

## Destin 100 Final Instructions

**Mandatory Packet Pickup and Race Brief-** Packet pickup will ONLY be on Friday, 14 Feb at 5pm with a mandatory meeting for runners at 5:30-6pm at The Back Porch in Destin.

**Race Start-** The race will start at 6am on Saturday, 15 Feb at The Back Porch Destin. Bathrooms will open around 5:30, so please do not arrive too early. Your trackers will be issued on Saturday morning so we can assure they are fully charged and that everyone starts the race.

**Race Trackers-** Each runner will be issued a small GPS/GSM tracker that they must carry the entire event. Tracking position is updated every 5 minutes to conserve battery life. The app may need to be closed and re-opened in order to update your position. Your position can be accessed through the Live Tracking link on our website or directly at <http://destin100.weebly.com/live-tracking.html>. Please share this link with your friends and family (instead of your tracker's unique link) so that everyone who visits also sees your fundraising link. Trackers will be assigned mid-week along with bib numbers.

*\*There is an SOS button on the tracker. This is ONLY for use if you have an emergency and require emergency medical or rescue response. This will alert authorities. If you do have an emergency, please continue to hit this button until authorities arrive. Charges from local authorities may apply for rescues and medical response.\* **If tracker is lost there will be a \$50 charge to the runner.***

**Route-** You will start with a short out & back west from The Back Porch to the boulders at Destin Pass and back (there is not aid station at the boulders, as we can see on the tracker if you went the full distance). Then you will continue east for 50 miles and the boulders of Panama City Pass (again no one will be at the boulders of the pass, as we can verify on your tracking data if you went the full distance). You can choose either to run entirely on the beach or mix in bike paths and sidewalks. There will NOT be marking on the beach where you can exit the beach, as we cannot leave signs unattended on the beach overnight. We will mark the locations where you MUST exit the sidewalks and bike path for the beach (we will not mark optional exits, but they will be marked with public beach access signs in most areas). Points where you must exit the paved path will be marked on the sidewalk and with a sign, but keep in mind rain may wash away the sidewalk marking and the signs will be unmonitored. Ultimately the runner is responsible for not running on portions where there is no sidewalk or bike path, even if it means back-tracking to the last beach accesses. There is a detailed slideshow of these portions on the Course tab of Destin100.com that all runners are required to review. Your crew is allowed to wait for you at these exit points to ensure you make the turn (but cannot give you aid). *Runners MUST stay on public property at all times!* On the beach this means within the 'wet sand' line and off the beach this means sidewalks or bike paths. At no time should a runner be in sand dunes or private beach accesses. If you are running in dry sand, some property owners may force you down the waterline until you pass their property. In some areas the water line is very close to the sand dunes. (Your feet WILL get wet).

**Aid Stations-** There are 6 main aid stations (see aid station matrix) that you will visit twice. Unless otherwise noted, all these aid stations will have normal ultra food, gels, Nuun, S! Caps and water. Shunk Gulley and Pompano Joes will have a more robust food offerings. All aid station locations will have a restroom, although some may be a distance from the actual aid station area and some are porta potties. There should be signs on the beach at aid station locations, if they are not located on the beach. We will attempt to keep beach patrol from removing those, but the runner is responsible for knowing aid station

locations. All aid stations are optional, but you may not receive aid from your crew outside of official aid stations. Runners may purchase food/aid from stores along the route at any point if they desire, but crew cannot provide aid at these points. *If you have specific food types and/or allergies to foods, the runner is responsible for providing their own foods via their own crew.*

**Drop Bags-** They are allowed at the two aid stations, Shunky Gulley and Rick Selzer Park. Please have them clearly marked with your name and the location and leave them at The Back Porch on Saturday morning before you start the race. These will be returned to The Back Porch at around noon on Sunday. The race is not responsible for any high-value items in your bags and/or lost and stolen bags.

**Cutoffs-** The cutoff times listed on the aid station matrix are mandatory and will be enforced. This is both for your safety and for our liability. We cannot keep volunteers manning aid stations past this time and it is extremely unlikely that you would be able to finish in the course time limit. The Race Director or his appointed aid station leads are the final ruling on this- I understand the pain of missing a cutoff on a 100 but please do not argue with them. If a runner misses a cutoff they will be responsible for getting themselves back to the start via crew, uber or other means. **If you decide to quit the race, for any reason, you MUST let the nearest volunteer know and return your tracker to the The Back Porch or get confirmation from the RD to leave it with a volunteer!**

**Crew-** Your crew is allowed at all aid stations except for Camp Gulf. Crew should not even stop at Camp Gulf as there is no public parking and no crew access. Your crew is encouraged to monitor your progress with the live tracking. When parking, only park in public parking spots as outlined on the aid station page.

**Pacers-** Pacers are allowed starting at sunset on Saturday night. They may join their runner at the aid station just prior to sunset if they will be between aid stations when the sun goes down. Pacers can carry anything/everything except the runner themselves or assist the runner in forward motion in any way. Any number of pacers are allowed, but they can only switch out at official aid station locations. There are no bibs or markings for pacers.

**Awards-** Awards will be given to the Top 3 men and Top 3 women as they finish. Every finisher will receive a 100 Mile belt buckle. There will not be an awards ceremony or after-party, as we are all going to need some sleep! After finishing, please have a hotel close by or a crew to drive you wherever you are going. Do not think that you are going to drive yourself safely a long distance after finishing 100 miles!

**Fundraising-** We will leave your fundraising site active for aprox two weeks after the event. This is great if you have people that are willing to pledge \$1, \$2, etc per mile of your run and gives you time to collect those pledges. If you can give your crew access to your social media account and push fundraising while you are running, it will also help greatly. As I am typing this, I am learning of a mass casualty event involving our local 7<sup>th</sup> Special Forces Group. The Special Operations Warrior Foundation will be sending immediate money to the families of the wounded so that they can travel to see their loved one in the hospital. It is currently unknown how many children will be affected, but the SOWF will be with them for their life.

### Aid Stations (Print for your crews)

POINT	Leg Miles	TOTAL DIST Miles	CUTOFF HR:MIN	CUTOFF TOD	REMARKS
Start Back Porch	0	0	Start	06:00	
Back Porch 2	5.5	5.5	N/A	N/A	Water & Gels Only
Camp Gulf	7	12.5	03:00	09:00	Required Beach Run Area (NO CREW)
Shunk Gulley	7	19.5	04:45	10:45	Drop Bags, must cross road
Hub	10.5	30	N/A	N/A	No Access to/from Beach-30a Path Only
Beach Access 96	6	36	N/A	N/A	Transit point to/from required beach run area
Pompano Joes	6.5	42.5	10:40	16:40	Across from PCB Pier in Pier Park, must cross Rd
Rick Selzer Park	7	49.5	12:30	18:30	Drop Bags
To Turn Around	3.5	53	N/A	N/A	Rock Jetties with huge channel, must touch rocks
Rick Selzer Park	3.5	56.5	14:00	20:00	Drop Bags
Pompano Joes	7	63.5	16:00	22:00	Across from PCB Pier in Pier Park, must cross Rd
Beach Access 96	6.5	70	N/A	N/A	Transit point to/from required beach run area
Hub	6	76	N/A	N/A	No Access to/from Beach-30a Path Only
Shunk Gulley	10.5	86.5	24:15	06:15	Drop Bags, must cross road
Camp Gulf	7	93.5	27:00	09:00	Required Beach Run Area (NO CREW)
Finish	7	100.5	30:00	12:00	

The Back Porch-1740 Scenic Hwy 98, Destin, FL 32541

-Start/Finish area. Will have water and gels for you as you come back from the 5.5 mile out & back on tables at the waterline. Parking in lot across the street. Crew- If front doors are locked at night, access from back doors.

Camp Gulf- NO CREW. Aid station will be setup from an RV parked on the beach edge.

Shunk Gulley- 1875 S Co Hwy 393, Santa Rosa Beach, FL 32459

-In the green area to the east of the main building. After restaurant hours, restrooms across the street at the beach access will be used. Beach is accessible via a sand path (boardwalk is closed). Parking is behind (north) of the main building.

The Hub 30A- 7000 E County Hwy 30A, Watersound, FL 32461

-In a covered area just off the central square, adjacent to the large stage. Restrooms are south of the stage. You cannot reach this aid station from the beach or reach the beach from this aid station. Parking is both east and west of the central stage area.

Beach Access 96- 23011 Front Beach Rd, Panama City Beach, FL, 32413

-Next to the road, across from Bayou Bill's. Accessible to the beach via a sand path. If Bayou Bill's is closed, you may park there- otherwise please park in the grocery store parking lot and walk over. This is an austere station, so only basic cold ultra food and little shelter. Porta-pottie bathroom only.

Pompano Joe's Panama City- 16202 Front Beach Rd, PCB, FL 32413

-Located just across from Panama City Beach Pier on the north east corner. Station should be setup in the covered area out front. You will need to exit the beach prior to reaching the pier. Parking is located to the west of the shopping center in a large lot.

Rick Selzer Park- 7419 Thomas Dr, PCB, FL 32408

-This is a public beach park and aid station will be setup in one of the public pavilions. Parking is in the park lot. This is an austere station, so only basic cold ultra food and little shelter. Public restrooms.