



Presented by

Emerald Coast Hospice



An Affiliate of Kindred at Home



2017 Final Instructions




Runners,

Thank you so much for joining us this Feb as we raise funds for the Special Operations Warrior Foundation. Although each of you are running for different individual goals, this is the one item that we will have in common this coming weekend. As of Feb 13th, you have raised \$25,000 for the SOWF! We will keep fundraising open through the race and will have SOWF reps on site to collect your donations all weekend.

Please review this packet and our website thoroughly this week and contact us early if you have ANY questions at all. Waiting until the last minute to ask questions only increases your stress. Also, please keep an eye on the weather forecast as the weather has been changing quite rapidly all winter. Right now it is calling for unseasonably high temps.

Once again, thank you so much for spending your time and money at our event. As you enjoy this weekend, please be sure to thank our sponsors and volunteers. Putting on an event of this size and quality is very expensive. As you will see, we have some of the best sponsors in ultra running providing us with meeting space, aid stations, money to fund the event, and much more. I also hope that you find our volunteers to be outstanding. We have several military affiliated organizations working with us all weekend to provide you the best experience possible along with the great support of the Walton County Sheriff's Office. I look forward to seeing you at one of the briefings on Saturday and putting a medal around your neck at the finish line on Sunday.

Thank you,


Zane Holscher
Race Director



Fundraising

- This event only exists to be a fundraising platform for the Special Operations Warrior Foundation, one of the highest rated charities in the nation
- We do not cut corners. We give you the highest quality event possible to use as a fundraising platform, even though we lose money on the production of the race many years.
- It is not too late to start fundraising.
 - Go to <http://www.beachultra.com/sowf-fundraising.html>
 - Click on the button “Become a Fundraiser”



Schedule

Sat, Feb 18th

8am: [Son of a Beach 5K](#) Start at The Back Porch (packet pickup & registration 6am-730am)

11:00am, 1:30pm, 5pm: Destin Beach Ultra Runner's Briefings at Tops'I Resort (one meeting is **mandatory** for all ultra runners & team captains; packet pickup open from 10am-5pm; 100M/24hr runners can only attend 11am or 1:30pm)

** GPS ADDRESS: 515 TOPS'L BEACH BLVD MIRAMAR BEACH FL 32550 **

4pm: [24hr](#) & [100M](#) Run start at Tops'I Resort Beach

Sun, Feb 19th ***NO Sunday of packet pickup***

5am: [50 mile](#) Start at Tops'I Resort beach

6am: [50K](#) Start at Tops'I Resort beach

7am: [Relay](#) Start at Tops'I Resort beach

3pm: Aprox time for 50K awards (must be present to receive award)

4pm: 24hr finish

7pm: COURSE CUTOFF for 100M/50M/50K & Final Finisher Celebration at finish line

7pm: Awards at Tops'I Resort (must be present to receive award)

Mon, Feb 20th

11am-2pm: Runner's Social at Funky Blues Shack (award pickup available)
34902 Emerald Coast Pkwy, Destin, FL 32541

2 Great Seafood Restaurants
DIRECTLY ON THE BEACH IN DESTIN

the BACK PORCH
SEAFOOD & OYSTER HOUSE

POMPANO JOE'S
SEAFOOD HOUSE
Destin, Florida

featured on **travel**

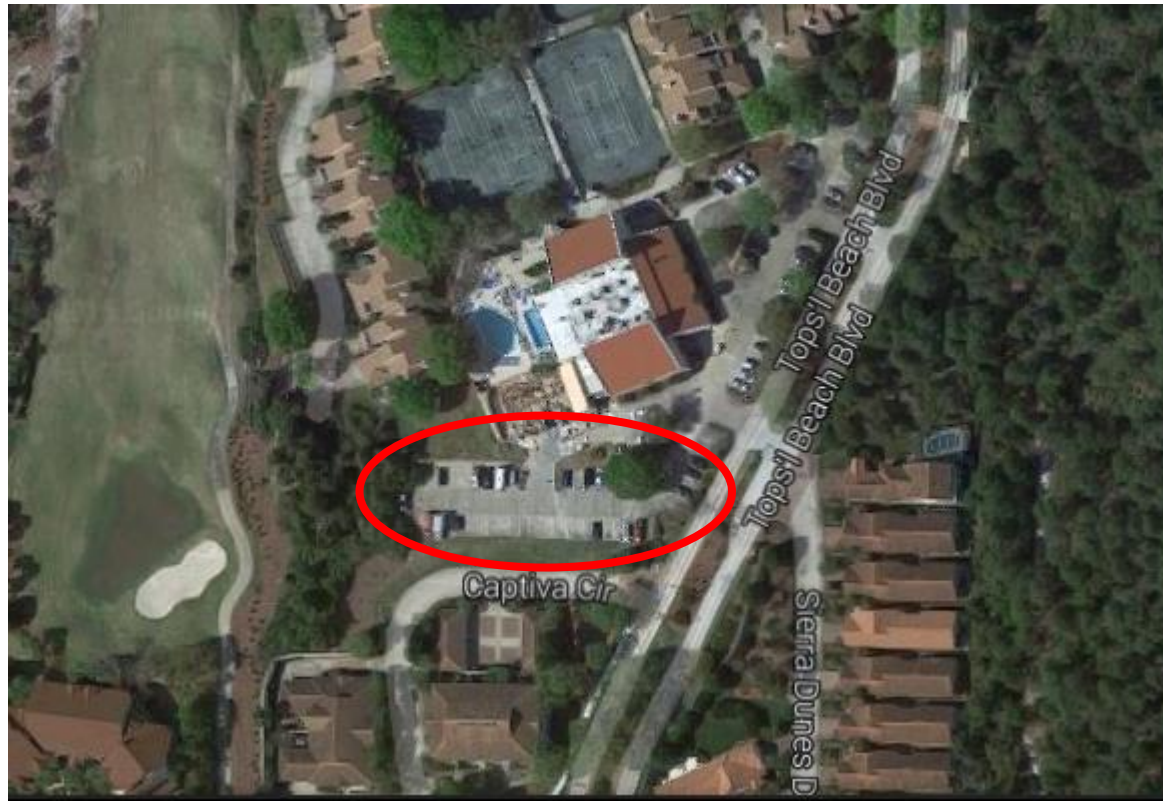
Locally Owned & Operated
Featuring Beachfront Dining, Gulf Seafood & Incredible Views!

Good Luck Destin Beach Ultra Runners!

The advertisement features three images of seafood dishes: a platter of oysters with sauce and lemon, a plate of fish and fries, and a plate of crab legs with dipping sauce. The background is a bright blue sky with white clouds.

Saturday Parking


- All Sat Parking will be at the Tops'l Resort Fitness Center
 - You will enter through the security gate, tell them you are with Destin Ultras
 - This includes 24hr and 27hr/100+ mile runners
 - Please park in the area outlined in red



Sunday Parking

- **All** Sunday parking will be at Grande Blvd Shopping Center
 - Google address **465 Grand Blvd, Miramar Beach, FL 32550**
 - Park behind the Boulevard 10 Cinema (very back of the shopping center)
 - Shuttles will run from outlined parking area to start/finish 4am until 8pm
 - Shuttle trip time is aprox 20 min per round trip (10 min each way)
 - There will be **no** parking at Tops'I on Sunday



 **Trebeaché**
2052 County Rd 30A
Santa Rosa Beach, FL 32459

Aid Stations

(50K runners add 1 mile to all distances)

Mile 4.6: Ft Panic/Dune Allen catered by [Trebeache](#) (TEAM CHANGE & CREWING)

Mile 10: Grayton Beach catered by [Another Broken Egg](#) (TEAM CHANGE & CREWING)

Mile 15: Dunes of Seagrove catered by [723 Whiskey Bravo](#) ****NOON CUTOFF for ALL RUNNERS**** (TEAM CHANGE, CREWING, DROP BAGS, TURN AROUND)

Mile 20: Grayton Beach catered by [Another Broken Egg](#) (TEAM CHANGE & CREWING)

Mile 25.4: Ft Panic/Dune Allen catered by [Signature Catering of 30-A](#) (TEAM CHANGE & CREWING)

Mile 30: Start/Finish at Tops'I catered by [Graffiti](#) (50K FINISH, TEAM CHANGE, CREWING, DROP BAGS)

Mile 33.5: Pompano Joe's catered by [Pompano Joe's](#) (TEAM CHANGE & CREWING)

Mile 38: The Back Porch catered by [The Back Porch](#) (TEAM CHANGE, CREWING, DROP BAGS)

Mile 42: The Back Porch catered by [The Back Porch](#) (TEAM CHANGE, CREWING, DROP BAGS)

Mile 46.5: Pompano Joe's catered by [Pompano Joe's](#) (TEAM CHANGE & CREWING)

Mile 50: Tops'I catered by [Graffiti](#) (FINISH)

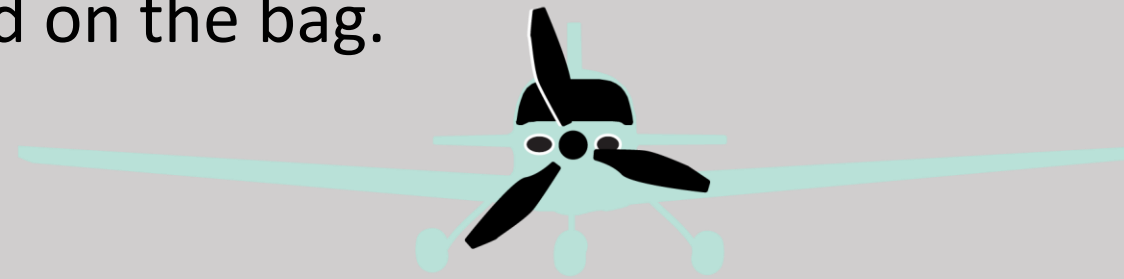
Aid Stations

- Stations will have at a minimum: **Water, Nuun, S! Caps, Clif gels, snack items, and real food items**
- You are required to carry your own water between stations
- Any special food/drink needs will be provided by racers
- There may be river crossings between 10-20 miles (dry shoes in drop bags suggested)
- There are restrooms at each aid station but they are **off the beach** as required by law



Drop Bags

- Drop bags at 15 miles, 30 miles, and 38/42 miles.
- Bags will be collected as soon as you get off the bus at the race start and will be returned to the same location following the event.
- Have your name & bib # clearly marked on the bag.
- We are not responsible for lost or stolen drop bags.
- Drop bags can also be picked up on Mon at the Runner's Social.



723 WHISKEY BRAVO

Restaurant & Rooftop Bar

SCENIC HIGHWAY 30A, SEAGROVE BEACH, FL

cool. casual. coastal.

Aid Station Google Addresses

Start/Mile 30/Finish

Located at Tops'l
Shuttle parking at
Grande Blvd Shopping
Center West Lot
465 Grand Blvd, Miramar
Beach, FL 32550

Mile 4.6/25.4

Located at- Dune Allen Beach Access
West County Highway 30A
Near Stinky's Fish Camp
Santa Rosa Beach, FL 32459

Mile 10/20

Located at- 284
Garfield Street
Santa Rosa Beach,
FL 32459

Mile 15

Dunes of Seagrove
Located at- 106C Chivas Lane
Santa Rosa Beach, FL 32459

Mile 33.5/46.5

Pompano Joe's
2237 Scenic Gulf Drive
Destin, FL 32550

Mile 38/42

The Back Porch
1740 Scenic Highway 98
Destin, FL 32541

