

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.