



**ACROSS FLORIDA 200
2026 GUIDEBOOK**



WARRIOR

ACROSS FLORIDA 200 2026 GUIDEBOOK

Updated: 10/9/2026



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

THE RACE

WHAT'S NEW FOR 2026

- **Two divisions:** Crewed and Uncrewed. Awards will be given in both.
- **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 AS #6 to AS #11.**
- **More signage** in the areas where runners got turned around last year.

ALL MAP DETAILS AND GPX FILES CAN BE FOUND AT: <https://www.warrioraces.com/trail-runs/across-florida-200>

DESCRIPTION

The Across Florida 200-Mile Endurance Trail Run is a supported race that takes you 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. Brought to you by Warrior Ultras, FLX Adventures, Florida Greenway, Florida State Parks, and the City of St. Augustine Beach.

Runners start on the west coast of Florida on Wednesday, November 11 at 10 a.m. and must reach the St. Augustine Beach Pier by Sunday, November 15 at 10 a.m., with a 96-hour cutoff for all runners. 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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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	St. Johns County Pier Pavillion 350 A1A Beach Blvd, St. Augustine, FL 32080
Shuttle to the West Coast (from St. Johns County Pier Pavillion)	Nov. 11, Wed.	Departs at 5:30a.m. (Sharp)	This is a paid service. Sign up when you register on UltraSignup, or email us at info@warrioraces.com . You'll receive a free parking pass for your car at check-in on Tuesday. The drive to the start takes 3 hours, with one stop.
West Coast Packet Pick-up Withlacoochee Bay Trail Parking	Nov. 11, Wed.	8:00am–9:30am	Withlacoochee Bay Trail Parking, Inglis, FL 34449. Go through the gate a drive 4 miles to the end.
Race-Provided Tracker Handout	Nov. 11, Wed.	9:00am	
Race Briefing	Nov. 11, Wed.	9:30am	
Race Start	Nov. 11, Wed.	10:00am	
Race Finish	Nov. 15, Sun	10:00am (96 Hours)	
Race Awards	To be given out as runners come through the finish as results are posted.		

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

Please remember that 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.

PACERS

New pacers must check in with aid station staff to sign waivers and receive a bib. Please bring \$30 cash.

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THE COURSE

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).

BREAKDOWN

The race starts at the pavilion at the west end of the Withlacoochee Bay Trail. From there, you'll travel 12 miles on the Withlacoochee Bay Trail to Lake Rousseau Dam & Recreational Area. Next come 20 miles of power-line trails along Lake Rousseau, which take you to the Florida Trail south of Dunnellon. You'll follow the beautiful Florida Trail for 50 miles along the Cross Florida Greenway. Once you're south of Silver Springs and the edge of the Ocala National Forest, there are 20 miles of dirt roads to reconnect with the Florida Trail. Then you'll head north for 60 miles on the most scenic part of the Florida Trail, through the rolling hills of the Ocala National Forest.

The hardest part of the race begins in Palatka: 20 miles of the new rails-to-trails route to St. Augustine, followed by 10 miles of roads to the finish at the pier in St. Augustine Beach. Always use the sidewalks if possible.



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COURSE BREAKDOWN FOR RUNNERS

Start	Start at the farthest point on the Withlacoochee Bay Trail (0.0)
Leg 1	Start to Crew Access/Water - 9.8 miles then to Aid Station #1 – 12.2 miles - Mixed Trail/Road
Leg 2	Aid Station #1 to Aid Station #2 - 9.3 miles- Mixed Paved Trail/Road
Leg 3	Aid Station #2 to Aid Station #3 - 9.2 miles - Florida Trail
Leg 4	Aid Station #3 to Aid Station #4 - 10.6 miles - Florida Trail
Leg 5	Aid Station #4 to Aid Station #5 - 9.9 miles - Florida Trail
Leg 6	Aid Station #5 to Aid Station #6 - 13.5 miles - Florida Trail/Dirt Road
Leg 7	Aid Station #6 to Crew Access/Water -10.5 miles then to Aid Station #7 - 9.1 miles - Mixed Trail/Dirt Road
Leg 8	Aid Station #7 to Crew Access/Water - 11.1 then to Aid Station #8 - 8.2 miles - Florida Trail/Dirt Road
Leg 9	Aid Station #8 to Aid Station #9 – 14.4 miles - Florida Trail/Dirt Road
Leg 10	Aid Station #9 to Crew Access/Water - 8.5 then to Aid Station #10 - 10.2 miles - Florida Trail
Leg 11	Aid Station #10 to Aid Station #11 - 14.8 miles - Florida Trail
Leg 12	Aid Station #11 to Aid Station #12 – 15.9 miles – Road/Paved Trail
Leg 13	Aid Station #12 to Crew Access/Water - 9.1 miles then to Finish - 13.1 miles - Paved Trail/Sidewalk/Road
Leg 14	To the finish line from Aid Station #13 (22.2 miles) – St Augustine Pier (200.5) by 12pm on Sunday

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.

Aid Station #1	Out by 9:00pm Wednesday
Aid Station #2	Out by 2:00am Thursday
Aid Station #3	Out by 6:30am Thursday
Aid Station #4	Out by 11:30am Thursday
Aid Station #5	Out by 4:30pm Thursday
Aid Station #6	Out by 11:00pm Thursday - Orange Vest Required.
Aid Station #7	Out by 11:30am Friday - Orange Vest Required.
Aid Station #8	Out by 9:00pm Friday - Orange Vest Required.
Aid Station #9	Out by 3:00am Saturday - Orange Vest Required.
Aid Station #10	Out by 11:00am Saturday - Orange Vest Required.
Aid Station #11	Out by 6:00pm Saturday
Aid Station #12	Out by 2:00am Sunday - To the finish line (22.2 miles) – St Augustine Pier (200.5) by 12pm on Sunday

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AID STATION LOCATIONS FOR CREWS

Start	Start at the farthest point on the Withlacoochee Bay Trail (0.0)
Crew Access/Water	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	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	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	Crew Access/Water – Where the Florida Trail cross 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
Crew Access/Water	Crew Access/Water – Where the Florida Trail cross Northeast 210th Ave/Forest Service 11
Aid Station #12	Cora C. Harrison Preserve trailhead– 9001 State Rd 207, Hastings, FL 32145
Finish	From Aid Station #13 (22.2 miles) – St Augustine Pier (200.7) - 350 A1A Beach Blvd, St. Augustine, FL 32080

All locations are on Google Maps. Only Aid Station #10 (Shady Lake Trailhead, off FR 86) may be hard to reach because of sand.

SLEEP 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 4 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. Locations: Aid Station #5, Aid Station #7, Aid Station #10 and Aid Station #11

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.

Share this link with friends and family so they can follow your progress: <https://live.enabledtracking.com/acrossflorida200>
Here is a video link on how to wear the tracker: <https://youtu.be/MtlIzrkSP00>

AWARDS

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.

New for 2026, there are two divisions, Crewed and Uncrewed, with awards in both. Awards will be given as you finish.

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

All finishers will receive the belt buckle.

The Grand Prize of \$1,000 cash goes to the fastest male and the fastest female in either division. **Official men's fastest time:** Fred Soly – 46:04:18. **Official women's fastest time:** Ashley Gabbert – 64:11:48.

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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, #8, #10 and #12. 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.

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 in race credit per day (10+ hours), which can be used by the volunteer or a family member for any future Warrior event. Unlike at many other races, your credit NEVER expires. Volunteers will also receive a staff race shirt and other swag based on the time they volunteer. If you know anyone who might be interested, please have them contact Jonathan at info@warriorraces.com.



EVENT RULES

If you or any member of your crew violates any of these rules, you (the runner) could be disqualified.

- Each runner must carry their sand bottle (provided at the start) the entire time and show it to staff at the end of the race.
- Runners and pacers are required to wear an orange safety vest from Aid Station #6 to Aid Station #11.
- Each runner must carry a GPS tracker (provided at the start) the entire time and show it to staff at the end of the race.
- All runners have 96 hours to complete the full 200 miles, counted from the official start time on the west coast.
- Each runner must complete the course on foot and under their own power, without any outside transportation.
- If a runner elects to drop out, they must report to race staff and turn in their assigned GPS tracker BEFORE exiting the course. Race staff are located at each aid station and at the finish line.
- You may not use the restroom just anywhere. We ask that you abide by "Leave No Trace" principles. Please use our portable toilets at aid stations or the campground toilets.
- Littering by leaving garbage, toilet paper, wipes, waste or other trash will not be tolerated. Runners must carry their garbage and other waste, which may only be left in trash receptacles.
- No pacers are allowed until Aid Station #5. No other type of support is allowed outside the aid stations, crew stops and finish line, which means no drops or stashes of any kind on the course. Crew vehicles may not travel alongside runners or make random stops outside these locations.
- Runners are required to check in at each aid station, so don't just visit your crew's vehicle and leave.
- Pacers must sign a waiver at check-in or at an aid station to receive a "Pacer" bib, which must be worn during the event. Bibs may not be passed to another pacer during the event.
- Warrior reserves the right to cancel the run in the event of extreme weather during the event, extreme fire danger, a pandemic or other extreme conditions. In the case of cancellation, run entries will not be refunded, only deferred to next year.

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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 and no refund.

RUNNER GEAR

- Runners must carry their mandatory gear, which is bib number, phone, GPS tracker, orange vest and sand bottle.
- Runners will need to have the required gear to run 200 miles in any conditions.
- Flashing lights on your vest are 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 services (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 by downloading the GPX files to a watch or phone.
- No cutting 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 use any means of transportation other than their own human power at any time. Runners may sleep in crew cars at aid stations, as long as they are 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 the facts.

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

- Blatantly breaks any rule of the run.
 - Breaks the law or endangers anyone in the race.
 - Endangers any other citizens or trail users.
 - Endangers the run's permitting.
 - Cheats in any form.
 - Has crew leave items for the runner anywhere along the course.
 - Takes outside aid during the event anywhere other than the aid station areas.
 - Refuses to drop from the run when directed.
 - Skips parts of the course.
 - Does not have all required gear on them at all times.
- You may 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. The most common issues are crew leaving trash, food, feces, or toilet paper, parking that blocks road/emergency access or access for other trail users, crewing a runner outside of aid stations or at no-crew locations, or not following Leave No Trace rules.
- Your 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.

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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 of the race.

- 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 from year to year. If you would like to sell your entry to another racer, you are responsible for contacting UltraSignup to change the name.

STAY INFORMED

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.

Participants are responsible for staying informed of all updates communicated by the race director or event staff.

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@warrioraces.com.