

**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>		
<b>0.0</b>	<b>2.6</b>	<b>100 MILE RACES START</b> 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
<b>2.6 WATER STOP</b>	<b>1.9</b>	<b>WATER STOP</b> 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.
<b>4.5 WATER STOP</b>	<b>2.5</b>	<b>Pass Ahern Street; WATER STOP</b> 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
<b>7.0 A.S. #1 and TIMING</b>	<b>9.1</b>	<b>Aid station #1 and timing at Beach Blvd. Crews and teams may meet runners here.</b>
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. <b>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.</b> 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
<b>16.1 A.S. #2 and TIMING</b>	<b>5.7</b>	<b>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.</b>
16.1		Cross back across road to continue on sidewalk; <b>do not run on shoulder.</b> 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



100 MILE COURSE DETAILS, Page 2 of 4

Mile	MILES TO NEXT SUPPORT	
21.8		GTM Middle Beach lot. Portable toilets. Meet/exchange runners
<b>21.8 WATER STOP</b>	<b>4.5</b>	<b>GTM Middle Beach. Water located along beach side shoulder at wooden stairs. Runners may cross there to access parking lot and toilet.</b>
22.6		GTM South Beach lot. Portable toilets. Meet/exchange runners
26.2		Vehicles park in dirt lot on right just BEFORE EXXON station
<b>26.3 A.S. #3 ONLY</b>	<b>5.0</b>	<b>Aid Station (only) on beach side across from EXXON station; no timing equipment. Meet/exchange runners. 100m drop bag location.</b>
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
<b>31.3 WATER STOP</b>	<b>4.1</b>	<b>Water at "The Reef" parking lot.</b>
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
<b>35.4 A.S. #4 and TIMING</b>	<b>4.1</b>	<b>Aid Station/Timing Station #3 at Church of the Nazarene, staffed by Runners 4 Recovery. Meet/exchange runners here. Portable toilet.</b>
35.5		At traffic circle light, runners cross to the LEFT and <b>STAY ON LEFT SIDE</b> sidewalk to continue south on A1A (St. Marco Avenue). <b>REMAIN ON LEFT SIDE SIDEWALK THROUGH ST. AUGUSTINE, ACROSS BRIDGE OF LIONS AND THROUGH ST. AUGUSTINE BEACH--NEXT 7.5 MILES</b>
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. <b>STAY ON LEFT SIDE</b>
37.2		Vehicles park where allowed on road anywhere for next half mile and cross road to meet/exchange runners.
38.6		Amphitheater entrance drive on left. After making turn, park in gravel area on left to meet runner
<b>39.6 WATER STOP</b>	<b>3.4</b>	<b>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</b>
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
<b>43.0 A.S. #5 and TIMING</b>	<b>7.8</b>	<b>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</b>
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
<b>50.8 A.S. #6 ONLY</b>	<b>4.0</b>	<b>Southeast Intracoastal Waterway Park. Vehicles park inside park only--not on road shoulder. Meet/exchange runners. Portable toilet. 100m drop bag location.</b>



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
<b>54.8 WATER STOP</b>	<b>5.2</b>	Mafineland 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
<b>60.0 A.S. #7 and TIMING</b>	<b>4.0</b>	<b>Aid Station/Timing Station #5 at Publix Hammock Beach on left. Meet/exchange runners here. Bathrooms in Publix</b>
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
<b>64.0 WATER STOP</b>	<b>8.4</b>	<b>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</b>
		Caution: Obey "No Parking" signs
66.0		Campdown 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
<b>72.4 A.S #8 and TIMING</b>	<b>6.3</b>	<b>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.</b>
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.
<b>78.7 WATER STOP</b>	<b>4.5</b>	<b>Circle K on right. Open 24 hours. Please buy something</b>
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.
<b>83.2 A.S. #9 and TIMING</b>	<b>5.4</b>	<b>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.</b>
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
<b>88.6 WATER STOP</b>	<b>3.1</b>	<b>Crabby's Oceanside, 451 S. Atlantic Ave., just before Sun Splash Park. NOT A MEET-UP LOCATION.</b>
88.7		Sun Splash Park. Park here. Recommended meet/exchange location.
<b>91.7 A.S. #10 and TIMING</b>	<b>4.0</b>	<b>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.</b>
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. <b>Runners cross road and begin running on sidewalk on right side next 4.4 miles</b>
95.4		Street parking on right. Option to meet/exchange runners.
<b>95.7 WATER STOP</b>	<b>4.2</b>	<b>Toronita Avenue parking lot. Meet/exchange runners. Bathrooms open during daylight hours. Water loacted at far end of lot just off sidewalk</b>
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.
<b>99.9</b>	<b>Done!</b>	<b>FINISH LINE, at foot of historic Ponce Inlet Lighthouse</b>

**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**

Update 07.29.2023