

DAYTONA 100 Ultramarathon
2024 100-MILE COURSE DETAILS
Match to 100-Mile Map in 2024 Race Guide

Locations where runners must make a turn or cross the road, aid and timing stations,
recommended runner, crew & team meet-up locations 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	Running towards Ponce Inlet, Atlantic "OCEAN" is on the left, and "Intracoastal" is on the right.
		LOCATION
0.0	2.6	100 MILE RACES START at the circle on Beach Blvd. at First Street, in front of the Lifeguard HQ building, JAX Beach. Park free across street in Joe's Crab Shack lot or 1/2 block north in municipal lot. Bathrooms open pre-race at 6th Avenue South parking lot, six short blocks south of the race start
1.1		Runners go north, continue STRAIGHT 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. Signs and monitors will direct you in this section of the course
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; begin running south
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. Open 5:30am-8:30am. Crews & 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 Mile 16.1. 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 AID STATION DUE TO LIMITED PARKING. HAVE COFFEE! PROCEED TO MICKLER'S WHEN YOU EXPECT YOUR RUNNER TO ARRIVE. From A1A, turn LEFT at Ponte Vedra Blvd. traffic light for 1/10 mile to Mickler's on right
8.6		Runners continue south on 1st Street S, then 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, merging into Ponte Vedra Blvd. Continue south on road shoulder, LEFT side
10.5		Sidewalk begins on right side after "The Tennis Club". Run on sidewalk only
16.1 A.S. #2 and TIMING	5.7	Cross timing equipment on sidewalk before crossing road at crosswalk to Mickler's Beach Park. Aid Station/Timing Station #2 is located there outside park fence. Open 6:30am-10:30am. Crew and runners meet here. Bathrooms
16.1		Continue on new sidewalk, Mickler's Beach side, to traffic light.
16.3		Stay LEFT. Continue on left side road shoulder next 17.3 miles until Velano Beach
19.5		GTM North Beach lot. Portable toilets. Meet runners



Mile	MILES TO NEXT SUPPORT	100 MILE COURSE DETAILS, Page 2 of 4	
21.8		GTM Middle Beach lot. Portable toilets. Meet 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 runners	
26.2		Vehicles park in dirt lot on right just BEFORE EXXON station	
26.3 A.S. #3 ONLY	5.0	Aid Station, beach side across from EXXON; no timing equipment. Open 8:00am-1:30pm. Meet runners. 100m drop bag location. Race portable toilet in EXXON parking area	
28.5		Small parking lot on beach side. Meet runners here. Toilets	
31.3		EUCLID STREET LOT across road from "The Reef" Restaurant. RECOMMENDED MEET-UP LOCATION	
31.3 WATER STOP	4.1	Water at "The Reef" parking lot for uncrewed runners only. NOT a meet-up location. DO NOT PARK HERE. PENALTIES APPLY	
32.0		St. John County parking lot on right after pedestrian overpass. Optional meet location. Bathrooms in wooden building	
32.6		Public parking lot on right. Optional meet location	
33.0		Nease Beachside Park lot. Optional meet 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. Open 9:30am-4:00pm. Meet runners here. Portable toilet. Vehicle directions: drive past Church (on right) to traffic circle. Stay in right lane. Take first right on San Marco Ave., then next right on Nelmar and next right on Douglas. Church parking lot is on the left	
35.5		From the Church, runners cross street and stay left at traffic circle. STAY ON LEFT SIDE sidewalk to continue south on A1A (St. Marco Avenue). REMAIN ON LEFT SIDE SIDEWALK. Pass "Ripley's Believe It or Not", then pass historic San Marco Fort and GO LEFT ACROSS "BRIDGE OF LIONS". Crew or team will meet you on the far side of the "BRIDGE". STAY ON LEFT SIDEWALK. You will continue through St. Augustine Beach next 7.5 miles	
36.9		Vehicles go directly to cross "Bridge of Lions". Do not stop. STAY LEFT TO CROSS BRIDGE	
37.2		On south side of "BRIDGE", vehicles park anywhere where allowed along A1A for next half mile and cross road to meet runners	
38.6		Amphitheater entrance on left. After making turn, park in gravel on left to meet runner at sidewalk	
39.6 WATER STOP	3.4	Water at base of billboard on left at start of large parking lot at striped building. RUNNERS CONTINUE BY BEARING/TURNING LEFT ON SIDEWALK ONTO A1A BEACH BLVD. Do NOT continue straight on A1A. Teams and crews may meet runners here: Vehicles turn left PAST the striped building, make a u-turn and drive back to meet runner. Be especially courteous in this private business parking lot	
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 runners. Bathrooms	
41.8		Public parking and bathrooms on left. Option to meet runners	
43.0 A.S. #5 and TIMING	7.8	Aid Station/Timing Station #4 at Anastasia Plaza/Publix shopping center. Timing mat on left (south) side. Cross road to meet runners or access aid station. Open 10:30am-7:00pm. Bathrooms at Publix. RUNNERS CROSS BACK TO LEFT SIDE OF ROAD TO CONTINUE SOUTH	
43.1		LEFT at light onto S.R. A1A. Continue on left side sidewalk next 4.3 miles	
45.4		Windswept Park on right. Bathrooms. Option to meet runners	
47.2		Traffic light at Route 206. RUNNERS STAY ON LEFT SHOULDER for 1/10 mile	



MILE	MILES TO NEXT SUPPORT	100 MILE COURSE DETAILS, Page 3 of 4	
47.3		Crescent Beach Park large lot on left. Bathrooms. Meet runners. RUNNERS MUST THEN CROSS TO RIGHT SIDE AND CONTINUE ON SIDEWALK THERE	
50.8 A.S. #6 ONLY	4.0	S.E. Intracoastal Waterway Park. Noon-9:30pm. Vehicles park inside park--not on road shoulder. Meet runners. Portable toilet. No timing equipment. 100m drop bag location	
51.4		At new pedestrian crossing light, RUNNERS CROSS TO LEFT SIDE. Remain on left SHOULDER next 3.1 miles, including crossing bridges, until entering Marineland/Flagler County	
53.0		Vehicle pull-off on left. Small dirt lot. Meet 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 immediately next to sidewalk (behind wall)	
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. Open 11:30am-midnight. Meet runners here. Bathrooms in Publix	
		Restaurants along right side of road in this area	
61.6		Past intersection at Camino del Mar is bridge overpass; park on left near or under overpass to meet runner	
64.0 WATER STOP	8.4	Varn Park on left. Meet runners. Bathrooms open all night. Sidewalk ends here but begins on right side. RUNNERS CROSS ROAD and continue on sidewalk on Intracoastal side through Flagler Beach into Ormond Beach	
		Caution: Obey "No Parking" signs. Soft sand.	
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 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. park. Aid station #6 on LEFT. Timing equipment on sidewalk, right side. Aid Station, bathrooms and crew parking across road on left. Hot food at night. Open 11:30am-3:30am. CAUTION crossing road. 100m drop bag location	
73.4		Enter Volusia County	
74.6		Parking/overlook area on left. Caution crossing road to meet runners.	
Next few miles		Park on right shoulder where safe and legal. Watch for soft sand. Meet 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 runners	
80.1		Chevron	
80.4		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. Nothing open all night	
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 Route 40 traffic light. Open 1:00pm-8:00am. CAUTION: Construction equipment in lot. Public bathrooms across A1A beneath park; enter along beach access drive. ALL RUNNERS CROSS TO OCEAN SIDE TO CONTINUE SOUTH ON SIDEWALK	



MILE	MILES TO NEXT SUPPORT	100 MILE COURSE DETAILS, Page 4 of 4
84.7		Andy Romano Park, beach side. Bathrooms
Next 8 miles		Continue through Ormond Beach and Daytona Beach. Many small parks and other public parking lots, plus commercial properties. Most should accommodate meeting runners. Request bathrooms anywhere; ideally, buy something. Be discreet and courteous
88.6 WATER STOP	3.1	Water for uncrewed runners only at entrance to Crabby's Oceanside on left before SunSplash Park. NOT A MEET-UP LOCATION; do not park here
88.7		Sun Splash Park. Park here. Recommended meet-up location
91.7 A.S. #10 and TIMING	4.0	Aid Station/Timing Location #8 on left at Frank Rendon Park. Open 2:30pm-10:30am. Bathrooms in the park open all night. Continue on ocean side sidewalk next 3.3 miles. 100m drop bag location
92.9		Van Avenue Park. Option to meet runners. Bathrooms until sundown
93.2		Edward Peck Park. Option to meet runners. Bathrooms
93.5		Holiday Inn Express: "official" race hotel
93.9		Traffic light at Dunlawton Blvd. Last bridge to mainland across Intracoastal Waterway
94.1		Dahlia Avenue Park, ocean side. Bathrooms
95.0		Enter Wilbur-by-the-Sea. Sidewalk ends on ocean side. Cross road and begin running on sidewalk on right side next 4.4 miles
95.4		Street parking on right. Option to meet runners
95.7 WATER STOP	4.2	Toronita Avenue parking lot. Meet runners. Bathrooms open during daylight hours. Water located on grass just off sidewalk opposite far end of parking lot
96.1		Street parking on right. Option to meet runners
96.6		Ponce Preserve parking on left. Small lot. Option to meet 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 your celebration--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 08.26.2024