRAIGHT
2.5		Traffic light at Atlantic Blvd; continue north one block
2.6 WATER STOP	1.9	WATER STOP at corner of Ahern Street; turn RIGHT on Ahern for one block
2.7		LEFT on Beach Avenue
3.1		LEFT on 7th Street for one block
3.2		RIGHT on Ocean Blvd.
3.5		LEFT on 13th Street for one block
3.6		LEFT on East Coast Drive
4.0		LEFT on 7th Street for one block
4.1		RIGHT on Ocean Blvd.
4.5 WATER STOP	2.5	Pass Ahern Street; WATER STOP at corner
4.6		Traffic light at Atlantic Blvd.; continue STRAIGHT
4.7		Road blocked for vehicles at Orange Street; runners continue STRAIGHT
5.8		Road blocked for vehicles at 20th Ave. N at Neptune Beach sign; runners continue STRAIGHT
6.0		Road blocked for vehicles at 16th Ave. N; runners continue STRAIGHT through
7.0 A.S. #1 and TIMING	9.1	Aid station #1 and timing at Beach Blvd. Crews and teams may meet runners here.
7.4		6th Avenue South parking and bathrooms; open for the race at 5:00am
8.2		16th Ave.S. lot at tennis courts. Last place to meet runners before Mickler's Beach at Mile16.1. After meet-up, leave promptly. ALL VEHICLES TURN RIGHT, THEN LEFT ON 3RD STREET (S.R. A1A). YOU WILL NOT SEE YOUR RUNNER FOR 8 MILES. DO NOT GO DIRECTLY TO MICKLER'S BEACH DUE TO LIMITED PARKING. HAVE BREAKFAST! PROCEED TO MICKLER'S AID STATION/TIMING STATION #2 WHEN YOU EXPECT YOUR RUNNER TO ARRIVE. From A1A, turn LEFT at Ponte Vedra Blvd. traffic light for .1 mile to Mickler's on right.
8.6		Runners turn LEFT on 25th Street S. for one block
8.7		RIGHT on Ocean Drive
9.1		At 37th Street S., slight jog RIGHT, then LEFT; continue south on Duval Drive
9.6		Duval Drive ends and merges into Ponte Vedra Blvd. Continue south on left side of roadway Sidewalk begins on right side after "The Tennis Club". Run on sidewalk
16.1 A.S. #2 and TIMING	5.7	Cross road at crosswalk to Mickler's Beach Park. Aid Station/Timing Station #2 is located there outside park fence. Meet crew or exchange runners here. Bathrooms.
16.1		Cross back across road to continue on sidewalk; do not run on shoulder. Caution: busy road
16.3		Cross LEFT at the traffic light; continue on left side road shoulder next 17.3 miles
19.5		GTM North Beach lot. Portable toilets. Meet/exchange runners



Mile	MILES TO NEXT SUPPORT	100 MILE COURSE DETAILS, Page 2 of 4
21.8		GTM Middle Beach lot. Portable toilets. Meet/exchange runners
21.8 WATER STOP	4.5	GTM Middle Beach. Water located along beach side shoulder at wooden stairs. Runners may cross there to access parking lot and toilet.
22.6		GTM South Beach lot. Portable toilets. Meet/exchange runners
26.2		Vehicles park in dirt lot on right just BEFORE EXXON station
26.3 A.S. #3 ONLY	5.0	Aid Station (only) on beach side across from EXXON station; no timing equipment. Meet/exchange runners. 100m drop bag location.
28.5		Small parking lot on beach side. Meet/exchange runners here. Toilets
31.3		Euclid Street lot across road from "The Reef" restaurant. Optional meet/exchange location
31.3 WATER STOP	4.1	Water at "The Reef" parking lot.
32.0		St. John County parking lot on right. Optional meet/exchange location
32.6		Public parking lot on right. Optional meet/exchange location
33.0		Nease Beachside Park lot. Optional meet/exchange location
33.6		RIGHT turn in Velano Beach onto Intracoastal bridge. Runners stay on right side sidewalk
35.4 A.S. #4 and TIMING	4.1	Aid Station/Timing Station #3 at Church of the Nazarene, staffed by Runners 4 Recovery. Meet/exchange runners here. Portable toilet.
35.5		At traffic circle light, runners cross to the LEFT and STAY ON LEFT SIDE sidewalk to continue south on A1A (St. Marco Avenue). REMAIN ON LEFT SIDE SIDEWALK THROUGH ST. AUGUSTINE, ACROSS BRIDGE OF LIONS AND THROUGH ST. AUGUSTINE BEACH--NEXT 7.5 MILES
36.3		Pass entrance to "Ripley's Believe It or Not", followed by Castillo de San Marcos National Monument (fort property)
36.9		LEFT to cross Bridge of Lions. STAY ON LEFT SIDE
37.2		Vehicles park where allowed on road anywhere for next half mile and cross road to meet/exchange runners.
38.6		Ampitheater entrance drive on left. After making turn, park in gravel area on left to meet runner
39.6 WATER STOP	3.4	At billboard, park in large lot at striped building on left. Meet/exchange here. RUNNERS AND VEHICLES BEAR/TURN LEFT ONTO A1A BEACH BLVD. Do NOT continue straight on A1A
40.0		Sidewalk ends. Continue on left side shoulder facing traffic
40.1		Sidewalk begins on left side at Embassy Suites, just past light at Pope Road. Many beach-type restaurants, coffee shops, etc. for next 3 miles
41.3		Parking lot on left at 10th Street. Option to meet/exchange runners. Bathrooms
41.8		Public parking and restrooms on left. Option to meet/exchange runners
43.0 A.S. #5 and TIMING	7.8	Aid Station/Timing Station #4 at Anastasia Plaza/Publix shopping center. Meet/exchange runners here. Bathrooms at Publix or other stores. RUNNERS CROSS BACK TO LEFT SIDE OF ROAD
43.1		LEFT at light onto S.R. A1A. Continue on left side sidewalk next 4.3 miles
45.4		Windswept Park on right. Park to meet/exchange runners
47.2		Traffic light at Route 206. Sidewalk begins on right side, but runners STAY ON LEFT SHOULDER for 1/10 mile
47.3		Crescent Beach Park on left. Meet/exchange runners, THEN RUNNERS CROSS TO RIGHT SIDE AND REMAIN ON SIDEWALK THERE
49.8		Small beach access parking lot on side street on left side just after "SPYGLASS" sign. Meet/exchange runners
50.8 A.S. #6 ONLY	4.0	Southeast Intracoastal Waterway Park. Vehicles park inside park only--not on road shoulder. Meet/exchange runners. Portable toilet. 100m drop bag location.

MILE	MILES TO NEXT SUPPORT	100 MILE COURSE DETAILS, Page 3 of 4
52.0		Runners CROSS TO LEFT SIDE. Remain on left shoulder next 2.5 miles, including crossing two (2) bridges
53.0		Vehicle pull-off on left. Meet/exchange runners
54.5		Enter Marineland. BEGIN SIDEWALK ON LEFT SIDE; remain this side next 9.5 miles. Vehicles watch speed in this area
54.8 WATER STOP	5.2	Marineland large beach parking lot. Toilets in building at far end of lot during daylight hours. Water located past the building and lot immediately next to sidewalk (behind wall)
54.8		
58.5		Bings Landing Park on right
59.5		Circle K on right. Open 24 hours
60.0 A.S. #7 and TIMING	4.0	Aid Station/Timing Station #5 at Publix Hammock Beach on left. Meet/exchange runners here. Bathrooms in Publix
60.0		Bronx House Pizza on Intracoastal side of road
60.4		JT's Seafood on Intracoastal side
61.6		Bridge overpass; park on left shoulder near or under overpass
64.0 WATER STOP	8.4	Varn Park on left. Meet/exchange runners. Bathrooms open all night. Sidewalk begins on right side. RUNNERS CROSS ROAD and continue on Intracoastal (right) side through Flagler Beach into Ormond Beach
		Caution: Obey "No Parking" signs
66.0		Camptown RV Park
66.3		Begin right shoulder parking where allowed
67.0		Enter City of Flagler Beach. Park on right shoulder where safe and allowed next 2 miles to meet/exchange runners. Restaurants and stores next 3 miles
69.3		Traffic light at Route 100. Continue straight on Intracoastal side sidewalk
69.5		7-Eleven store
72.4 A.S. #8 and TIMING	6.3	Gamble Rogers S.R.A. Aid station #6. Timing equipment along sidewalk, Intracoastal side. Aid Station and bathrooms and crew parking across road on left. CAUTION crossing road. 100m drop bag location.
73.4		Enter Volusia County
74.6		Parking/overlook area on left. Caution crossing road to meet/exchange runners.
Next few miles		Park on right shoulder where safe and legal. Watch for soft sand. Meet/exchange runners.
78.7 WATER STOP	4.5	Circle K on right. Open 24 hours. Please buy something
79.9		Beach parking lot on right. Option to meet/exchange runners.
80.1		Chevron
80.3		Meet-up options: Carol Road--beach parking lot on right. Tom Renick park on left. Bathrooms.
81.0		Commercial area--Publix, Dunkin', 7-Eleven, gas station, etc.
83.2 A.S. #9 and TIMING	5.4	Aid Station/Timing Station #7 on right in Ormond Beach shopping center parking lot just before traffic light at at Route 40. Public toilets across road, ocean side, beneath park before sunset. Continue south on sidewalk, either side of A1A. Caution: some construction on beach side.
84.6		Large parking lot on right. Option to meet/exchange runners.
Next 8 miles		Continue through Ormond Beach and Daytona Beach. Many commercial properties throughout. Most should accommodate meeting runners. Request bathrooms anywhere; ideally, buy something. Be discreet and courteous

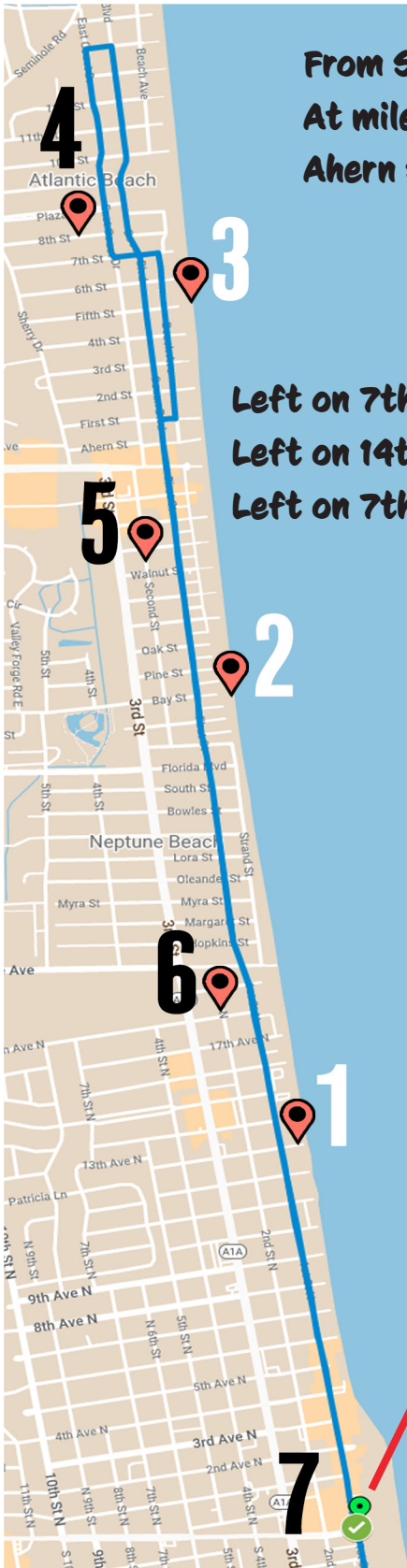
MILE	MILES TO NEXT SUPPORT	100 MILE COURSE DETAILS, Page 4 of 4
88.6 WATER STOP	3.1	Crabby's Oceanside, 451 S. Atlantic Ave., just before Sun Splash Park. NOT A MEET-UP LOCATION.
88.7		Sun Splash Park. Park here. Recommended meet/exchange location.
91.7 A.S. #10 and TIMING	4.0	If not already running on ocean side, runners cross to ocean side and remain there next 3.3 miles. Aid station/Timing Station at Frank Rendon Park in D.B. Shores. Bathrooms open at night. 100m drop bag location.
92.9		Van Avenue Park. Option to meet/exchange runners. Bathrooms until sundown
93.2		Edward Peck Park. Option to meet/exchange runners. Bathrooms
93.9		Traffic light at Dunlawton Blvd. Last bridge to mainland across Intracoastal Waterway
95.0		Enter Wilbur-by-the-Sea. Runners cross road and begin running on sidewalk on right side next 4.4 miles
95.4		Street parking on right. Option to meet/exchange runners.
95.7 WATER STOP	4.2	Toronita Avenue parking lot. Meet/exchange runners. Bathrooms open during daylight hours. Water loacted at far end of lot just off sidewalk
96.1		Street parking on right. Option to meet/exchange runners.
96.6		Ponce Preserve parking on left. Small lot. Option to meet/exchange runners.
97.2		North Turn restaurant on left
97.6		7-Eleven on right
99.4		RIGHT turn on Lighthouse Drive before beach park entrance
99.6		RIGHT turn on South Peninsula Drive. Run on right side sidewalk. Cross parking lot onto far sidewalk.
99.8		Turn RIGHT into Davies Park immediately after bathroom building to finish line just ahead.
99.9	Done!	FINISH LINE, at foot of historic Ponce Inlet Lighthouse

Welcome to the celebration for runners, registered crew and volunteers in Davies Park. Take a seat in the pavilion or an outside table and enjoy some R&R, with food and beverages, and don't forget to share your race story with old and new friends!

Every Runner and Support Crew Member Is Equally Responsible for Knowing and Complying with ALL Rules and Requirements

100 Mile Map Guide

NO CREWING ALLOWED FROM MILES 1-7 (JAX BEACH)



**From START, run north.
At mile 2.5, turn right on
Ahern St, Left on Beach Ave**

**Left on 7th St, Right on Ocean Blvd
Left on 14th St, South on East Coast
Left on 7th St, Right on Ocean**



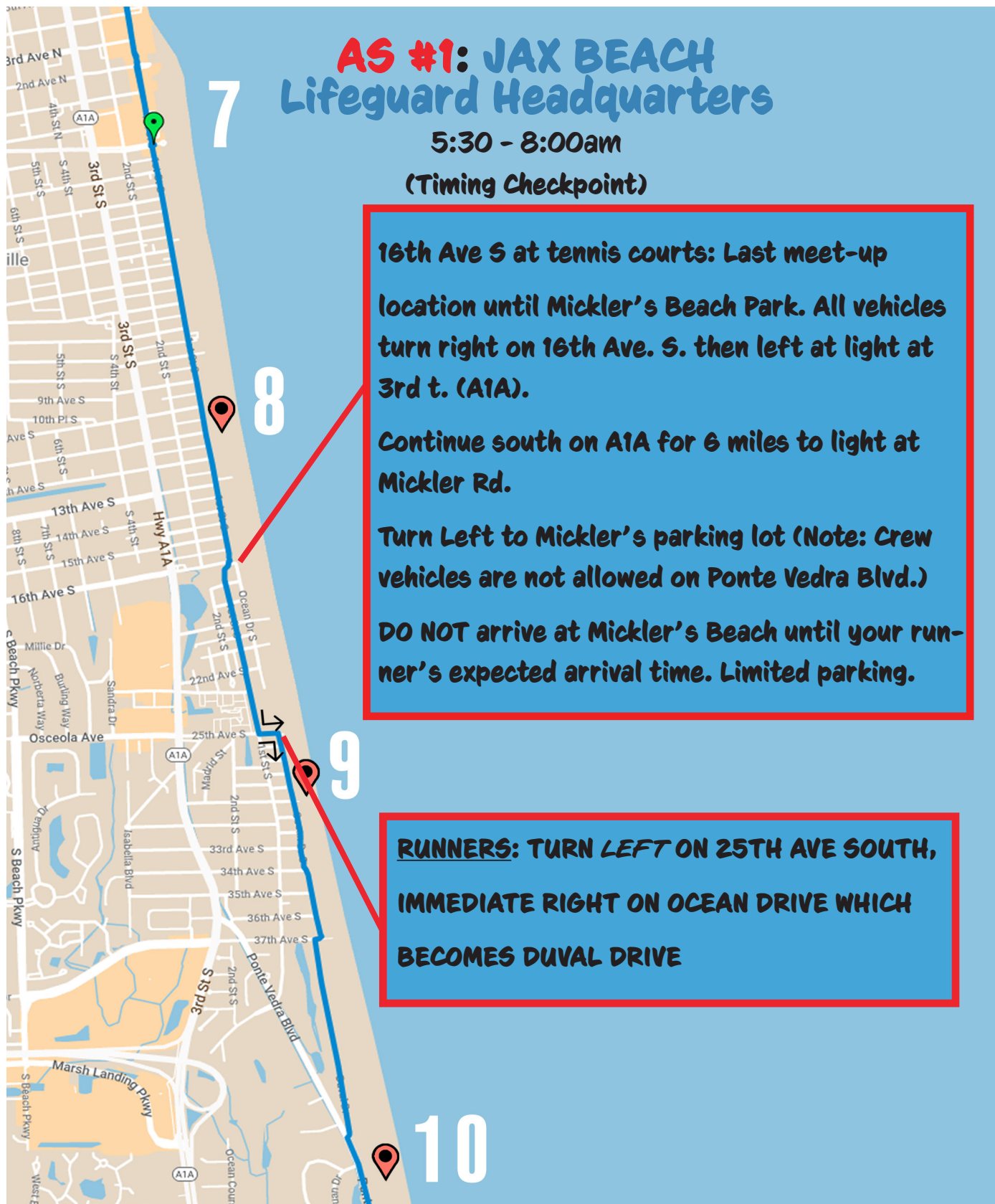
START: JAX BEACH
Lifeguard Headquarters

(From Start, run North)

**Park across 1st street in Joe's Crab Shack
lot or 1/2 block north in municipal lot.**

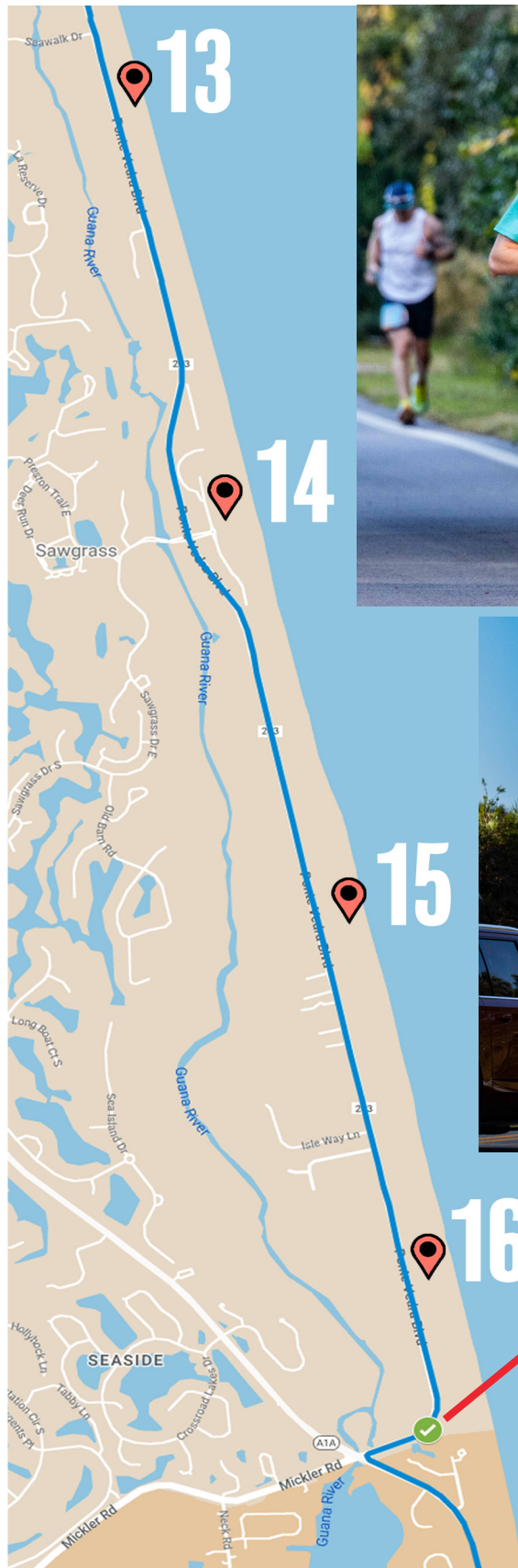
7-10: JAX BEACH

CREWING ALLOWED FROM MILES 7-8.2



11-16: To Mickler's

NO CREWING ALLOWED FROM MILES 8.2 TO MICKLER'S LANDING.



AS #2: **MICKLER'S LANDING**

7:30 - 10:30am

(Timing Checkpoint)

**CREWS MAY MEET THEIR RUNNERS IN
THIS BEACH PARKING LOT**

17-29: GTM Preserve

RUNNERS: IT IS VERY IMPORTANT TO STAY ON THE LEFT SIDE OF THE ROAD ON THE SHOULDER FOR THE NEXT 17.3 MILES AND PAY ATTENTION AT ALL TIMES.

CREWS CAN MEET THEIR RUNNERS AT ANY OF THE THREE PARKING LOTS.

(NORTH BEACH, MIDDLE BEACH, OR SOUTH BEACH)

ALONG THIS STRETCH, CROSS THE STREET TO MEET YOUR RUNNERS. MAKE SURE THEY STAY ON THE ROAD SHOULDER (oceanside)

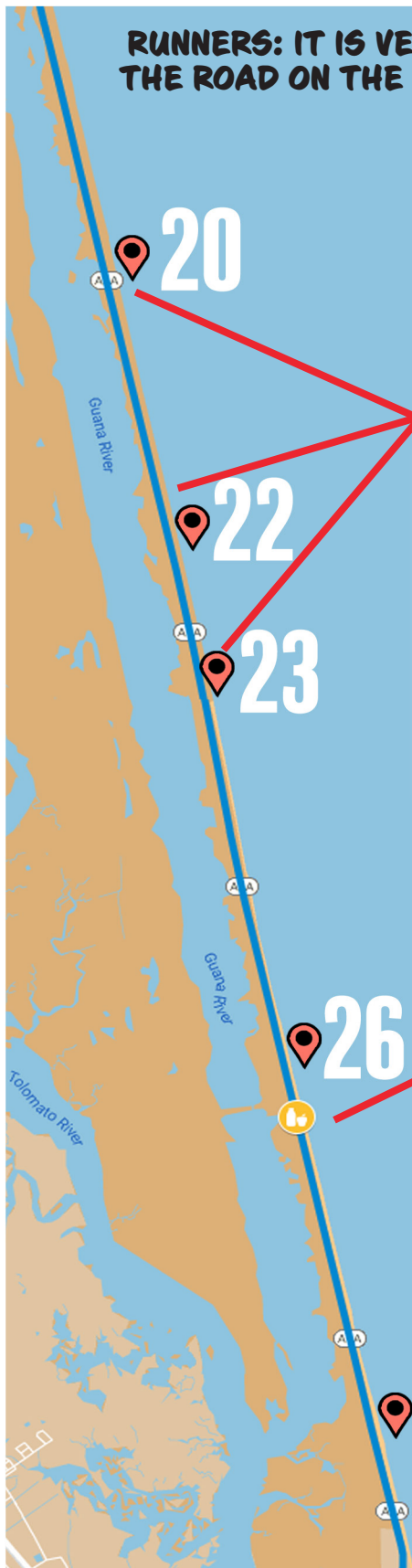


AS #3: **GTM PRESERVE**

9:30 - 1:30pm

**(ACROSS ROAD FROM EXXON GAS STATION;
PARK IN DIRT LOT)**

**RUNNERS MAY BE CREWED ANYWHERE ALLOWED
FROM GTM EXXON TO VILANO BEACH.**



29-36: St. Augustine

AS #4:

CHURCH OF THE NAZARENE

10:30am - 4:00pm
(Timing Checkpoint)

RUNNERS LEAVING THE CHURCH, TURN LEFT AT THE TRAFFIC CIRCLE TO STAY ON A1A SOUTH

CREW VEHICLES: TO ACCESS LOT TO MEET RUNNERS, DRIVE PAST THE CHURCH. ENTER TRAFFIC CIRCLE AND TAKE FIRST RIGHT ON SAN MARCO NORTH, THEN NEXT RIGHT ON NELMAR.

TAKE FIRST RIGHT ON DOUGLAS. DIRT LOT IS ON THE LEFT.

Water Stop (Mile 31.3)
"The Reef" lot

32

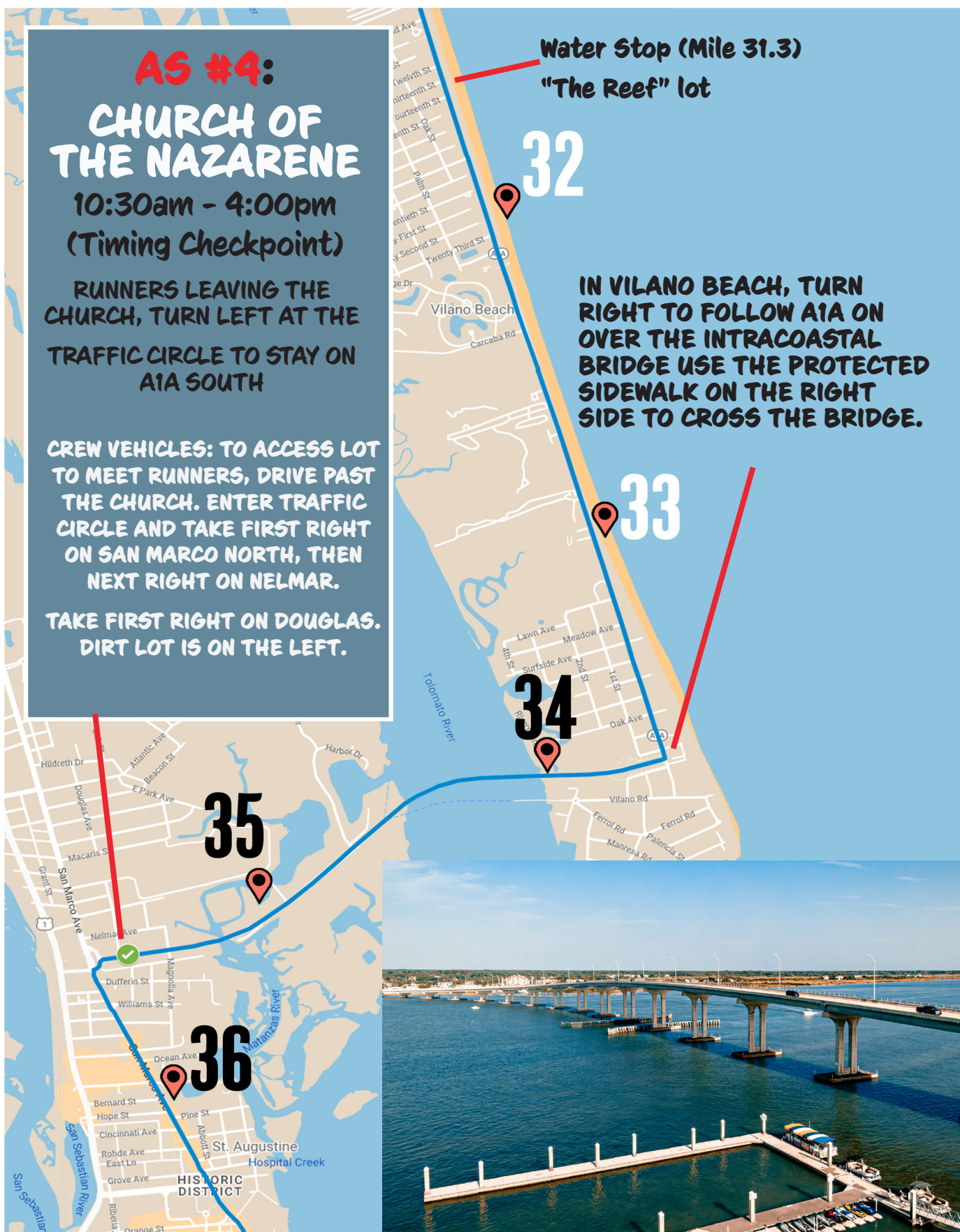
IN VILANO BEACH, TURN RIGHT TO FOLLOW A1A ON OVER THE INTRACOASTAL BRIDGE USE THE PROTECTED SIDEWALK ON THE RIGHT SIDE TO CROSS THE BRIDGE.

33

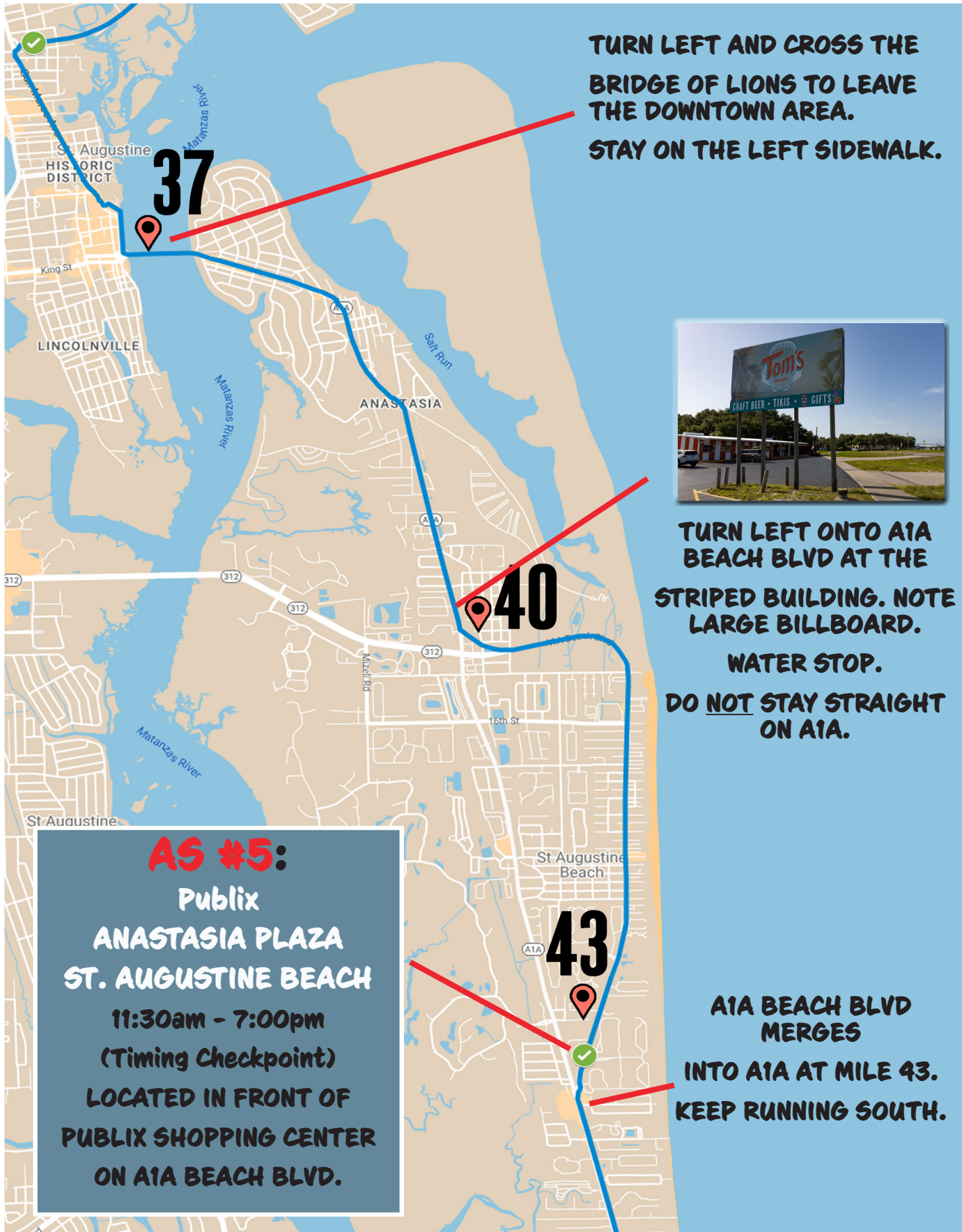
34

35

36

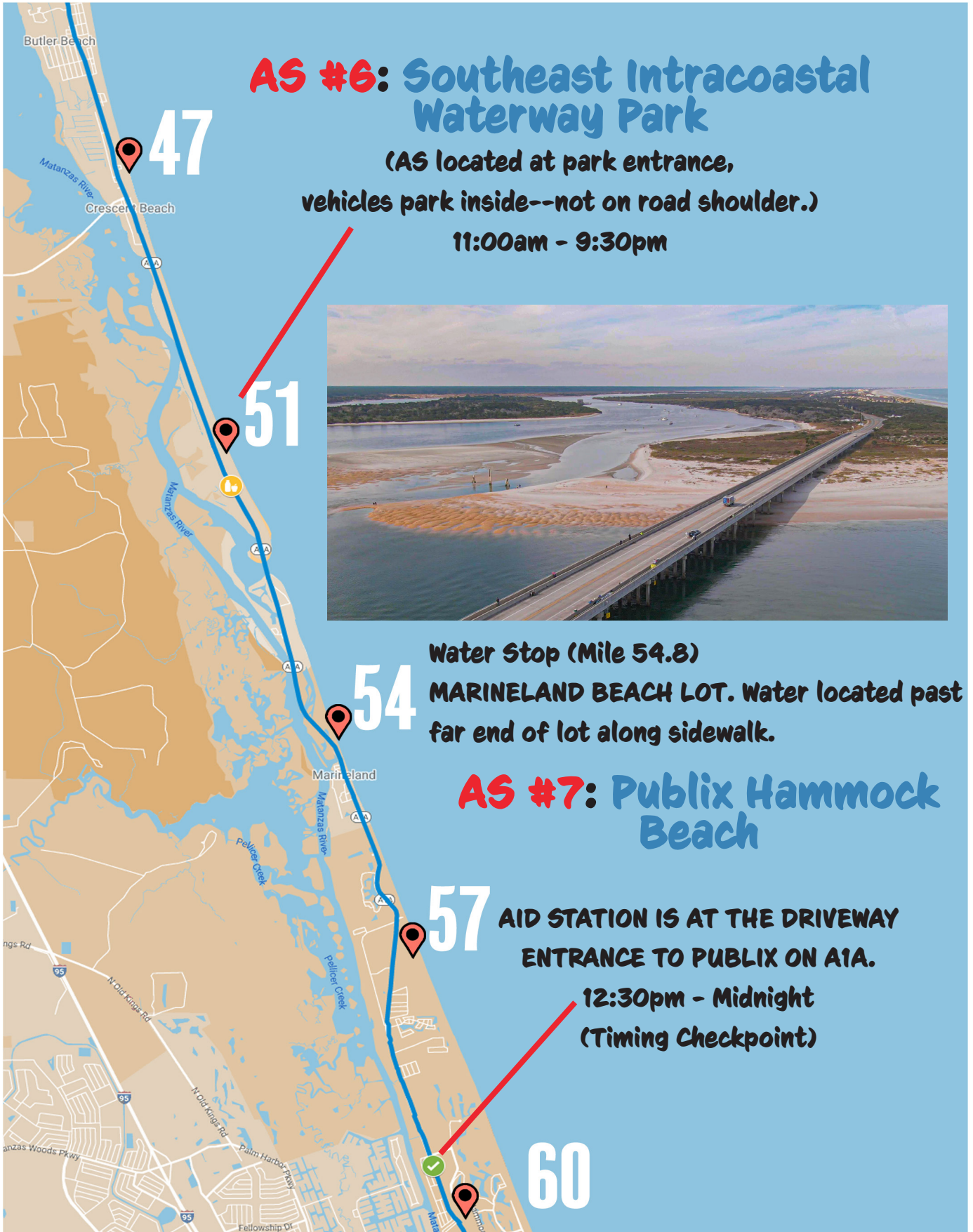


37-43: St. Augustine Beach

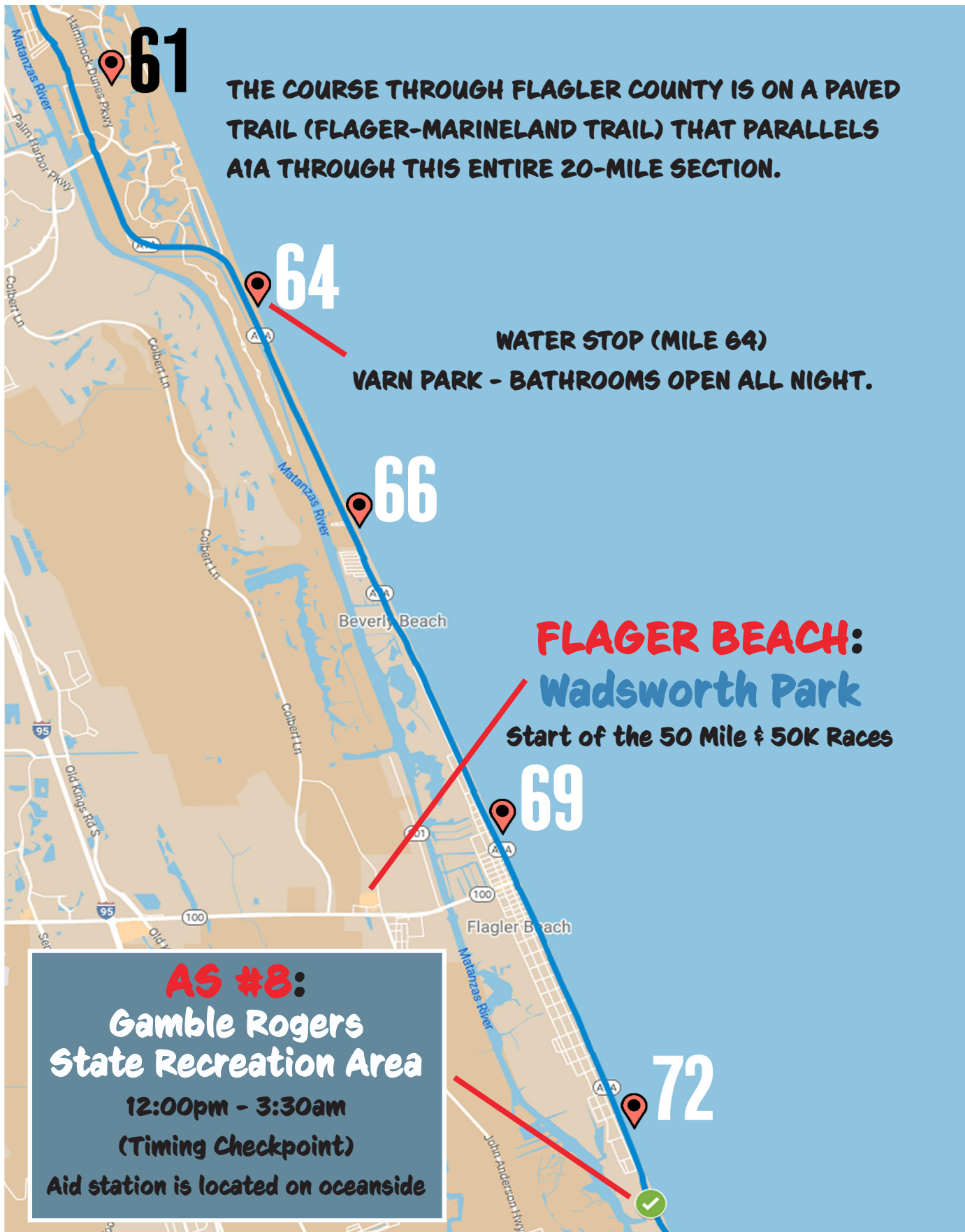


47-60: Matanzas Area

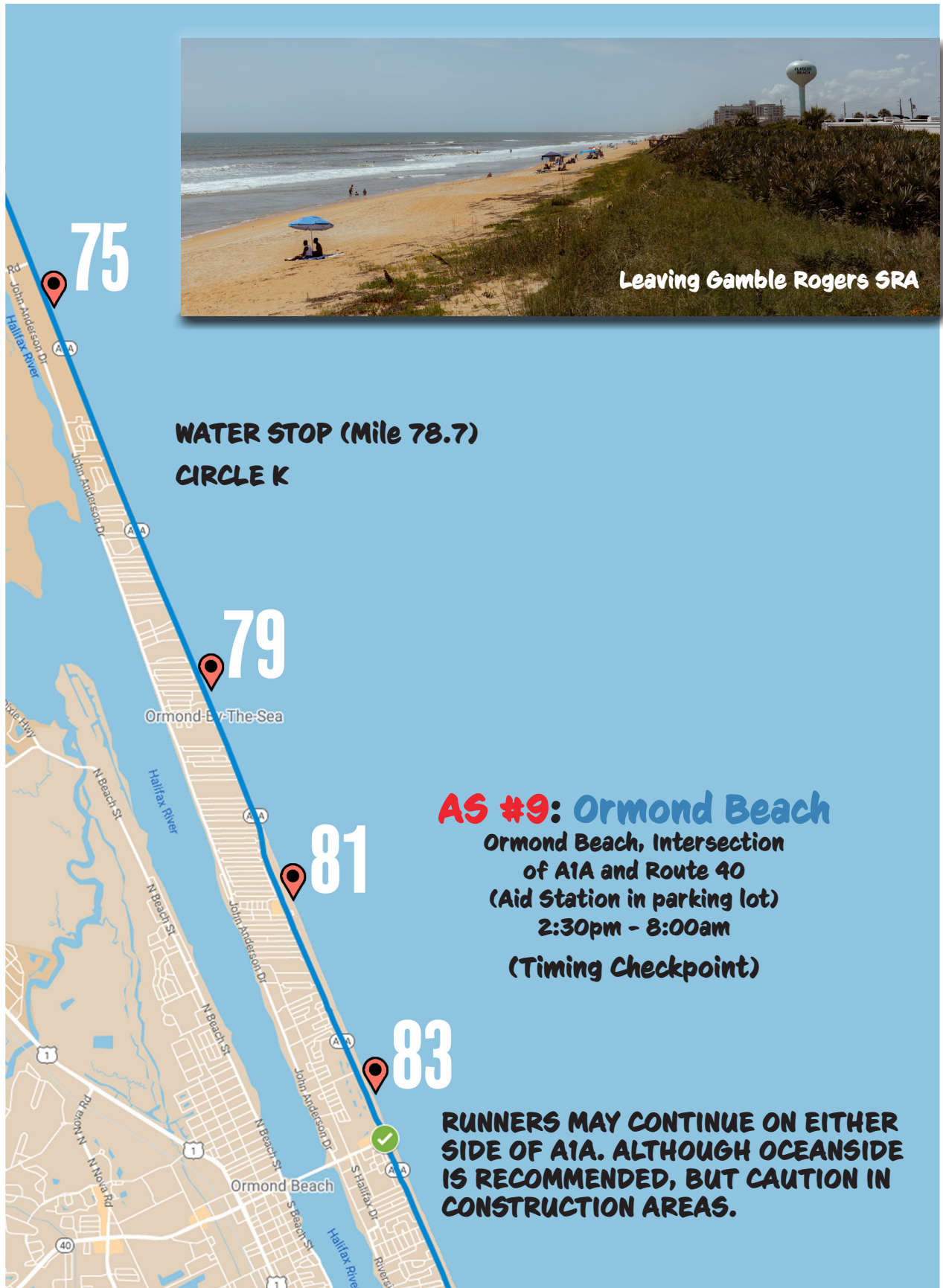
YOU WILL REMAIN ALONG A1A (THE BEACH ROAD) ALL THE WAY TO PONCE INLET AND THE TURN TO THE FINISH LINE.



61-73: Flagler County



74-83: Gamble Rogers to Ormond Beach



84-97: Daytona Beach



98-100: Ponce Inlet



MAY 18-19, 2024

ULTRAMARATHONS

KEYS 100

RACE ACROSS THE ISLANDS
OF THE FLORIDA KEYS

100 MILE - 50 MILE - 50K
100 & 50 MILE Team Relays



keys100.com



DAYTONA 100 Ultramarathon
2023 50-MILE RACE COURSE DETAILS

Note: Course is approximately 50.9 miles long

Match to 50-Mile Map in 2023 Race Guide

Locations where runners must make a turn or cross the road, aid and timing station locations, recommended options where runner & crew may meet, and various points of interest

QUIET AT NIGHT, PLEASE

Mileage indicators are best estimates. Course distances are NOT certified.

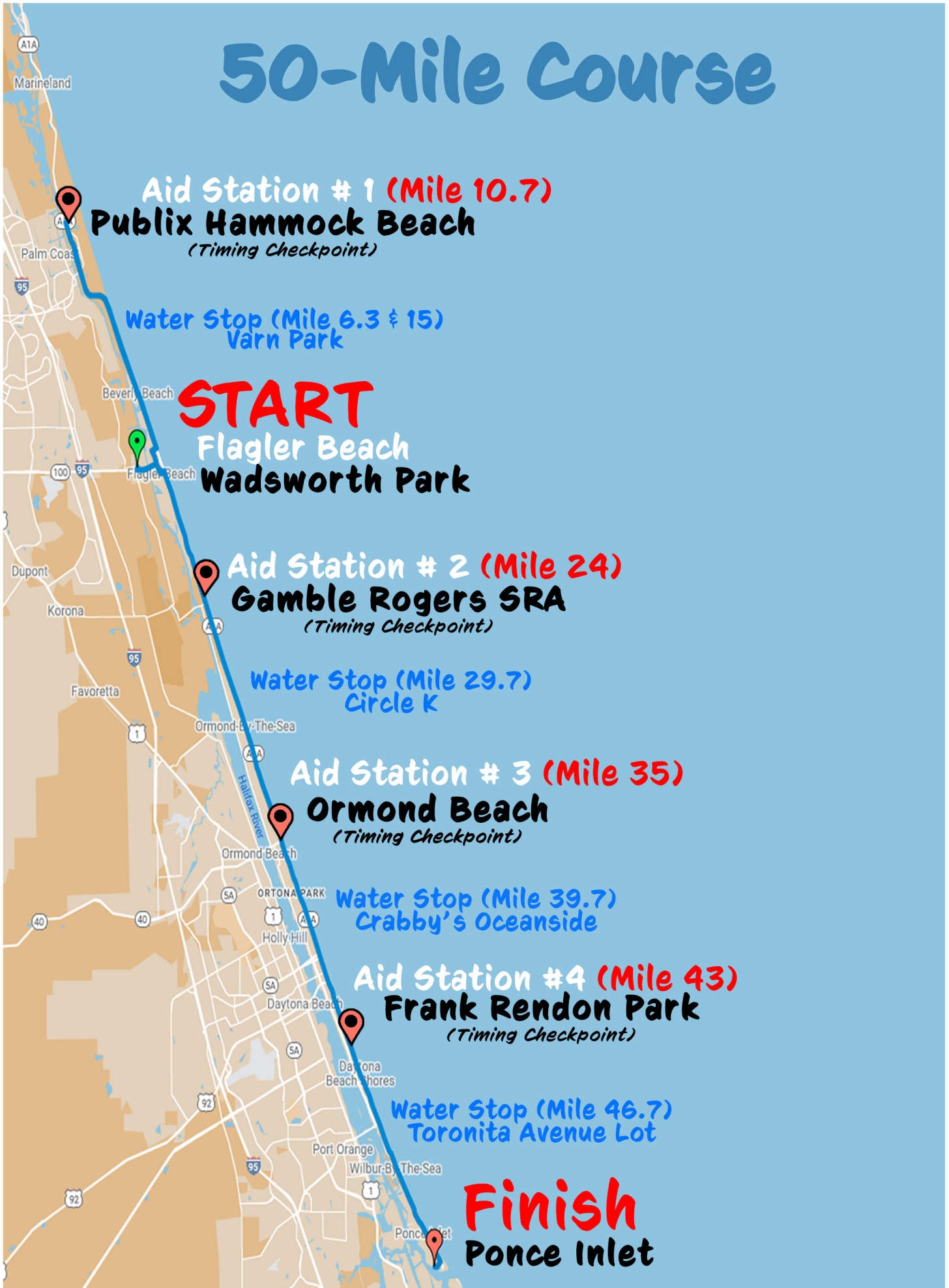
Mile	MILES TO NEXT SUPPORT	Heading towards Ponce Inlet, Atlantic "OCEAN" is on the left, and "Intracoastal" is on the right.
		LOCATION/DESCRIPTION
0.0	6.3	50 MILE RACE STARTS at Wadsworth Park on Route 100 in Flagler Beach. Plenty of parking; bathrooms on site. For 50-milers not already checked-in, packet pick-up is at the park pavilion
		Leave the park and turn left on sidewalk BEFORE roadway
1.0		At far side of Intracoastal bridge, LEFT on Flagler Avenue at traffic light to end of road
1.4		RIGHT on N. 10th Street
1.5		Church overflow lot entrance on right before N. Daytona Ave. Optional meet-up location
1.7		LEFT on A1A sidewalk
1.7-2.4		Park on right where allowed to meet runner. Caution crossing road
3.0		Begin parking on left where allowed to meet runner
3.3		Enter Beverly Beach. Park on left where allowed to meet runner
4.2		Camptown RV Park on right. Park on shoulder to meet runner
5.2		"The Hammock" sign. Park on left where allowed
6.3 WATER STOP	4.4	VARN Park, ocean side. Bathrooms. Parking. Runners cross road to begin running on OCEAN side sidewalk
9.0		Park on right shoulder near or under bridge overpass to meet runner
10.5		CITGO on left
10.7 A.S. and TIMING	4.3	Aid station on right at driveway entrance to Publix, Hammock Beach. Bathrooms in store. 50-mile runners reverse course here; begin heading south
10.7		Bronx House Pizza on Intracoastal side of road
11.1		JT's seafood on Intracoastal side
12.3		Park on left shoulder near or under bridge overpass to meet runner
13.6		Road divides. For next 1.5 miles, carefully park on right only where legal. Beware soft sand
15.0 WATER STOP	8.3	VARN Park, ocean side. Bathrooms. Parking. Runners cross road to begin running on Intracoastal (right) side sidewalk
		Caution: Obey "No Parking" signs
17.0		Camptown RV Park on right
17.3		Begin right shoulder parking where allowed
18.1		Enter Flagler Beach. Restaurants and convenience stores next 3 miles
20.2		Traffic light at Route 100. Continue on Intracoastal side sidewalk
20.4		7-Eleven store
23.3 A.S. and TIMING	6.4	Gamble Rogers S.R.A. Timing equipment along sidewalk, Intracoastal side. Aid Station and bathrooms and crew parking across road on left. CAUTION crossing road. 50m drop bag location.
24.4		Enter Volusia County
25.6		Parking/ocean overlook area on left. Caution crossing road to meet runners
Next few miles		Park on right shoulder where safe and legal to meet runners. Watch for soft sand
29.7 WATER STOP	4.5	Circle K on right. Open 24 hours. Please buy something
30.9		Beach parking lot on right
31.1		Chevron
31.3		Meet-up options: Carol Road--beach parking lot on right. Tom Renick park on left. Bathrooms.
32.0		Commercial area--Publix, Dunkin', 7-Eleven, gas station, etc.

Mile	MILES TO NEXT SUPPORT	50 MILE COURSE DETAILS, Page 2 of 2
34.2 A.S. and TIMING	5.4	Aid Station/Timing Station on right in Ormond Beach shopping center parking lot just before traffic light at at Route 40. Public toilets across road, ocean side, beneath park, during daylight hours. Continue south on sidewalk, either side of A1A. Caution: construction on beach side.
35.6		Large parking lot on right
Next 8 miles		Continue through Ormond Beach and Daytona Beach. Many commercial properties throughout. Most should accommodate meeting runners. Request bathrooms anywhere; ideally, buy something. Be discreet and courteous
39.6 WATER STOP	3.1	Crabby's Oceanside, 451 S. Atlantic Ave., just before Sun Splash Park. Water stop for uncrewed runners only. NOT A MEET-UP LOCATION
39.7		Sun Splash Park. <i>Recommended meet-up location.</i> Bathrooms open during daylight hours
42.7 A.S. and TIMING	4.0	If not already running on ocean side, runners cross to ocean side and remain there next 3.3 miles. Aid station/Timing Station at Frank Rendon Park in D.B. Shores. Bathrooms open at night. 50m drop bag location.
43.9		Van Avenue Park. Bathrooms during daylight hours
44.2		Edward Peck Park. Bathrooms during daylight hours
44.9		Traffic light at Dunlawton Blvd.. Last bridge to mainland across Intracoastal Waterway
46.0		Enter Wilbur-by-the-Sea. Runners cross road and begin running on sidewalk on right side next 4.4 miles
46.4		Street parking on right
46.7 WATER STOP	4.2	Toronita Avenue parking lot. Meet runners. Bathrooms open during daylight hours. Water located at far end of lot just off sidewalk.
47.1		Street parking on right
47.6		Ponce Preserve parking on left. Small lot
48.2		North Turn restaurant on left
48.6		7-Eleven on right
50.4		Right turn on Lighthouse Drive before beach park entrance.
50.6		Right turn on South Peninsula Drive. Run on right side sidewalk. Cross parking lot onto far sidewalk
50.8		Turn right into Davies Park immediately after bathroom building to finish line just ahead
50.9	Done!	FINISH LINE, at foot of historic Ponce Inlet Lighthouse

Welcome to the celebration for runners, registered crew and volunteers in Davies Park. Take a seat in the pavilion or an outside table and enjoy some R&R, with food and beverages, and don't forget to share your race story with old and new friends!

Every Runner and Support Crew Member Is Equally Responsible for Knowing and Complying with all Rules and Requirements

50-Mile Course



Start at Wadsworth Park

Turn left on Moody Blvd

(route 100) sidewalk.

Cross Intracoastal Bridge.

Left on N Flagler Ave to end.

Right on N 10th St

Turn left on A1A; continue
north.

START
Wadsworth Park

**Santa Maria Del Mar
Catholic Church Parking lot**

Turnaround at AS #1

Publix Hammock Beach (Mile 10.7)

Return south; remain on A1A

through Flagler Beach



DAYTONA 100 Ultramarathon
2023 50-KILOMETER RACE COURSE DETAILS

Note: Course is approximately 31.9 miles long
Match to 50-Mile Map in 2023 race Guide

Locations where runners must make a turn or cross the road, aid and timing station locations, recommended options where runner & crew may meet, and various points of interest

QUIET AT NIGHT, PLEASE

Mileage indicators are best estimates. Course distances are NOT certified.

Mile	MILES TO NEXT RACE SUPPORT	Heading towards Ponce Inlet, Atlantic "OCEAN" is on the left, and "Intracoastal" is on the right.
		LOCATION/DESCRIPTION
0.0	4.3	50 KILOMETER RACE STARTS at Wadsworth Park on Route 100 in Flagler Beach. Plenty of parking and bathrooms on site. For 50-km runners not already checked-in, packet pick-up is at the park pavilion
		Leave the park and turn left on sidewalk BEFORE roadway
1.0		At far side of Intracoastal bridge, RIGHT turn on Flagler Avenue at traffic light. CAREFULLY cross Route 100 with the light
1.3		Flagler ends at S. 7th Street. Wickline Park is straight ahead. Uncrewed runners turn LEFT on S. 7th and proceed three blocks, then RIGHT on the A1A sidewalk heading south. Crewed runners have the option to meet their crew in the Wickline Park tennis courts lot. (Continue straight from Flagler on the park sidewalk for 1/10 mile into lot. Then, turn LEFT on S. 9th Street for three blocks, then RIGHT on A1A)
1.4		Bathrooms in small beige building to left of tennis courts.
4.3 A.S. and TIMING	6.4	Gamble Rogers S.R.A. Timing equipment along sidewalk, Intracoastal side. Aid Station and bathrooms and crew parking across road on left. CAUTION crossing road
5.4		Enter Volusia County
6.6		Parking/ocean overlook area on left. Caution crossing road to meet runners
Next few miles		Park on right shoulder where safe and allowed to meet runners. Watch for soft sand
10.7 WATER STOP	4.5	Circle K on right. Open 24 hours. Please buy something
11.9		Beach parking lot on right
12.1		Chevron
12.3		Meet-up options: Carol Road--beach parking lot on right. Tom Renick park on left. Bathrooms.
13.0		Commercial area--Publix, Dunkin', 7-Eleven, gas station, etc.
15.2 A.S. and TIMING	5.4	Aid Station/Timing Station on right in Ormond Beach shopping center parking lot just before traffic light at at Route 40. Public toilets across A1A on ocean side beneath park. Continue south on sidewalk, either side of A1A. Caution: some construction on ocean side. 50km drop bag location.
17.5		Large parking lot on right
Next 8 miles		Continue through Ormond Beach and Daytona Beach. Many commercial properties throughout. Most should accommodate meeting runners. Request bathrooms anywhere; ideally, buy something. Be discreet and courteous
20.6 WATER STOP	3.1	Crabby's Oceanside, 451. S. Atlantic Ave., just before Sun Splash Park. NOT A MEET-UP LOCATION
20.7		Sun Splash Park. Recommended meet-up location. Bathrooms open during daylight hours
23.7 A.S. and TIMING	4.0	If not already running on ocean side, runners cross to ocean side and remain there next 3.3 miles. Aid station/Timing Station at Frank Rendon Park in Daytona Beach Shores. Bathrooms open at night
24.9		Van Avenue Park. Bathrooms during daylight hours
25.2		Edward Peck Park. Bathrooms during daylight hours
25.9		Traffic light at Dunlawton Avenue. Last bridge to mainland across Intracoastal Waterway
27.0		Enter Wilbur-by-the-Sea. Runners cross road and begin running on sidewalk on right side next 4.4 miles
27.4		Street parking on right

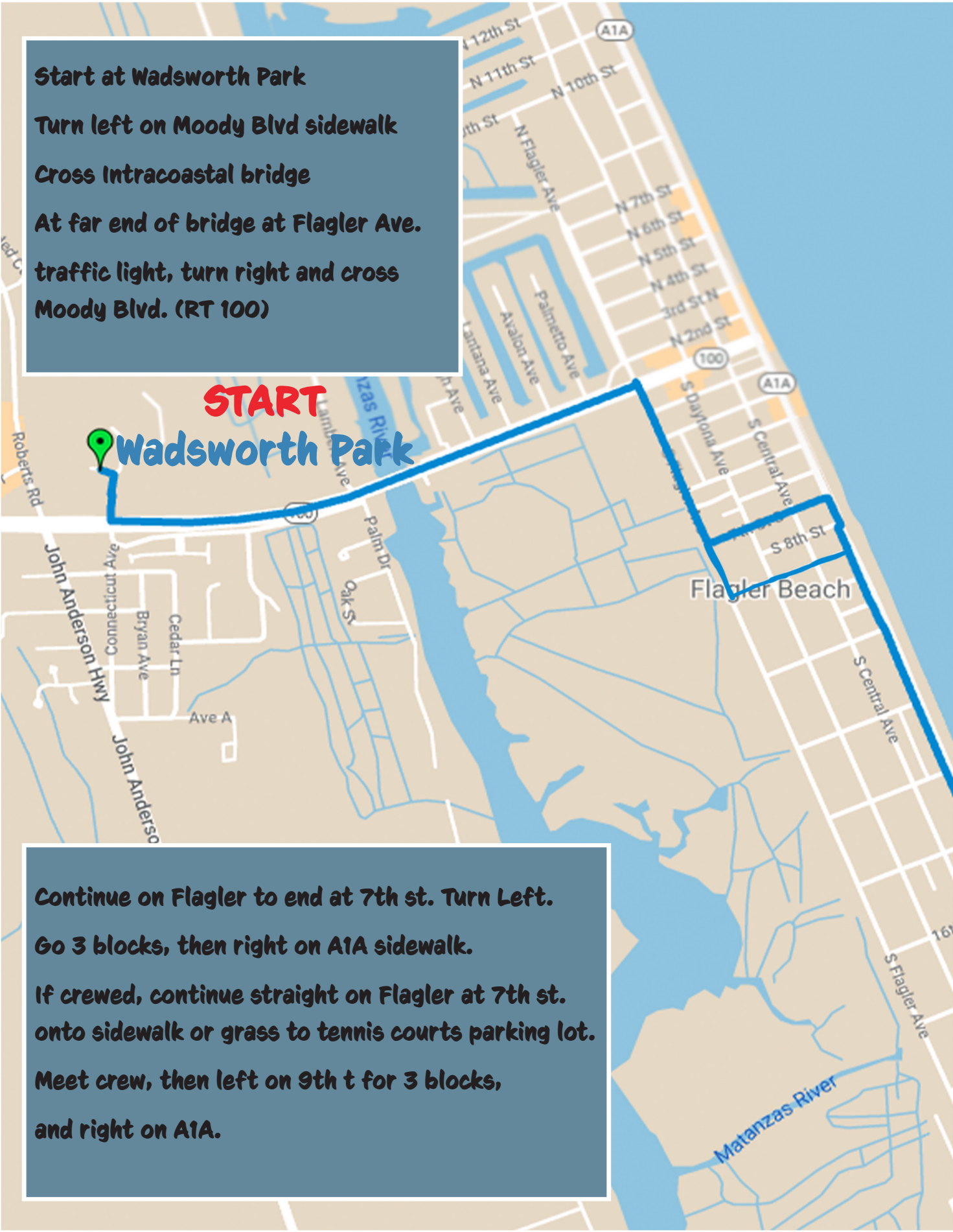
Mile	MILES TO NEXT RACE SUPPORT	50 KILOMETER COURSE DETAILS, Page 2 of 2
27.7 WATER STOP	4.2	Toronita Avenue parking lot. Meet runners. Bathrooms open during daylight hours. Water located at far end of lot just off sidewalk.
28.1		Street parking on right
28.6		Ponce Preserve beach parking on left. Small lot
29.2		North Turn restaurant on left
29.6		7-Eleven on right
31.4		Right turn on Lighthouse Drive just before beach park entrance
31.6		Right turn on South Peninsula Drive. Run on right side sidewalk. Cross parking lot onto far sidewalk
31.8		Turn right into Davies Park immediately after bathroom building to finish line just ahead
31.9	Done!	FINISH LINE, at foot of historic Ponce Inlet Lighthouse

Welcome to the celebration for runners, registered crew and volunteers in Davies Park. Take a seat in the pavilion or an outside table and enjoy some R&R, with food and beverages, and don't forget to share your race story with old and new friends!

Every Runner and Support Crew Member Is Equally Responsible for Knowing and Complying with all Rules and Requirements

50KM Course





Start at Wadsworth Park
Turn left on Moody Blvd sidewalk
Cross Intracoastal bridge
At far end of bridge at Flagler Ave.
traffic light, turn right and cross
Moody Blvd. (RT 100)

START
Wadsworth Park

Continue on Flagler to end at 7th st. Turn Left.
Go 3 blocks, then right on A1A sidewalk.
If crewed, continue straight on Flagler at 7th st.
onto sidewalk or grass to tennis courts parking lot.
Meet crew, then left on 9th t for 3 blocks,
and right on A1A.

produced by
UltraSports™



BECAUSE WE DO RECOVER



Scan to Donate