

## KEYS100—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.