

**Leg 1 (DIFFICULT) 6.2 Miles :** “The Hammock 10k”! A former zoo located in the Hammock released their animals when they closed. Listen for Peacocks and Monkeys?? This is a pretty, partially shaded run. A great way to start the day!

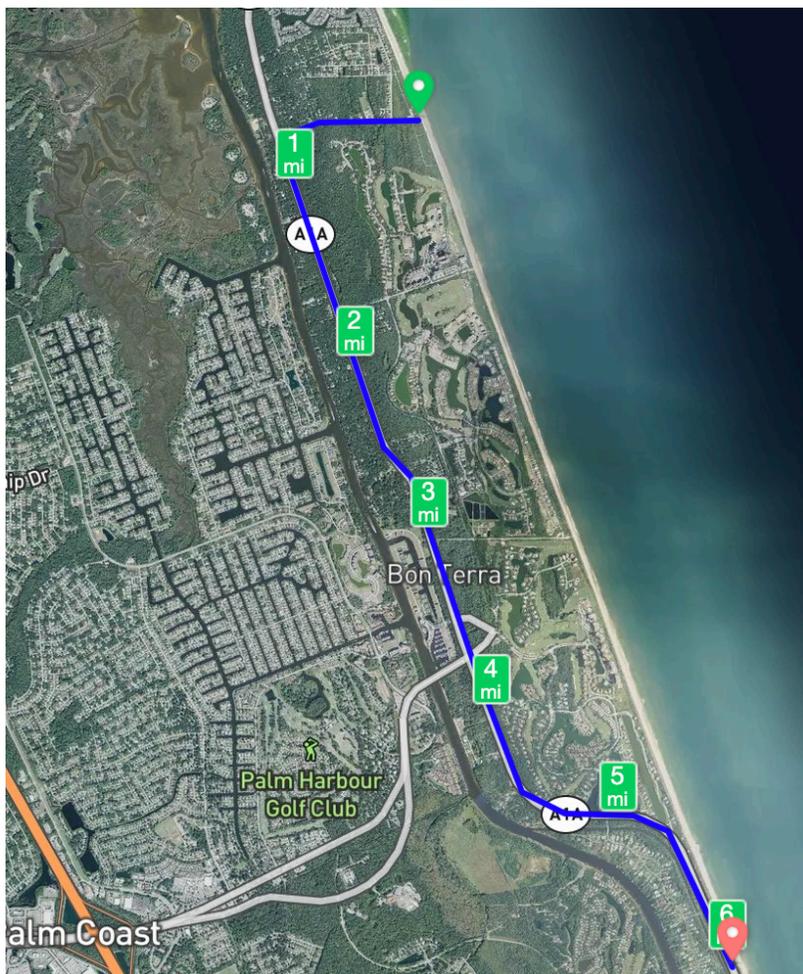
**Start Line:** Mala Compra Beach - 115 Mala Compra Rd. There are public restrooms at this park.

**Exchange 1:** Varn Park - 3665 N Oceanshore Blvd., Flagler Beach. There are public restrooms at this park.

1. Head West on Mala Compra Road, running on the sidewalk, not the road. 0.8 Miles
2. Head South (turn left) on sidewalk along A1A to Varn Park 5.4 Miles

When Runner 1 arrives at exchange 1 Runner 2 needs to be on the other side of A1A so that they are not rushed crossing the road, the traffic can be busy and fast here.

Driving Directions: Follow Runner Directions



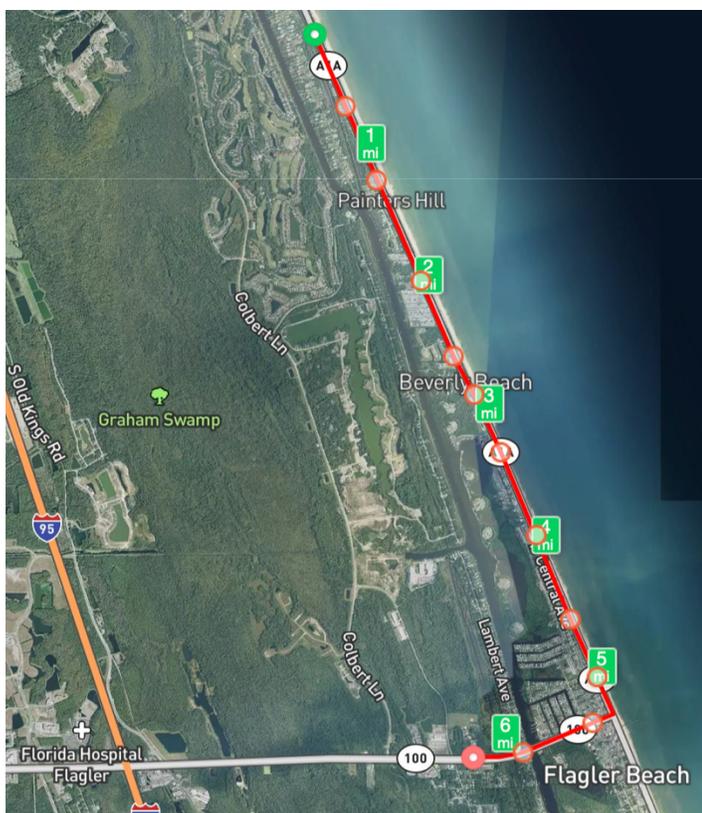
EX1

**Leg 2 (DIFFICULT) 6.2 Miles:** A 10k along A1A Beachfront Avenue! This is a long, straight run along A1A, it's hard but make sure you take in the ocean air! Look at the beach to your left! Then you have the bridge. This run is not for the faint of heart!

**Exchange 2:** Wadsworth Park 2200 Moody Blvd (SR 100), Flagler Beach. There are public restrooms here.

- 1) Depart exchange 1 on the west side of A1A after a virtual exchange from runner 1. Only upcoming runners should cross A1A when they know their runner is close
- 2) Run South on A1A to SR 100 5.1 miles, turn right onto SR 100
- 3) Run over the bridge in the pedestrian walk-way 1.1 miles, arrive at exchange 2

Driving Directions: Follow runner directions. Lots of support opportunities.



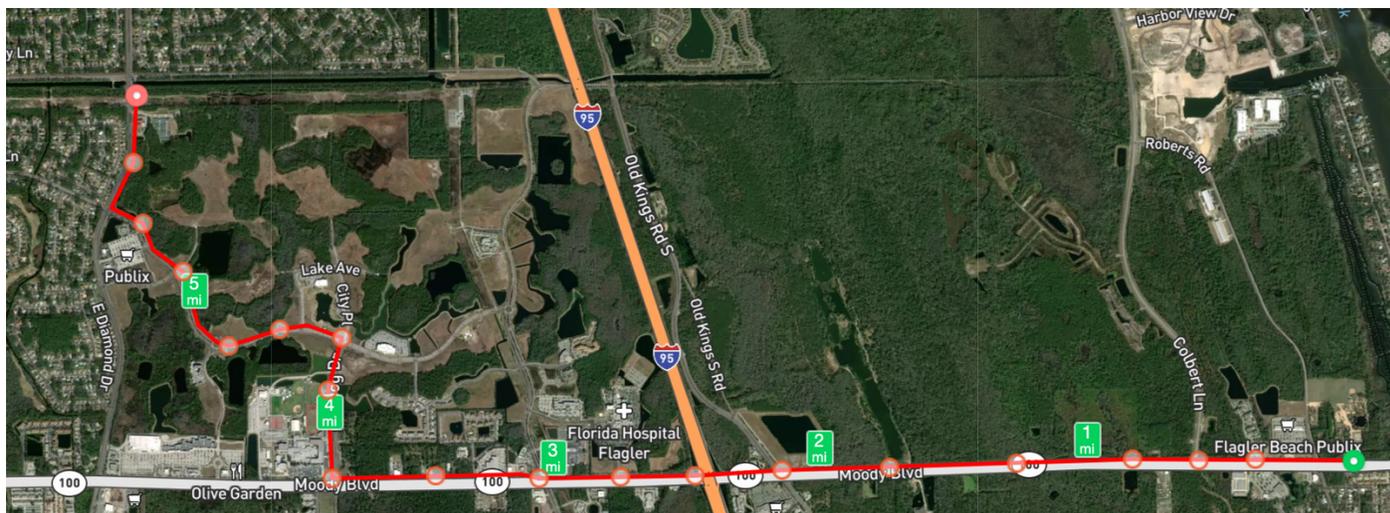
**Leg 3 (DIFFICULT) 6 miles :** Less than 10k but it's probably warming up and there's not much shade! This leg has its interesting moments but it also has its "running alongside a busy highway" moments. Toughness required!

**Exchange 3:** Lehigh Trail trailhead on Belle Terre Pkwy just South of Royal Palms Pkwy. There is a porta-potty here.

- 1) Depart exchange and run on the sidewalk along Hwy 100 for ~3 miles. There will be multiple busy traffic crossings, use caution, wait for pedestrian signals, BE SAFE!!
- 2) Turn right onto Bulldog Drive, run on sidewalk. 0.52 mi
- 3) Turn left onto Central Ave, run on sidewalk. 1.18 mi
- 4) Turn right onto Belle Terre Ave 0.5 mile
- 5) Arrive at exchange 3

Driving Directions: Same as runner directions.

Support: You can safely pull over at a few points along Hwy 100. Make sure you park legally and use caution leaving and entering Hwy 100. You can also meet them at Central Park one last time before you head to the exchange.



**Leg 4 (Moderate) 4 miles:** “Working on the Railroad” A straight shot down the Lehigh Trail (Rails to Trails).

Most of this leg is on a trail (paved), therefore cannot be accessed by support crew. Teams can meet up with runners at the Old Kings Rd trailhead to check on them but will need to hurry to next exchange to beat their runner

**Exchange 4:** Lehigh Trail trailhead on Colbert. 1.6 miles from Hwy 100. There are public restrooms here.

- 1) Leave exchange 3 running east on Lehigh Trail. There are 2 road crossings runners must be aware of a look for cars. Go 3.7 miles.
- 2) Turn left onto the sidewalk when the trail ends at Colbert Lane. Go 0.3 miles to exchange 4.



**Driving Directions:**

- 1) Turn right onto Belle Terre Parkway and then an immediate right onto Royal Palms Parkway
- 2) Go 1.56 miles to Town Center Blvd, turn left
- 3) If you want to check on your runner, you can park on Old Kings Rd on the other side of the canal and walk over to the trail. If you decide to do this you will need to quickly get in the vehicle and drive to the next exchange. Your best bet is not to stop and head straight to the next exchange.
- 4) Turn right onto Old Kings Rd, go 1.57 miles
- 5) Turn left onto Hwy 100, go 1.57 miles
- 6) Turn left onto Colbert Lane, go 1.6 miles to exchange 4 on your left.

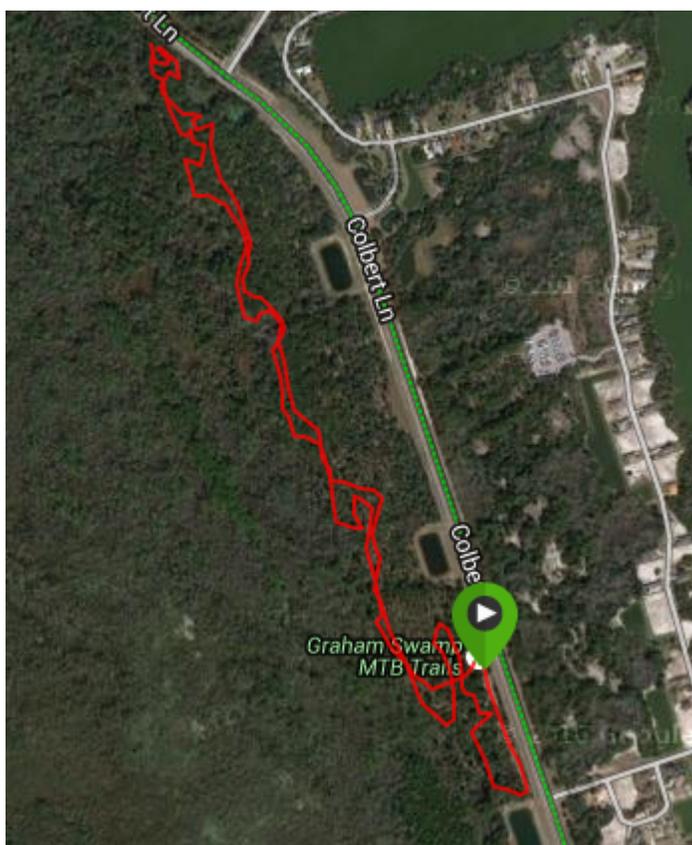
**Leg 5 (DIFFICULT) 3.77 Miles :** True trail running through the elevation changes in Graham Swamp formed by dredging at the nearby former Lehigh Cement Plant. Follow flags and spray chalk to stay on course. Roots, rocks, turns, dips, be prepared for a challenging trail! You may spot boars, deer, turtles, OH MY!

Trail running experience recommended for this one. There is no access to runners once they enter the trail. There are indoor restrooms and a water fountain at exchange 4 & a porta-potty at exchange 5.

**Exchange 5:** Graham Swamp Mountain Bike Trailhead. Less than .5 miles north of exchange 4

- 1) Run north on sidewalk 0.45 miles
- 2) Turn left and enter trail. Follow flags, turn signs and red blazes (the last mile). Pop out about 3.32 miles later.

Driving Directions: Drive 0.45 miles north on Colbert. Don't hurry to leave, your runner will take longer than usual for a 3.8 mile run.



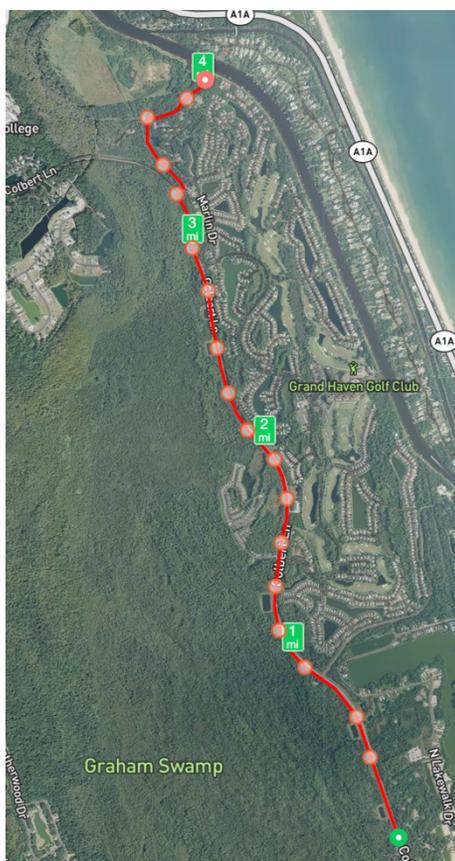
**Leg 6 (MODERATE) 4.0 Miles** If running down a long sidewalk without anything particularly interesting to look at is your thing, then this is the leg for you! At least the ending is pretty. Follow leg 6 signs!!

**Exchange 6:** Waterfront Park-150 Waterfront Park Rd. Restrooms available at this exchange as well as a water fountain. We will have a cooler with Gatorade onsite and Palmer Chiropractic will be there to provide taping, first aid, stretching, etc.

- 1) Run north on sidewalk along Colbert Lane for 3.3 miles
- 2) Turn right through the pedestrian crossing (be careful) and then left onto shell path, go 0.4 miles
- 3) Go through pedestrian crossing and turn right onto Waterfront Park Rd, go 0.3 miles to exchange

Driving Directions:

- 1) Turn left on Colbert and drive 3.2 miles to Waterfront Park Rd
- 2) Turn right on Waterfront Park Rd, drive 0.7 miles to exchange



**Leg 7 (EASY) 3.2 Miles :** “On the Boardwalk” One of our favorite trails in Palm Coast. Otters at play in the creek along the boardwalk!

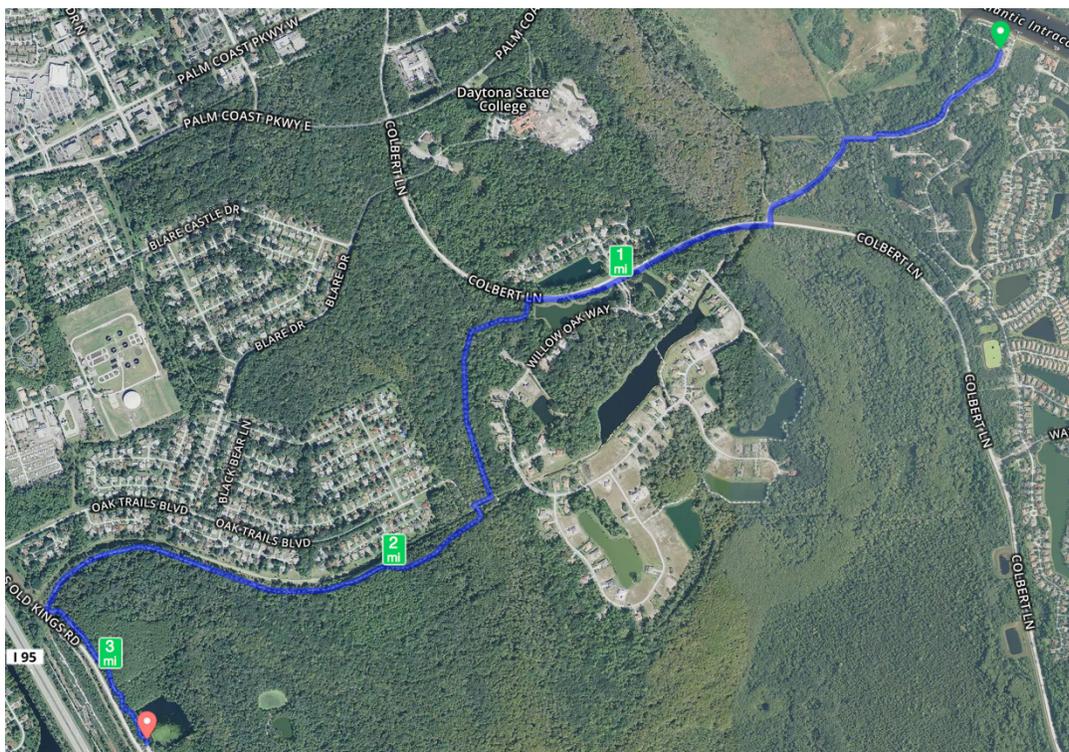
No access to runners once they turn left onto trail. Teams should leave exchange 6 in enough time to drive to exchange 7, there are several traffic lights on the way.

**Exchange 7:** Graham Swamp Trail trailhead on Old Kings Rd-1125 Old Kings Rd

- 1) Follow Waterfront Park Road Sidewalk West: 0.7 Miles (\*follow leg 7 signs)
- 2) Cross in crosswalk (stop for traffic) and turn right on Colbert Lane and follow Sidewalk: 0.5 Miles
- 3) Left onto Trail and follow trail to Old Kings Graham Swamp Trail Head (Exch 7): 2.0 Miles

Driving Directions:

- 1) Depart Exchange 7 on Waterfront Park Rd 0.63 miles
- 2) Turn Right onto Colbert Lane 0.5 miles
- 3) Turn Left onto Palm Coast Parkway (you will first come to eastbound only lanes of Palm Coast Parkway, be sure to turn Left at the 2<sup>nd</sup> light, westbound lanes). 1.27 miles
- 4) Turn Left onto Old Kings Rd 1.38 miles
- 5) Arrive at Graham Swamp trailhead on your Left (it sneaks up on you, look for left turn sign)



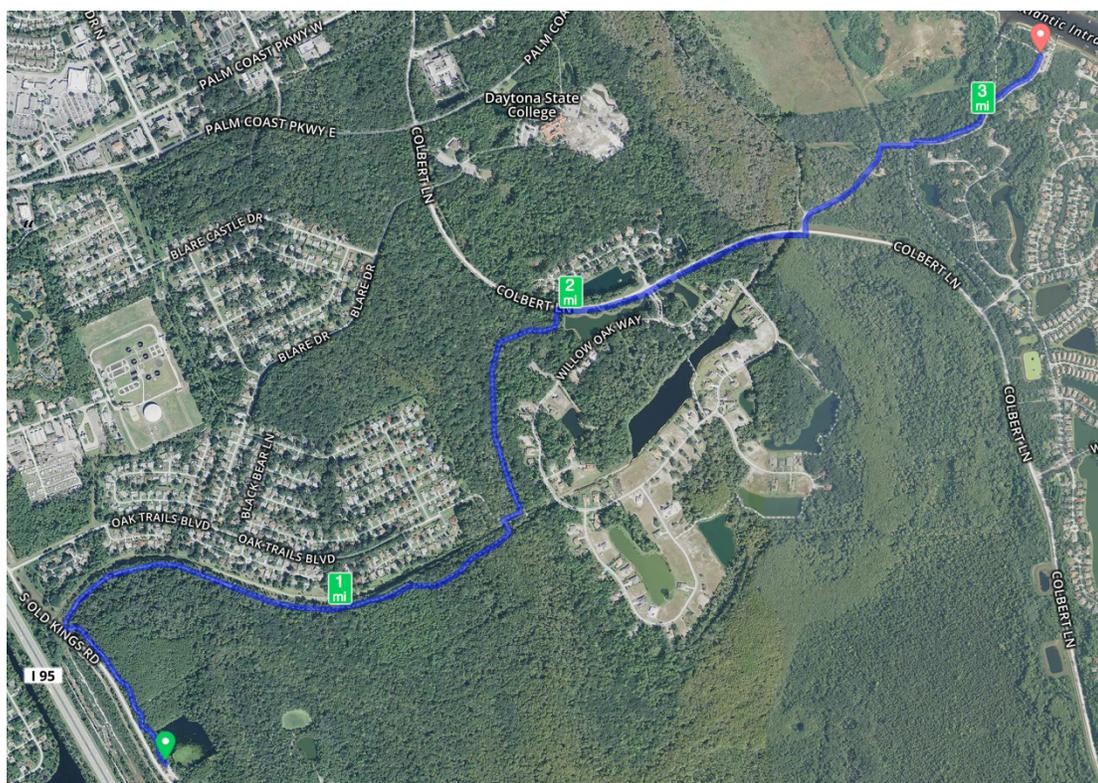
**Leg 8 (EASY) 3.2 Miles :** “Déjà vu!” – Such a great trail had to do it all over again. Enjoy the Shade! Same as leg 7, just the opposite way.

**Exchange 8:** Waterfront Park-150 Waterfront Park Rd. Restrooms available at this exchange as well as a water fountain. We will have a cooler with Gatorade onsite.

- 1) Follow Trail Northeast: 2.0 Miles
- 2) Turn right on Colbert Lane and follow Sidewalk: 0.5 Miles
- 3) Turn left at Waterfront Park Road, cross in crosswalk (stop for traffic) and follow sidewalk to Waterfront Park (Exch 8): 0.7 Miles (\*follow leg 8 signs)

Driving Directions:

- 1) Depart parking lot and turn Right onto Old Kings Rd 1.36 miles
- 2) Turn Right onto Palm Coast Parkway 0.88 miles
- 3) Turn Right onto Colbert Lane 1.00 mile
- 4) Turn Left onto Waterfront Park Rd 0.7 miles
- 5) Arrive at Exchange 8



**Leg 9 (EASY) 3.2 miles:** “Intracoastal View” A tour of the variety of Trails in the Heart of Palm Coast. Dolphins and Manatees on your right!

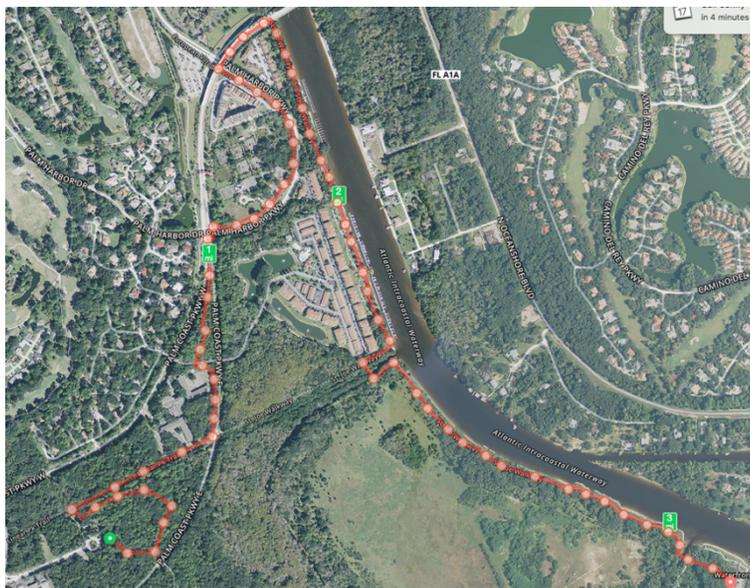
**Exchange 9:** Linear Park: 31 Greenway Ct, Palm Coast. There are public restrooms here.

Teams can meet up with their runner on Palm Harbor Parkway but will then need to hurry to exchange 9 to beat their runner there. If your runner does not need support and will be running fast we suggest the van go straight to exchange 9 or at least drop off your next runner before supporting runner on leg 9.

- 1) Run north along the ICW on Waterfront Park Trail for 1.4 miles
- 2) Turn left when you’re under the bridge, run through the parking lot to the pedestrian crossing, use caution crossing, turn left onto the sidewalk 0.7 miles.
- 3) Turn left and then right to cross through the crosswalks at Palm Harbor Pkwy (do not go right or straight!)
- 4) Turn left in the median onto St Joe Walkway (by the panther). Turn left AT the left sign, don’t run past it and then turn left! Continue on St Joe Walkway until you get to Linear Park, turn left over the wooden bridge 0.7 miles.
- 5) Turn left onto the shell/dirt Palmetto Pathway, follow it around until you end at the exchange 0.39 miles

Driving Directions (this is the most direct route and will not take you by your runner):

- 1) Depart exchange 8 on Waterfront Park Rd, go 0.7 miles to Colbert Lane, turn right
- 2) Go 1.2 miles to Linear Park Trail on your right



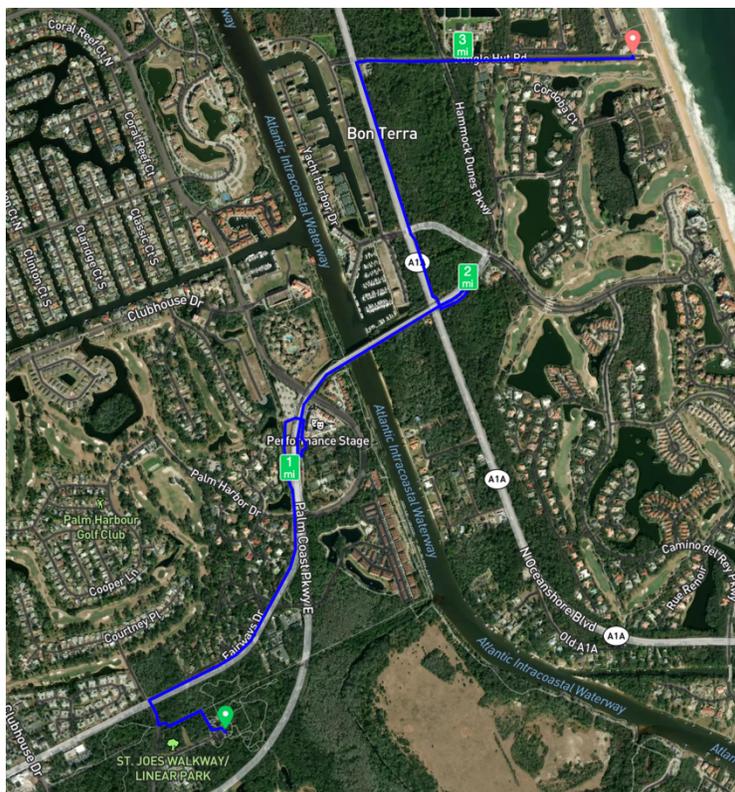
**Leg 10 (EASY) 3.25 Miles:** “Welcome to the jungle, we got what you need....” Ok, it’s not really a jungle but we can pretend. The sidewalk leading up to the bridge is still under construction so we will again be taking an alternate route, just like last year. Follow directions below and course signs carefully.

**Exchange 10:** Jungle Hut Park: 125 Jungle Hut Rd, Palm Coast. There are public restrooms here.

- 1) Depart exchange 9 running out of Linear Park, crossing the wooden bridge and turning LEFT (ignore the runners coming in and turning on the Palmetto Trail, you don’t go that way).
- 2) Cross PC Parkway in pedestrian crossing, turn right. 0.35 mi
- 3) Run on the sidewalk along PC Parkway, go straight at the intersection of Palm Harbor. You’ll come to a right turn sign that takes you through the grass under the bridge. Follow signs and little flags through grass and turn right to run behind buildings on pavement. 0.3mi
- 4) Turn right onto sidewalk and sharp right to get on the bridge.
- 5) At the bottom of the bridge turn sharp right to double back and go under the bridge. 0.7mi
- 6) Turn right to run along A1A, be careful crossing Camino Del Mar. Run to Jungle Hut Rd and turn right. 0.65 mi
- 7) Go straight down Jungle Hut Rd to the exchange. Use caution crossing intersection. 0.7 mi

#### Driving Directions

- 1) Leave Linear Park turning left onto Colbert Lane
- 2) Turn left onto PC Parkway
  - a. NOTE: Palm Coast Parkway is divided east and westbound, you cannot see or access your runner on this section.
- 3) Drive over the bridge (\$2 toll) and turn left on Camino Del Mar
- 4) Turn right onto A1A, the A1A section is a good place to see your runner and then head to the exchange  
Turn right on Jungle Hut Rd and arrive at the exchange at the end of the road.



**Leg 11 (EASY) 2.45 miles:** Shortest leg of the day! Enjoy this shortie later in the day, stretch out those legs. This is a lovely run through the hammock of beautiful trees, shaded nearly the entire run.

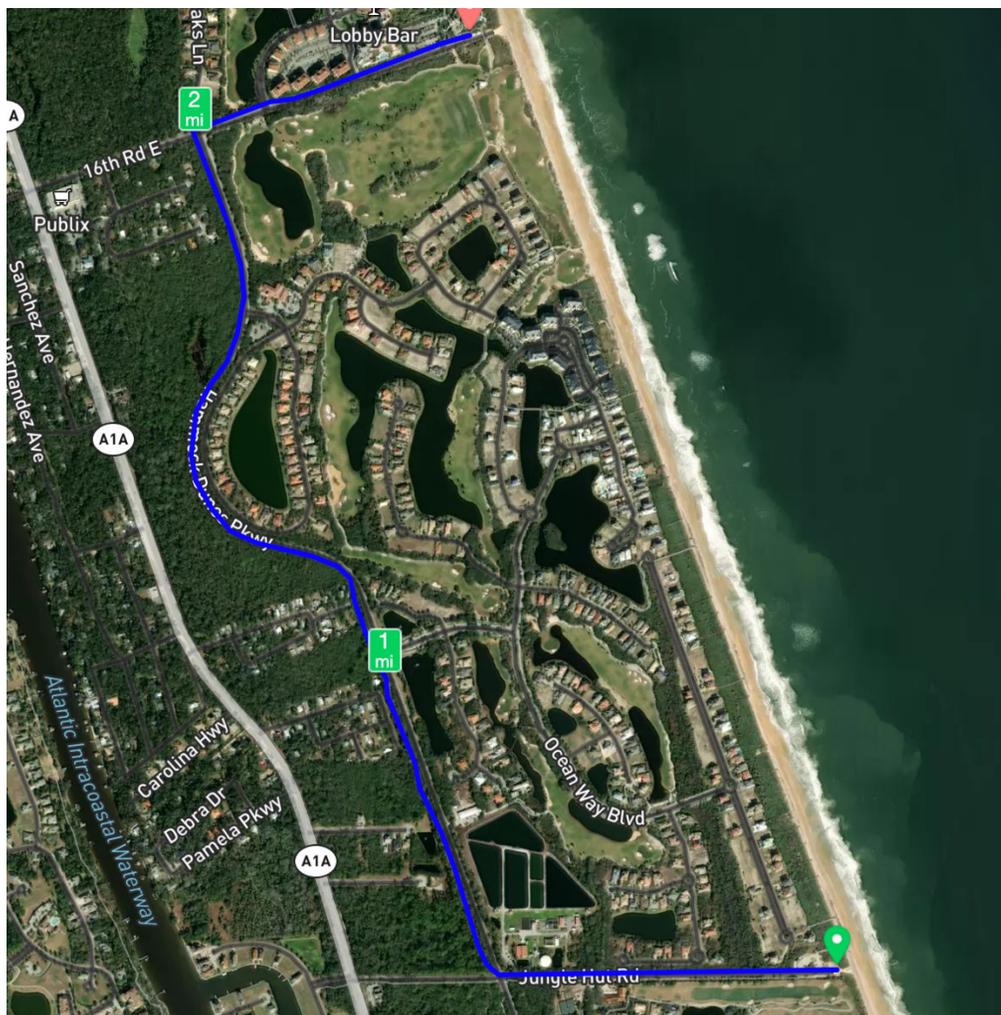
**Exchange 11:** Old Salt Park: 200 16<sup>th</sup> Rd, Palm Coast, 32137

Support: leave exchange 10 and hurry to the next exchange, you cannot access your runner and won't have much time to anyways.

Leg directions:

- 1) Leave exchange 10 on the sidewalk along Jungle Hut Rd running west: .48 miles
- 2) Turn right onto Hammock Dunes Parkway: 1.48 miles
- 3) Turn right onto 16<sup>th</sup> road: .45 miles
- 4) Arrive at exchange 11 at Old Salt Park

Driving directions: Same as runner directions



**Leg 12 (MODERATE) 5 Miles:** Home stretch! This is a beautiful run through lots of trees and partially on a hard-packed trail, then comes the beach for a short stretch .25mi, at the end you'll have a beautiful run along the lake to end near the ocean. For sure one of the favorite legs of the race!

**Finish Line:** Bay Drive Park: 30 Bay Drive, Palm Coast, FL 32137

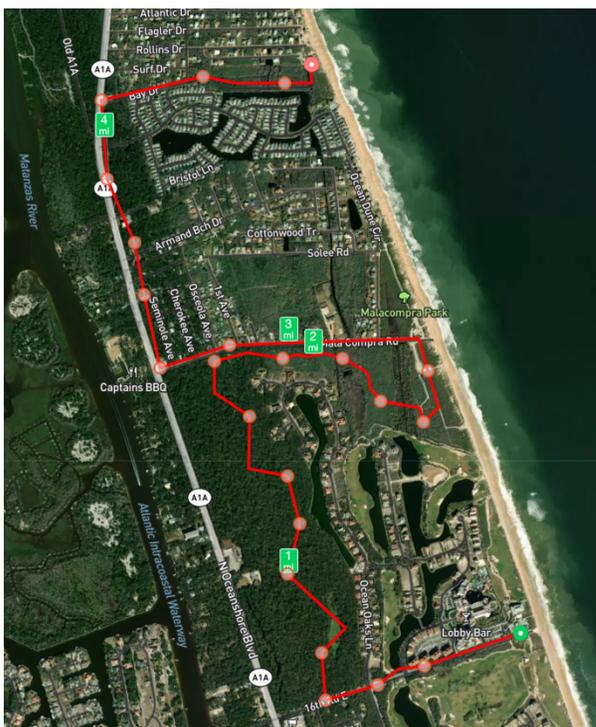
Leg directions:

- 1) Depart exchange 11 running on the sidewalk along 16<sup>th</sup> road to the Mala Compra Trail on the right 0.63 mi
- 2) Run on the Mala Compra Trail ~~all the way to the beach~~, turn left onto the trail that leads to Mala Compra Rd 2 mi
- 3) ~~Run on the beach about 0.25mi~~, turn left to get off the ~~beach~~ trail at Mala Compra Rd.
- 4) Run on the sidewalk to A1A. 0.8 mi
- 5) Turn right onto sidewalk along A1A to Bay Drive Park, turn right. 0.77
- 6) Run on the sidewalk along Bay Drive until you cross the road to get on the shell path that runs along the lake and takes you to the finish line!! 0.6 mi

Driving Directions:

- 1) Follow runner directions until runners turn right onto the Mala Compra trail. From there, take 16<sup>th</sup> Rd to A1A, turn right.
- 2) Turn right onto Bay Drive, all the way to the end to the finish line.
- 3) If your runner is fast, you may need to head straight to the finish line when they depart exchange 11. You do not want your last runner showing up to the finish line by themselves!

Support: There will be no access to runners on Mala Compra shell path. If you drive down Mala Compra Rd to the end you can see your runner as they come off the trail ~~beach~~. From there they only have ~2 miles to the finish so you'll need to hurry to beat them there.



Zoomed in on trail section near beach

Leg #	Distance	Exchange Point
1	6.2	Varn Park
2	6.2	Wadsworth Park
3	6	Lehigh Trail on Belle Terre
4	4	Lehigh Trail on Colbert Lane
5	3.77	Graham Swamp Colbert
6	4	Waterfront Park
7	3.2	Graham Swamp OKR
8	3.2	Waterfront Park
9	3.2	Linear Park
10	3.25	Jungle Hut Park
11	2.5	Old Salt Park
12	5	Bay Drive Park