



2018 Florida Coast 2 Coast Handbook



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CEO Welcome Message

Welcome to the inaugural Florida Coast 2 Coast Relay. I want to take this opportunity to thank all of our athletes for taking on this adventure in our first year. I have researched this route for over two years and was waiting for a few key sections to reach completion to launch our effort. The main trail still has many gaps that will close over the next two years which means that the course will continue to evolve each year. I have ridden the entire route by bicycle and there are many beautiful locations along the route. Even in the populated areas, the trail is threaded through some secluded spots. I'd like to encourage all of you to take pictures and videos and send them in to us after the event so that we can make a highlight video.

I want to thank all of the state, county, and local authorities who were able to get past the "You want to do what?" discussions and help us complete all the permits required. There are so many of them I included a separate page to name them all. We hope you come back to visit many of these places after the race is over.

Next I'd like to thank my staff for all their hard work already and what's to come over the event weekend. A shout out to Tom McCormack who chased down all the permits across eight counties and several other municipalities and dealt with several modifications to the course over the past year to make it work. Another special thanks to Carolyn Duncanson (mom) who spent countless hours scouting the course and keeping up with the on-going construction projects. I can't think of a better way to thank her on Mother's Day weekend than making her crew the course she helped to design. The rest of the staff is listed in this handbook along with contact details in case you need to reach us during the event. They consist of some of the best event producers in the world with experience staging road races, triathlons, ultra runs, adventure races, obstacle races and more. They'll be rolling down the course with you to help the event run smoothly. Please don't hesitate to ask any of them for assistance.

We are providing you with as much information as we can think of in this handbook and supporting documents. But if you have a question that is unanswered, please let us know. We hope that you have some great team members with whom to share this experience. I hope you all come with an adventurous mindset and are ready to have an epic run. I hope you'll remember to enjoy the beauty as the memories will last, the suffering is only temporary.

Adventure On,

Brian Duncanson
CEO



DEP Welcome Message

The Office of Greenways and Trails, a component of the Florida Park Service, congratulates you on your Coast-2-Coast Relay Run. We are truly impressed with your teaming-up to run 200 miles night and day for 24 to 36 hours.

You are a part of a unique event, made more special because it is the inaugural Coast-to-Coast Relay Run, and because you are running on the Florida Coast-to-Coast Trail (C2C) that, once complete, will be the first ever 250-mile non-motorized paved trail stretching from the Atlantic Ocean to the Gulf of Mexico. The trail will provide citizens and visitors with a unique opportunity to bike, walk, run, jog or in-line skate across Florida, and to enjoy the many communities in nine counties along the way.

The C2C is a part of a larger network of paved multi-use trails throughout Florida. The long-distance paved trails being planned and built include the 260-mile St. Johns River-to-Sea Loop, the Florida portion of the East Coast Greenway that runs from Maine to Key West, the Gulf Coast Trail in Southwest Florida, and the Great Northwest Coastal Trail in the Panhandle. Many of these trails connect to or run through our award-winning Florida State Parks. As some of these paved trails near completion over the next few years, Florida will become a national and international running and cycling destination.

The paved trail network is a part of an even larger Florida Greenways and Trails System of 5,500 miles of existing and proposed priority land trails, both paved and unpaved, and more than 4,000 miles of designated paddling trails. The trail system includes the 1,300-mile Florida National Scenic Trail for hikers and the 1,515-mile Florida Circumnavigational Saltwater Paddling Trail.

We hope you will run in more relays and enjoy our numerous land and water trails in Florida, many of which are part of our 175 state parks.

Enjoy and good luck!

Christine Small

Florida Department of Environmental Protection



Thank You

Visit Florida

Florida Department of Environmental Protection

Florida Department of Transportation

Florida Greenways & Trails Foundation

Space Coast Office of Tourism

Brevard County

Volusia County

Seminole County

Orange County

Lake County

Hernando County

Pasco County

Pinellas County

St. Petersburg / Clearwater Sports and Events

Jay B. Starkey Park

Hernando County School District

Fairfield Inn & Suites by Marriott Titusville/ Kennedy Space Center Florida

Innisbrook - A Salamander Resort, Palm Harbor

Apologies to anyone we unintentionally missed.



Race Staff

Brian Duncanson	203.232.9615	Course Designer, Marker
Carolyn Duncanson	407.538.7255	Start, TA, Finish staff, good for directions
Tom McCormack	720.289.5678	Event Director, good for questions
Dann Landau-Gahres	917.862.5639	TA Staff
Vinny Cappadora	631.334.5024	TA Staff
AJ Peterson	608.799.4206	TA Staff
Sophia Biniaminov	917.295.5196	TA Staff
Tyler Duncanson	203.707.7363	TA Staff
Carlie McCabe		TA Staff



Timeline and Race Operations

Teams need to arrive at the starting line 60 minutes prior to their start time on Friday, May 11th.

The team captain will check in with the race staff and do the following:

1. Verify team roster
2. Produce safety gear for inspection
3. Receive race bib and pins for each runner
4. Receive team wrist bracelet
5. Identify runners #1 & #2



15 minutes prior to the starting time, entire team will be present for the Safety Briefing.

Start Time - First 2 runners should report to the start and begin when the race official starts the heat.

At each TA:

1. The team vehicle should arrive 15 minutes prior to the transition time.
2. The runner(s) of the next leg must check in with the TA staff and identify their runner number.
3. If the next leg is during dark hours, the runner(s) must have on their safety equipment.
4. If there is bad weather anticipated (lightning) the TA Staff may ask you to remain in your vehicle until it is safe to proceed. Any weather delays will not count against your team time.
5. When the runner of the previous leg arrives, they will hand off the team bracelet, and the next runner(s) may begin their leg immediately.
6. The TA Staff will record the time of the exchange and both the finishing and starting runners numbers to provide splits after the race.

Course Gap 1:

1. At the end of Leg 5 / 6 the runners will finish and the timing clock will stop for your team.
2. The team will drive forward their bracelet to TA 5 / 6 (B), this time WILL NOT count on your run time so please obey all speed limits on this 15-minute drive.
3. When the team arrives at TA 5 / 6 (B) they will check in with the TA Staff, identify the next runner, and start when the TA Staff tells them to begin.

Course Gap 2:

1. Your team will arrive at TA 18 and the clock will stop on your run.
2. The TA staff will provide you with your start time for Leg 19 / 20.
3. Your team will drive the 60 minute gap and if you choose, you can head to **F.W. Springstead High School** to shower and rest until your next leg assignment. Address: F.W. Springstead High School, 3300 Mariner Blvd, Spring Hill, FL 34609. The school will be open 9 pm to 3 am.
4. Van 2 should arrive at TA 18 (B), Van 1 at TA 25 15 minutes prior to your start time and check in with the TA Staff.
5. The TA Staff will start you on your leg.



Finish

1. After teams transition their last runner at TA 35, they should proceed to Fred Howard Park.
2. Follow the running route all the way to the parking lot by the beach at the end of the causeway and locate the reserved race section.
3. Park your vehicle in the reserved race section making sure you have your parking pass displayed. You DO NOT need to pay for parking as we have already covered it.
4. If you choose, you may head back up the course and meet your last runner and finish as a team.
5. We'll distribute race t-shirts and finisher medals at the finish line.
6. We will provide finish line snacks and drinks.
7. We hope you bring a bathing suit and towel and enjoy some well-deserved rest and relaxation on the beach before heading out.
8. Friends and family are welcome to join us at the park but must park on their own obeying parking requirements of the park.



Packing List

Here are some suggested items to remember when you pack:

- Team Handbook
- Mobile phone/charger
- Three sets of running clothes
- Running shoes
- Warm-ups
- Change of clothes for beach Swimsuit/trunks
- Headlamps
- Two (2) reflective vests per team
- Spare running shoes, sandals
- Spare shoe laces
- Running gloves
- Two (2) LED flashers
- Sunglasses, glasses, contact lens solution
- Towel, washcloth (shampoo, hairbrush)
- Toiletries Toothbrush/toothpaste Antiperspirant
- Sunscreen
- Bug spray
- Earplugs
- First aid (blister/band aids, Icy Hot, aspirin, antacids) Instant ice packs, Ace Bandages Handi Wipes, antibacterial
- Sleeping bag/small pillow
- Food/snacks
- Large full water containers to refill water bottles
- Reusable water bottles
- Ziploc plastic bags for wet clothes
- Running GPS or other watch
- Scotch tape (to tape team numbers to van windows)
- Cash/credit card/photo ID



Race Rules

In general, our 2018 rules are designed with safety in mind. Since there is no prize money or major awards, we're not going to strictly enforce normal relay rules such as runners having to adhere to their designated order. This is your adventure and we want you to enjoy yourselves. You can substitute runners where necessary. That said, if there are major safety violations, we will not hesitate to remove your team from the course.

1. It is the responsibility of the runners to know their route and remain on the course. If a runner goes off course, they should correct back to the place where they were last on the course, then proceed from there. Pro Tip - Take snapshot of leg on your phone. There will be blue cones with orange arrows on them or blue arrows on the ground at certain locations.
2. Runners must cross all streets as pedestrians using appropriate traffic signals and cross walks. Crossing against traffic signals is **EXTREMELY** dangerous and is grounds for immediate disqualification for your team.
3. Two racers are required on Legs 1 / 2, 3 / 4, 5 / 6, 19 / 20, 21 / 22, and 23 / 24. Runners must remain together during these legs. You may have an escort runner along any other section of the course.
4. Race bibs must be worn at all times and the wrist slap bracelet must be carried/worn at all times throughout the race. Racers emergency contact info **MUST** be completed on the back of their bib.
5. From 8:00pm - 7:00am, all participants on the course must:
 - a. wear one front and back LED flasher
 - b. wear headlamp, or wear hat headlight
 - c. wear reflective vest (this must be worn until 7:00 am)

All safety equipment must be presented at the Start Check-In Tent. Participants will be held at an exchange and not allowed to participate without the proper equipment.

6. Audio amplification devices worn outside the ear are accepted. • Headphones/buds or any other music devices in the ear are NOT allowed. • Participants must still be able to hear instructions and general traffic noises.
7. No bicycles or dogs are allowed to accompany participants on the race course.
8. Any conduct deemed unsafe or unsportsmanlike by Race Officials will not be tolerated. Quiet hours are to be observed from 10:00pm - 6:00am. No loud noise, music, or yelling during quiet hours. No van decorations or team costumes that are overtly suggestive, sexual, or that contain foul language.
9. Vehicles must obey all traffic laws throughout the event. It is the responsibility of the team vehicles to arrive at the TA in time for their exchange. If a runner arrives at a TA before the team, the time will continue to run until they officially hand off their wrist band.



Food, Rest, Showers

We will not be providing any food during the race. All teams should be fully self-supporting. There are gas stations, grocery stores, convenience stores, and restaurants all along the course. Many legs will allow time for stops to purchase anything that you don't have with you.

F.W. Springstead High School will serve as a resting area with showers, restrooms and a quiet place to sleep. Look for FL C2C markings to find way to the gym.

F.W. Springstead High School
3300 Mariner Blvd, Spring Hill, FL 34609

There are showers located at the school and at the finish line in Fred Howard Park.



Safety

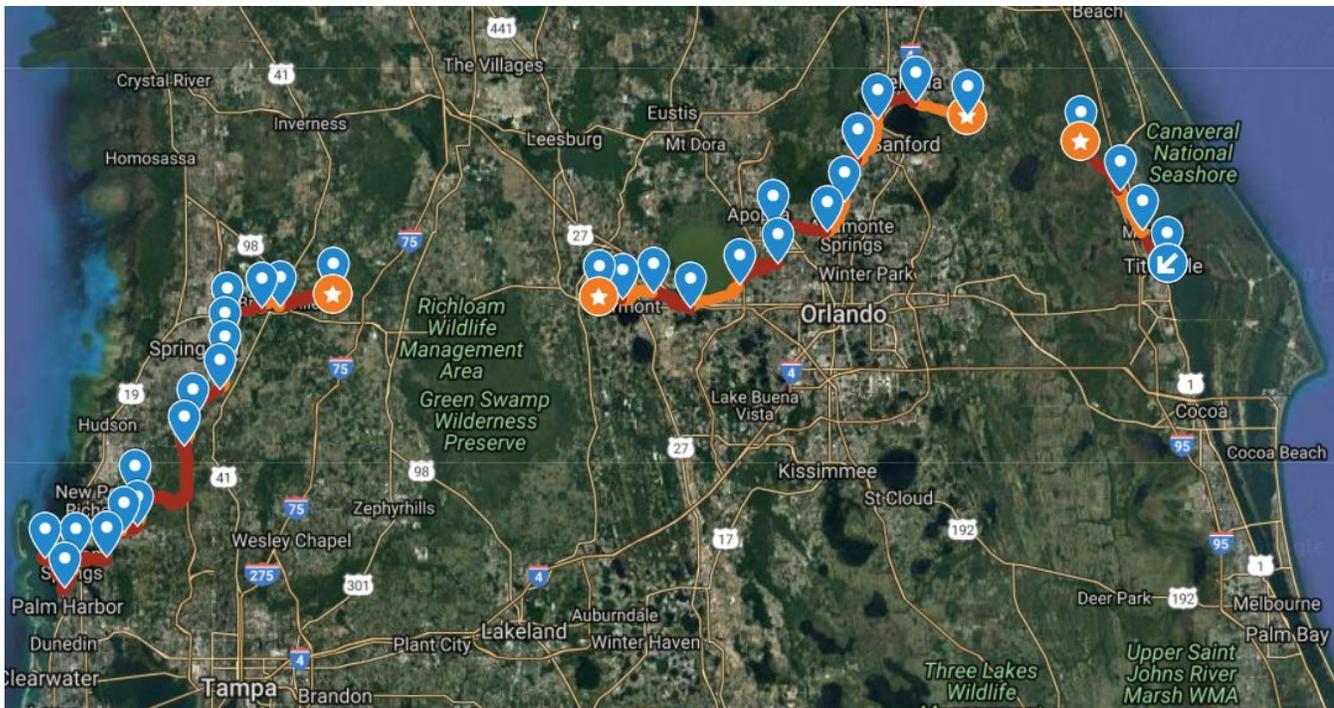
We will cover the following safety notes with your team just prior to the start of the race. If any of your team members are not present at the start, it is the responsibility of the captain to brief their team members.

Should an emergency occur during the event, call 911 first if emergency services are needed. Notify race officials as soon as you can. Many spots in the trail have location identification numbers painted on the trail that you can use when contacting emergency personnel.

1. **VEHICLE TRAFFIC** - The largest threat to your safety during the event will be the numerous road crossings. While the majority of each leg is on secluded trail, every leg has road crossings. Be extra cautious at each crossing and entrance to parking lots when cars might be coming up from behind you. Cross all streets as a pedestrian and obey all signage.
2. **OTHER TRAIL TRAFFIC** - The trails and sidewalks you'll be running on are multi-use trails and will be busy in certain sections and times of day. Please be aware of bicycles, rollerbladers, skateboarders, other pedestrians and horses. Walkers and runners typically have right of way
3. **INCLEMENT WEATHER** With certain severe weather conditions where the welfare of participants is at risk, or where significant damage or alterations to the race course occur, FLC2C organizers reserve the right to suspend or cancel the event. Conditions that may result in the relay being canceled or delayed include but are not limited to the following: severe heat, electrical storm, earthquakes, hurricanes, flooding, fog, etc. If there is extreme heat during the race we reserve the right to hold teams until the temperature drops. If there is lightning at the start of the race that organizers deem unsuitable for participating, FLC2C reserves the right to delay starts or hold the race until the lightning clears. No refunds will be given if the race is canceled due to weather.
4. **INJURY / HEAT EXHAUSTION** - This is an extreme event with the potential to sustain injury. If a runner is injured badly, please contact 911. For minor injuries, please inform race staff at the TA. You may substitute a runner for anyone who is injured or can no longer fulfill their leg assignments. Stay fueled and hydrated throughout the event.
5. **ANIMALS** - Please be alert for animals on the trail during your run.
6. **TEAM VANS** - Obey all traffic laws and parking instructions along the route. There are a few routes where you can see your runner progressing during their leg; do not cause traffic problems if you choose to follow them along.



Course Overview



Leg Commentary

- **Leg 1/2** - You'll need to temper your excitement out of the start as you wind your way through the streets of Titusville with several road crossings. You'll then pick up the bike path at 1 mile and after a bridge over the road you'll have a long, straight shot to the TA.
- **Leg 3/4** - Very straight forward on bike path all the way.
- **Leg 5/6** - Long very straight forward on bike bath. Vans won't want to waste too much time on this leg as the drive is over 40 minutes but should still allow plenty of time to arrive in time for your teammates.
- **Gap 1** - (Good news is that this gap will be gone in 2019 as they complete the connector trail) There is a short drive down the road from the end of Leg 5/6 to the start of Leg 7. All teams will have their clocks stopped so they can drive safely from TA 5/6 (A) to TA 5/6 (B). Two-vehicle teams can send their 2nd vehicle to TA 5/6 (B) where they'll wait for the arrival of their first van. We will restart your team as soon as you arrive at the TA and check in.
- **Leg 7** - All bike path with a bridge right out of the start, then some great quiet running past ponds in the woods.
- **Leg 8** - Starts out next to a busy road, but then turns south through Gemini Springs Park which is beautiful.
- **Leg 9** - This is an urban leg with several major street crossings. It starts with a bridge over the St. John's river and finishes with a bridge over I4.
- **Leg 10** - Although this section is in a populated area, it follows some nice office parks and has tunnels to duck under major road crossings. There is a lot of shade here and several downhill slopes.
- **Leg 11** - Another short, shady section that is decorated with some great fence paintings. Be sure to check them out as you run through.
- **Leg 12** - No getting around this one, this is an ugly, urban run down the sidewalks. We'll be headed due west down 436 to join up with the West Orange Trail. You'll need to carefully watch the several entrances to businesses and use signals for major intersections. You'll head down until you see the West Orange Trail bridge over 436, then turn right and continue straight to Apopka Station Park.



- **Leg 13** - Back on West Orange trail, this run starts south to the bike bridge where you'll run up and over 436 then down the trail on the other side. A short and peaceful trail section.
- **Leg 14** - Follow the West Orange trail west on some rolling hills and around a golf course to Chapin Station.
- **Leg 15** - 7-mile leg along the West Orange Trail that will take you through the heart of Winter Garden, one of the most quaint town centers along the course.
- **Leg 16** - The bike bath continues over one of the hilliest sections of the course as we head towards Clermont.
- **Leg 17** - A short section that starts off hilly, then ends with a gorgeous run around the south side of Lake Minneola.
- **Leg 18** - An even shorter run along the west shore of Lake Minneola then following the bike path to its end. Most teams will finish here around 10:00 pm in the evening.
- **Gap 2** - This is the largest section of uncompleted course and the most direct route westward is down Rt. 50. Unfortunately the sidewalk quickly runs out and it's just not enough safe running space to support the event. We have programmed in a long drive here. Teams will be given a restart time which will allow plenty of time to travel and even grab some rest.
- **Leg 19/20** - Starts at the edge of the Croom Wildlife Management Area where construction is already underway to close Gap 2. We'll pick up the Good Neighbor Trail here that runs into Brooksville. We'll be in the dark and there are almost no lights along this section. The TA is at the end of the trail at the Train Depot Museum.
- **Leg 21/22** - This leg will be all on sidewalks through the town of Brooksville at night. There will be some areas of good lighting, but others you'll need to rely on your own headlamps.
- **Leg 23/24** - Another section through Brooksville on sidewalks. You'll head north, then turn west on route 50 until you cross under the bike bridge over 50. You'll take your next left on Grove Rd, then left again on Gar St. and into the parking area for the trail.
- **Leg 25** - Back on bike path, this short section has some nice rolling hills. Runners can have companion runners during the night.
- **Leg 26** - Another short bike path section. Runners can have companion runners during the night.
- **Leg 27** - Another short bike path section. Runners can have companion runners during the night.
- **Leg 28** - Another short bike path section. Runners can have companion runners during the night.
- **Leg 29** - Another short bike path section that will end at Rt 52. where you'll take a right turn and finish on the sidewalk to the Racetrak gas station. Runners can have companion runners during the night.
- **Leg 30** - Daylight should be breaking during The big kahuna. This 13-mile section is the longest of the race. After taking off from the TA, a short sidewalk run will take you back to the trail. The first six miles run along the highway, you will approach a toll booth on the highway where the trail will jog to the right behind some trees. That's where you'll need to take a hard right into Jay Starkey Wilderness Park. There is a wooden fence here. There will be course signs through the park as there are a few turns you'll need to navigate.
- **Leg 31** - Leaving Jay Starkey Wilderness Park you'll follow the bike patch south. The path will cross the street right at the TA.
- **Leg 32** - This is a sidewalk section to get down to JW Mitchell High School.
- **Leg 33** - This leg will weave up and around some sidewalks through quieter neighborhoods with one major street crossing.
- **Leg 34** - A short run on the sidewalk will put you back on bike trail and headed west.
- **Leg 35** - A run down the bike trail to Wall Springs Park, be sure to stay straight at E Klosterman Rd as Leg 36 will be coming back this way.
- **Leg 36** - The grand finale. This route start up the bike trail to E Klosterman road, then turns onto sidewalks and winds its way to Fred Howard Park and big beach finish. There will be reserved parking at Fred Howard Park and teams can walk back up the course and run in together to the finish line.



Driving Addresses & Estimated Drive Times

TA	Destination Name	Address	Est. Drive	Toilets	Parking Notes
Start	Sand Point Park	101 N Washington Ave, Titusville, FL 32796	-	Y	Paved lot at park
1/2	Broadway Ave / Folsom Rd	2581 Broadway Ave, Mims, FL 32754	8 mins	N	Park along road behind school
3/4	Blouts Ridge Rd	5292 Blounts Ridge Rd, Mims, FL 32754	9 mins	N	Paved lot by trail
5/6 (A)	Maytown Spur Rd	1187 Maytown Spur Rd, Oak Hill, FL 32759	26 mins	N	Gravel lot by trail
5/6 (B)	East Central Regional Trail Head	141 New Smyrna Blvd, Osteen, FL 32764	16 mins	Y	Paved lot by trail
7	Thornby Park	110 Providence Blvd, Deltona, FL 32725	12 mins	Y	Park is 1/4 mile away from trail
8	Lake Monroe Park	Lake Monroe Park Cir, DeBary, FL 32713	13 mins	Y	Paved lot, no charge for parking
9	Office Park	901 International Pkwy, Lake Mary, FL 32746	11 mins	N	Office building parking lot
10	Somerville Kids Klub	1665 E.E. Williamson Rd, Longwood, FL 32779	12 mins	N	Paved lot by trail
11	Seminole Wekeiva Trailhead	371 San Sebastian Prado, Altamonte Springs, FL 32714	12 mins	N	Proceed to 2nd lot after turning into access road
12	Apopka Station West Orange Trail	111 S Forest Ave, Apopka, FL 32703	13 mins	Y	Park behind pavillion
13	Apoka Vineland Station - WOT	5794 N Apopka Vineland Rd, Orlando, FL 32818	10 mins	Y	Small lot behind buddhist temple
14	Chapin Station - WOT	501 Crown Point Cross Rd, Winter Garden, FL 34787	11 mins	Y	Large park with parking, walk to trail
15	Killarney Station	17914 FL-438, Winter Garden, FL 34787	17 mins	Y	Large park adjacent to trail
16	Pine Crest Lakes Academy	14012 Old Hwy 50, Minneola, FL 34711	11 mins	N	Park behind school, walk down hill to trail
17	South Lake Trail	200 County Rd 561 Clermont FL 34711	13 mins	N	Park near fence by the trail
18A	South Lake Trail End	15001 Silver Eagle Rd Clermont FL 34711	6 mins	N	Park on side of Silver Eagle Rd.
18B	Good Neighbor Trail Head	27002 Richbarn Rd, Brooksville, FL 34601	48 mins	N	Arrive only 10 mins before 2nd start time
19/20	Train Depot Museum	70 Russell St, Brooksville, FL 34601	12 mins	N	Parking at train depot
21/22	SunCoast Credit	18915 Cortez Blvd, Brooksville, FL	10 mins	N	Park on Clinton or Providece Blvd



	Union	34601			
23/24	Sun Coast Trail Head / 50	10 Gar Street, Spring Hill, FL 34609	12 mins	N	Trail head paved parking lot
25	Powell Rd Trail Parking	14345 Powell Rd, Spring Hill, FL 34609	10 mins	N	Small parking on side of road by trail
26	Anderson Snow Park	1360 Anderson Snow Rd, Spring Hill, FL 34609	8 mins	N	Large park, walk to trail via access at south end
27	Bowman Rd	19624 Bowman Rd Shady Hills FL 34610	12 mins	N	Small area off side of road
28	Dr. Mary Giella Elementary School	14710 Shady Hills Rd, Spring Hill, FL 34610	12 mins	N	School 1/4 mile down road from trail
29	Rt. 52 / Racetrac	15474 FL-52, Land O Lakes, FL 34638	7 mins	Y	Gas Station
30	Jay B Starkey Wilderness Park	10500 Wilderness Park Blvd, New Port Richey, FL 34655	20 mins	N	Enter park, TA will be on your right
31	Starkey Blvd / Town Ave	3104 Town Ave New Port Richey FL 34655	10 mins	N	Parking lot behind TA
32	JW Mitchell High School	2323 Little Rd, New Port Richey, FL 34655	8 mins	N	High school entrance
33	Lakeview Community Church	475 E Lake Rd N, Tarpon Springs, FL 34688	9 mins	N	Small church parking lot
34	Tarpon Springs Splash Park	508 Live Oak St, Tarpon Springs, FL 34689	10 mins	Y	Paved lot, 1/4 walk to trail
35	Wall Springs Park	3725 Desoto Blvd, Palm Harbor, FL 34683	10 mins	Y	Paved lot by trail
30	Fred Howard Park	Howard Park Causeway, Tarpon Springs, FL 34689	20 mins	Y	Paved spots by beach



2018 FLORIDA COAST 2 COAST PARKING PASS



Display in window of van(s)