

WARRIOR
Ultras



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Ultras

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

❖ THE RACE

If you're getting this guide, you're one of the brave souls who've signed up for the first ever Across Florida 200. Designed by Jeff Leininger, the madman that thought running across Florida was a good idea. He already has created the Sea to Sea Expedition Race that takes racers across the state via running, biking and paddling in 72 hours which has been going on for over 20 years with 300 racers each year, so what's another challenge going to hurt.

The race is put on by Warrior Ultras and we are here to support you every step of the way. This race will be an amazing journey for both of us, and we hope your training goes well to prepare for this incredible experience. We worked very hard to keep runners off-road as much as possible by using the Central part of the Florida Trail from Dunnellon to Palatka keeping a true trail running experience.

Please remember, while we do have our route, aid stations, cutoffs, and many more aspects of the race already planned, details may change considerably until final approval. As always, we will keep you updated with any details and updates will also be emailed to all registered runners.

ALL MAP DETAILS AND GPX FILES HERE: <https://www.warriorraces.com/across-florida-200-data>

❖ DESCRIPTION

The Across Florida 200-Mile Endurance Trail Run is Fully Supported and takes you across the state of Florida. Challenge yourself with 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. Brought to you by Warrior Ultras, FLX Adventures, Florida Greenway, Florida State Parks, and the City of St. Augustine Beach. Runners will start their journey on Wednesday, November 12th 10am, on the west coast of Florida and finish by Sunday, November 16th at 10am at the St. Augustine Beach Pier. 96-hour cut-off time for all runners. Runners will be required to fill a sand bottle halfway on the west coast with sand and then carry the bottle over to the east coast to fill the final half to be official.



❖ SCHEDULE AND CHECK-IN

PACKAGE PICKUP

There are two package pick-ups depending on where you are located. If you are staying around the finish area in St. Augustine Beach there is an East Coast pick-up and if you just want to wait until the morning of the race, there is a West Coast pickup at the start location. Drop bags will be available at both package pick-up locations.

St. Johns County Pier Pavillion - 350 A1A Beach Blvd, St. Augustine, FL 32080

Tuesday, November 11

5:00pm to 7:00pm

Shuttle to the West Coast (Paid Service – please contact Jonathan at info@warriorraces.com if required)

St. Johns County Pier Pavillion - 350 A1A Beach Blvd, St. Augustine, FL 32080

Wednesday, November 12

6:00am (sharp)

West Coast Package Pick-up

Withlacoochee Bay Trail Parking - Withlacoochee Bay Trail, Inglis, FL 34449 – Go through the gate a drive 4 miles to the end.

Wednesday, November 12

8:00am–9:30am

Race Provided Trackers

Hand-out

Wednesday, November 12

9:00am

Race Briefing

Wednesday, November 12

9:30am

Race Start

Wednesday, November 12

10:00am

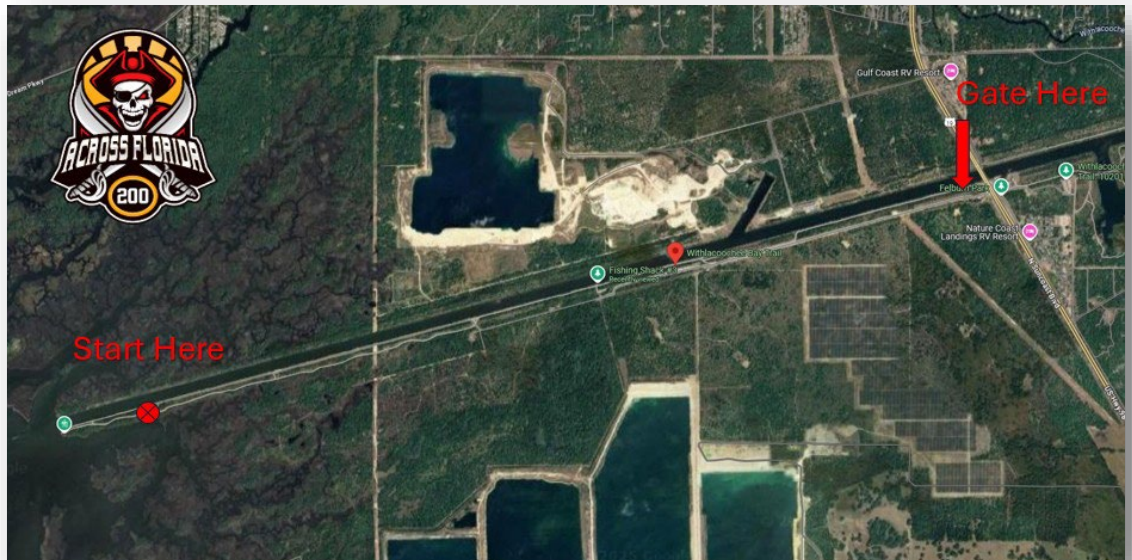
Race Finish

Sunday, November 16

10:00am or 96 Hours

Race Awards

To be given out as runners come through the finish as results are posted.



❖ AID STATIONS

We will provide 12 fully stocked Aid Stations on your journey across the state. Each aid station will have all the normal consistent snacks, sodas and water, but we are leaving the surprise hot food up to each aid station manager. This way you never get the same hot food at each aid station. Hot food with GF options at Aid Stations 4,6,8,11 and 12.

AID STATION AREAS

Aid stations will have a variety of typical runner's food and aid stations will also have at least one hot food item. We will have at least one plant-based hot food option like meatless pasta, beyond burgers and vegetable chili.

Every Full Aid Station – Water, Gatorade, Coke, Mountain Dew, Pickles, Fruit, Chips, Pretzels, Candy, and Tortillas (filled with choice of PB, jelly, hummus, or guacamole), bread (same options as Tortillas).

Hot Foods – Hot food with GF options at Aid Stations 4,6,8,11 and 12. Different hot foods, and the menu will be up to the Aid Station Manager. A list of 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. Hot Foods may include hot dogs, burgers, chili, pasta, quesadillas, egg and cheese breakfast sandwiches.

Aid station food and drinks are for runners and active pacers only.

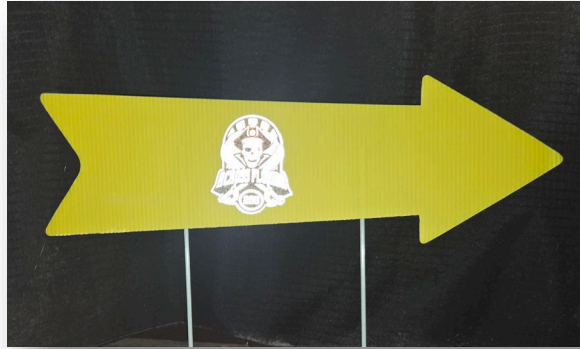
CREWS AT AID STATIONS

Please remember that all trailheads are still open to the public and we need to leave space for them at each aid station. It is required for our permit that we do not allow parking on roads and that we do not “over-crowd” certain areas and trailheads. Always follow the instructions of the aid station staff for the crew parking. Any crew who argues with volunteers, is disruptive to the race, breaks the law, or jeopardizes our permit will DQ their runner on the first offense. Runners are responsible for the behavior of their crew members. Remember any new pacers must check-in with aid station staff to sign waivers and receive a bib. Bring \$30 cash please.



❖ THE COURSE

Limited marked course. All runners must stay on course using downloaded GPX files downloaded to a watch or phone (mandatory) and following signs, flags, arrows and blazes. Warrior prides itself on well-marked courses for our ultras, however it is still your responsibility to know the course. You can also use the tracking link to see where you are always and use it 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 and some “wrong way” signs placed to make sure there are no mistakes. The sign and flagging are reflective, so keep your head up and look. While on the portions of the Florida Trail runners will follow the Orange Blazes.



Reflective



The race starts at the west end of the Withlacoochee Bay Trail at the pavilion. You'll then travel 12 miles of the Withlacoochee Bay Trail to Lake Rousseau Dam & Recreational Area. Next, there are 20 miles of power-line trails along Lake Rousseau to pick up the Florida Trail south of Dunnellon. You'll travel on the beautiful Florida Trail for 50 miles along the Cross Florida Greenway. Once south of Silver Springs and the edge of the Ocala National Forest there will be 20 miles of dirt roads to reconnect to the Florida Trail. Then, you'll head north 60 miles on the most scenic part of the Florida Trail through the rolling hills of the Ocala National Forest. Once in Palatka, this will be the hardest part of the race with 20 miles of the new Rails to Trails route to St. Augustine and then 10 miles of roads to finish at the pier in St. Augustine Beach. Always using the sidewalks if possible.

❖ THE COURSE BREAKDOWN FOR RUNNERS

Start at the farthest point on the Withlacoochee Bay Trail (0.0)

Leg 1 - Start to Aid Station #1 – 11.5 miles - Mixed Trail/Dirt Road

Leg 2 - Aid Station #1 to Aid Station #2 - 12.2 miles – Road

Leg 3 - Aid Station #2 to Aid Station #3 - 9.3 miles- Mixed Paved Trail/Road

Leg 4 - Aid Station #3 to Aid Station #4 - 9.2 miles - Florida Trail

Leg 5 - Aid Station #4 to Aid Station #5 - 10.6 miles - Florida Trail

Leg 6 - Aid Station #5 to Aid Station #6 - 9.9 miles - Florida Trail

Leg 7 - Aid Station #6 to Aid Station #7 - 13.5 miles - Florida Trail/Dirt Road

Leg 8 - Aid Station #7 to Aid Station #8 - 26 miles - Mixed Trail/Dirt Road

Leg 10 - Aid Station #9 to Aid Station #10 – 20.3 miles - Florida Trail/Dirt Road

Leg 11 - Aid Station #10 to Aid Station #11 - 14.4 miles - Florida Trail

Leg 12 - Aid Station #11 to Aid Station #12 - 18.7 miles - Florida Trail

Leg 13 - Aid Station #12 to Aid Station #13 – 22.7 miles – Road/Paved Trail

Leg 14 - Aid Station #13 to Finish - 22.2 miles - Paved Trail/Sidewalk/Road

To the finish line from Aid Station #13 (22.2 miles) – St Augustine Pier (200.5) by 12pm on Sunday

❖ THE AID STATION CLOSING TIMES FOR RUNNERS

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.

Start Time of 10:00am Wednesday

Aid Station #1- out by 3:30pm Wednesday

Aid Station #2 - out by 9:30pm Wednesday

Aid Station #3 - out by 2:00am Thursday

Aid Station #4 - out by 6:30am Thursday

Aid Station #5 - out by 11:30am Thursday

Aid Station #6 - out by 4:30pm Thursday

Aid Station #7 - out by 11:00pm Thursday- Orange Vest Required.

Aid Station #8 - out by 11:30am Friday- Orange Vest Required.

Aid Station #10 - out by 9:00pm Friday- Orange Vest Required.

Aid Station #11 - out by 6:00am Saturday -Orange Vest Required.

Aid Station #12 - out by 2:00pm Saturday

Aid Station #13 - out by 2:00am Sunday - To the finish line (22.2 miles) – St Augustine Pier (200.5) by 12pm on Sunday

❖ THE AID STATION LOCATIONS FOR CREWS

Start at the farthest point on the Withlacoochee Bay Trail (0.0) – End of the Withlacoochee Bay Trail

Aid Station #1 – Lake Rousseau Dam & Recreational Area - 11025 W Riverwood Dr, Crystal River, FL 34428

Aid Station #2 - Withlacoochee State Trail - Gulf Junction Trailhead - 2233 W Magenta Dr, Citrus Springs, FL 34434

Aid Station #3 – Florida Trail Pruitt Trailhead - 15451 SW Hwy 484, Dunnellon, FL 34432

Aid Station #4 – Florida Trail 49th Ave Trailhead - 12555 SW 49th Ave Rd, Ocala, FL 34476

Aid Station #5 – Historic Santos Recreation Area – 3550 SE 80th Street, Ocala, FL 34480

Aid Station #6 – Marshall Swamp Trailhead - 8400 SE Hwy 314, Ocala, FL 34470

Aid Station #7 – Moss Bluff North Park- 16298 SE 95th Street Rd, Ocklawaha, FL 32179

Aid Station #8 – Farles Prairie Recreation Area - US Forest Service Rd 595-2

Aid Station #10 – Shady Lake Trailhead – FR 86 Fort McCoy, FL 32134

Aid Station #11 – 88 Store - 14280 NE 203rd Avenue Rd, Salt Springs, FL 32134

Aid Station #12 - Buckman Lock – Buckman Lock Rd, off US 19 Palatka, FL 32177

Aid Station #13 (15.9 miles) - Cora C. Harrison Preserve trailhead– 9001 State Rd 207, Hastings, FL 32145

To the finish line from Aid Station #13 (22.2 miles) – St Augustine Pier (200.7) - 350 A1A Beach Blvd, St. Augustine, FL 32080

All locations can be found on Google Maps. The only Aid Station that could be difficult to get to because of sand is Aid Station #10 which is Shady Lake Trailhead off FR 86.

❖ AWARDS

Runners must run/walk all 200 miles on the designed course and carry the GPS Tracker/Sand Bottle the entire way until 96 Hours.

1. Overall Men.
2. Overall Women
3. Masters Men (45 and up)
4. Masters Women (45 and up)

All finishers will receive the belt buckle.

The Grand Prize of \$1,000 cash to the fastest Male and Female.

Official Men's fastest time: Fred Soly- 46:04:18

Official Women's fastest time: Liz Myers- 69:07:51

Awards will be given as you finish.

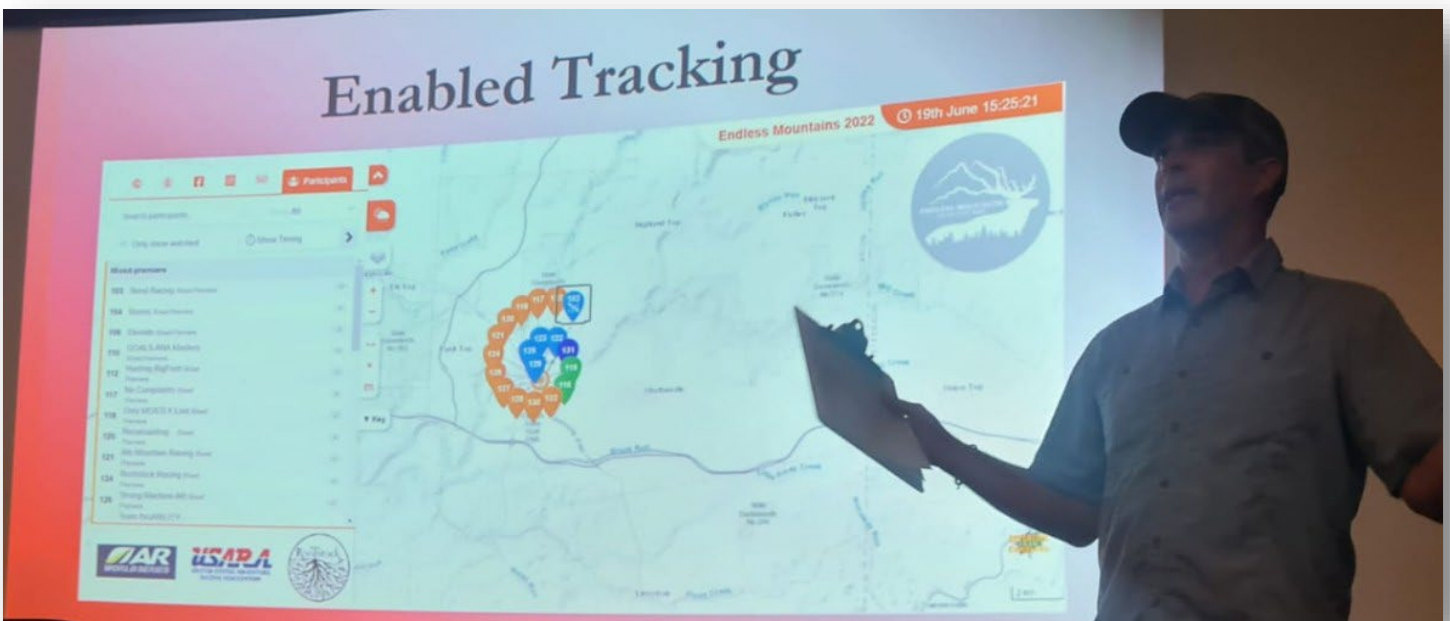


❖ GPS TRACKERS

Runners must carry the GPS Tracker the entire run. Pacers are not allowed to carry the tracker and the runner's mandatory gear.

The tracking link will "Go Live" at the start of the race. <https://live.enabledtracking.com/acrossflorida200/>

Here is a video link for participants on how to wear the tracker: <https://youtu.be/MtIzrkSP00>



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.

❖ SLEEPING STATIONS

All through you can take a dirt nap anywhere you want or sleep in a crew vehicle at an aid station, we will also provide 5 Sleep Stations. Each sleep station will have 6-8 personal tents set up for runners only to sleep. If you need Warrior Staff to set an alarm for you, please just ask and please don't throw your water bottle at us when we get you up.

1. Aid Station #6
2. Aid Station #8
3. Aid Station #10
4. Aid Station #12

❖ DROP BAGS

Runners will be allowed 12 total (2 Gallon Ziplock) drop bags to place any items inside and then Warrior staff will transport them to the following Aid Stations. Write your name and bib number and which 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 package pick-up locations before the race.**

1. Aid Station #3
2. Aid Station #6
3. Aid Station #8
4. Aid Station #10
5. Aid Station #11
6. Aid Station #12

We will do our best to move all bags forward to the next assigned aid station, so at Aid Station #12 you should have all your drop bags there, however if you are out running the aid station closes, then all may not be there in time. Please pack accordingly and think this through. We do not guarantee that all the drop bags will be at the finish line when you complete the race. Don't pack anything of value that you are not willing to give up. We will help you get something if you need, just ask.

❖ VOLUNTEERS

We are looking for aid station captains, aid station volunteers, course setters and course sweepers. We offer a cool rewards system for volunteering at our races. \$100 per day (10 hours +) race credit can be used by volunteers or a family member for any future Warrior Event. Unlike many other races, your credit NEVER expires. Volunteers will receive a staff race shirt and other swag based on the time offered. If you know anyone, please have them contact Jonathan at info@warrioraces.com.



❖ EVENT RULES

- ❖ Each runner must carry their sand bottle (provided at the start) the entire time and show staff at the end of the race.
 - ❖ Each runner must carry a GPS Tracker (provided at the start) the entire time and show staff at the end of the race.
 - ❖ All runners have 96 hours to complete the full 200 miles which is from the official time the race starts on the west coast.
 - ❖ Each runner must complete the course on foot on their own power without any outside transportation.
 - ❖ If a runner elects to drop out and call it quits, he/she must present themselves to the Race Staff and turn in their assigned GPS tracker BEFORE they exit the course. Race staff are located at each Aid Station or the finish line.
 - ❖ You may not just use the restroom anywhere. We ask that you abide by "Leave No Trace" principles. Please use our portable toilets at Aid Stations, or campground toilets.
- If you or any of your crew violates any of the following rules, you (runner) could be disqualified.
- ❖ Littering by leaving garbage, toilet paper, wipes, waste, or other trash will not be tolerated. Garbage and other waste may only be left in trash receptacles and must be carried by runners.
 - ❖ No pacers are allowed until Aid Station #5. No other type of support is allowed outside the aid stations and finish line, so this means no drops or stashes of any kind on the course. Crews are not allowed to travel next to runners in a vehicle or make random stops outside the aid station locations.
 - ❖ Runners will be required to check in at each aid station, so just don't visit your crew's vehicle and leave.

- ❖ Pacers must be registered through Ultra Sign-up to receive a “Pacers’ bib which must be wore during the event. No passing bibs to another pacer during the event. If you would like a “last minute” pacer to join you, they must check-in with the staff at any aid station to sign a waiver and receive a “Pacers” bib.
- ❖ Warrior reserves the right to cancel the run in the event of: Extreme weather during the event, extreme fire danger, pandemic, or other extreme conditions. In the case of cancellation, run entries will not be refunded only deferred to next year.

❖ RULES OF CONDUCT

- ❖ **Sportsmanship/Respect**
 - We require that all runners treat the trails, our volunteers, and other runners and trail users with respect and kindness.
 - The trails will have other visitors during this event, and they may be on the trails, so be courteous to all.
 - Poor sportsmanship and disrespect for our volunteers or other trail users can be grounds for disqualification.
- ❖ **Runner Gear**
 - Runners must carry their mandatory gear, which is bib number, phone, GPS tracker and sand bottle.

❖ RULES OF CONDUCT CONTINUED

- Runners will need to have the required gear to run 200 in any condition.
- Flashing lights on your vest is recommended.
- ❖ **Medical Disqualification**
 - Any runner requiring an IV during the event is automatically disqualified. IVs are not allowed for runners in the event. Any runner requiring the use of emergency medical service (EMS) or search and rescue (SAR) is automatically disqualified. Any runner refusing the advice of SAR or EMS is automatically disqualified.
- ❖ **Course Route**
 - Runners must follow the assigned course.
 - No cutting of the course in any way
 - Warrior may change the course for runner safety, possibly mid race if weather or conditions dictate it.
- ❖ **Progress on the Course**
 - Runners must complete the entire course on foot, without the aid of motors, bikes, or any other mechanized or non-mechanized aid.
 - Runners are not allowed to ride in cars or take other means of transportation at any time other than their own human power. Runners may sleep in crew cars at aid stations, just not being transported.
- ❖ **Full Disqualification (DQ)**

Runners and their crew are expected to act in a way that maintains and enhances the reputation of the event. DQ is at the discretion of the Warrior staff and will be made after careful consideration of facts.

DQ is very rare but may be given if a runner, their crew:

 1. Blatantly breaks any rule of the run.
 2. Break the law or endangering anyone in the run.
 3. Endanger any other citizens or trail user.
 4. Endanger the Run’s permitting.
 5. Cheats in any form.
 6. Has crew leave items left for the runner anywhere along the course.
 7. Take outside aid during the event other than the aid stations areas.
 8. Refuses to drop from the run when directed.
 9. Skipping parts of the course
 10. You MUST have all required gear on you at all times. You may not be ineligible for any prizes/place awards
- ❖ **Responsibility for Crew and Pacers**
 - Lastly, and most importantly, a runner is 100% responsible for their CREW and the way the crew acts. Most common issues are crew leaving trash, food, feces, or toilet paper, parking with blocking road/emergency access or access of other trail users, crewing a runner outside of aid stations or at no-crew locations, or not following Leave No Trace rules.
 - Runners’ responsibilities include educating your crew carefully and choosing them even more carefully. They will represent you and thus represent the entire event. The way your crew interacts with and treats our volunteers, staff, locals and other trail users is important. We expect only the most professional, kind, and courteous crew.

❖ REFUND/DEFERRAL

- ❖ Please remember to remove your name from the waitlist should you decide you no longer want to run! Once approval is granted, our deferral policy will go into effect. Our deferral policy for The Across Florida 200 is as follows.
- ❖ Prior to approval – You won't be charged, so simply withdraw from the race.
- ❖ Prior to 90 days from the race – 70% deferral credit towards any Warrior Ultra.
- ❖ Prior to 30 days from the race – 60% deferral credit towards any Warrior Ultra.
- ❖ Prior to 15 days from the race – 40% deferral credit towards any Warrior Ultra.
- ❖ No credit will be given within 15 days.
- ❖ You will withdraw from the race on your own (rather than notifying us to do so). This is done by going into your Ultrasignup account and clicking "edit" on the race. Your race credit will be automatically assigned to your account.
- ❖ There are no refunds (only deferrals). Deferral credit can be used for any Warrior Ultra.
- ❖ You may transfer your entry to another racer in the same event without a penalty until 14 days before the event. You are responsible for finding a person interested in buying your entry as well as working out payment with them. Entries do not transfer to other events, nor do they transfer year to year. If you would like to sell your entry to another racer you are responsible to contact Ultra-Sign-up to change the name.

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

