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Original"*

ULTRAMARATHON RACES

KEYS 100®

2025 RACE GUIDE



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Mount Sinai
MEDICAL CENTER
Key West

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2025 KEYS100 ULTRAMARATHON

WELCOME TO THE FLORIDA KEYS!

The “Conch Republic”—self-described and tongue-in-cheek—welcomes us for the 17th time to its beautiful chain of islands, ending in Key West. You will run across as many as 40 of them on May 17-18, 2025 along historic Overseas Highway to Key West. When you reach the finish line at Higgs Beach, you will have experienced and completed a deceptively difficult athletic challenge.

You will be supported along the way by experienced teams of race marshals and medical staff, and monitors at the timing stations. All are there to assist in any reasonable way to get you to the finish line—and to keep you and the Monroe County community safe and smiling! Your time will be scored by the best in the business—Mike Melton and MCM Timing.

You and your support crew or teammates should keep this “Race Guide” open throughout. Use the “Course Details & Meet-Up Locations” list to plan your stops and to know which important landmarks and facilities lie ahead. Know the race rules and take them seriously, too.

Thank you for participating in the 2025 *KEYS100*. We hope you enjoy this very special race in this spectacular and unique American treasure.

See you at the finish line celebration on Higgs Beach!

Bob Becker, Race Director

Ultra Sports, LLC

Weekend Calendar for 2025

2025 Online “Orientation”

There will be no “live”; pre-race meeting on race weekend in Key Largo. Instead, an online Orientation video is offered. This best-practices presentation is vitally important for all runners and crew members to understand. Please take the time to watch it. ALL RUNNERS, CREW AND TEAM DRIVERS WILL BE EXPECTED TO KNOW AND COMPLY WITH ALL RACE RULES AND INSTRUCTIONS.

Friday, May 16, 2025:

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 on Facebook.

Saturday, May 17, 2025

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

5:10am: Announcements and singing of “National Anthem”

5:15am: First of three 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.

10:30am until 11:50am: Packet pick-up and check-in open.

11:45am: Q&A session and update with the race director.

12:00pm: First wave starts. Subsequent groups start every 5 minutes.

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 18, 2025:

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.

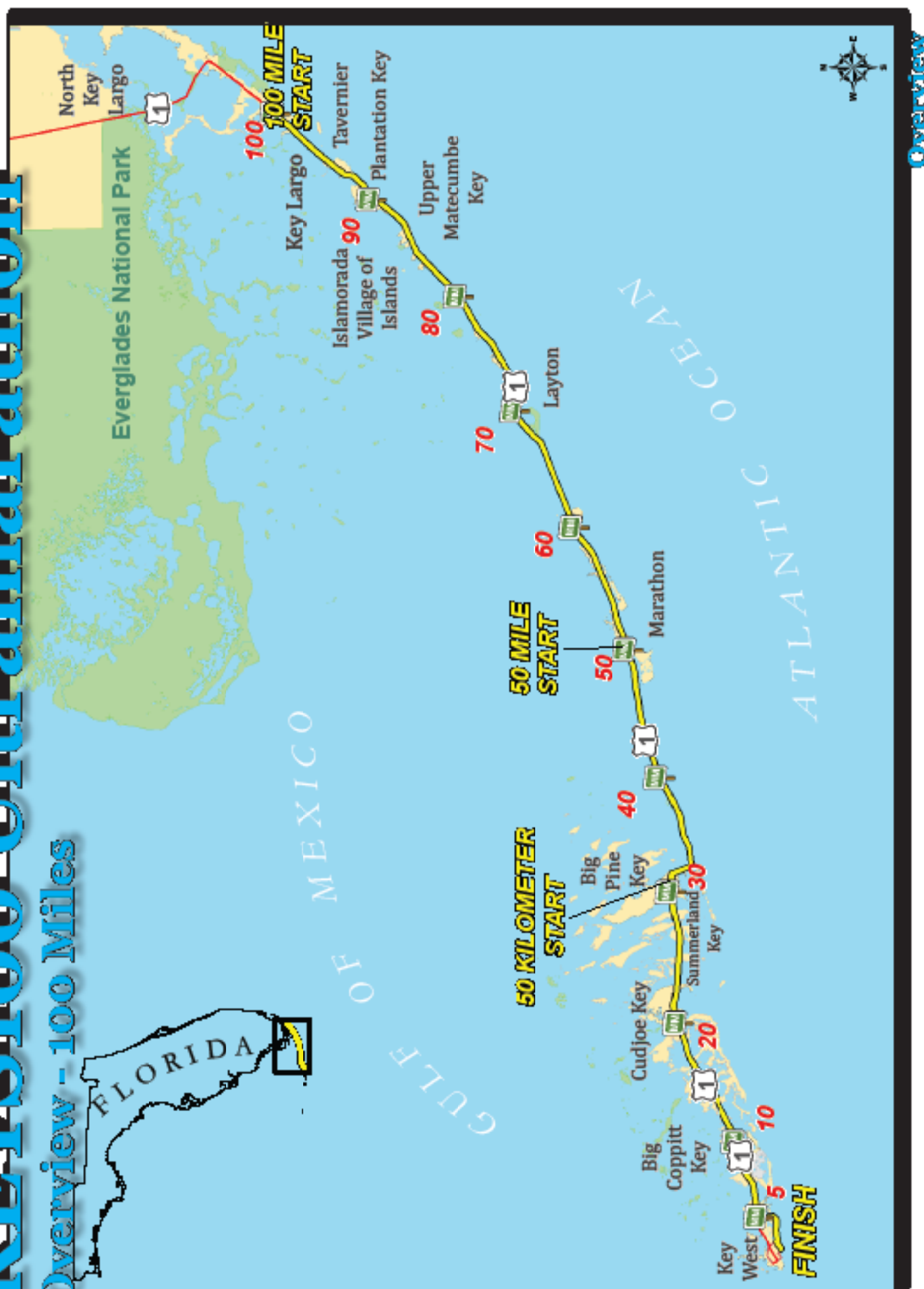
Note: Awards may be picked-up at the finish line for those who cannot stay for the awards presentation on Sunday. Check to see if you’re a winner before leaving the finish line.

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 “The Alamo”, formerly “Smokin’ Tuna” 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, if totally touristy spot on the water!

KEYS100 Ultramarathon

Overview - 100 Miles



RACE RULES & STANDARDS FOR 2025

Race Rules are designed to support a safe and fair experience for all participants

Every Runner & Crew and Every Team and Driver Is Equally Responsible for Knowing and Complying with ALL Rules. Runners are Responsible for Both Their Actions and Their Crews' (or Team Drivers') Actions; Crews Are Responsible for Their Actions and Their Runner's Actions.

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.

SAFETY GARMENTS AND LIGHTING

New for 2025: Reflective/Awareness Garments

RUNNERS: During the day, runners will be required to wear a race-provided highly visible reflective "vest" during the day that will clearly identify them as KEYS100 competitors, serving as an additional reminder to the public of a race in progress.

SUPPORT CREWS (including PACERS) and TEAM DRIVERS on the course: Whenever outside the vehicle, each must wear an ANSI-2* compliant reflective garment at all times during the race in addition to required lighting at night. [For 2025 only, Crew and Drivers may opt instead to wear a (yellow) suspender-type "vest" similar to those provided runners. Crew and Drivers must provide their own garment to meet this requirement.] **AT NIGHT:** During nighttime hours, defined for KEYS100 as 7:30pm on Saturday until 6:00am on Sunday, ALL runners, pacers, crew members, team drivers and race staff must wear clearly visible colored blinking LED lights facing front and rear when outside the vehicle IN ADDITION TO 360-degree reflective garments. No exceptions.

PENALTIES: Any runner not wearing proper safety gear will be stopped immediately. A slash marked on the runner's bib will confirm that a formal warning has been given. For any subsequent rules infraction, an AUTOMATIC ONE (1) HOUR TIME PENALTY will apply. The same penalties will apply to a runner or team if their crew or team driver is not in compliance. In each case, a third infraction will result in disqualification.

Any runner leaving the Marathon Garden Club timing station after 4:30pm MUST wear or carry night gear to begin crossing Seven Mile Bridge.

[*SEE THE "RACE WEARABLES" PAGE UNDER THE "RACE INFO" TAB ON THE WEBSITE FOR DETAILS ABOUT ANSI 2 AND RUNNER GARMENTS.]

NEW FOR 2025 AT THE 100-MILE RACE START: For race starts in Key Largo before 6:00am, runners MUST wear nighttime gear and are strongly urged to wear a headlamp or carry a light to avoid trip hazards. Night gear may be removed after 6:15am.

LIMITING THE NUMBER OF PEOPLE CROSSING OVERSEAS HIGHWAY AT MEET-UP LOCATIONS WHERE

RUNNER AND VEHICLE PARKING ARE ON OPPOSITE SIDES OF THE ROAD: 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 (or second crew member) 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 members 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 allowed in Veteran's Park or on the ocean-side shoulder. Parking on Bay (right) side only. Vehicles are moving at high speed in this area, so it can be very dangerous. Extreme caution must be taken when crossing the highway. When 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. This applies to individual AND team runners. *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!

[NEW FOR 2025] EARPHONES: Noise cancelling ear pods, earphones and similar listening devices may not be worn at any time by runner or pacer. Devices such as “SHOKZ” which do not block outside noise or a single ear pod are discouraged but may be used, as may prosthetic devices that aid the hearing impaired.

DRIVING & SUPPORT

[NEW FOR 2025] SUPPORT CREW & TEAM DRIVERS: ONLY REGISTERED ACTIVE CREW OR DRIVERS MAY RIDE IN ANY SUPPORT VEHICLE. NO SPECTATORS ARE ALLOWED AT ANY TIME. Maximum number of support crew allowed for an individual runner is four (4). Minimum age to be on a support crew is 15. For any crew member under the age of 18 ("minor"), the parent or legal guardian must also be on the support crew or be the supported runner. The parent or legal guardian of the minor must sign the event waiver on behalf of the minor as part of volunteer (crew) registration.

EVERY INDIVIDUAL RUNNER AT KEYS100 MUST HAVE A SUPPORT CREW OR SHARE ONE: Anyone attempting to run solo without a support crew will be immediately disqualified and will be barred from participating in any future *Ultra Sports* event. RUNNER(S) AND CREW MAY NEVER BE SEPARATED BY MORE THAN ONE LISTED MEET-UP LOCATION. Any runner found beyond that limit will be disqualified.

In addition, any runner supported by a crew who provides cover for another runner attempting to go solo, will also be disqualified.

PRESCRIBED MEET-UP LOCATIONS: Runners may only meet crews or teams at approved meet-up locations as specified on the official list. First violation will receive a formal warning (slash on front of bib). You are not required to use every allowable stop; but, when a runner exchange is made or crew support given, it must be at one of these locations. This requirement will be strictly enforced.

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 or support of any kind may be given to a runner on any bridge or at any time 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. NO SHUTTLE VEHICLES ALLOWED. 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 strongly encouraged to use a minivan or small-medium crossover. Not allowed 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 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. Cargo vans are not allowed. Vehicles are subject to inspection before the race.

The decision of the Race Director or Chief Marshal 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.

NON-PARTICIPANTS PROHIBITED ON COURSE: Due to extremely limited parking throughout the race and for safety reasons, no friends, fans or family are allowed to drive along the course to cheer or support runners. Supporters may meet the runner at the race start and at Higgs Beach to celebrate. Runners will be held accountable for violation of this rule by supporters.

NO PETS: Pets are not allowed in race-support vehicles at any time. This rule will be strictly enforced. Do not bring them. An exception will be made for registered service animals only with this condition: the race director must be notified and the exception approved no later than two weeks before race day.

VEHICLE MARKING & SIGNS: Bib number must appear on all 4 sides of the support vehicle and must be CLEARLY LEGIBLE from a distance. 12” letters in a contrasting color are recommended. In addition, 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. Custom-made magnetic signs may be substituted. As an option, runner’s name may be included.

COMPETITION & SPORTSMANSHIP

STRICTLY FOLLOW COURSE: Run ONLY where course instructions direct at all times. NO EXCEPTIONS OR EXCUSES. 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. Penalties apply. 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.

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. Trash must be packed out unless authorized to use a specific trash dumpster.

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 “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 active runner is passing timing equipment, the TEAM bib number with timing chip MUST also be worn so that the team's interim time is scored. Plan accordingly when determining who runs each leg.

TIME LIMITATIONS, INTERIM CUTOFFS & “DNF”: 100-mile runners and teams have 32 hours to complete the race from the time they cross the starting line. 50-milers have 20 hours to complete the race and 50-kilometer runners have 12 hours. For 100-milers, the following interim time limits will apply *without regard to start time* and will be strictly enforced: runners must leave the 50-mile timing station in Marathon before 11:00pm, the 40-mile timing station at the west end of Seven Mile Bridge before 2:00am and the 25-mile timing station on Summerland Key before 7:00am. Anyone not finishing or missing a cutoff will be considered “DNF” (“Did Not Finish”) and will be required to surrender their race bib and leave the course.

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.

PACERS: 100-mile race: pacers allowed AFTER the first 10 miles, beginning at Coral Shores High School. 50-mile race: pacers are allowed AFTER Seven Mile Bridge. 50-kilometer race: pacers are allowed beginning at the Kemp Channel meet-up location, MM23.7.

Pacer do's and don'ts: The pacer may run behind or next to the runner (when space safely permits), but never in front leading the way. No "muling" allowed: the runner must carry their own gear and supplies--bottles, food, etc. Only one pacer at a time allowed.

Teams: non-team members are never allowed. During nighttime hours only, one registered team member is permitted to pace the active team runner, if desired.

ENFORCEMENT: 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 will result in a “slash” being marked on the runner’s bib. A second infraction will result in completing an “X” on the bib and will carry a one-hour time penalty. Any further infractions will result in disqualification (“DNF”).

NOTE: AT ANY TIME DURING THE RACE, MAJOR RULES INFRACTIONS BY COMPETITOR OR CREW MAY RESULT IN IMMEDIATE DQ AT THE SOLE 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 at 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 2025, 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.

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



2025 COURSE DETAILS AND 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		
Parking in many locations is inadequate to accommodate all at once. After your meet-up, please move promptly to make room for others, but do not park on residential property and never 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
	99.8	2.2	100 MILE RACES START at Key Largo Community Park, located on St. Croix Place, directly behind the "Divers Direct" shopping center (next block south of Key Largo Holiday Inn)
T	99.8		Bathrooms at Key Largo Community Park are open for our use beginning at 4:30am
	99.6 CROSS HIGHWAY		.2 mile after the race start, runners cross US#1 at traffic light with Deputy Sheriff (or on green light only) to the bike path in MEDIAN at CVS and run there for next 3 miles.
	97.6	2.5/2.9	Meet-up location--ALL. Shell World and First State Bank. Use either lot in MEDIAN. QUIET. People live upstairs above Shell World store.
	96.5 CROSS HIGHWAY		Bike path ends in MEDIAN; runners carefully cross Highway to OCEAN Side with Deputy Sheriff
	95.1	3.6	<u>Team runner exchange ONLY</u> : Park at FL Keys National Marine Sanctuary or Southeast Trailer Sales on BAY side. Cross highway with extreme caution.
T	94.7	3.2	<u>Individual crew support ONLY</u> at J&M Scaffolding, OCEAN side. Portable toilet for all race participants
	92.4		Circle K, Dairy Queen, Mobile Gas in MEDIAN
T	91.5	1.4	Meet-up location--ALL. Shopping center parking lot, BAY side. Move back, away from highway. MUST park in <u>LOT</u> and NOT in driveway or on road shoulder. Do not block driving or parking areas in shopping center, including McDonald's lot. Winn Dixie and Dunkin' Donuts stores are located here, too. Bathrooms in stores. CAREFULLY CROSS HIGHWAY AT LIGHT.
	91.0		Tavernier Creek: runners cross bridge, then follow sidewalk onto service road. REMAIN ON SERVICE ROAD NEXT 4.3 MILES
T	90.1 TIMING EQUIPMENT	2.4	Meet-up location--ALL. Timing equipment on sidewalk at Coral Shores High School, OCEAN side. PARK IN SCHOOL LOT. Runners and vehicles continue on Service Road, with runners on left side facing traffic, NOT 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.
	87.7	Est. 2.7	Meet-up location--ALL. Park on grass where space permits along service road, OCEAN side, across from Founders Park (after 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, OCEAN side, and vehicles onto highway.
	85.7		Snake Creek bridge: runners and vehicles cross bridge onto service road at Hog Heaven sign, OCEAN side. Note: Snake Creek bridge is the only drawbridge on the course and it opens on demand. <u>OBEY BRIDGE COMMANDS IMMEDIATELY. NO EXCEPTIONS.</u>
	85.0	Est. 3.6	Meet-up location--ALL. 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. DO NOT ENTER "HOG HEAVEN" PROPERTY 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		NEW: STAY LEFT. RUN ON SERVICE ROAD--NOT ON MAIN HIGHWAY AS IN THE PAST
T	83.0		PUBLIX on BAY side. Bathrooms
T	82.8		CVS on BAY side
	82.2		Wendy's on OCEAN side; many other businesses on both sides of highway
	82.2		Landmark--Islamorada Brewing & Distillery, OCEAN side. Race contributor
	82.1		Landmark--Islander Resort, OCEAN side
	82.1		Landmark--Lorelei Restaurant and Cabana Bar, BAY side
	81.9		Landmark--Hurricane Monument on OCEAN side

	Mile Marker ("MM")	Distance to next exchange option	2025 COURSE DETAILS AND MEET-UP LOCATIONS, Page 2 of 4
	81.8		Landmark--Cheeca Lodge & Spa on OCEAN side
T	81.5		World Wide Sportsman on BAY side--bathrooms inside
T	81.5		Islamorada Fish Co. on BAY Side--outside entrances to bathrooms
	81.4	Est. 4.4	Landmark--Green Turtle Inn. Continue running behind this property on the service road. Vehicles 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 your location--e.g., street number 80901 is located at approx. MM80.9
	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 open with plenty of parking. Good location for runner or crew break
	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		After Lignumvitae Ch. bridge, runners <i>carefully</i> cross to BAY side service road/path with Deputy Sheriff (or at crossing signs) approx. 1/4 mile past turn into Robbie's Marina; stay on BAY side next 5.2 miles
	77.0 to 75.0; no mile markers	4.0-3.2	Meet-up locations--ALL: Park off road on wide grass shoulder along highway on BAY side between US#1 and running path. Take great care when parking and returning back onto highway. Suggest meeting close to MM77 and again close to MM75.
T	74.9 TIMING EQUIPMENT		Timing equipment is located immediately after Sandy Cove Avenue along bike path. Portable race toilets. NO RACE STAFF HERE. Suggest walking from your parked location near MM75.0
	74.6		Gas station and store. Use bathrooms only if buying something.
	73.0 OR 71.8	3.9	<u>Individual runners only</u> : Two limited parking areas on BAY side--your choice <i>if there is room</i> : (1) just past Channel 2 pedestrian bridge; <i>OR</i> , at foot of Channel 5 bridge. All runners cross highway to OCEAN side with Deputy to begin Channel 5 bridge crossing.
	70.8	2.7	<u>Team Exchange ONLY</u> at far side of Channel 5 bridge--in parking lot or on shoulder
	69.5		<i>Sea Bird Marina. STAY CLEAR. Do NOT enter this property for <u>ANY</u> reason. <u>Doing so will result in IMMEDIATE DQ.</u></i>
T	68.1	1.5	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 & access store. Bathrooms inside--buy something. Overflow option: CAREFULLY park on BAY side, right of paved shoulder, where allowed.
	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	Meet-up location--ALL: Use off-road area and road shoulder, BAY side. CAREFULLY cross road to meet runner.
	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	Meet-up location--ALL: Unpaved area on OCEAN side at far end of Conch Key just before Tom's Harbor Cut bridge
	61.2	[Option]	Meet-up location--ALL: Unpaved area on Duck Key, OCEAN side
T	60.8	[Option]	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
T	59.1 TIMING EQUIPMENT		Approximate timing equipment location on OCEAN side shoulder before Keys Cable Park. DO NOT ENTER "KEYS CABLE PARK" PROPERTY unless buying food at Bongo's Café.
	59.0 VERY carefully park on BAY side	1.6 (team) or 3.6 (indiv.)	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.
	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	<u>Team Exchange ONLY</u> : Park on Kyle Avenue on BAY side--NOT on highway shoulder. Meet runner proceeding through "Hell's Tunnel"
	55.4	1.4	<u>Individual Runners ONLY</u> : Paved parking area on US#1 just after bike path emerges from trees--and "Hell's Tunnel"
	54.0	1.3	Meet-up location--ALL: Paved lot on BAY side

	Mile Marker ("MM")	Distance to next exchange option	2025 COURSE DETAILS AND MEET-UP LOCATIONS, Page 3 of 4
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. 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. 50- MILE RACE START LOCATION. 50-MILERS DO NOT PARK HERE FOR THE RACE START: PARK IN WINN DIXIE LOT ONLY JUST NORTH OF TRAFFIC LIGHT ON OCEAN SIDE AND WALK ACROSS ROAD AT LIGHT TO START. NO EXCEPTIONS.
	47.1-- 50-Mile Runners & Teams ONLY	7.2	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.
	46.9-- 100-Mile Runners & Teams ONLY	7.0	100-MILERS ONLY; ABSOLUTELY NO 50-MILERS: 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; <i>WAIT</i> 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. Cross highway with Sheriff ONLY
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	4.2	Meet-up location--ALL: Meet runner at FAR SIDE of Bahia Honda Bridge at paved lot on OCEAN side. Portable race toilets. 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.
	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. DO NOT PARK ON US#1 SHOULDER.
	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. Parking on site is limited; park next door at Summerland Dental or along W. Shore Dr. Do not block store entrance or fuel pumps. Portable toilets.
	23.7	.9 or 2.7	Meet-up location--ALL: Parking area before Kemp Channel, OCEAN side; ped. bridge open

	Mile Marker ("MM")	Distance to next exchange option	2025 COURSE DETAILS AND MEET-UP LOCATIONS, Page 4 of 4
	22.8	1.8	Meet-up location--ALL--until 6:00am Sunday ONLY: "Morning Joint" coffee shop, OCEAN Side Cudjoe Key.
	21.0	2.2	Meet-up location--ALL--after 6:00am Sunday ONLY: Vacant lot to the right of the Sheriff's sub station, OCEAN Side, Cudjoe Key.
	21.3		Do not enter "Kickin' Back" Food Mart property.
	20.5		Bow Channel pedestrian bridge open
T	20.0		Portable race toilets 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. PARK IN LOT AT FAR END OF PROPERTY, WELL PAST MOTEL OFFICE. QUIET AT NIGHT & respectful decorum, please.
	15.6		Lower Sugarloaf Channel pedestrian bridge is closed
T	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
T	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, proceeding UNDER US#1 to BAY side. 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--even after closing--nor 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
			Disregard further MM signs; they are inaccurate. Approx. 3.8 miles remain to the finish line.
	2.1	2.1	Martello Tower East at KW Airport: "Pines Park" lot just past brick "Tower" structure. Park as marked on pavement. THIS IS LAST LOCATION TO MEET OR EXCHANGE RUNNERS.
T	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
T	0	Done!	FINISH LINE, Higgs Beach

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; outside showers. 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.

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