

ACROSS FLORIDA 200
2026 GUIDEBOOK

WARRIOR

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Updated: 10/31/2026

Welcome to the Across Florida 200. This guide will help you navigate check-in, the course, crew info and more!

WHAT'S NEW FOR 2026

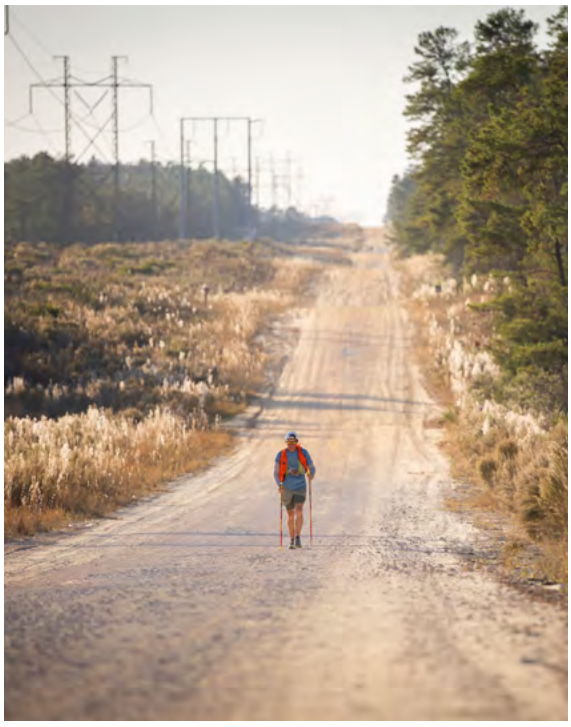
- **Two divisions:** Crewed and Uncrewed. Awards will be given in both.
- **2025's Aid Station 1 is gone.** Last year's first aid station has been removed from the course.
- **Five new crew access points.** These are approved locations where runners can meet their crew.
- **Five new water drops.** They break up the long gaps between aid stations.
- **Orange safety vests are required from Aid Station 6 to Aid Station 11.**
- **More signage** in the areas where runners got turned around last year.

THE RACE

The Across Florida 200-Mile Endurance Trail Run is a supported race across the entire state, coast to coast. The course covers 110 miles of the famous Florida Trail, 10 miles of state park trails, 40 miles of dirt roads, 20 miles of rails-to-trails, and only 20 miles of country roads. The event is brought to you by Warrior Ultras, FLX Adventures, Florida Greenway, Florida State Parks, and the City of St. Augustine Beach.

Runners start on Florida's west coast on Wednesday, November 11, at 10 a.m. and have 96 hours to reach the finish by Sunday, November 15, at 10 a.m. To be an official finisher, you'll fill a sand bottle halfway on the west coast, carry it across the state, and top it off with sand from the east coast. New for 2026, there are two divisions, Crewed and Uncrewed, with awards in both.





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SCHEDULE & PACKET PICKUP

There are two packet pickup locations, so choose whichever fits where you're staying. If you're near the finish area in St. Augustine Beach, use the East Coast pickup. If you'd rather wait until race morning, use the West Coast pickup at the start. Drop bags will be accepted at both locations.

East Coast Packet Pick-up	Nov. 10, Tue	4:00pm–6:00pm	Hilton Garden Inn St. Augustine Beach 401 A1A Beach Blvd, St. Augustine, FL 32080
Shuttle to the West Coast (from Hilton Garden Inn St. Augustine Beach)	Nov. 11, Wed.	Departs at 5:30a.m. (sharp). The drive to the start takes 3 hours, with one stop.	**This is a paid service.** Sign up when you register on UltraSignup, or email us at info@warriorraces.com. You'll receive a free parking pass for your car at check-in on Tuesday.
West Coast Packet Pick-up	Nov. 11, Wed.	8:00am–9:30am	Withlacoochee Bay Trail Parking, Inglis, FL 34449. Go through the gate and drive 4 miles to the end.
Race-Provided Tracker Handout	Nov. 11, Wed.	9:00am	Start Area, West Coast
Race Briefing	Nov. 11, Wed.	9:30am	Start Area, West Coast
Race Start	Nov. 11, Wed.	10:00am	Start Area, West Coast
Race Finish	Nov. 15, Sun	10:00am (96 Hours)	End of Pope Road (next to the Embassy Suites by Hilton St Augustine Beach Oceanfront Resort) 105 Pope Rd, St. Augustine, FL 32080
Race Awards	To be given out as runners finish and results are posted.		

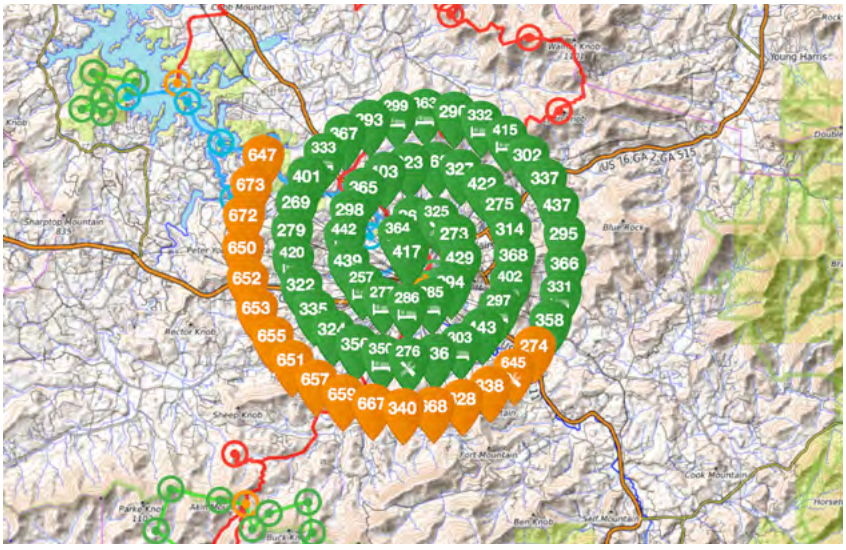
GPS TRACKERS

Tracking is provided by Adventure Enablers and will go live once the race begins. Runners must carry the GPS tracker the entire run. Pacers are not allowed to carry the tracker and the runner's mandatory gear. On the tracking link during the event there will be a (record) trophy showing the course record and then a (96 Hour) turtle showing the slowest time and keeping you on track to finish.

Here is a video link on how to wear the tracker: https://youtu.be/MtIIzrkSP00

As the race gets closer, we will provide a tracking link you can share with friends and family so they can follow your progress.

You must return your tracker to race staff at the finish line, or if you withdraw during the race.



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AID STATIONS

We will provide 12 stocked aid stations on your journey across the state. Every aid station will have water, Gatorade, soda, pickles, fruit, chips, pretzels, candy, tortillas (filled with your choice of peanut butter, jelly, hummus or guacamole) and bread (same options as the tortillas).

HOT FOOD

Hot food will be available at aid stations 3, 5, 7, 9, 10 and 11 only. Hot foods may include hot dogs, pizza, burgers, ramen, pasta, quesadillas, and egg and cheese breakfast sandwiches. These stations will also have gluten-free and plant-based options, such as meatless pasta, Beyond Burgers, pizza and backpacker meals. Hot water is also available.

Hot foods will differ from station to station, and the menu will be up to the Aid Station Manager. For a list of the hot foods that will be available at each full aid station, see the aid station menu.

- Remember, the people cooking your food are volunteers, not chefs. Be appreciative.
- Aid station food and drinks are for runners and active pacers only.

CREWS AT AID STATIONS

All trailheads remain open to the public, and we need to leave space for them at each aid station. Our permit requires that we not allow parking on roads and that we not overcrowd certain areas and trailheads. Always follow the aid station staff's instructions for crew parking. Any crew who argues with volunteers, disrupts the race, breaks the law, or jeopardizes our permit will get their runner DQ'd on the first offense. Runners are responsible for the behavior of their crew members.



DROP BAGS

Runners are allowed 12 drop bags in total (two 2-gallon Ziploc bags per aid station), which Warrior staff will transport to Aid Stations 2, 4, 6, 7, 9, and 11. Write your name, bib number, and aid station on each bag. If you don't have bags, we will have them at check-in. Drop bags will be available at both packet pickup locations before the race. All items must fit inside the 2-gallon bags; no backpacks or coolers are allowed.

We will do our best to move all bags forward to the next assigned aid station, so you should have all your drop bags at Aid Station 12. However, if you are outrunning the aid station closures, they may not all be there in time. Please think this through and pack accordingly. We do not guarantee that all drop bags will be at the finish line when you complete the race, but they should all be there by Sunday at 10 a.m. Don't pack anything of value that you are not willing to give up. If you need something, just ask and we will help you get it.

UNCREWED DIVISION

Runners declare a Crewed or Uncrewed division at check-in. Uncrewed runners may receive support only from Warrior aid stations and water stops, but may buy food or water from businesses along the course. Any other outside assistance, such as from another runner's crew or even a friend pacing one section, makes a runner Crewed.

PACERS

There is no registration fee for pacers in 2026. However, each pacer must check in with aid station staff to sign a waiver and receive a pacer bib before joining their runner. **Pacers may not join until after Aid Station 5.** Bike pacers are permitted, but bikes are not allowed on any portion of the Florida Trail.

SLEEP STATIONS

Located at Aid Stations 5, 7, 10, and 11. You can take a dirt nap anywhere along the course or sleep in your crew vehicle at an aid station. We also provide four sleep stations, each with 6–8 personal tents reserved for runners only. If you'd like Warrior staff to wake you at a set time, just ask.

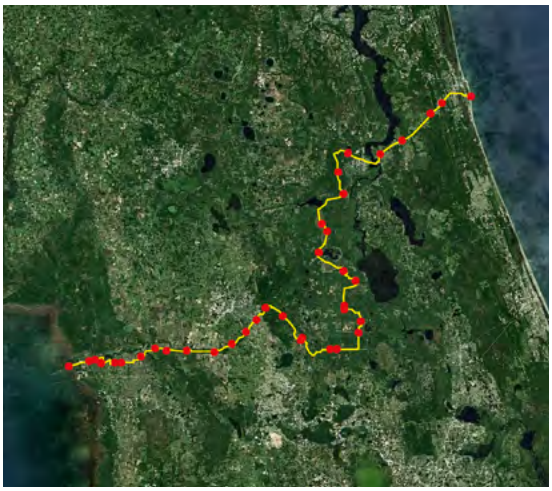
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GPX FILES & RESOURCES

All map details and GPX files can be found at:
www.warriorraces.com/trail-runs/across-florida-200

THE ROUTE



The race starts at the farthest point of the Withlacoochee Bay Trail near the Gulf of Mexico. You'll follow the trail to the Lake Rousseau Dam & Recreation Area, then run along the south side of the lake to the Withlacoochee State Trail at Citrus Springs and through Dunnellon to the Florida Trail at the Pruitt Trailhead.

The Florida Trail follows the Cross Florida Greenway east through Santos and Marshall Swamp to Moss Bluff on the Ocklawaha River. Dirt forest roads then cross the southern Ocala National Forest, past Big Scrub Campground, to rejoin the trail at Farles Prairie. From there you'll head north through the forest's rolling hills, the most scenic part of the Florida Trail, past Juniper Springs and Salt Springs to Rodman Dam. The Greenway then takes you to Buckman Lock, where you'll pick up the Florida Trail again through the Rice Creek Conservation Area into Palatka.

The hardest part begins in Palatka: the Palatka-to-St. Augustine rail trail through Hastings, followed by roads to the finish at the end of Pope Road, near the pier in St. Augustine Beach. Use sidewalks wherever possible on the road sections.

COURSE MARKINGS

This is a limited-marked course. All runners must stay on course by using GPX files downloaded to a watch or phone (mandatory) and by following signs, arrows and blazes. Warrior prides itself on well-marked courses for our ultras, but it is still your responsibility to know the course. You can also use the tracking link to see where you are at all times and to navigate.

You will see our yellow reflective flagging all along the course, with three flags leading you in the right direction. Signs will be placed at all major intersections, along with some "wrong way" signs to make sure there are no mistakes. The signs and flagging are reflective, so keep your head up and look for them. On the Florida Trail portions, runners will follow the orange blazes (there is no flagging).

Reflective Signs



Ground Markings



Coroplast Signs



Orange Blazes Along The Florida Trail





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COURSE BREAKDOWN

Leg No.	Mileage	Terrain	Notes
Leg 1	22 mi	Mixed Trail/Road	From Start, 9.6 miles to Crew Access/Water, then 12.4 miles to Aid Station 1
Leg 2	8.5 mi	Mixed Paved Trail/Road	Aid Station 1 to Aid Station 2
Leg 3	11.7 mi	Florida Trail	Aid Station 2 to Aid Station 3
Leg 4	10.9 mi	Florida Trail	Aid Station 3 to Aid Station 4
Leg 5	9 mi	Florida Trail	Aid Station 4 to Aid Station 5
Leg 6	14.1 mi	Florida Trail/Dirt Road	Aid Station 5 to Aid Station 6
Leg 7	19.2 mi	Mixed Trail/Dirt Road	10.6 miles to Crew Access/Water, then 8.6 miles to Aid Station 7
Leg 8	19.7 mi	Florida Trail/Dirt Road	10.6 miles to Crew Access/Water, then 9.1 miles to Aid Station 8
Leg 9	14.5 mi	Florida Trail/Dirt Road	Aid Station 8 to Aid Station 9
Leg 10	20.2 mi	Florida Trail	8.8 miles to Crew Access/Water, then 11.4 miles to Aid Station 10
Leg 11	14.9 mi	Florida Trail	Aid Station 10 to Aid Station 11
Leg 12	15.3 mi	Road/Paved Trail	Aid Station 11 to Aid Station 12
Leg 13	20.7 mi	Paved Trail/Sidewalk/Road	9 miles to Crew Access/Water, then 11.7 miles to Finish

AID STATION RESOURCES & CLOSING TIMES

Water **Snacks** **Hot Food** **Drop Bag** **Sleep Station** **Must Wear Orange Vest On Departure**

These times are based on staying on track to get to the finish in 96 Hours. It is a 30-minute pace or 2 miles per hour. These are not hard cut-offs; however, we will remind you or wake you to let you know the aid station is closing soon. See drop bag section for info on drop bag logistics.

Station No.	Resources	Must Leave By	First Runner Expected (Based on Course Record)
Crew Access/Water		No set closing time.	
Aid Station 1		Out by 9:00pm, Wed.	3:00pm Wed.
Aid Station 2		Out by 2:00am, Thu.	5:00pm Wed.
Aid Station 3		Out by 6:30am, Thu .	8:00pm Wed.
Aid Station 4		Out by 11:30am, Thu.	11:00pm Wed.
Aid Station 5		Out by 4:30pm, Thu.	1:30am Thu.
Aid Station 6		Out by 11:00pm, Thu. Orange Vest Required.	5:00am Thu.
Crew Access/Water		No set closing time. Orange Vest Required.	
Aid Station 7		Out by 11:30am, Fri. Orange Vest Required.	1:30am Thu.
Crew Access/Water		No set closing time. Orange Vest Required.	
Aid Station 8		Out by 9:00pm, Fri. Orange Vest Required.	11:00am Thu.
Aid Station 9		Out by 3:00am, Sat. Orange Vest Required.	3:00pm Thu.
Crew Access/Water		No set closing time. Orange Vest Required.	
Aid Station 10		Out by 11:00am, Sat. Orange Vest Required.	5:00pm Thu.
Aid Station 11		Out by 6:00pm, Sat.	6:00am Fri.
Aid Station 12		Out by 2:00am, Sun.	12:00pm Fri.
Crew Access/Water		No set closing time.	
Finish		Finish by 10:00am, Sun.	8:00pm Fri.

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AID STATION LOCATIONS

Start	Start at the farthest point on the Withlacoochee Bay Trail
Crew Access/Water	Lake Rousseau Dam & Recreational Area. 11025 W Riverwood Dr, Crystal River, FL 34428
Aid Station 1	Withlacoochee State Trail, Gulf Junction Trailhead. 2233 W Magenta Dr, Citrus Springs, FL 34434
Aid Station 2	Florida Trail Pruitt Trailhead. 15451 SW Hwy 484, Dunnellon, FL 34432
Aid Station 3	Florida Trail 49th Ave Trailhead. 12555 SW 49th Ave Rd, Ocala, FL 34476
Aid Station 4	Historic Santos Recreation Area. 3550 SE 80th Street, Ocala, FL 34480
Aid Station 5	Marshall Swamp Trailhead. 8400 SE Hwy 314, Ocala, FL 34470
Aid Station 6	Moss Bluff North Park. 16298 SE 95th Street Rd, Ocklawaha, FL 32179
Crew Access/Water	Big Scrub Campground. 11990 SE NFR 14, Umatilla, FL 32784
Aid Station 7	Farles Prairie Recreation Area. US Forest Service Rd 595-2
Crew Access/Water	Corner of Forest Service Road 33 and Highway 40 by Juniper Springs Recreation Area.
Aid Station 8	Shady Lake Trailhead. FR 86 Fort McCoy, FL 32134
Aid Station 9	88 Store. 14280 NE 203rd Avenue Rd, Salt Springs, FL 32134
Crew Access/Water	Where the Florida Trail crosses Northeast 210th Ave/Forest Service 11
Aid Station 10	Buckman Lock. Buckman Lock Rd, off US 19 Palatka, FL 32177
Aid Station 11	Coventry Oaks Farm. 104 Springside Shortcut Rd, Palatka, FL 32177
Aid Station 12	Cora C. Harrison Preserve Trailhead. 9001 State Rd 207, Hastings, FL 32145
Crew Access/Water	Parking at the start of the Palaka/St. Augustine Trailhead. 3811 State Rd 207, Elkton, FL 32033
Finish	End of Pope Road. 105 Pope Rd, St. Augustine, FL 32080

All locations are on Google Maps. Only Aid Station 8 (Shady Lake Trailhead, off FR 86) may be hard to reach because of sand.



VOLUNTEERS

Each event runs on the hard work and dedication of our volunteers — we treat them like family and deeply appreciate every hour they give on the course. Volunteering is fun and rewarding, and gives you the satisfaction of helping racers reach their goal on race day. Many future racers get their start by volunteering, getting a firsthand look at what it takes to do something this extreme.

We're looking for aid station captains, aid station volunteers, course setters, and course sweepers. Volunteers earn $100 in race credit for each day worked (10+ hours), which they or a family member can use toward any future Warrior event. Unlike credit at many other races, ours never expires. Volunteers also receive a staff race shirt and other swag based on the time they volunteer.

Know someone who might be interested? Have them sign up by visiting warriorraces.com/volunteering.



AWARDS



To be an official finisher, runners must run or walk all 200 miles on the designated course and carry both the GPS tracker and the sand bottle the entire way. All finishers receive a belt buckle.

New for 2026, there are two divisions, Crewed and Uncrewed. Awards are presented as runners finish, in the following categories for each division:

- Overall Men
- Overall Women
- Masters Men (45 and up)
- Masters Women (45 and up)

The grand prize goes to the fastest man and the fastest woman. An additional $1,000 prize will be awarded to any runner who beats the course record.

Course records:
Men: Fred Soly, 46:04:18
Women: Ashley Gabbert, 64:11:48

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EVENT RULES AND CODE OF CONDUCT

These rules apply to all runners, crew members, and pacers. Runners are responsible for the conduct of their crew and pacers, and a violation by any of them may result in the runner's disqualification.

TIME LIMIT

- Runners have 96 hours to complete the full 200 miles, counted from the official start time on the west coast.

MANDATORY GEAR

- Runners must carry the following at all times: bib number, phone, GPS tracker, and sand bottle.
- The GPS tracker and sand bottle are provided at the start and must be shown to staff at the finish.
- Runners must wear an orange safety vest from Aid Station 6 to Aid Station 11. Runners without a vest will not be permitted to continue beyond Aid Station 6.
- Flashing lights are recommended for visibility and may be worn on a hydration vest or other gear.
- In addition to the mandatory gear, runners are responsible for selecting their own gear and equipping themselves to travel on foot for the full 200 miles in any conditions, including, but not limited to, rain, wind, cold, and heat.

COURSE

- Runners must follow the official course and are required to download the course GPX files to a watch or phone.
- Runners must complete the entire course on foot and under their own power. Cutting or skipping any part of the course is prohibited.
- Motorized vehicles, bicycles, and any other mechanized or non-mechanized means of transportation are prohibited. Runners may not ride in a vehicle at any time. Runners may sleep in a crew vehicle only at an aid station, provided they are not transported. Sleeping in a vehicle anywhere else on the course is prohibited.
- Warrior reserves the right to change the course for runner safety, including during the race, if weather or conditions require it.

CREWED VS. UNCREWED DIVISIONS

- Runners compete in either the Crewed or Uncrewed division and must declare their division at check-in.

  Uncrewed: Runners may receive support only from Warrior, meaning the official aid stations and water stops staffed by Warrior staff and volunteers.

  Crewed: Any outside assistance places a runner in the Crewed division. This includes having a crew, using a pacer, or receiving food, water, gear, or help of any kind from anyone other than Warrior staff and volunteers. Even a friend who comes out to pace you for a single section counts as outside assistance.
- An Uncrewed runner who receives outside assistance at any point will be moved to the Crewed division.
- Uncrewed runners may buy food or water from businesses along the course.

AID STATIONS AND SUPPORT

- Runners must check in with staff at every aid station. Visiting a crew vehicle does not count as checking in.
- Support of any kind is permitted only at aid stations, designated crew stops, and the finish line. Uncrewed runners may receive support only from Warrior at aid stations and water stops.
- Drops and stashes of any kind are prohibited anywhere on the course.
- Crew vehicles may not travel alongside runners or stop outside these locations, and must never block roads, emergency access, or access for other trail users.

PACERS

- Using a pacer places a runner in the Crewed division.
- Pacers are not permitted before Aid Station 5.
- Each pacer must sign a waiver at check-in or at an aid station to receive a "Pacer" bib, which must be worn at all times on the course. Pacer bibs may not be passed to another pacer.
- Pacers must wear an orange safety vest from Aid Station 6 to Aid Station 11.

WITHDRAWING FROM THE EVENT

- A runner who chooses to drop out must report to race staff and turn in their GPS tracker before leaving the course. Race staff are located at every aid station and at the finish line.

SPORTSMANSHIP AND RESPECT

- All runners must treat the trails, volunteers, fellow runners, and other trail users with respect and kindness.
- The trails remain open to the public during the event. Runners must be courteous to all other visitors.
- Runners are responsible for choosing their crew carefully and making sure every crew member and pacer understands these rules. Crew members represent their runner and, by extension, the entire event. They are expected to treat volunteers, staff, local residents, and other trail users with professionalism, kindness, and courtesy.

LEAVE NO TRACE

- Runners, crew, and pacers must follow Leave No Trace principles.
- Use only the portable toilets at aid stations or the campground toilets.
- Littering will not be tolerated. All garbage, toilet paper, wipes, and other waste must be carried and disposed of in the trash.

MEDICAL DISQUALIFICATION

- IVs are not permitted during the event. Any runner who requires an IV will be automatically disqualified.
- Any runner who requires emergency medical services (EMS) or search and rescue (SAR) will be automatically disqualified.

(continued) →

EVENT RULES AND CODE OF CONDUCT (CONTINUED)

- Any runner who refuses the advice of EMS or SAR personnel will be automatically disqualified.

DISQUALIFICATION

- Any violation of these rules by a runner, their crew, or their pacers may result in disqualification. Disqualification is rare, is at the discretion of Warrior staff, and will be decided only after careful consideration of the facts. Disqualification may also be imposed if a runner or their crew:
- Breaks the law.
- Endangers other runners, members of the public, or other trail users.
- Jeopardizes the event's permits.
- Cheats in any form.
- Refuses to withdraw from the event when directed.

Runners who violate these rules may be ineligible for prizes and place awards. Disqualified runners will not receive a refund.

REFUND/DEFERRAL

DEFERRALS

There are no refunds, only deferrals. Deferral credit can be used toward any Warrior ultra. For the Across Florida 200, your credit depends on when you withdraw:

More than 90 days before the race: 70% credit
31–90 days before the race: 60% credit
16–30 days before the race: 40% credit
15 days or fewer before the race: No credit

To defer, withdraw from the race on UltraSignup, then contact us at info@warriorraces.com to request your credit.

TRANSFERS

You may sell or transfer your entry to another racer in the same event, without penalty, until 14 days before the event. You can do this yourself from within your UltraSignup account: open the edit page for your registration and click "Transfer Registration." Finding a buyer and arranging payment are up to you.

Step-by-step instructions: https://help.ultrasignup.com/hc/en-us/articles/30339337810189-Edit-Your-Race-Registration

WAITLIST

If the race sells out, you can join the waitlist. You won't be charged unless you're accepted into the race, and once you're accepted, the deferral policy above applies. If you decide you no longer want to run, please remove your name from the waitlist.

RACE LOGISTICS, CHANGES, AND CANCELLATION

All race details—including, but not limited to, course layout, location, schedule, aid station provisions, participant services, and race-day logistics—are subject to change at any time. Adjustments may be made for reasons including, but not limited to, weather conditions, permit requirements, land management directives, safety concerns, supply availability, or other unforeseen circumstances. The race organization reserves the right to modify, postpone, or cancel any portion of the event as needed to ensure participant safety and compliance with governing authorities.

If the event is canceled, entries will not be refunded and will be deferred to the following year's event. Participants are responsible for staying informed of all updates communicated by the race director or event staff.

STAY INFORMED

This guide may be updated from time to time as details change. The latest version is always available on the Across Florida page of our website. Please check that your copy matches the update date listed there so you have the most current information.

If you have any other questions, please email us at info@warriorraces.com.