Clear Eyes, Full Hearts, Can't Lose

The Daytona 100/50

Ultramarathons

2021 OFFICIAL RACE PROGRAM
Welcome to the 7th-annual Daytona 100/50 Ultramarathons!

First off, thank you everyone for choosing to be a part of the “Great American Ultra,” the Daytona 100 and Daytona 50 Ultramarathons!!

I cannot wait to welcome you to Florida’s “First Coast” at the beginning of December, and showcase this beautiful part of the country.

The entire race staff and I look forward to seeing all of you and helping ensure you have everything you need in order to successfully run to that finish line in Ponce Inlet!

If there is anything we can do for you leading up to the race, please reach out to us!

In the words of Coach Eric Taylor, “Clear Eyes, Full Hearts, Can’t Lose” (
In This Program...

Schedule of Events

Race Weekend

From the traditional “shake-out” run on Friday at 1pm before the race to the Daytona Beer Mile at the finish line, and everything in-between...

Race Rules

Because without rules we have anarchy

The five main rules we care about, as well as our Covid policy...

Course Maps

Just remember Beyonce and you won’t get lost...

“To the left, to the left...” Keep the ocean on your left for the first 97 miles, and you will be fine!

But for those of you who seek slightly more information about the course, this is your section!
Allowable Crew Locations (First 31 miles)

*Because pissing off the super-wealthy is never a good idea...*

Crews can only meet their runners in set locations for the first 31 miles...

Aid Station Open/Close Times

*A General Guide*

We are not going to be uber-strict about cut-offs at aid stations. If you are moving forward, we will let you continue...

Daytona 100 Charity

*The Donna Foundation*

Caring for Northeast Florida women with breast cancer, and providing them the resources they need to Finish Breast Cancer.
Presenting Sponsor

Because who doesn’t think “more references to lawyers” isn’t a good idea?

Yes, Dave has a day job, and it consists of helping Florida’s families, individuals, and small businesses through tough situations. Learn more here.

Tips to Keep in Mind

It’s just running...

Remember, you guys PAID to be here and run an ultramarathon. Your attitude and mental focus will make ALL the difference out there...

Frequently Asked Questions

“There are no stupid questions . . . only stupid people who ask questions.” :)

All kidding aside, here are the 5 questions we traditionally receive the most every year.
2021 Schedule of Events

Shake-Out Run
Friday, Dec. 3rd, 1pm, One Ocean Resort & Spa lobby
Meet the race staff, volunteers, and your fellow runners as we run the first few miles of the course and burn off some nervous energy!!

Packet Pick-Up/ Pre-Race Meeting
Friday, Dec. 3rd, One Ocean Resort & Spa (on the beach): 3–5 pm; Pre-Race meeting (5 pm)

100-milers: Shuttle “A” departs
Friday, Dec. 3rd, Winterhaven Park, Ponce Inlet (4589 S. Atlantic Ave., 32127), 2.45 pm.
100-milers: Shuttle “B” departs
Saturday, Dec. 4th, Winterhaven Park, Ponce Inlet (4589 S. Atlantic Ave., 32127), 3:00 am.

100-mile start
Saturday, Dec. 4th, 6 am, One Ocean Resort & Spa

50-milers: Shuttle departs
Saturday, Dec. 4th, Winterhaven Park, Ponce Inlet (4589 S. Atlantic Ave., 32127), 10 am
50-mile start

Saturday, Dec. 4th, NOON, 8880 A1A South, St. Augustine, 32080

The start line for the 50-miler is a large grassy area in front of a Circle K convenience store, right before the bridge to Marineland...

50k start

Saturday, Dec. 4th, 2 pm, Gamble Rogers State Park (oceanside), 3100 S. Oceanshore Blvd., Flagler Beach, 32126

The Daytona Beer Mile

Sunday, Dec. 5th, Racing’s North Turn, Ponce Inlet (4511 S. Atlantic Ave., 32127), 11 am (on the beach)
Post-Race Party

Sunday, Dec. 5th, Racing’s North Turn, Ponce Inlet (4511 S. Atlantic Ave., 32127), 11 am (on the patio)

Come celebrate with your fellow runners and share your stories of glory!!!

100-milers: Shuttle “C” departs

Sunday, Dec. 5th, Racing’s North Turn, Ponce Inlet (4511 S. Atlantic Ave., 32127), 1 pm (in front of the restaurant)
The Top-5 Rules to Follow

Follow these rules . . . or else!! :)

Look, everyone, we recognize you are all adults. And Dave is a lawyer for his day job -- i.e., someone who has to deal with rules and laws EVERY day. So he has no interest in enforcing scores of meaningless and nitpicky rules on race day.

We do, however, take these 5 rules very seriously, and you will be unceremoniously disqualified from the race if we see you violating any of these. (Just use common sense and you’ll be fine.).

No Littering
We are a “zero-footprint” race. We don’t have any paper products at the aid stations, and we fully expect you to throw away any wrappers/etc you bring on the course with you.

Crews, Obey Laws
Drive the speed limit when crewing your runner. Pull all the way off the road when stopping. Follow all laws.

Nighttime Gear
From 5 pm until 7 am, runners must wear 360 degrees of reflectivity. Crews too. It’s also a very good idea to use headlamps...
No Cheating

One would think that in a race with no prize money, and a $10 hunk of Chinese steel as the award for finishing, this would never be an issue...

The Golden Rule

I expect Zoey and Witt to follow this rule everyday, so you can be darn sure we expect all Daytona runners to follow it as well.

Seriously, just use common sense and be nice to everyone. Do that and you’ll be fine, we promise!

Oh Yeah . . . Covid . . .

Besides “follow all local, state, and national laws and rules,” we don’t have anything to add! Be smart and have fun out there . . . it is an outdoor race, after all :)
Course Maps
100-Mile Start

Start line is in front of hotel. You will do a short loop for the first mile (up to 7th street and back), and then start heading south down to Jacksonville Beach (JAX Beach)
Miles 2-5

Crews can meet runners anywhere from miles 3-5 (Jax Beach)

Left on 25th Ave South, immediate right on Ocean Drive

(Be sure to turn right on Ocean Drive, or else you’ll get wet!!)
6-13: To Mickler’s

This entire section is on the very ritzy Ponte Vedra Beach Boulevard. It’s also the only section of the course with wildlife . . . the dreaded Ponte Vedra cougar (don’t worry; most will still be sleeping).

A51: Mickler’s Landing:
(Crews can meet their runners in this large beach parking lot)
14-24: GTM Preserve

On this section, it is very important to stay on the left side of the road (on the shoulder) and pay attention at all times. There will be a mini aid station at Middle Beach (about mile 16) on the ocean side of the road, for uncrewed runners.

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 oceanside of the road shoulder...)

AS2: GTM Preserve
(Crews can meet their runners in this parking lot)

The aid station is at the Exxon gas station/convenience store located at mile 22.5
MINI AID STATION AT REEF RESTAURANT PARKING LOT (USINA BEACH), MILE 27.5

TURN RIGHT TO FOLLOW A1A ON THE USINA BRIDGE OVER THE INTERCOASTAL. USE THE RIGHT SIDE OF THE ROAD TO TAKE ADVANTAGE OF THE PROTECTED SIDEWALK OVER THE BRIDGE.

AS3: CHURCH OF THE NAZARENE
(6 MAY ST., ST AUGUSTINE)

AT THIS POINT, CREWS ARE FREE TO MEET THEIR RUNNERS WHEREVER IT IS SAFE TO DO SO FOR THE REMAINDER OF THE RACE (TRY TO MEET IN PARKING LOTS WHEN POSSIBLE . . . THERE ARE A TON OF THEM FOR THE REST OF THE RACE).
Downtown St. Aug

Turn left on San Marco Ave (it’s the light after the Church of the Nazarene). Then turn left at the Bridge of Lions (Downtown St. Augustine) to rejoin A1A and head towards St. Augustine Beach.

St. Augustine is -- by far -- the busiest section of the course. If it is a nice day, there will be many people outside. There are tons of shops/restaurants/etc, and directional signs are useless here. Just remember to turn left on San Marco and left on the Bridge of Lions to follow A1A...
MINI AID STATION AT TURN (SAN JUAN ST.)

AFTER A LEFT ON SAN JUAN, TURN RIGHT ON SANTANDER. CONTINUE STRAIGHT TO SR 312 (A1A BEACH BLVD), AND TURN LEFT TO HEAD TOWARDS THE BEACH.

NOTE TO CREWS: SANTANDER IS NOT A THROUGH STREET FOR VEHICLES TO REACH SR 312/A1A BEACH BLVD.

34-38: To the Beach
39-47: To the half...

**AS4: Publix**

This aid station is right in front of the Publix shopping center at the corner of A1A Beach and A1A (Main).

A1A Beach merges onto A1A at Mile 40 (keep going south). From now until Mile 97, you will be on the sidewalk that mirrors A1A, all the way down to Ponce Inlet...

Mini aid station at Mile 45 (in front of “Sandbar” dive bar/restaurant).
48-55: To Flagler

AS5: MATANZAS INLET
(8880 A1A SOUTH, IN FRONT OF THE CIRCLE K ON A GRASSY EXPANSE)

AID STATION 5 IS ALSO THE START LINE FOR THE DAYTONA 50-MILER (WHICH STARTS AT HIGH NOON ON SATURDAY, DEC. 5TH)
54-70: Flagler Trail

The entire course through Flagler County is on a paved trail (Flagler-Marineland Trail) that mirrors A1A through the entire 20-mile section of the course through Flagler County.
71-82: Into Volusia

**AS7: Gamble Rogers State Park**
(Mile 71, Oceanside, 3100 S. Ocean Shore Blvd., 32136) This is also the start of the 50K (2PM)

**Mini Aid Station**

**Entrance to Seabridge Condos, Mile 75**

**AS8: Ormond Beach**
(Mile 81, Intersection of A1A and State Road 40 (Grenada Rd).)
83-92: Daytona

MINI AID STATION: AT INTERSECTION OF A1A AND FLORIDA SHORES RD (2625 S. ATLANTIC AVE)
93-96: Ponce Inlet

**AS9: 44 MARIE DR.**

Turn left on Pompano Drive, then right on Marie Dr to access AS9. Follow Marie Drive around to re-join Peninsula Drive and continue south to the Lighthouse...

**Turn right on Toronita Ave then left on Peninsula**

Crews: Park at Toronita Park to meet your runner. Bathroom facilities available as well.
97: The Lighthouse

Turn right on Beach Street to access the actual beach.

Head north for two more miles until glory!!!

Follow peninsula around the lighthouse and turn left on Lighthouse Drive. Then left on Atlantic.
98-100: Finish!!!

Continue north on the beach until you reach Racing's North Turn (4511 S Atlantic Ave, Ponce Inlet 32127)

Congrats!!!!!
Allowable Crew Locations
(First 31 miles)

Anywhere in Jax Beach
*Miles 3-5*

Mickler’s Landing
*AS1: Mile 12.3*

GTM Exxon Station
*AS2: Mile 22.5*

GTM Parking Lots
*North, Middle, South Beaches (Miles 14, 16, 20)*

The Reef Restaurant
*Mile 27.5*

Church of the Nazarene
*AS3: Mile 31*
Aid Station Open and Close Times

**AS1: Mickler’s Beach**

**Mile 12.3 (oceanside)**

- **Opens:** 7.30 am
- **Closes:** 9.30 am
- **Busiest:** 8.30 am

Welcome to Mickler’s Beach, a North Florida treasure! This is a main meet-up point early in the race for runners and their crew members (the Mickler’s parking lot is quite large, and early in the morning, we will have it largely to ourselves).

You are about a half marathon through your journey at this point, and about to start heading into the beautiful Guana Preserve on your way to St. Augustine...

**AS2: GTM Preserve**

**Mile 22 (oceanside)**

- **Opens:** 9 am
- **Closes:** 12.30 pm
- **Busiest:** 10.30 am

The miles on A1A go by quickly in this section through the GTM Preserve, and you are moving along into Vilano Beach and then into St. Augustine.

Aid Station 2 is on the oceanside. Crew members . . . park in the parking lot and cross the street to meet your runners.
Welcome to beautiful St. Augustine, the nation's oldest city (founded in 1565!)

St. Augustine is also the busiest section of the course, especially in December during the holiday season, and most-especially if it is a nice day outside . . . there will be tons of people out and about. Just remember to turn left onto A1A/San Marco after AS3, and then turn left onto the Bridge of Lions once you reach downtown St. Augustine.

You've made it 40 miles . . . congratulations!! Too bad no one gives out awards for running 40 miles, though!

So fuel up, and keep moving down the course!

At a little after Mile 40, A1A Beach Blvd. merges onto A1A. At this point, you will stay on the sidewalk that mirrors A1A all the way until you enter the beach at Mile 97 for the final three miles!
Welcome to beautiful St. Augustine, the nation’s oldest city (founded in 1565!)

St. Augustine is also the busiest section of the course, especially in December during the holiday season, and most-especially if it is a nice day outside . . . there will be tons of people out and about. Just remember to turn left onto A1A/San Marco after AS3, and then turn left onto the Bridge of Lions once you reach downtown St. Augustine.

AS5: Matanzas Inlet

Mile 52 (8880 A1A South)

Opens: 10.45 am
Closes: 9.30 pm
Busiest: 6.30 pm

You’ve made it 40 miles . . . congratulations!! Too bad no one gives out awards for running 40 miles, though!

So fuel up, and keep moving down the course!

At a little after Mile 40, A1A Beach Blvd. merges onto A1A. At this point, you will stay on the sidewalk that mirrors A1A all the way until you enter the beach at Mile 97 for the final three miles!

AS6: Varn Park

Mile 61 (Hammock Beach)

Opens: 12.30 am
Closes: 11.30 pm
Busiest: 2 pm (50-milers); 8 pm (100-milers)
AS7: Gamble Rogers

Mile 71 (3100 S. Oceanshore)

Opens: 1.30 pm  
Closes: 2.15 am  
Busiest: 4 pm (50-milers); 10.45 pm (100-milers)

Just 50k to go! In about a mile, you will be in Volusia County . . . home to Daytona Beach, Ormond Beach, and the finish line in Ponce Inlet!!

AS8: Ormond Beach

Mile 81 (A1A and Grenada/SR40)

Opens: 3.30 pm  
Closes: 6 am  
Busiest: 6 pm (50-milers); 1 am (100-milers)

Less than a marathon to go . . . you’ve got this!!!
One of the best charities in North Florida, the Donna Foundation’s mission is “to provide financial assistance and support to those living with breast cancer and to fund ground breaking breast cancer research.”

To learn more about the amazing work being done by the Donna Foundation, you can visit their website at www.thedonnafoundation.org.
Dave the lawyer.

WARNING: if you are offended by shameless plugs, please avert your eyes now!!!

In addition to directing the Daytona 100/50, Dave's "day job" has been as a lawyer, for almost the past 20 years. A 1999 graduate of Yale University (B.A., political science) and a 2002 graduate of Notre Dame Law School (J.D., magna cum laude), Dave has always been passionate about helping others. He started his own law firm so he could represent real people in Florida with real problems. He focuses primarily in the areas of family law, small business matters, appeals, and estate planning. If you or anyone you know would like to learn more about Dave's law firm, and how it may be able to help with your situation, please visit www.yalenotredamelaw.com.
Dave’s top-5 tips for race-day success

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.

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.

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 dissassociative . . . 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.

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 Immutable 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!”

Above all, have fun out there!:  Yes, this year has sucked for all of us. But you know what? You get to run an ACTUAL race on December 5th, 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!!!
**Frequently Asked Questions**

Can I use drop bags at aid stations?: Yes, you can use drop bags at any of the aid stations. Keep the bags SMALL (i.e., drawstring polyester/nylon bags), and label them with your name, bib number, and the Mile/Aid Station where you wish the bags to be delivered:

1. Dave Krupski (Bib #7)
   Mile 71 (Gamble Rogers)

   Please deliver your bags at packet pick-up / the pre-race meeting. We will accept them on race morning, but greatly prefer to receive them on Friday.

Is the pre-race meeting on Friday at 5pm mandatory?: While we strongly encourage all runners to attend the pre-race meeting on the beach behind One Ocean Resort & Spa, we recognize this does not fit with some of your travel plans. So you can, if necessary, show up at your start line on race day to pick up your bib and receive a short race briefing.

I am uncrewed . . . am I all set for a shuttle ride to the start?: If you wish to be on a shuttle, you MUST confirm with us your choice, via email, ASAP. We will be publishing the race roster with bib assignments and shuttle designations on Monday, November 23rd. Check it to make sure everything about your information is correct.

I’m a crewed runner . . . can I still use the aid stations?: We ask that this year, given the omnipresence of the virus, that crewed runners primarily rely on their crews for their hydration/fuel needs, and leave the aid stations to the uncrewed runners. (We are not saying you are forbidden from refilling a water bottle or anything like that . . . just please recognize that the more people who are at a given aid station, the more chances there are for viral spread.

Can I switch/”drop down” from, say, the 100-miler to the 50-miler?: Yes. Just let us know by Monday, 30th. If you decide to “jump up” from a shorter race to a longer one, let us know, and also bring a check/cash for the difference in registration fees to the packet pick-up / pre-race meeting.