

DAYTONA 100

December 14, 2024
10th annual Jacksonville Beach to Ponce Inlet

OFFICIAL RACE GUIDE



produced by
UltraSports



WELCOME TO THE 10TH ANNUAL DAYTONA 100 ULTRAMARATHON



photo provided by Bob

This beautiful route awaits you on December 14th ! You'll be running along the North Florida oceanside 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 pass some very exclusive real estate, run through small “Old Florida” beach towns and eclectic Daytona Beach, then finish in the shadow of the historic Ponce Inlet Light-

house at Davies Lighthouse Park.

You will receive your finisher's medal, 100-mile buckle and—maybe—a race award. And, you and your crew are invited to stay, swap stories with other finishers and enjoy a burger and more 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.

You and your crew should use this “Race Guide” throughout the race—especially “Course Details”; there is one list for each race distance. If uncrewed, carry these pages with you or on your phone.

They include everything you will need to know about the course: recommended locations where runner and crew may choose to meet, and sensitive areas where there is no parking allowed.

They show sidewalks/bike paths and when you will be running on the road shoulder—always on the ocean-side facing traffic.

You will find aid station and timing sites, bathrooms, gas stations, restaurants, points of interest and more. The “RaceGuide” also includes detailed course maps that match-up with “Course Details” for ease of use.

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

It is a privilege to be back as the Daytona 100 Race Director. See you in Jacksonville Beach and Flagler Beach on December 14, 2024.

Bob Becker
Race Director



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



2024 Weekend Calendar

Friday, December 13:

Noon: Shake-Out run beginning at Courtyard Oceanfront Hotel, 1617 1st Street North, Jacksonville 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)

Saturday, December 14:

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!

Sunday, December 15:

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.

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



DAYTONA 100—RACE RULES & STANDARDS

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.

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. 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.

UNCREWED RUNNERS. For safety purposes, all uncrewed runners are required to carry a phone, with the number provided at registration or check-in. All *100-mile uncrewed runners* are also required to carry a back-up battery supply.

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 strictly prohibit parking or stopping. Study and use the recommended locations in the "Course Details" list to arrange your meet-ups and to prepare for those longer stretches where the runner should carry additional water or other supplies.

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 run or walk under their own power; no bikes, skateboards or any other wheeled conveyances are allowed.

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 individual runner, or runners supported by the same crew, must have its own vehicle, and only one vehicle per runner will be allowed 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.

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

COMPETITION & SPORTSMANSHIP:

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.

CROSSING TIMING MATS. Individual runners and teams MUST cross over all timing mats set-up along the course. A list of timing mat locations is included in the Race Guide.

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.

FURTHER NOTES:

ENFORCEMENT. Violations of race rules may result in a time penalty for each infraction of up to one hour at the discretion of race marshals. Depending upon the severity of the violation and other factors, including but not limited to flagrancy of the violation and safety considerations, violators may be disqualified from the race at any time at the discretion of the Race Director. Race marshals and staff will be monitoring the course throughout the race for runner health and safety and rules compliance.

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. CALL "911" IN AN EMERGENCY.



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 dissociative . . . 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 Immuttable 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 in Florida in December, 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 Schedule

Timing Locations



Schedule	Timing Stations		Drop Bags Sites		
			100 Mile	50 Mile	50KM
Atlantic and Ahern Street, near One Ocean Resort. Runners pass twice.		Water Stop	2.6 & 4.5		
Beach Blvd. and 1st Street	5:30-8:30am	Aid station #1	7		
Mickler's Beach	6:30-10:30am	Aid station #2	16		
GTM Middle Beach	7:15-Noon	Water Stop	21.8		
GTM Preserve, ocean side across from EXXON	8:00am-1:30pm	Aid station #3	26		
"The Reef" parking lot	9:00am-3:00pm	Water Stop	31.1		
Church of the Nazarene, St. Augustine	9:30am-4:00pm	Aid station #4	35		
Old Florida A1A Beach Blvd Striped building parking lot	10:00am-5:30pm	Water Stop	39.6		
Publix, Anastasia Plaza, St. Augustine Beach	10:30am-7:00pm	Aid station #5	43		
Southeast Intracoastal Waterway Park, Matanzas Beach	Noon-9:30pm	Aid station #6	51		
Marineland, past large parking lot and bathroom building	1:00-10:30pm	Water Stop	54.8		
Publix at Hammock Dunes	11:30am-Midnight	Aid station #7	60	10.7	
Varn Park, Flagler Bch.	12:30pm-(Sun)1:30am	Water Stop	64	6.3 & 15	
Gamble Rogers SRA	11:30am-(Sun)3:30am	Aid station #8	73	23.3	4.3
Circle K	12:15pm-(Sun)5:30am	Water Stop	78.7	29.7	10.7
Ormond Beach	1:00pm-(Sun)8:00am	Aid station #9	84	34.2	15.2
Crabby's Oceanside	2:00pm-(Sun)9:30am	Water Stop	88.6	39.6	20.6
Frank Rendon Pk.	2:30pm-(Sun)10:30am	Aid station #10	92	42.7	23.7
Toronita Ave. lot.	3:15pm-(Sun)11:30am	Water Stop	95.7	46.7	27.7
Davies Lighthouse Park, Ponce Inlet	3:00pm-(Sun)1:30pm	Finish	100	50	31



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 - 8:30am)

Mile 16 - Aid Station #2
Mickler's Beach (6:30am - 10:30am)

Mile 21.8
Middle GTM Beach

Mile 26 Aid Station #3
GTM Preserve oceanside across from Exxon Station (8:00am - 1:30pm)

Mile 31.3
"The Reef" Parking Lot

Mile 35 Aid Station #4
Church of the Nazarene, St. Augustine (9:30am - 4:00pm)

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

Mile 43 Aid Station #5
Publix St. Augustine Beach (10:30am - 7:00pm)

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

Mile 54.8
Marineland large parking area

Mile 60 Aid Station #7
Publix, Hammock Dunes (11:30am - Midnight)

Mile 64
Varn Park, Flagler Beach

Mile 73 Aid Station #8
Gamble Rogers State Rec. Area (11:30am - 3:30am)

Mile 78.7
Circle K

Mile 84 Aid Station #9
Granada Plaza, Ormond Beach (1:00pm - 8:00am)

Mile 88.6
Crabby's Oceanside

Mile 92 Aid Station #10
Frank Rendon Park, Daytona Beach Shores (2:30pm - 11:00am)

Mile 95.7
Toronita Ave lot

Mile 100 - Finish
Davies Lighthouse, Ponce Inlet



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	LOCATION
<i>Running 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, 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 course Mile 16.1. After meet-up, leave promptly. ALL VEHICLES turn right (west) on 16th Ave. S, then right or left on 3rd Street (S.R. A1A). YOU WILL NOT SEE YOUR RUNNER FOR 8 MILES. DO NOT GO TO MICKLER'S BEACH UNTIL THE TIME YOU EXPECT YOUR RUNNER TO ARRIVE. Eat breakfast. Mickler's Beach is 8.5 miles from 16th Ave. S. To get there, drive south on A1A, turn LEFT at the Ponte Vedra Blvd. traffic light. Micklers' is 1/10 mile 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. 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. Race 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 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		Ampitheater 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 again 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		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 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 & 50m 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 option: Tom Renick park on left. Bathrooms during day. Race portable toilet at night
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 on right in Ormond Beach shopping center lot just before Route 40 traffic light. Open 1:00pm-8:00am. CAUTION: Active construction area. Public bathrooms across A1A beneath park ; enter along beach access drive. ALL RUNNERS CROSS TO OCEAN SIDE SIDEWALK TO CONTINUE SOUTH. 50k drop-bag location



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. Race portable toilet
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 & 50m 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 day. Race portable toilet at night near water--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 11.23.2024

100 Mile Map Guide

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

7-10: JAX BEACH

CREWING ALLOWED FROM MILES 7-8.2

4
Atlantic Beach

3

5

2

6

1

7

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 13th 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

8

9

10

AS #1: JAX BEACH Lifeguard Headquarters
5:30 - 8:30am
(Timing Checkpoint)

16th Ave S at tennis courts: Last meet-up location until Mickler's Beach Park. All vehicles turn right on 16th Ave. S. then left at light at 3rd t. (A1A).

Continue south on A1A for 6 miles to light at Mickler Rd.



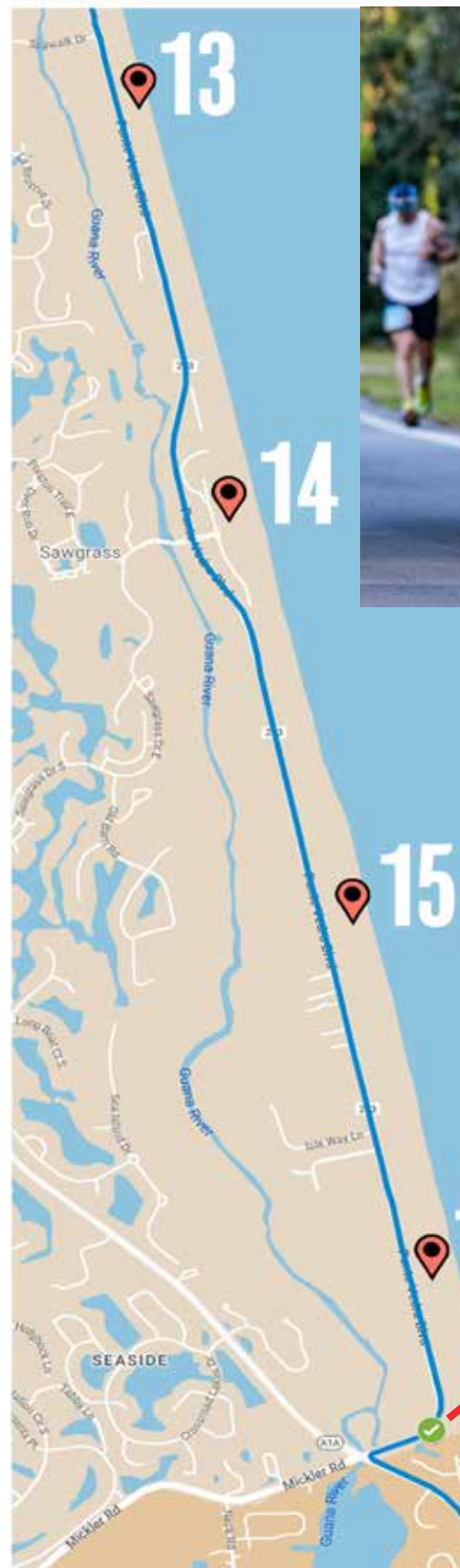
Turn Left to Mickler's parking lot (Note: Crew vehicles are not allowed on Ponte Vedra Blvd.)

DO NOT arrive at Mickler's Beach until your runner's expected arrival time. Limited parking.

RUNNERS: TURN LEFT ON 25TH AVE SOUTH, IMMEDIATE RIGHT ON OCEAN DRIVE WHICH BECOMES DUVAL DRIVE

11-16: To Mickler's

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




**AS #2:
MICKLER'S LANDING**
6:30 - 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**
8:00 - 1:30pm
(ACROSS ROAD FROM EXXON GAS STATION;
PARK IN DIRT LOT)
USE "COURSE DETAILS" LIST FOR
BEST MEET-UP LOCATIONS



29-36: St. Augustine

37-43: St. Augustine Beach

AS #4:
CHURCH OF THE NAZARENE
 9:30am - 4:00pm
 (Timing Checkpoint)

RUNNERS LEAVING THE CHURCH, TURN LEFT AT THE TRAFFIC CIRCLE TO STAY ON AIA 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. No PARKING. USE EUCLID ST LOT ACROSS ROAD

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

32
33
34
35
36

TURN LEFT AND CROSS THE BRIDGE OF LIONS TO LEAVE THE DOWNTOWN AREA. STAY ON THE LEFT SIDEWALK.

TURN LEFT ONTO AIA BEACH BLVD AT THE STRIPED BUILDING. NOTE LARGE BILLBOARD. WATER STOP. DO NOT STAY STRAIGHT ON AIA; TURN LEFT

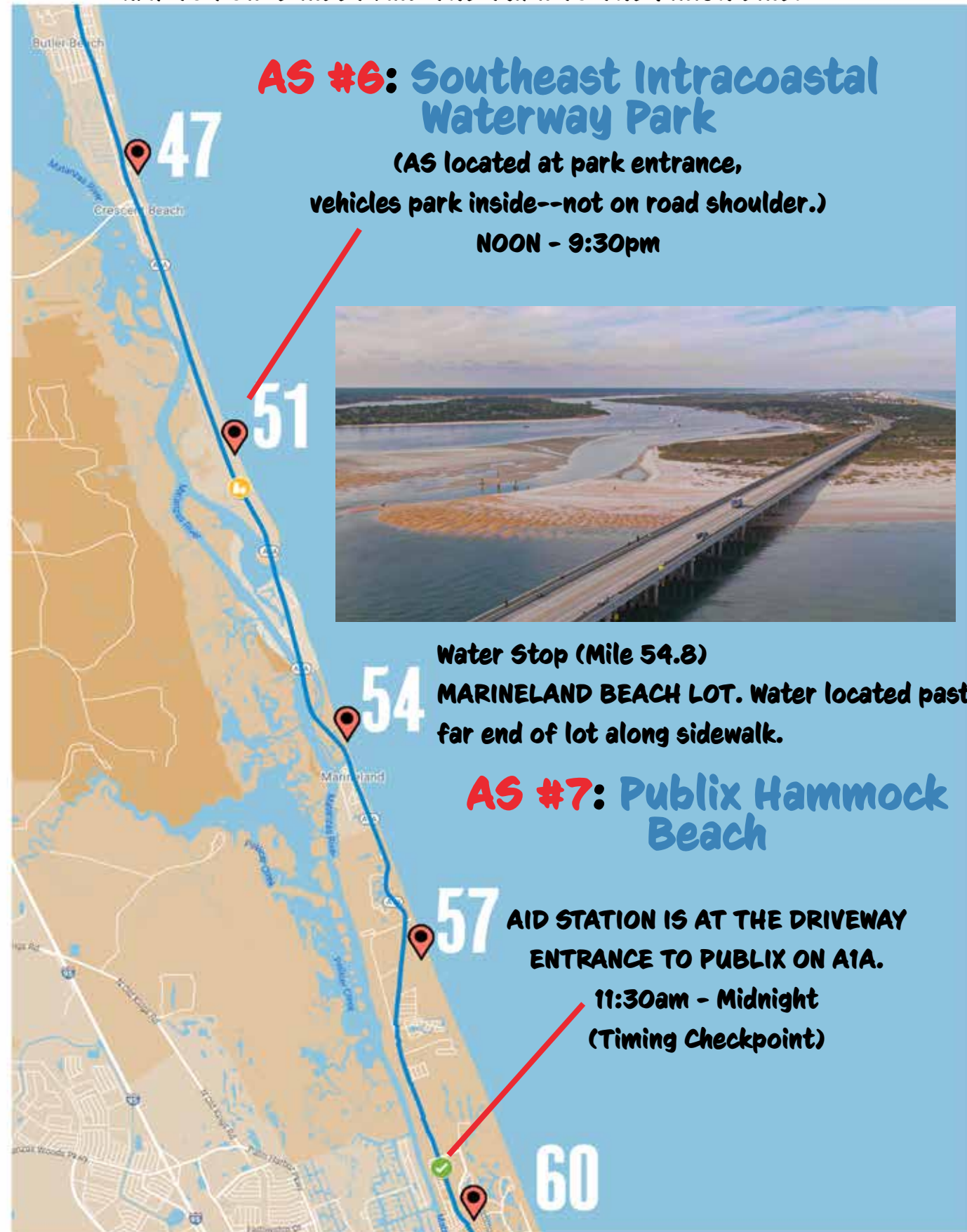
AS #5:
Publix
ANASTASIA PLAZA
ST. AUGUSTINE BEACH
 10:30am - 7:00pm
 (Timing Checkpoint)
 LOCATED IN FRONT OF PUBLIX SHOPPING CENTER ON AIA BEACH BLVD.

AIA BEACH BLVD MERGES INTO AIA AT MILE 43. KEEP RUNNING SOUTH.

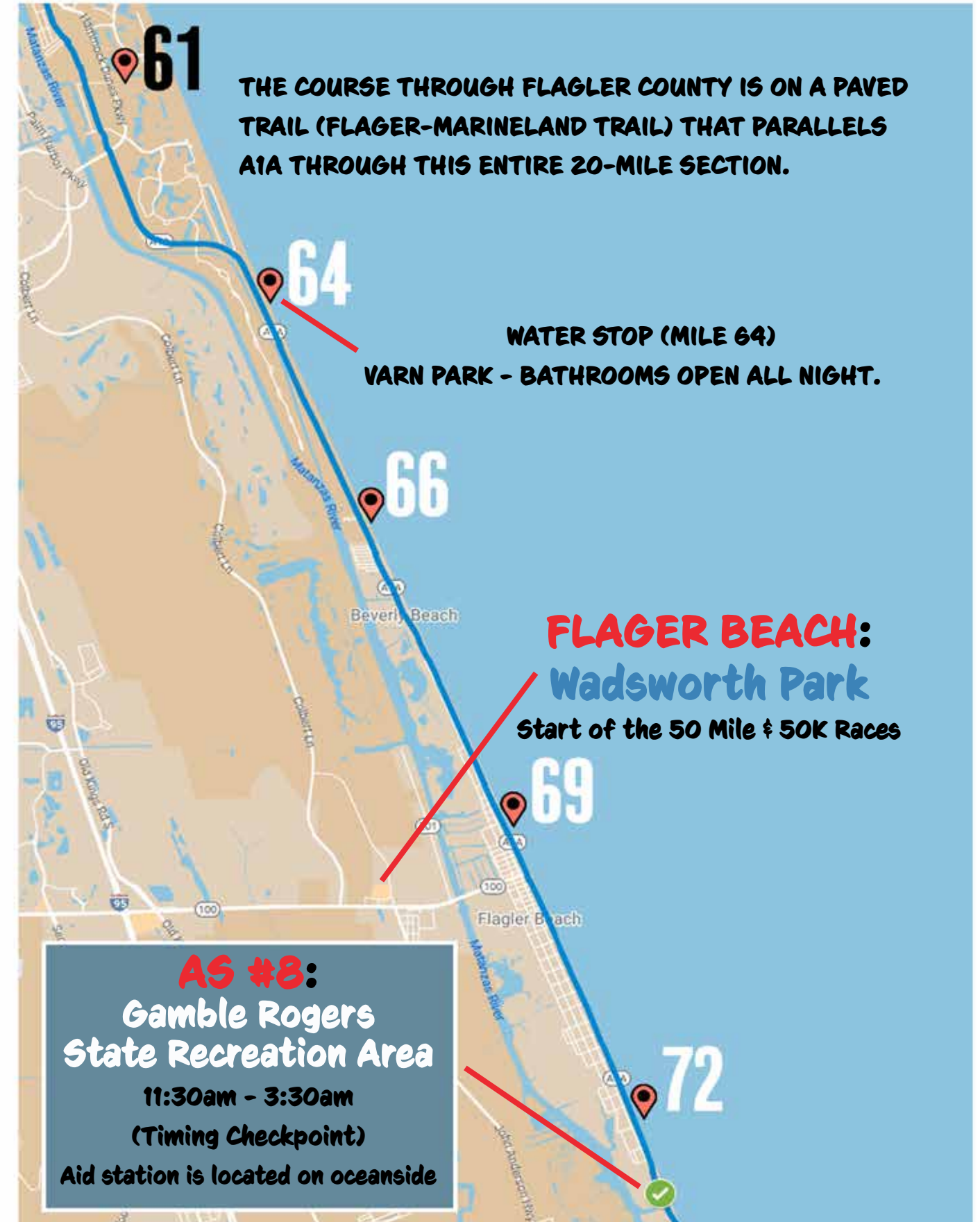
37
40
43

47-60: Matanzas Area

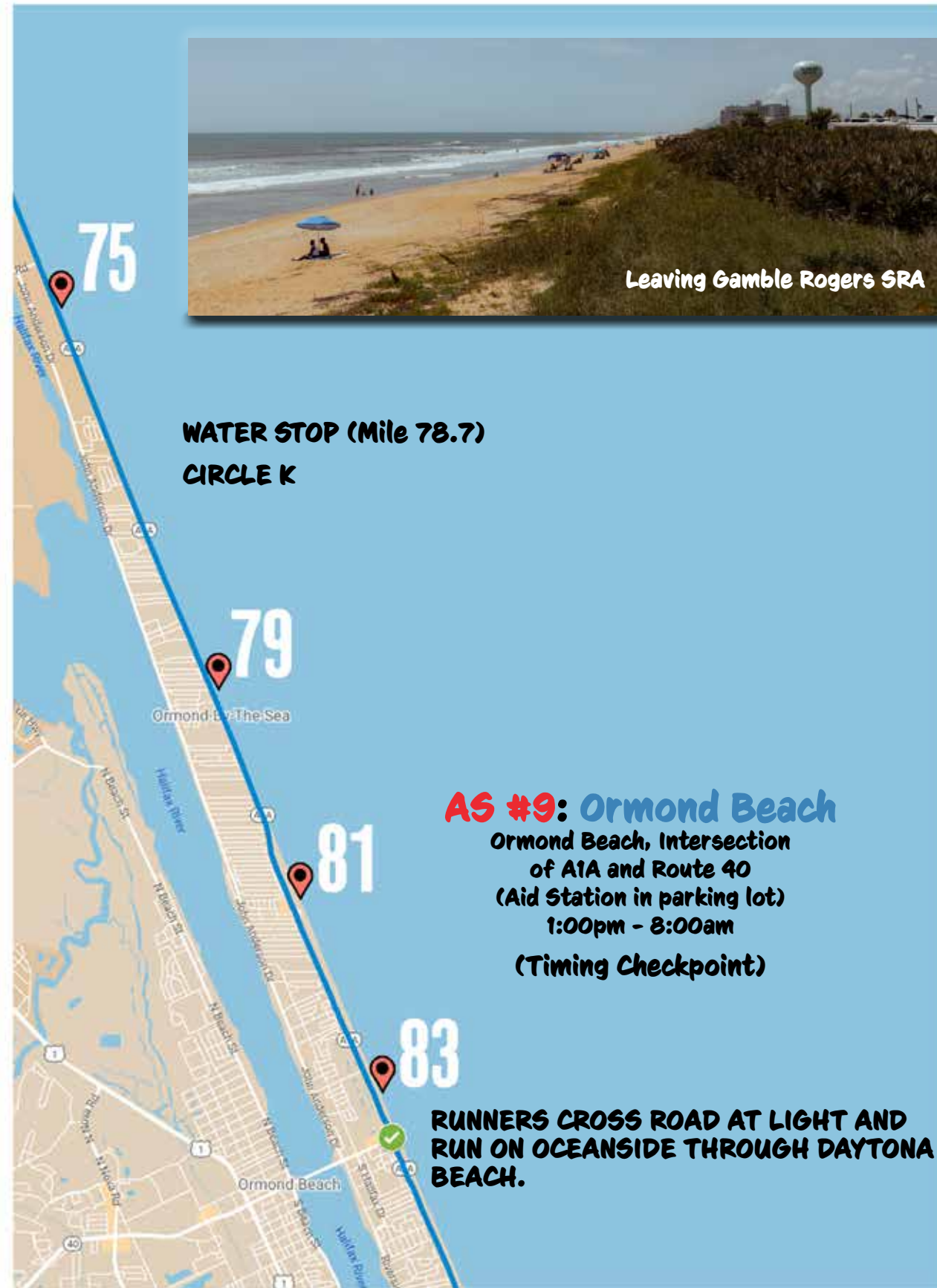
YOU WILL REMAIN ALONG A1A (THE BEACH ROAD) ALL THE WAY TO PONCE INLET AND THE TURN TO THE FINISH LINE.



61-73: Flagler County



74-83: Gamble Rogers to Ormond Beach



84-97: Daytona Beach



98-100: Ponce Inlet



MAY 17-18, 2025

ULTRAMARATHON RACES
KEYS
100

Race across the islands
of the Florida Keys



100 mile - 50 mile - 50k
100 & 50 mile Team Relays



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
2024 50-MILE RACE COURSE DETAILS
Note: Course is approximately 50.9 miles long
 Match to 50-Mile Map in 2024 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	LOCATION/DESCRIPTION
<i>Heading towards Ponce Inlet, Atlantic "OCEAN" is on the left, and "Intracoastal" is on the right</i>		
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 on site at the park pavilion
		Runners 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; remain there next 4.6 miles
1.7-2.4		Crew vehicles 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 for next 4.4 miles
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, remaining on ocean-side sidewalk
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 through Flagler Beach into Ormond Beach
		Caution: Obey "No Parking" signs. Soft sand
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. park. Timing equipment along sidewalk, Intracoastal side. Aid Station, 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 option: Tom Renick Park on left. Bathrooms during day. Race portable toilets at night.
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 Route 40 traffic light. 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
35.7		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
39.6 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. Meet runner at Sun Splash
39.7		Sun Splash Park. <i>Recommended meet-up location.</i> Bathrooms. Race portable toilet at night
42.7 A.S. and TIMING	4.0	Aid Station/Timing Location on left at Frank Rendon Park. Bathrooms in the park open all night. Continue on ocean side sidewalk next 3.3 miles. 50-mile drop bag location
43.9		Van Avenue Park. Bathrooms during daylight hours
44.5		Holiday Inn Express: "official" race hotel
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 day. Race portable toilet at night near race water--on grass just off sidewalk opposite far end of parking lot
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 your 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

INAUGURAL



GLADES RUNNER ULTRAMARATHON

15 March 2025 Saturday

This race has something for everyone!

5K or **16.5-mile** fun runs for a lighter challenge or take on the ultimate test with the **50K** or **50-mile** race through the breathtaking Everglades National Park via the iconic Shark Valley on a completely paved course.

Hosted at the Miccosukee Indian Village, Tamiami Station, Florida, this event combines incredible scenery with cultural heritage.

Details and Registration on the Website: gladesrunner.com



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Try our freshly made breakfast and lunch selections & you'll be back! 7AM - 2PM Wed. - Sun.

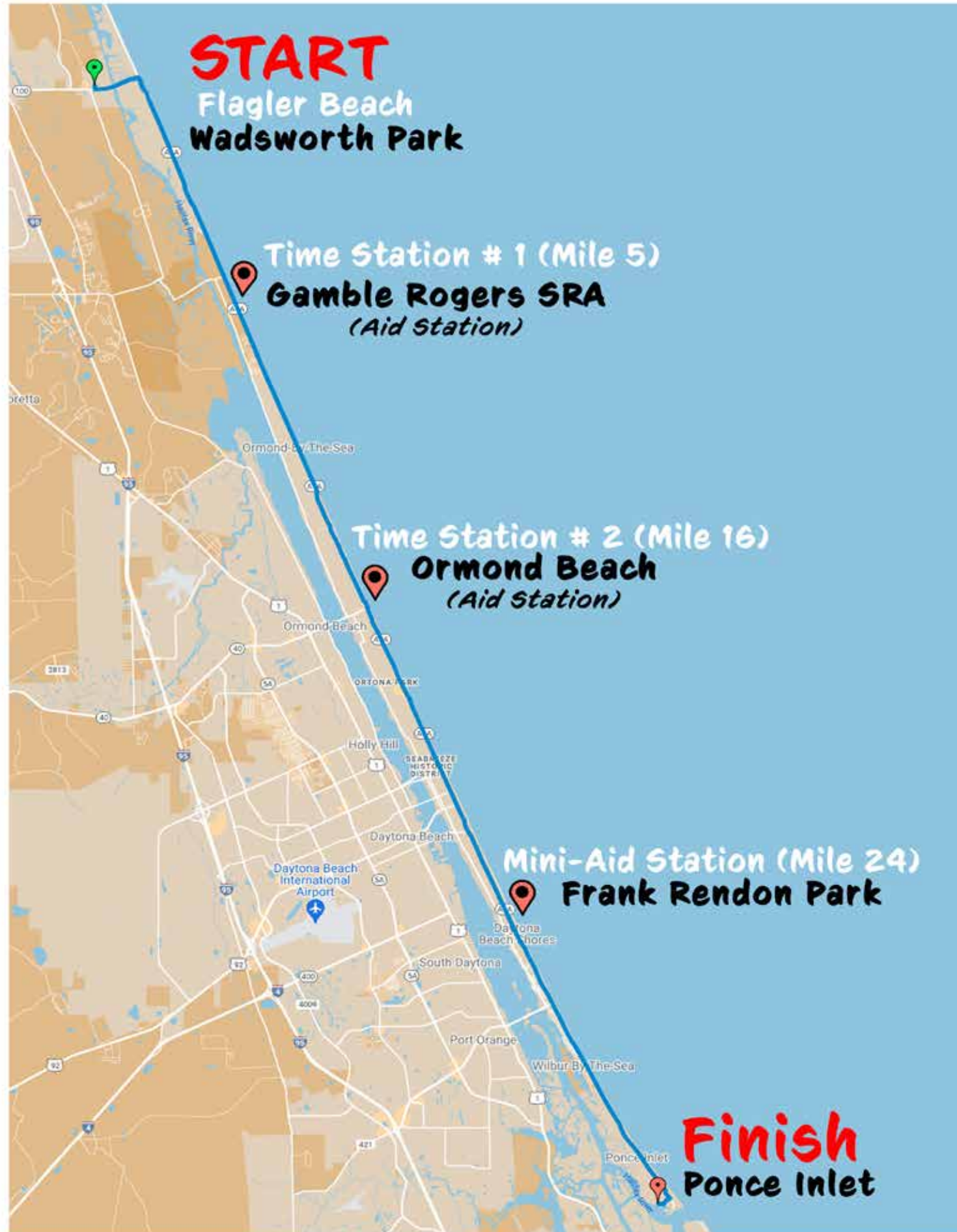
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50KM Course



DAYTONA 100 Ultramarathon
2024 50-KILOMETER RACE COURSE DETAILS

Note: Course is approximately 31.9 miles long
 Match to 50-Kilometer Map in 2024 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

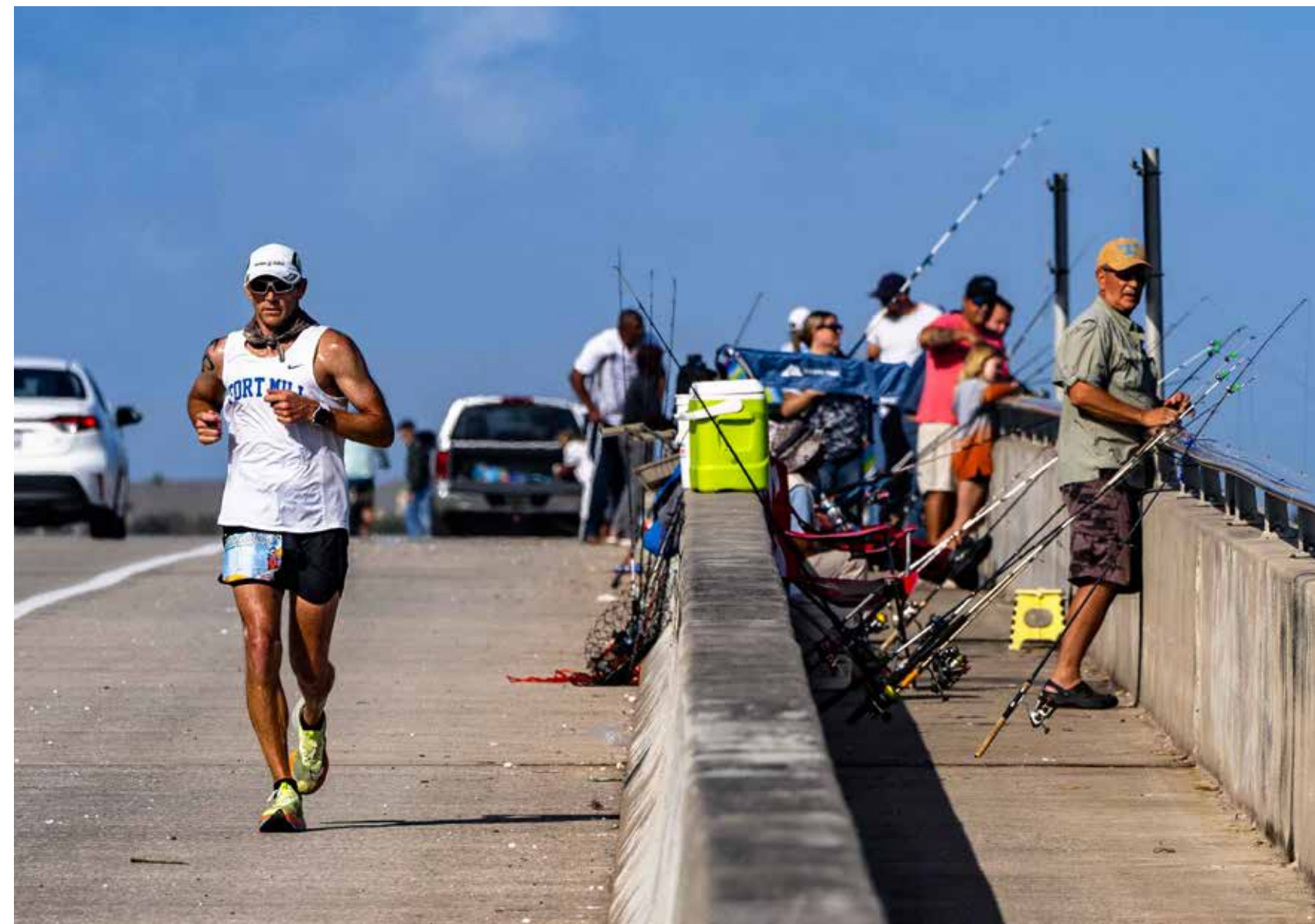
Mileage indicators are best estimates. Course distances are NOT certified.

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
		Runners 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 Street 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. To do so, do not turn left on 7th St. Continue straight onto the park sidewalk for 1/10 mile into lot. After meet-up, 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, 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 option: Tom Renick Park on left. Bathrooms during day. Race portable toilet at night
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 Route 40 traffic light. 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. 50k drop-bag location
16.7		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
20.6 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
20.7		Sun Splash Park. Recommended meet-up location. Bathrooms open during daylight hours
23.7 A.S. and TIMING	4.0	Aid Station/Timing Location on left at Frank Rendon Park. Bathrooms in the park open. Continue on ocean side sidewalk next 3.3 miles
24.9		Van Avenue Park. Bathrooms during daylight hours
25.2		Holiday Inn Express: "official" race hotel
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 day. Race portable toilet at night near water--on grass just off sidewalk opposite far end of parking lot.
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

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