



2019 Florida Coast 2 Coast Handbook



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CEO Welcome Message

Thank you for joining us in our second annual Florida Coast 2 Coast Relay. The Florida Coast to Coast trail added two newly completed sections (Legs 4 & 24), and we added and modified 11 other legs to fully connect the route from East to West at 205 total miles. You will be crossing the Richloam and Croom Wildlife Management Areas this year which takes us through a part of Florida that most people have not traveled. All totaled, we're on roads and sidewalks for approximately 40 miles of the 205, with the rest on bike trail. You'll get to glide through towns like Winter Garden and Clermont, then into the night through the Withlahoocee Forest and back into the daylight through Brooksville and to the Sun Coast and Pinellas trails.

We are excited about the prospects of our evolving and growing event. There are additional sections of trail under construction that will ensure the route will continue to change year to year for several more years. Ten of our founding teams have returned and they're joined by new teams coming from around the country.

We hope you're preparing for this adventure and are ready to roll with your teammates and whatever the course and mother nature throws at you. There were a few construction zones that popped up last year and we've put eyes on a few this year, so be ready to adapt on the fly. We're excited to sheppard you along your journey and enjoy the adventure together. See you on the course.

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 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

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
Vinny Cappadora	631.334.5024	TA Staff
AJ Peterson	608.799.4206	TA Staff
Greg Budde	772.559.4341	TA Staff
Danny Hernandez	305.505.9609	TA Staff
Chris Medina		TA Staff
Mario Blanco	561.213.5688	TA Staff



Timeline and Race Operations

Teams need to arrive at the starting line 60 minutes prior to their start time on Friday, April 5th.

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

1. Verify team roster
2. Hand in team waivers
3. Sign safety page
4. Produce safety gear for inspection
5. Receive race bib and pins for each runner
6. Receive team t-shirts
7. Identify runner #1



Start Time - First runner 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 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, you can tag hands, 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.
7. Teams that are too far ahead of schedule may be asked to hold prior to releasing their next runner.
8. Teams that are behind schedule may be asked to release their next runners prior to the previous runners arriving. If a team falls too far behind schedule, you will be asked to skip ahead on the course.

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 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. Note, there is no alcohol allowed at Fred Howard 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 and share your location with your team. 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. Race bibs must be worn at all times throughout the race. Racers emergency contact info **MUST** be completed on the back of their bib.
4. 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.

5. 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.
6. 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.
7. 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 touch hands.
8. Escort runners and bikes are allowed on any leg.
9. Teams running too far ahead of seed pace may be asked to stop their progress at a transition area until they are back on seed time. Official race time will be paused during any stand down period.
10. Teams running too far behind their seed pace may be asked to skip a leg or multiple legs and moved ahead on the course. Race management will modify official time.



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.

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



Safety

It is the responsibility of the captain to brief their team members on safety notes.

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.

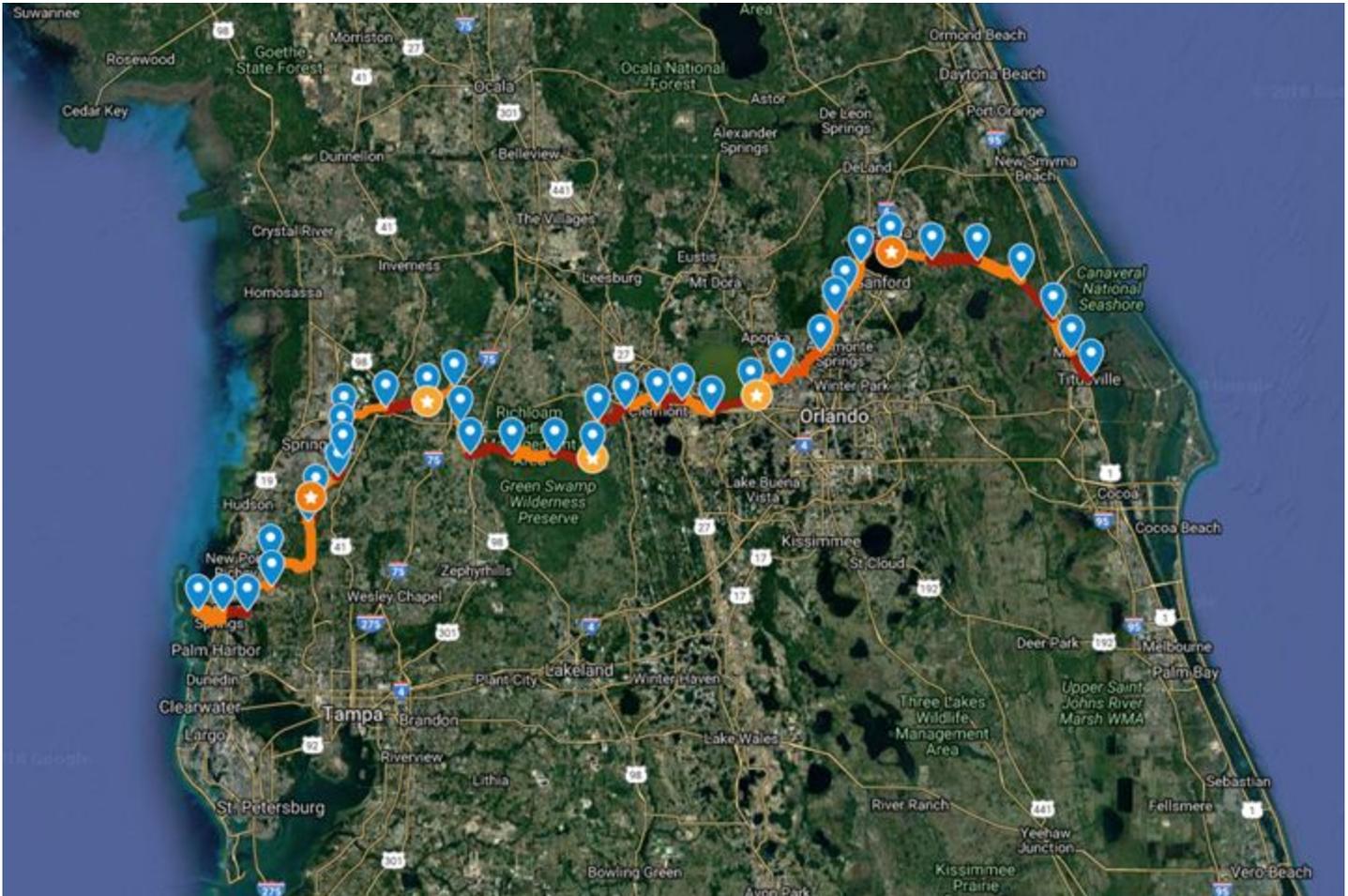
1. **VEHICLE TRAFFIC** - The largest threat to your safety during the event will be the numerous road crossings. While the majority of each leg is on secluded trail, every leg has road crossings. Be extra cautious at each crossing and entrance to parking lots when cars might be coming up from behind 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. Van must escort runners through Withlahoocee Forest; Legs 19, 20, and 21. 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.
7. **ESCORT RUNNERS** - You may have escort runners on any section of the course, they are recommended for night sections

COURSE ALERTS

1. Leg 5 - You will be running on the grass shoulder on the south side of the road for 3.5 miles. Please remain away from the road and vehicle traffic.
2. Leg 13 - There is a festival taking place in downtown Winter Garden on Friday afternoon / evening. The trail will technically be barricaded and there will be a lot of foot traffic. You can proceed with caution through the area remaining on Plant Street to the west end.
3. Leg 16 - You will be running on the grass shoulder on the north side of Rt. 50 for 0.25m without sidewalk. The sidewalk will start again.
4. Legs 19, 20, 21 - There is little cell coverage here and vehicles are required to stay with their runners.
5. Leg 32 - Half marathon leg with no support options.
6. Leg 34 - There is a 0.25m section of sidewalk closed on the south side of Rt. 54. You need to skirt around it on the south side, remain close to the barrier and beware of oncoming traffic.



Course Overview



Leg Commentary

- **Leg 1** - 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 2** - Very straight forward on bike path all the way.
- **Leg 3** - 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.
- **Leg 4** - A long, new section of bike trail.
- **Leg 5** - The first 3.6 miles of this leg are run on the grass shoulder along side of the road. Stay on the south side, the shoulder is 8'-10' wide. The second half of run in back on bike trail.
- **Leg 6** - All bike path with a bridge right out of the start, then some great quiet running past ponds in the woods.
- **Leg 7** - Starts out next to a busy road, but then turns south through Gemini Springs Park which is beautiful.
- **Leg 8** - 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 foot bridge over I4.
- **Leg 9** - 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 10** - Another short, shady section that is decorated with some great fence paintings. Be sure to check them out as you run through.
- **Leg 11** - We'll be following a new route through this section of central Florida. You'll start out with a few road crossings, then pick up a bike path for a short distance, then there are several major road crossings and you'll have to navigate to get you back to the West Orange Trail.
- **Leg 12** - Follow the West Orange trail west on some rolling hills and around a golf course to Chapin Station.
- **Leg 13** - 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. There will be large festival there Friday night, please use discretion running through.
- **Leg 14** - The bike path continues over one of the hilliest sections of the course as we head towards Clermont.
- **Leg 15** - A short section that starts off hilly, then ends with a gorgeous run around the south side of Lake Minneola.
- **Leg 16** - We start out with a short run along the west shore of Lake Minneola then following the bike path to its end. From there you'll head down to Rt. 50, you'll need to stay on the north side of Rt. 50 for a while without a sidewalk until the sidewalk starts up again. Proceed down to the light at Rt. 33 then cross at the light to the RaceTrac and TA.
- **Leg 17** - This section is all on country roads, use caution as there will be minimum light on this section.
- **Leg 18** - Another country road section to get to the edge of the forest, again use caution on roads.
- **Leg 19** - This is an all dirt road section through the Withlahoocee Forest, vehicles must escort runners for the entire leg. Be cautious of ruts in the road.
- **Leg 20** - A second section through the forest, vehicles must escort runners for the entire leg.
- **Leg 21** - This section begins on the dirt forest roads then emerges onto roads with sidewalks. Vehicle support is required for the first 3.2m of the leg until the edge of the forest.
- **Leg 22** - Easy section on bike trail
- **Leg 23** - Another easy section remaining straight on the bike trail. At 4.7m, there will be a second trail joining from your left, stay straight here to TA. The next leg will be running on that section.
- **Leg 24** - A new section of bike trail through the Croom Wildlife area, you'll reverse direction from the Leg 23 runner and take the right turn at 0.2 miles, then continue straight to the other side of the forest.
- **Leg 25** - Starts at the edge of the Croom Wildlife Management Area and follows the Good Neighbor Trail into Brooksville. We'll turn off the trail and run up into downtown Brooksville.
- **Leg 26** - This long leg will be all on sidewalks through the town of Brooksville in the early morning and lead us to the Sun Coast Trail. Look for the Sun Coast Trail bridge going over Rt. 50 then start looking for the turn onto Grove Rd, then left on Gar St. into the parking area for the trail. We will have a Sheriff patrolling this section of course.
- **Leg 27** - Back on bike path, this short section has some nice rolling hills.
- **Leg 28** - Another short bike path section.
- **Leg 29** - Another short bike path section.
- **Leg 30** - Another short bike path section.
- **Leg 31** - 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 Racetrac gas station.
- **Leg 32** - 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 33** - Leaving Jay Starkey Wilderness Park you'll follow the bike path south along Starkey Blvd. The path will cross the street right at the TA.
- **Leg 34** - A long run on the sidewalks with major road crossings. There was sidewalk construction you'll need to skirt here.
- **Leg 35** - After a short section on sidewalk, you'll be back on the Pinellas bike trail all the way Wall Springs Park.
- **Leg 36** - The grand finale. This route starts south on the bike trail for 1 mile, then you'll follow sidewalks along streets 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	Broadway Ave / Folsom Rd	2581 Broadway Ave, Mims, FL 32754	8 mins	N	Park along road behind school
2	Blouts Ridge Rd	5292 Blounts Ridge Rd, Mims, FL 32754	9 mins	Y	Paved lot by trail
3	Maytown Spur Rd	1187 Maytown Spur Rd, Oak Hill, FL 32759	26 mins	Y	Paved lot by trail
4	Gobbler's Lodge Rd	300 Gobblers lodge Rd Osteen FL 32764	10 mins	Y	Paved lot by trail
5	East Central Regional Trail Head	141 New Smyrna Blvd, Osteen, FL 32764	8 mins	Y	Paved lot by trail
6	Thornby Park	110 Providence Blvd, Deltona, FL 32725	12 mins	Y	Park is 1/4 mile away from trail
6	Thornby Park Exchange (Van 2)	From Start	46 mins		
7	Lake Monroe Park	Lake Monroe Park Cir, DeBary, FL 32713	13 mins	Y	Paved lot, no charge for parking
8	Office Park	901 International Pkwy, Lake Mary, FL 32746	11 mins	N	Office building parking lot
9	Jones Trail Head	2993 Markham Woods Rd, Longwood, FL 32779	12 mins	N	Paved lot by trail
10	Seminole Wekeiva Trailhead	371 San Sebastian Prado, Altamonte Springs, FL 32714	14 mins	N	Proceed to 2nd lot after turning into access road
11	Apoka Vineland Station - WOT	5794 N Apopka Vineland Rd, Orlando, FL 32818	16 mins	Y	Small lot behind buddhist temple
12	Chapin Station - WOT	501 Crown Point Cross Rd, Winter Garden, FL 34787	11 mins	Y	Large park with parking, walk to trail
12	Chapin Station Exchange (Van 1)	From TA6	42 mins		
13	Killarney Station	17914 FL-438, Winter Garden, FL 34787	17 mins	Y	Large park adjacent to trail
14	Pine Crest Lakes Academy	14012 Old Hwy 50, Minneola, FL 34711	11 mins	N	Park behind school, walk down hill to trail
15	South Lake Trail	200 County Rd 561 Clermont, FL 34711	13 mins	N	Park near fence by the trail
16	Rt. 50 RaceTrac	622 E Broad St., Groveland, FL 34736	10 mins	N	Park at gas station
17	Empire Church & Mascotte Empire Church Rd	3714 Empire Church Rd Groveland, FL 34736	10 mins	N	Park on side of road or at church
18	Van Fleet Trail & Withlacoochee	6600 South Bay Lake Rd Groveland, FL 34736	8 mins	Y	Turn left off South Bay Lake Rd to find trail parking lot.
18	Van Fleet Trail & Withlacoochee Exchange (Van 2)	From TA 12	46 mins		



19	Center Grade Road	TA18 + 6.2 miles, FX7R+4M Ridge Manor, Florida		N	VEHICLE MUST ESCORT RUNNER
20	Parker Crossing	TA19 + 6.9 miles, FV7W+35 Ridge Manor, Florida		N	VEHICLE MUST ESCORT RUNNER
21	Withlacoochee Trail - Trilby Trailhead	37451 Trilby Rd, Dade City, FL 33593		N	MUST ESCORT RUNNER for first 3.2m, small unpaved lot by trail
22	Withlacoochee Trail - Ridge Manor Trailhead	7132 County Rd 39 Brooksville, FL 34602	7 mins	Y	Paved Trail Parking Lot
23	Croom MTB Parking	11281 Croom Rital Rd, Brooksville, FL 34602	7 mins	Y	Parking areas off road by trail
24	Good Neighbor Trail Head	27002 Richbarn Rd, Brooksville, FL 34601	17 mins	N	End of road at edge of forest
24	Good Neighbor Trail Head - Exchange (Van 1)	From TA 18	49 mins		
25	Hernando County Government Center	234 E Jefferson St, Brooksville, FL 34601	11 mins	N	Parking at Government Center
26	Sun Coast Trail Head / 50	10 Gar Street, Spring Hill, FL 34609	12 mins	N	Trailhead paved parking lot
27	Powell Rd Trail Parking	14345 Powell Rd, Spring Hill, FL 34609	10 mins	N	Small parking on side of road by trail
28	Anderson Snow Park	1360 Anderson Snow Rd, Spring Hill, FL 34609	8 mins	N	Large park, walk to trail via access at south end
29	Bowman Rd	19624 Bowman Rd Shady Hills FL 34610	12 mins	N	Small area off side of road
30	Dr. Mary Giella Elementary School	14710 Shady Hills Rd, Spring Hill, FL 34610	12 mins	N	School 1/4 mile down road from trail
30	Dr. Mary Giella Elementary School Exchange (Van 2)	From TA 24	37 mins	N	Park in school lot
31	Rt. 52 / Racetrac	15474 FL-52, Land O Lakes, FL 34638	7 mins	Y	Gas Station
32	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 05m in. Watch out for tortoises.
33	Starkey Blvd / Town Ave	3104 Town Ave New Port Richey FL 34655	10 mins	N	Parking lot behind TA
34	Lakeview Community Church	475 E Lake Rd N, Tarpon Springs, FL 34688	11 mins	N	Small church parking lot
35	Tarpon Springs Splash Park	508 Live Oak St, Tarpon Springs, FL 34689	8 mins	Y	Paved lot, ¼ m walk to trail
Finish	Fred Howard Park	Howard Park Causeway, Tarpon Springs, FL 34689	11 mins	Y	Paved spots by beach
Finish	Fred Howards Park Exchange	From TA 30	49 mins		



2019 FLORIDA COAST 2 COAST PARKING PASS



Display in window of van(s)