

DAYTONA 100

December 13, 2025
11th annual Jacksonville Beach to Ponce Inlet

OFFICIAL RACE GUIDE



produced by
UltraSports



WELCOME TO THE 11TH ANNUAL DAYTONA 100 ULTRAMARATHON

photo provided by Bob



This beautiful route awaits you on December 13th! 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 Lighthouse at Davies Lighthouse Park. You will receive your finisher's medal, 100-mile buckle and—maybe—a unique race award. There, you and your crew and family are urged to stay, swap stories with other finishers and enjoy prepared food and more at the finish line pavilion, courtesy of ZICO Coconut Water, our Official Finish Line Sponsor.

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. Strategically placed signage will also be in place throughout the course.

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: locations where runner and crew may meet and teams may exchange runners, 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 “Race Guide” 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 13, 2025.

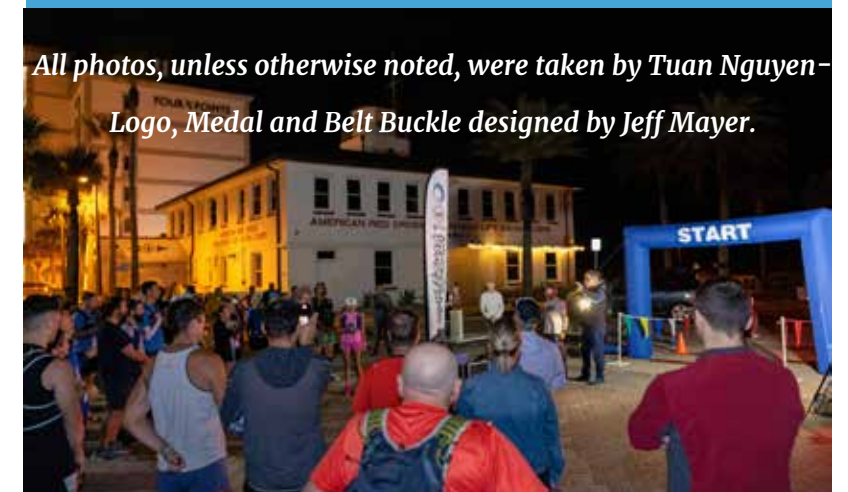
Bob Becker
Race Director



Contents

- 1 Cover**
- 2 Welcome—Race Director**
- 3 Contents**
- 4 2024 Race Weekend Calender**
- 5 ZICO Finish Line Sponsor**
- 6-9 Race Rules**
- 10-11 Course Overview Map**
- 12-13 Aid Station Schedule**
- 14-17 100-Mile Course Details**
- 18-28 100-Mile Map Guide Details**
- 29 2025 KEYS100**
- 30-31 50-Mile Map Overview**
- 32-33 50-Mile Course Details**
- 34-35 Contributor Ads**
- 36-37 50 KM Map Overview**
- 38-39 50 KM Course Details**
- 40 Race Charity**

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



2025 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)

4:30-5:30pm: “An hour with RD Bob Becker”; informal drop-in session

Saturday, December 14:

5:30am: 100-mile race, first wave starts at Beach Blvd. and 1st Street in front of JAX Beach Life-guard 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!

Note: Awards may be picked-up at the finish line for those who cannot stay for the awards presentation.

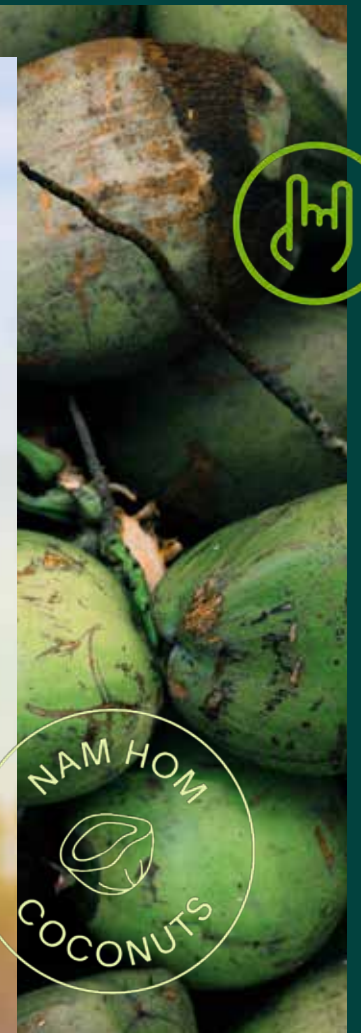
Sunday, December 15:

1:30pm: Finish Line Closes

1:30pm: Awards Presentation at Hidden Treasure Rum Bar & Grill, across the street from the finish line.

Water walks. ZICO runs.

NATURAL ELECTROLYTES FOR THIRST-QUENCHING HYDRATION



Colleen Quigley
Runner/Olympian/Dog Lover



Scan for free bottle
at your local Publix

Good for one (1) 13.5oz ZICO PURE
organic coconut water up to \$4.49

ZICO®

DAYTONA 100—2025 RACE RULES & STANDARDS

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

Runners and Crew Are Equally Responsible for Complying with ALL Race Rules

EVERY RACE PARTICIPANT MUST BE REGISTERED; NO EXCEPTIONS.

PERSONAL SAFETY & IDENTITY:

RACING BIBS. Individual 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!

SAFETY GARMENTS AND LIGHTING

DURING THE DAY—NEW FOR 2025:

At check-in, *EVERY RUNNER, SUPPORT CREW MEMBER AND TEAM DRIVER* will be given a lightweight, highly visible reflective suspender-type “vest” that MUST be worn at all times, and that will clearly identify them as *Daytona 100* participants. This will serve as an additional safety reminder to the public of a race in progress.

[SEE THE “RACE SAFETY WEARABLES” PAGE UNDER THE WEBSITE “RACE INFO” TAB FOR A PHOTO.]

NIGHTTIME:

Nighttime hours are defined for *Daytona 100* as 5:00pm Saturday until 7:00am Sunday. ALL participants MUST wear clearly visible colored blinking LED lights facing front and rear when outside the vehicle IN ADDITION to 360-degree reflective garments. At night, each may continue to wear the required daytime reflective garment plus lights or change to an acceptable reflective garment of their choice, such as Noxgear. Note: Headlamps do NOT count as required safety gear, but wearing one or carrying another light source is strongly recommended. It can be quite dark in certain sections of the course. Be smart and be safe; prepare 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.

EARPHONES: NEW FOR 2025. 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:

MEETING THE RUNNER. **NEW FOR 2025:** "Course Details" lists published on the website include locations where runners and crews may meet and where teams may exchange runners. You are unlikely to use all listed locations. HOWEVER, THESE LOCATIONS ARE THE *ONLY* ONES YOU MAY CHOOSE DURING THE RACE FOR SUPPORT OR EXCHANGE. (When not meeting your runner, you may stop elsewhere along the course, but NEVER block driveways or entrances or park on private property, and no parking is allowed along any wall in front of homes or condos.) Along certain areas of the course, local ordinances or other reasons strictly prohibit parking or stopping. (Ponte Vedra Blvd. is an example where our crews and teams are completely prohibited from driving on that road *at all times*, and immediate penalties will be applied for ignoring this rule.) Study 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 crewed runner, or two runners supported by the same crew, may have only one vehicle 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.

NEW FOR 2025: VEHICLE SIZE & TYPE RESTRICTIONS—FIRM

The crew or team support vehicle may be a car, SUV, minivan, full-size passenger van or standard pick-up truck. (Pick-up trucks up to ½ ton with two axles and four "standard" wheels and tires are discouraged but allowed as support vehicles.) All are encouraged, however, to use a minivan or small-medium crossover. Small Sprinter-type vans will be allowed with these strict limitations: the vehicle must have full windows and interior seating only and be of a standard size offered at national car rental companies. One-off vehicles, oversized vans and interior customization are not allowed. (General limitations: 240 inches in length, 81 inches in width (excluding side mirrors) and 96 inches in height.) Not allowed at any time are RVs or slide-in truck campers. 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 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 BEFORE the race.

Marshal@ultrasportsllc.com

VEHICLE MARKING & SIGNS. Vehicles must have the runner or team NUMBER (or NUMBERS) *CLEARLY* visible on all four sides of the vehicle. Team or runner name is recommended but optional. In addition, the race will provide at check-in a “Caution: Runners on Road” poster. This sign must be affixed to the rear of the vehicle. Bring blue painter’s tape for this purpose.

THIRD-PARTY PHOTOGRAPHY & MEDIA. NEW FOR 2025:

Third-party* photography or videography documenting the race or an individual runner or team’s experience may not be conducted at the race without specific written permission of the Race Director. APPROVAL MUST BE FINALIZED NO LATER THAN THREE WEEKS PRIOR TO RACE DAY. [*“Third-party” photographers or videographers include anyone other than the runner(s) and registered support crew or team drivers.] All must register as race participants and will be required to follow all race rules and wear the same safety gear as other race participants, day and night. Approved photographers and videographers will be considered an extension of the individual runner or team support personnel with respect to potential warnings and penalties. At no time may they impede traffic or interfere with another participant. The privacy of others, including the general public, must be respected at all times.

If any unregistered “film crew” is discovered on the course following a runner or team, the competitor(s) will be disqualified and their bib(s) forfeited.

Use of Drones Prohibited

No drones of any size or kind may be used during the race. Anyone found using a drone will be subject to immediate disqualification.

General media: Bona fide public media must also contact the Race Director to request prior approval no later than two weeks prior to race day. Rules and restrictions will apply.

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.

RUNNING UNDER OWN POWER: NEW FOR 2025. 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.

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.

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.

TIME LIMITATIONS, INTERIM CUTOFFS & “DNF”. NEW FOR 2025: 100-mile runners and teams have 31 hours to complete the race from the time they cross the starting line. 50-mile and 50-kilometer runners have until noon on Sunday to complete the race. For 100-milers, interim cut-off times also apply. These are the scheduled closing times of the ten (10) full aid stations as listed under “Race Info” and also on the “Race Calendar”. These interim time limits apply *without regard to start time* and will be strictly enforced.

ANYONE NOT FINISHING WITHIN THE ALLOWABLE TIME LIMIT FOR THEIR RESPECTIVE DISTANCE OR MISSING AN INTERIM CUTOFF, WILL BE CONSIDERED “DNF” (“DID NOT FINISH”) AND WILL BE REQUIRED TO REMOVE THEIR RACE BIB, SURRENDER IT TO A RACE MARSHAL AND REMOVE ANY REFERENCE TO THE RACE FROM THEIR SUPPORT VEHICLE. AT THAT MOMENT, THEIR PARTICIPATION IN THE *DAYTONA 100* RACE WILL BE DEEMED TERMINATED.

FURTHER NOTES:

SUPPORT & ENFORCEMENT: Race marshals and staff will be monitoring the course throughout the race for runner health and safety. Marshals will also 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.

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.



100-Mile Course Overview

AID STATIONS, TIMING CHECKPOINTS AND DROP BAG SITES



Mile 2.6/4.5

Near One Ocean Resort **WATER ONLY**

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 **WATER ONLY**

Mile 26 Aid Station #3

GTM Preserve oceanside across from Exxon Station (8:00am - 1:30pm)

Mile 31.3

"The Reef" Parking Lot **WATER ONLY**

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 **WATER ONLY**

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 **WATER ONLY**

Mile 60 Aid Station #7

Publix, Hammock Dunes (11:30am - Midnight)

Mile 64

Varn Park, Flagler Beach **WATER ONLY**

Mile 73 Aid Station #8

Gamble Rogers State Rec. Area (11:30am - 3:30am)

Mile 78.7

Circle K **WATER ONLY**

Mile 84 Aid Station #9

Granada Plaza, Ormond Beach (1:00pm - 8:00am)

Mile 88.6

Crabby's Oceanside **WATER ONLY**

Mile 92 Aid Station #10

Edwin W. Peck Sr. Park, Daytona Beach Shores (2:30pm - 11:00am)

Mile 95.7

Toronita Ave lot **WATER ONLY**

Mile 100 - Finish

Davies Lighthouse, Ponce Inlet



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	
Circle K	12:15pm-(Sun)5:30am	Water Stop	78.7	29.7	
Ormond Beach	1:00pm-(Sun)8:00am	Aid station #9	84	34.2	
Crabby's Oceanside	2:00pm-(Sun)9:30am	Water Stop	88.6	39.6	
Edwin W. Peck Sr. Park	2:30pm-(Sun)10:30am	Aid station #10	93	43.7	
Toronita Ave. lot.	3:15pm-(Sun)11:30am	Water Stop	95.7	46.7	
Davies Lighthouse Park, Ponce Inlet	3:00pm-(Sun)1:30pm	Finish	100	50	



DAYTONA 100 Ultramarathon
2025 100-MILE COURSE DETAILS & MEET-UP LOCATIONS
Match to 100-Mile Map in 2025 Race Guide

Locations where runners must make a turn or cross the road, aid and timing stations, allowable runner, crew & team meet-up locations and various points of interest
SIGNS OR MONITORS WILL MEET RUNNERS AT MOST TURNS
Quiet early and at night, please!
2025 VITAL UPDATES AND REMINDERS FOR CREWED RUNNERS AND TEAMS: YOU MAY MEET-UP ONLY IN DESIGNATED LOCATIONS; LIKE THIS NOTE, THESE ARE HIGHLIGHTED. NO RACE VEHICLES ARE ALLOWED IN THE FIRST SEVEN MILES, WHICH IS A 3.5 MILE OUT-AND-BACK SEGMENT FROM THE START LINE. CREWS AND TEAMS WAIT FOR RUNNERS TO RETURN. NEXT MEET-UP LOCATION IS AT MILE 8.2, THEN AT MICKLER'S BEACH AT MILE 16. NO RACE VEHICLES ARE ALLOWED ON PONTE VEDRA BLVD.

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	2.5	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. through road block
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
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 4:45am
8.2		16th Ave.S. lot at tennis courts. Last place to meet runners before Mickler's Beach at Mile 16.1. Parking here is tight. After meet-up here, 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. Get breakfast! Then, to Mickler's Beach: drive south on A1A, turn LEFT at the Ponte Vedra Blvd. traffic light. Mickler's parking 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



Mile	MILES TO NEXT SUPPORT	100 MILE COURSE DETAILS, Page 2 of 4
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. Bear left and continue south on LEFT side road shoulder for 1/2 mile, then onto left side sidewalk for 1/2 mile
10.5		Cross to right side after "The Tennis Club". Run on right sidewalk only for next 5.6 miles
16.1 A.S. #2 and TIMING	5.7	Pass 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 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
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. BEWARE OF SOFT SAND.
26.3 A.S. #3 ONLY	5.0	Aid Station, beach side across from EXXON; no timing equipment. Open 8am-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. Do NOT park in the REEF lot. Crew/team cross road to meet runner.
31.3 WATER STOP	4.1	Water stop for uncrewed runners ONLY at the public lot just before "The Reef" parking begins (same paved area). 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 across "Bridge of Lions". Do not stop. STAY LEFT TO CROSS BRIDGE
37.2		On south side of "BRIDGE", vehicles park anywhere 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 dark grey (formerly 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



MILE	MILES TO NEXT SUPPORT	100 MILE COURSE DETAILS, Page 3 of 4
43.0 A.S. #5 and TIMING	7.8	Aid Station/Timing Station #4 at Anastasia Plaza/Publix shopping center. Timing equipment is on left (south) side sidewalk. 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
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
51.3		At pedestrian crossing after Ft. Matanzas Park entrance, CROSS TO LEFT SIDE. Remain on left SHOULDER next 3.1 miles, including crossing Matanzas Inlet bridges into Marineland
53.0		Vehicle pull-off on left. Small dirt lot. Meet runners
54.5		Enter Marineland/Flagler County. 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 day. Water located past the building immediately next to sidewalk (behind wall), down hill from food vendor
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 RIGHT. Timing equipment before park entrance. Aid Station, bathrooms and crew parking inside park. Hot food at night. Open 11:30am-3:30am. 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 fill-up or buy something here.
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



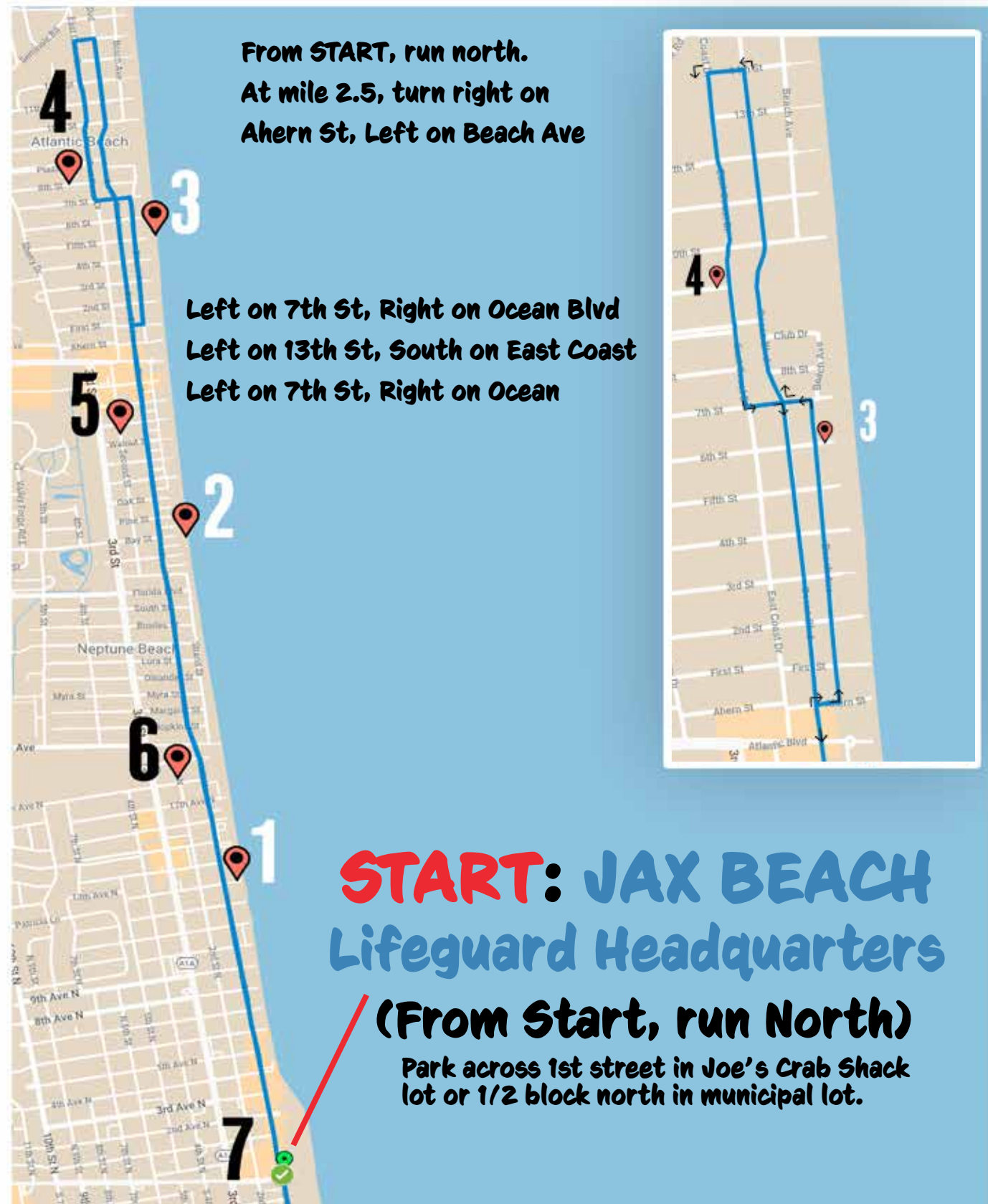
MILE	MILES TO NEXT SUPPORT	100 MILE COURSE DETAILS, Page 4 of 4
83.2 A.S. #9 and TIMING	5.4	Aid Station on right in Ormond Beach shopping center lot just before Route 40 traffic light. Open 1:00pm-8:00am. Race portable toilet at entrance. Public bathrooms across A1A beneath park. ALL RUNNERS CROSS TO OCEAN SIDE SIDEWALK TO CONTINUE SOUTH. 50k drop-bag location
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	4.7	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
93.3 A.S. #10 and TIMING	2.2	Aid Station/Timing Location #8 on left at Edwin W. Peck, Sr. Park. Open 2:30pm-10:30am. Bathrooms open all night. From 11:00pm-5:00am, cars park across road in Oceans Luxury Realty lot. Continue on ocean side sidewalk next 2 miles. 100m & 50m drop bag location
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 just inside parking lot entrance. Access water supply from sidewalk past driveway entrance 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		Runners turn RIGHT into Davies Park immediately after bathroom building to finish line. Vehicle parking options: Critter Fleet lot just before Hidden Treasure restaurant. Hidden Treasure front lot (across street from park) from 11:00pm-7:00am. Lighthouse parking back lot anytime. Lighthouse front lot from 6:30pm until 8:00am.
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

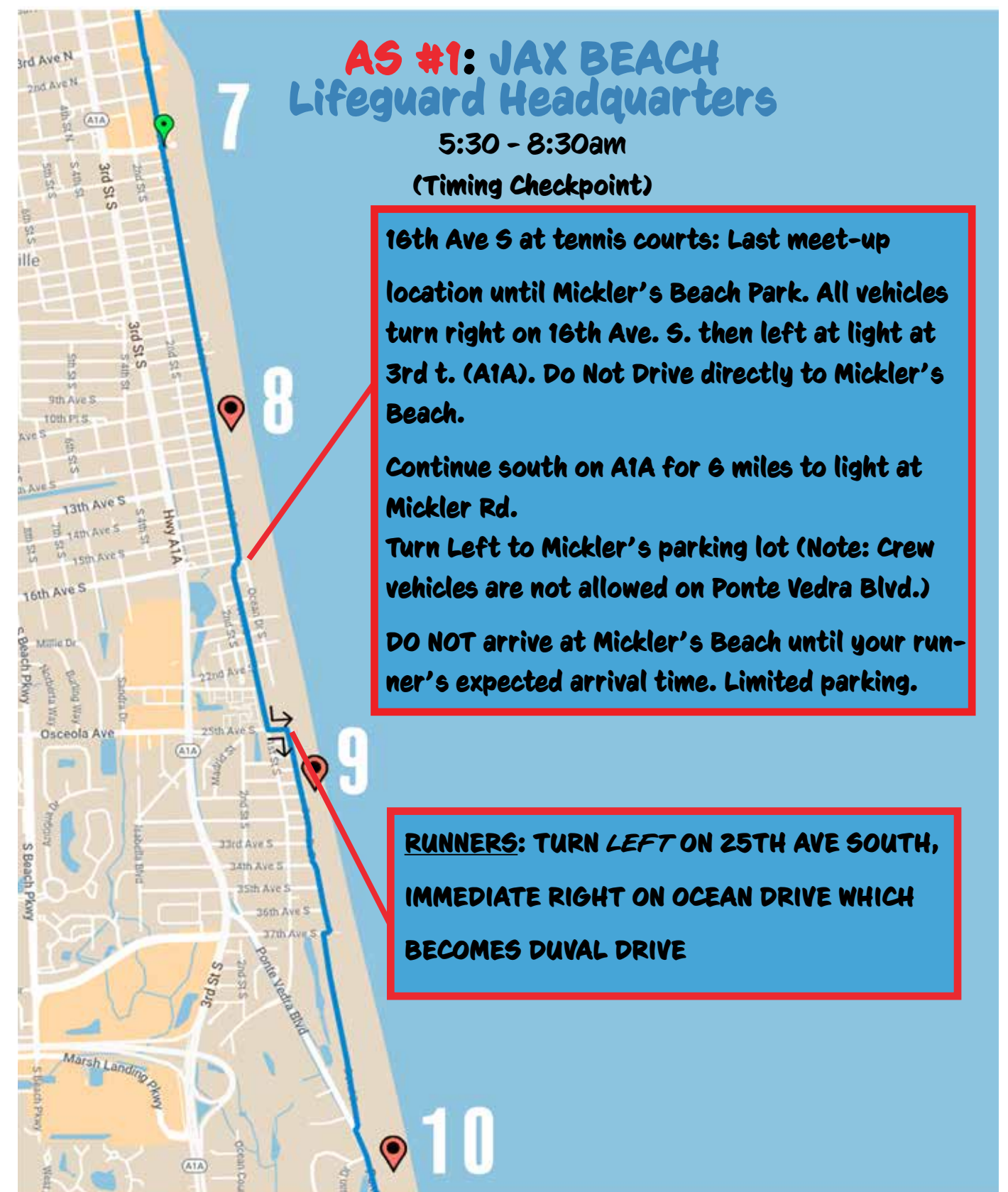
100 Mile Map Guide

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



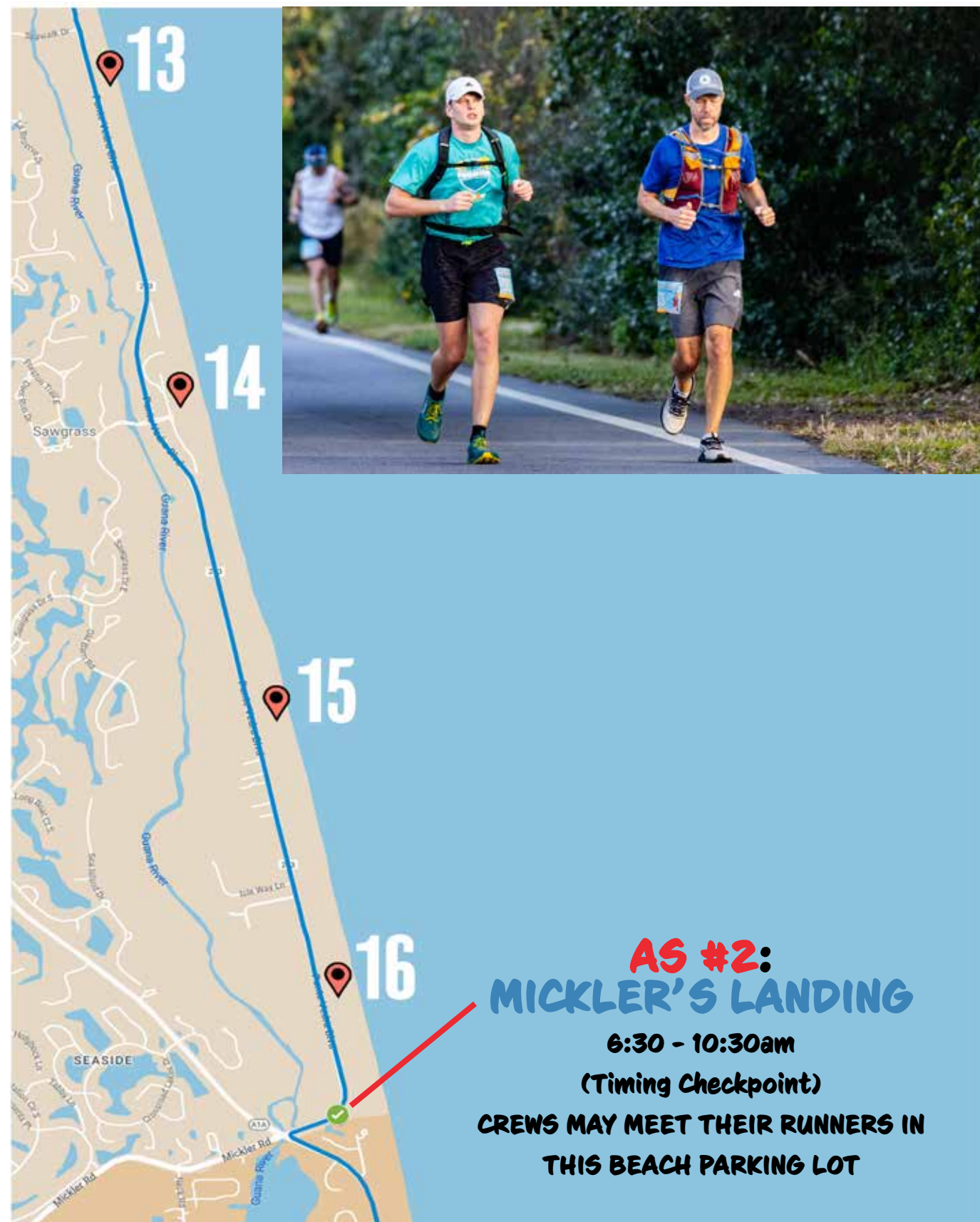
7-10: JAX BEACH

CREWING ALLOWED FROM MILES 7-8.2

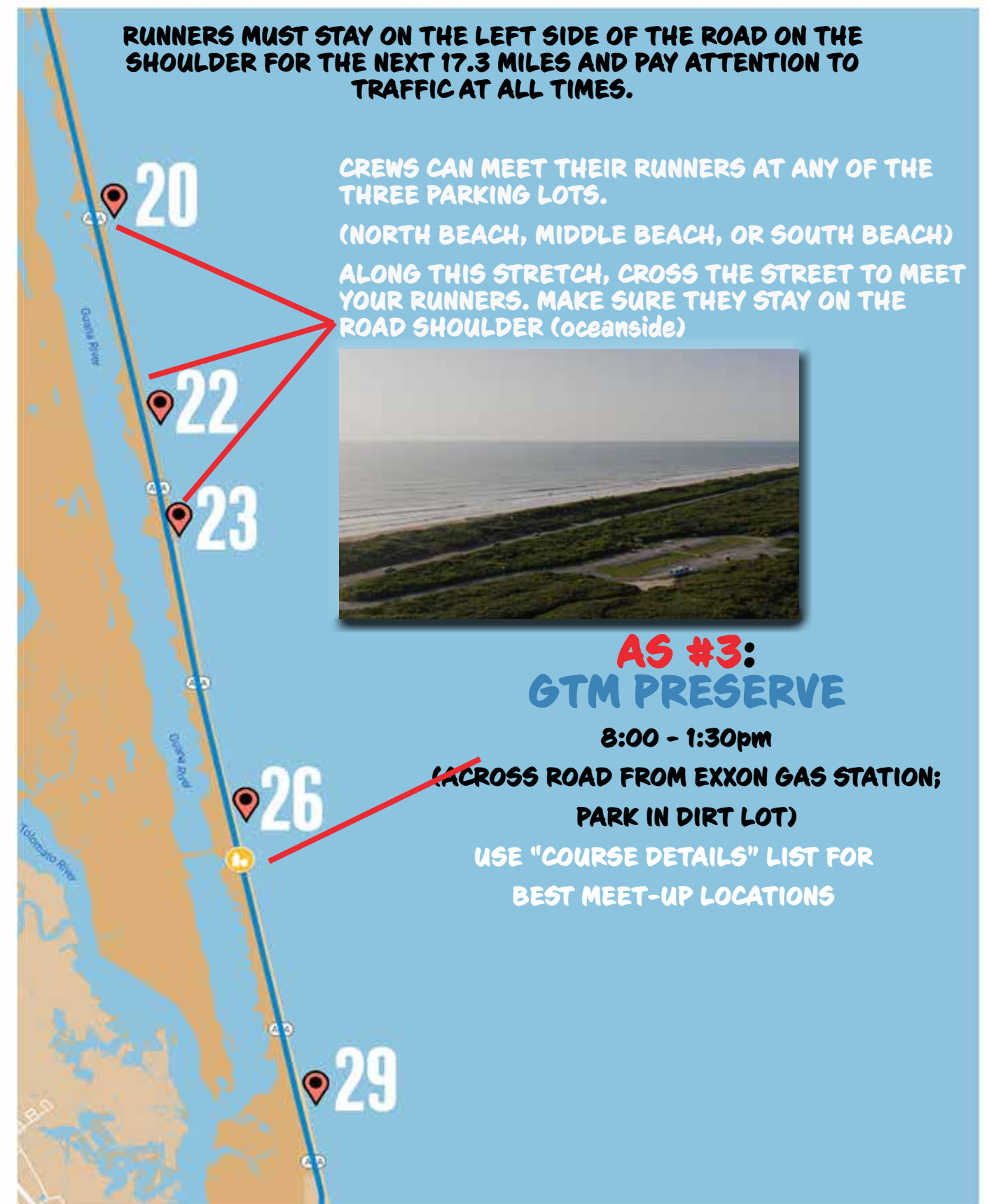


11-16: To Mickler's

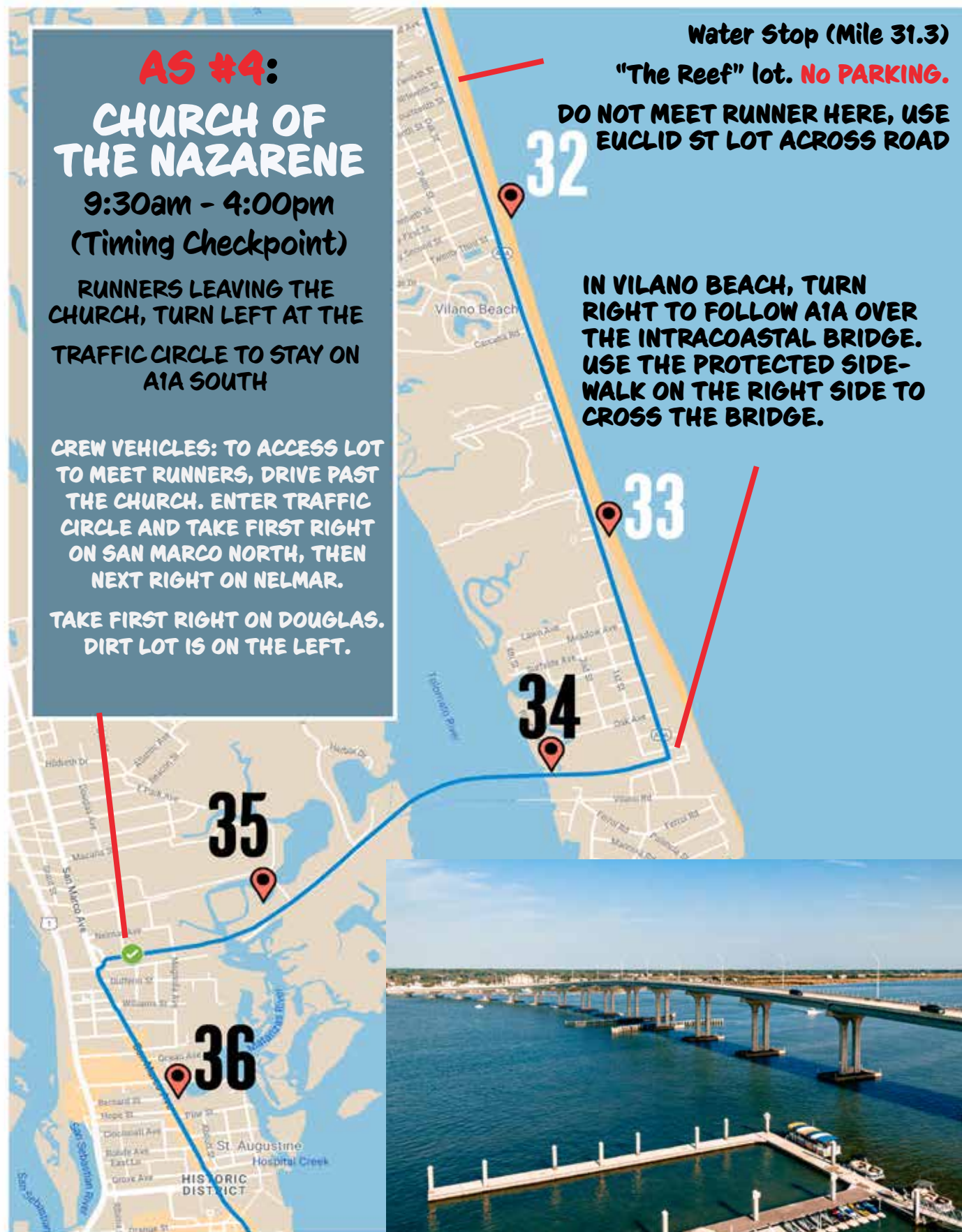
NO CREWING ALLOWED FROM MILES 8.2 TO MICKLER'S LANDING.



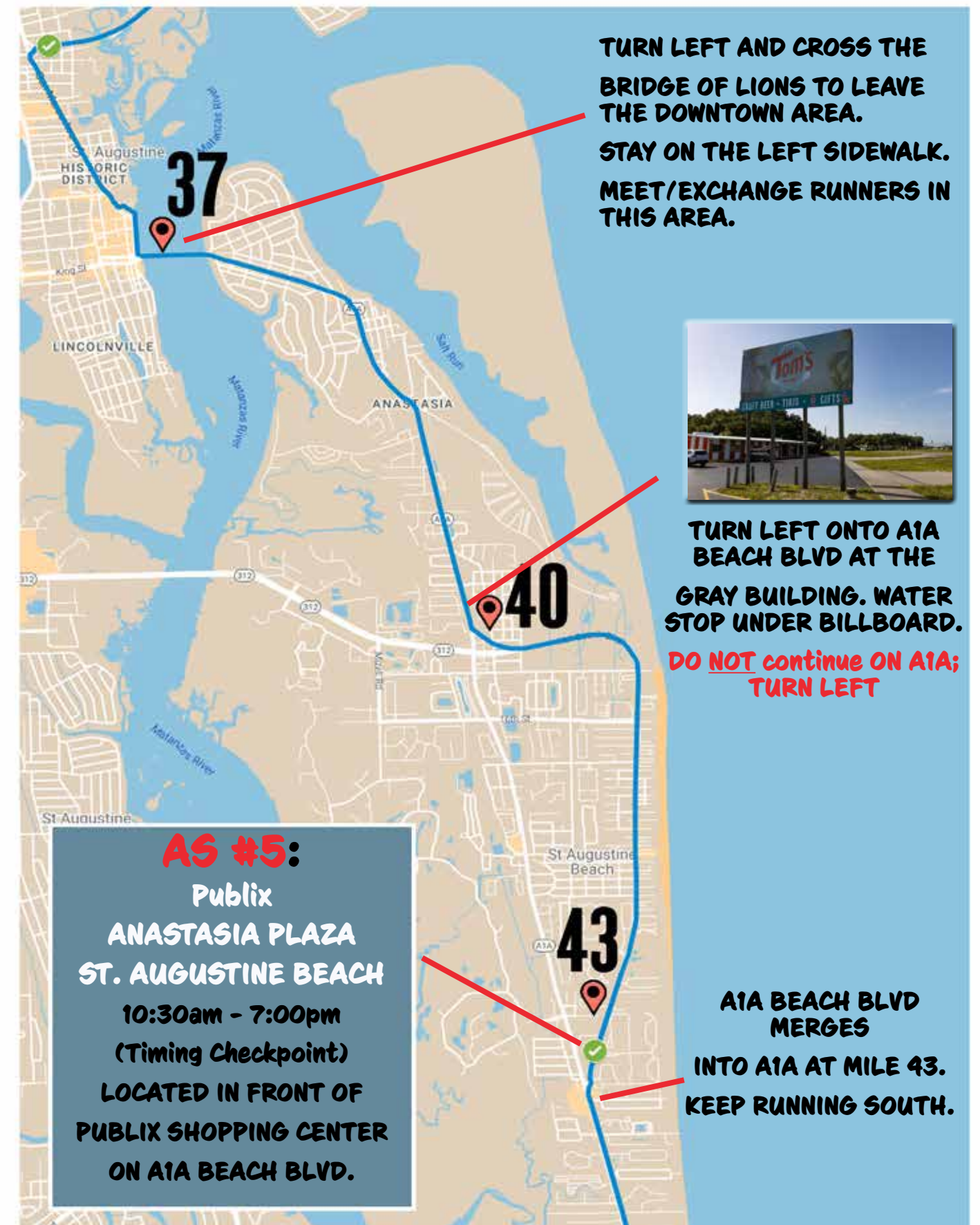
17-29: GTM Preserve



29-36: St. Augustine

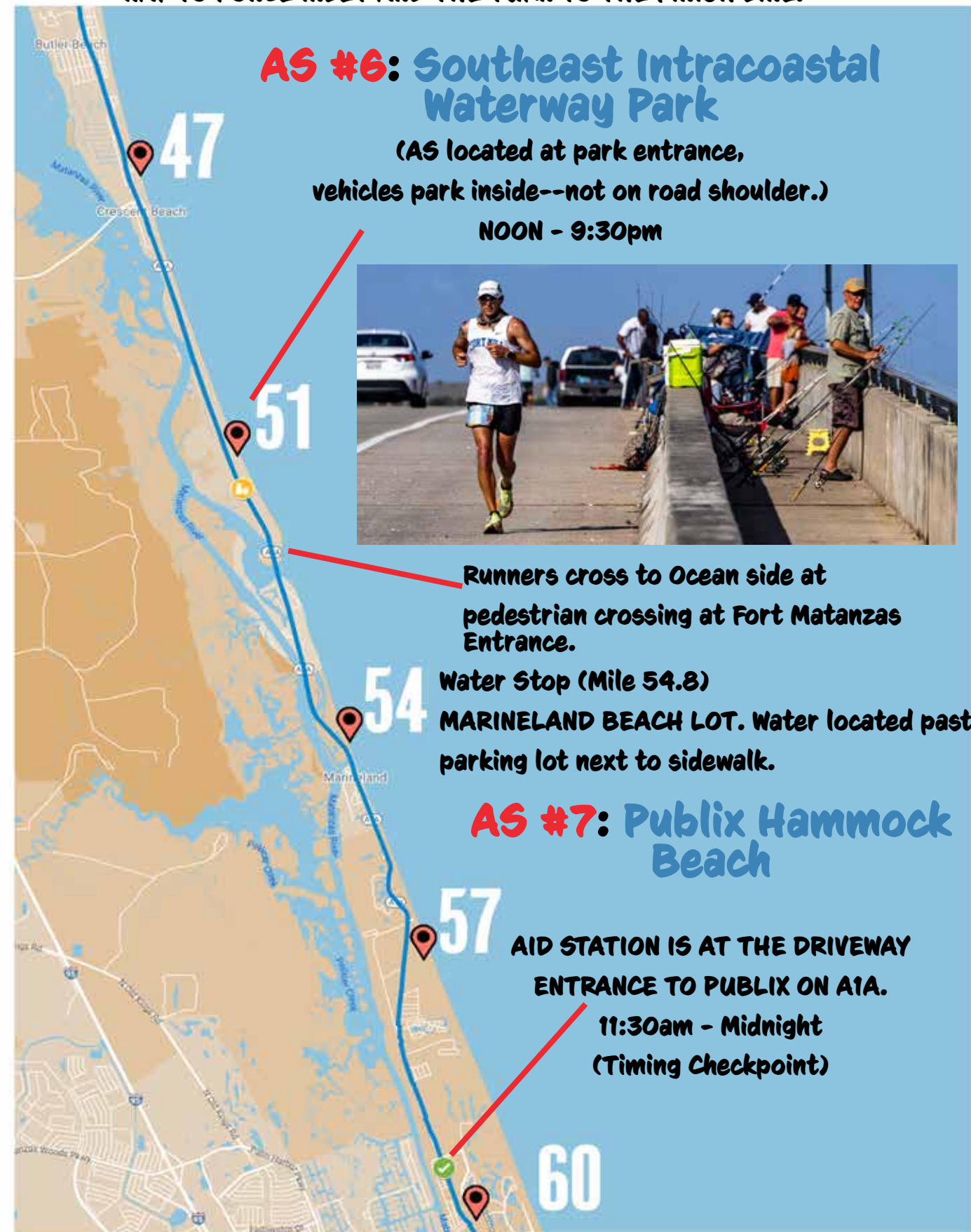


37-43: St. Augustine Beach

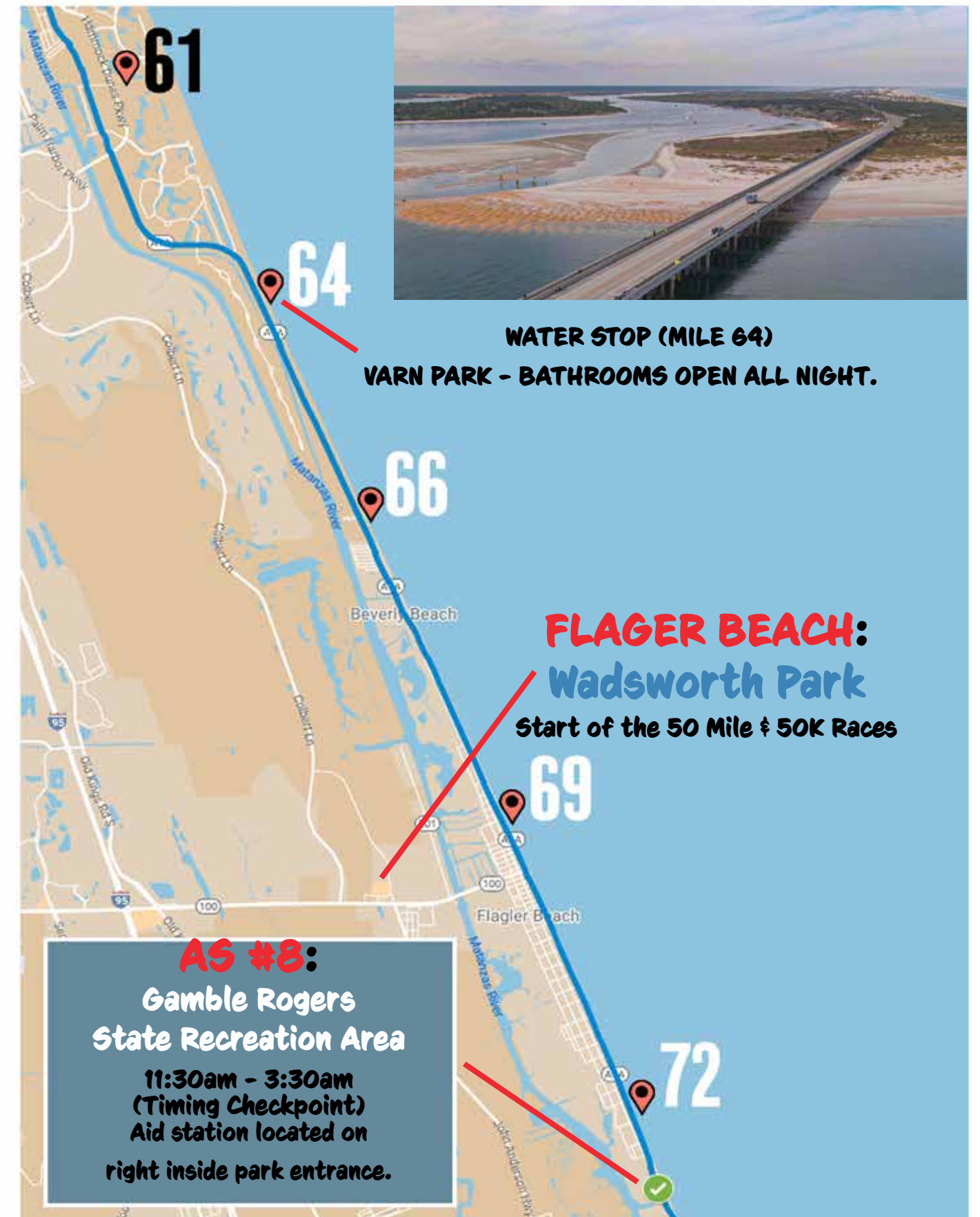


47-60: Matanzas Area

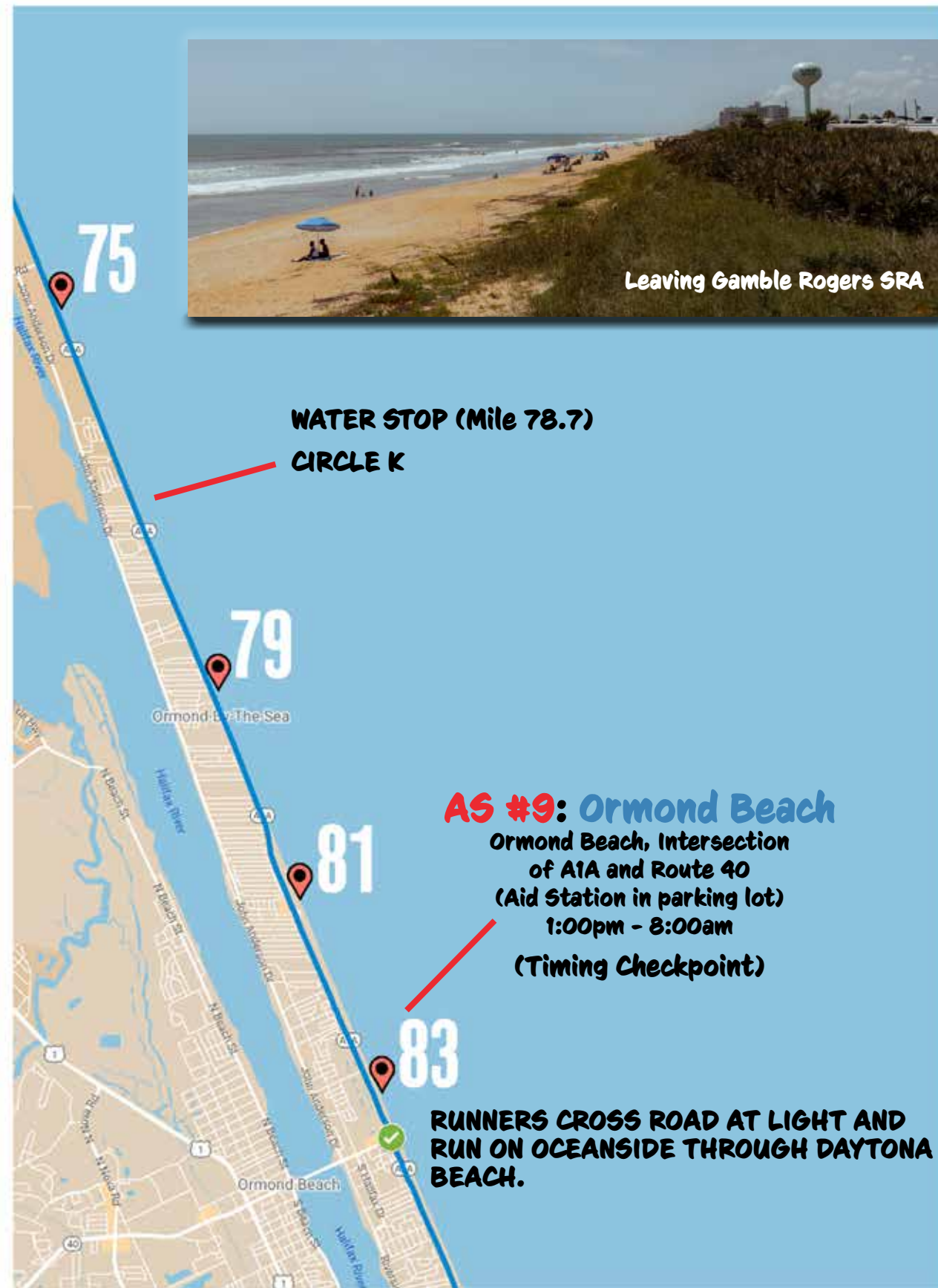
YOU WILL REMAIN ALONG A1A (THE BEACH ROAD) ALL THE WAY TO PONCE INLET AND THE TURN TO THE FINISH LINE.



61-73: Flagler County



74-83: Gamble Rogers to Ormond Beach



84-97: Daytona Beach



98-100: Ponce Inlet



MAY 16-17, 2026

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

Turnaround at AS #1

Publix Hammock Beach (Mile 10.7)

Return south; remain on A1A until

Ponce Inlet

DAYTONA 100 Ultramarathon
2025 50-MILE RACE COURSE DETAILS & MEET-UP LOCATIONS

Note: Course is approximately 50.9 miles long

Match to 50-Mile Map in 2025 Race Guide

Locations where runners must make a turn or cross the road, aid and timing stations, allowable runner and crew meet-up locations and various points of interest

QUIET AT NIGHT, PLEASE

2025 NOTE FOR CREWED RUNNERS:
YOU MAY MEET-UP **ONLY** IN DESIGNATED LOCATIONS; THESE ARE HIGHLIGHTED BELOW.

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

Mile	MILES TO NEXT SUPPORT	Heading towards Ponce Inlet, Atlantic "OCEAN" is on the left, and "Intracoastal" is on the right
		LOCATION/DESCRIPTION
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 parking is permitted to meet runner. Caution crossing road
3.0		Begin parking on left where permitted to meet runner
3.3		Enter Beverly Beach. Park on left where permitted 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; remain on ocean-side sidewalk until Varn Park
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. Aid station on RIGHT. Timing equipment before park entrance on sidewalk. Aid Station, bathrooms and crew parking inside park. Hot food at night. Open 11:30am-3:30am. 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

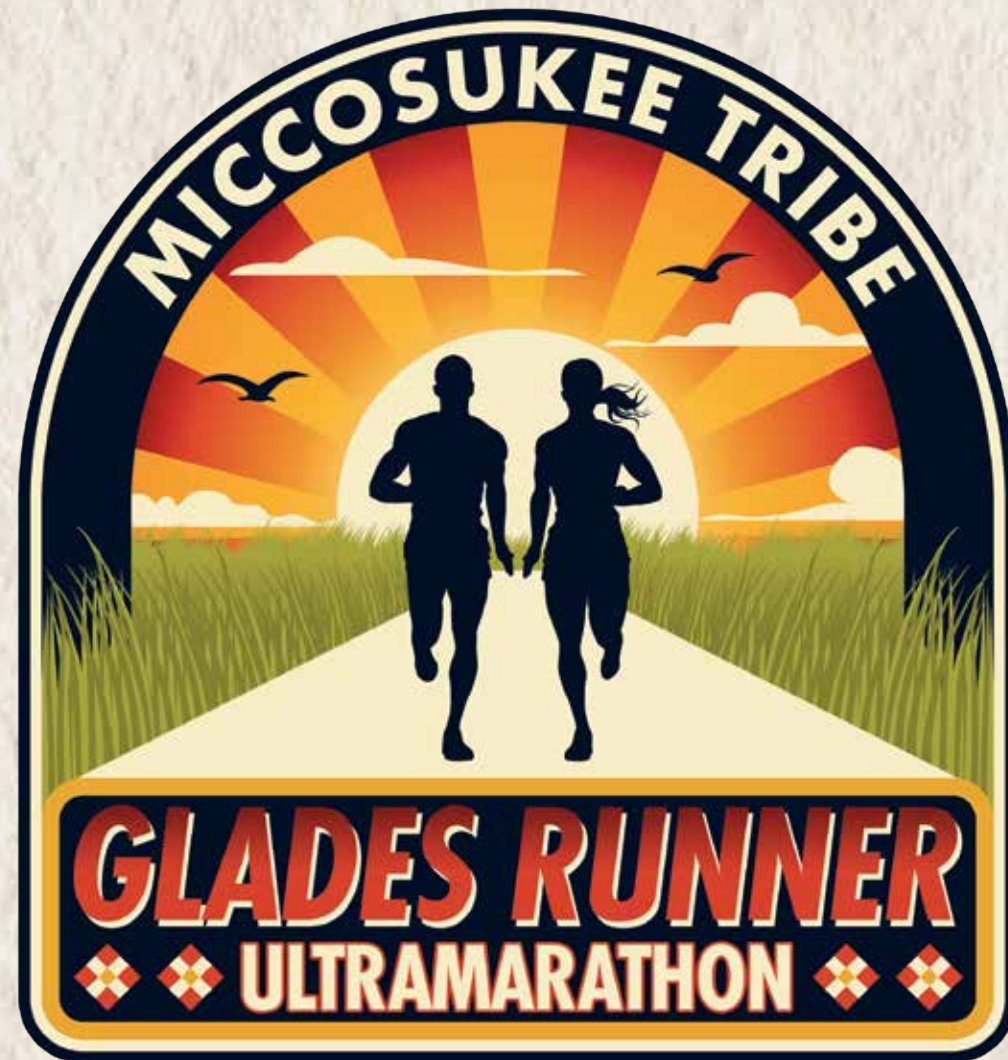


Mile	MILES TO NEXT SUPPORT	50 MILE COURSE DETAILS, Page 2 of 2
31.3		Meet-up option: Tom Renick Park on left. Bathrooms during day. Race portable toilets at night.
32.0		Commercial area--Publix, Dunkin', 7-Eleven, gas station, etc.
34.2 A.S. and TIMING	5.4	Aid Station/Timing Station on right in Ormond Beach shopping center parking lot just before Route 40 traffic light. Race portable toilet at entrance. Public bathrooms across A1A beneath park. ALL RUNNERS CROSS TO OCEAN SIDE TO CONTINUE SOUTH ON SIDEWALK
35.7		Andy Romano Park, ocean 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	4.7	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 Park
39.7		Sun Splash Park. Recommended meet-up location. Bathrooms. Race portable toilet at night
44.3 A.S. and TIMING	2.4	Aid Station/Timing Location #8 on left at Edwin W. Peck, Sr. Park. Open 2:30pm-10:30am. Bathrooms open all night. From 11:00pm-5:00am, cars park across road in Oceans Luxury Realty lot. Continue on ocean side sidewalk next 2 miles. 100m & 50m drop bag location
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 just inside parking lot entrance. Access water supply from sidewalk past driveway entrance opposite far end of parking lot.
47.1		Street parking on right; meet runner option
47.6		Ponce Preserve parking on left. Small lot. Meet runner option
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		Runners turn RIGHT into Davies Park immediately after bathroom building to finish line. Vehicle parking options: Critter Fleet lot just before Hidden Treasure restaurant. Hidden Treasure front lot (across street from park) from 11:00pm-7:00am. Lighthouse parking back lot anytime. Lighthouse front lot from 6:30pm until 8:00am.
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

2ND ANNUAL



MARCH 14, 2026

5K - 16.5 MILES- 50K

RUN THE UNTAMED WILD



SCAN
ME!



Register at **GLADESRUNNER.COM**

Everglades National Park
Miccosukee Indian Village, Tamiami Station, FL



www.TheRunningElements.com
386.868.5283
Open 7 Days a Week in ONE DAYTONA
260 Datona Blvd, Daytona Beach, FL 32114

Your Local Resource for Running,
Walking & Casual Wear Shoes,
Clothing, Gear, Nutrition, Technology,
Events & Community Workshops



Participants **SAVE 10%**
Show registration proof
in the store or shop our
online store with
discount code
DAYTONA100



SCAN ME



**TRAIL TOES + A
BADAZZ BANDANA =
A FINISH AT
THE DAYTONA 100**



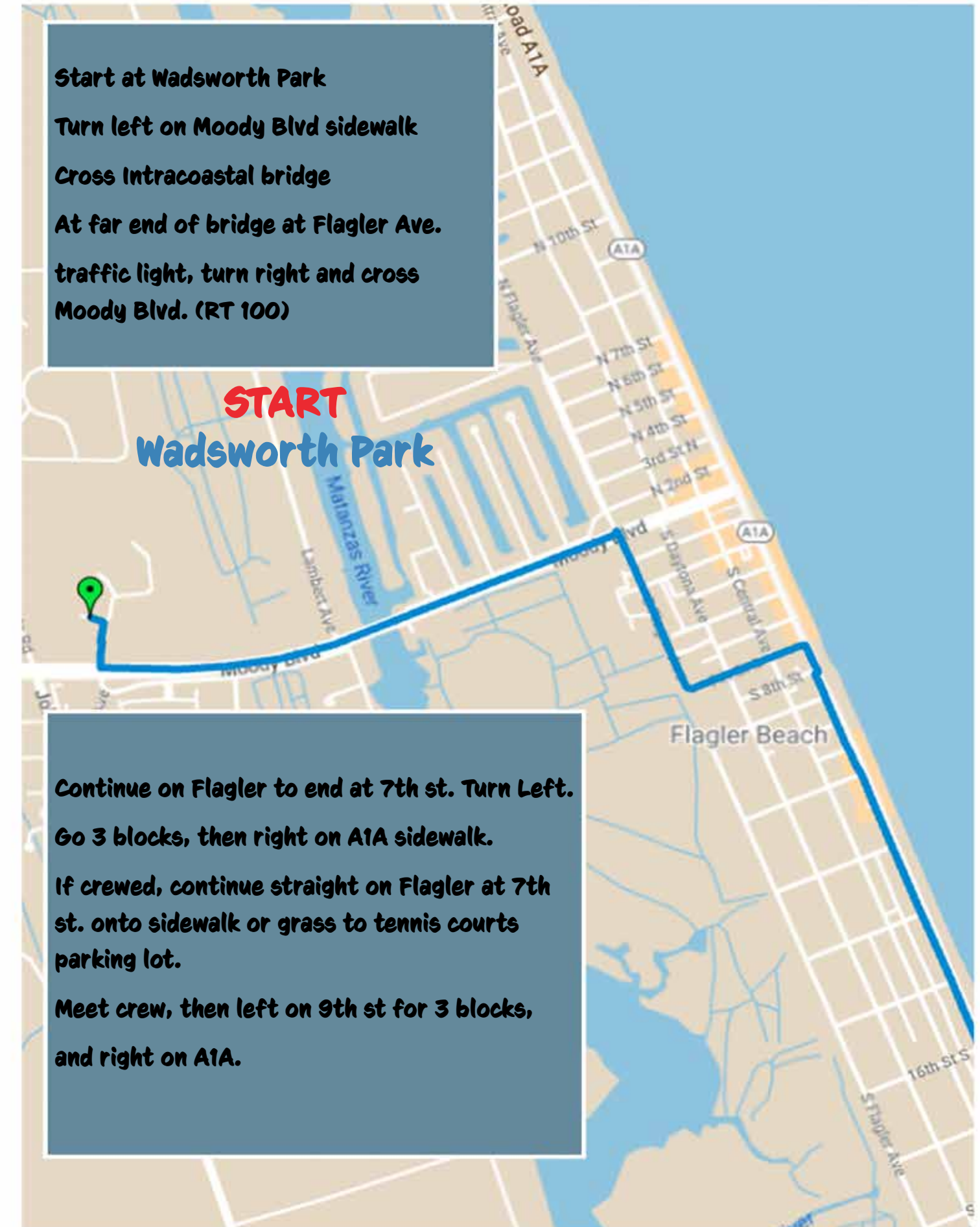
USE THE CODE "**DAYTONA100**" FOR A 10% DISCOUNT
& CHECK OUT THE **KEYS 100** GIFT PACK ON THE
TRAILTOES.COM WEBSITE FOR AN ELITE RUNNERS PACKAGE
SPECIALY DESIGNED TO HELP GET YOU TO THE FINSH LINE

THE RUNNERS PACKAGE CONSISTS OF:

- 1 . 3 OZ TUBE OF YOUR CREAM CHOICE
- 2 . A BADAZZ BANDANA IN YOUR CHOSEN DESIGN
- 3 . NON-SLIP BIB BELT IN VARIOUS COLORS
- 4 . A REUSABLE AND COLLAPSIBLE SILICONE CUP



50KM Course



2025 50-KILOMETER RACE COURSE DETAILS & MEET-UP LOCATIONS

2025 NOTE FOR CREWED RUNNERS:
YOU MAY MEET-UP ONLY IN DESIGNATED LOCATIONS; THESE ARE HIGHLIGHTED BELOW.

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

	MILES TO NEXT RACE SUPPORT	Heading towards Ponce Inlet, Atlantic "OCEAN" is on the left, and "Intracoastal" is on the right.
Mile		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; police on site.
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. park. Aid station on RIGHT. Timing equipment before park entrance on sidewalk. Aid Station, bathrooms and crew parking inside park. Open 11:30am-3:30am.
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. Race portable toilet at entrance. Public bathrooms across A1A beneath park. ALL RUNNERS CROSS TO OCEAN SIDE AT LIGHT 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	4.7	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
25.3 A.S. and TIMING	2.4	Aid Station/Timing Location #8 on left at Edwin W. Peck, Sr. Park. Open 2:30pm-10:30am. Bathrooms in the park open all night. Continue on ocean side sidewalk next 2 miles.
25.2		Holiday Inn Express: "official" race hotel
25.9		Traffic light at Dunlawton Avenue. Last bridge to mainland across Intracoastal Waterway



			
Mile	MILES TO NEXT RACE SUPPORT	50 KILOMETER COURSE DETAILS, Page 2 of 2	
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	
27.7 WATER STOP	4.2	Toronita Avenue parking lot. Meet runners. Bathrooms open during day. Race portable toilet at night just inside parking lot entrance. Access water supply from sidewalk past driveway entrance 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		Runners turn RIGHT into Davies Park immediately after bathroom building to finish line. Vehicle parking options: Critter Fleet lot just before Hidden Treasure restaurant. Hidden Treasure front lot (across street from park) from 11:00pm-7:00am. Lighthouse parking back lot anytime. Lighthouse front lot from 6:30pm until 8:00am.	
31.9	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

Try our freshly made breakfast and lunch selections & you'll be back!

7AM – 2PM Wed. – Sun.

SCAN CODE TO ORDER ONLINE • Take-Out & Delivery

HT's
SAND BAR
& BISTRO

***Now!
Open!***

386.767.7676 • HiddenTreasureRestaurants.com

4950 S. Peninsula Drive • Ponce Inlet, FL 32127

produced by
UltraSports™



BECAUSE WE DO RECOVER



Scan to Donate