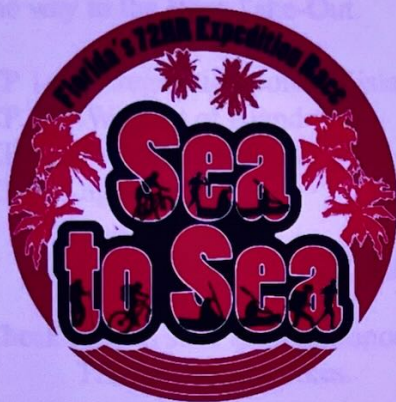


23rd Annual Sea to Sea 72 Hour Expedition Race

February 24th - 27th, 2022



Thanks to Crystal River, The Greenway, St. Johns River Management, Coventry Oaks Farm, Southern Oaks Inn and the City of St. Augustine, Florida.

Safety is your responsibility and please review the new Bike Safety Protocol.

Contact: Emergency 911

Headquarters: 706-286-0840

Team Relations: 706-286-4008

Race Designer: Erik Wise (386) 315-1861

Race Director: Jeff Leininger (904) 477-5067

Some areas have limited coverage. Text may work better in those instances.

Mandatory Gear must be carried the entire race and there may be random gear checks during the race. Penalty applies if teams are missing required gear. Complete Gear list at check-in table. Carry a copy of Rules, Safety Information, and Instructions always during the race.

Teams will have 72 hours to complete the course. Penalties begin after 72 hours or 12pm Sunday.

-0.01 second after 72 hours = 1 point

-10.01 minutes after 72 hours = 2 points

-20.01 minutes after 72 hours = 3 points

-30.01 minutes after 72 hours = OT (Over Time)

Only Requirements to be an official finisher.

Teams must collect sand in one half of the Sand Bottles and then travel to each TA along the course, then teams must collect sand on the East Coast as well to get credit for CP 72.

This race is a Limited-Rogaine format.

Teams may collect Control Points (CP's) in any order per section, visiting each TA in order to obtain the next section of CP's as described in these instructions. Teams will trade punch cards for each section and receive new punch cards at some TAs as well as be required to carry punch cards between TAs. Follow staff instructions at each TA.

TRANSPORTATION TO START

After arriving at the Start location on the West Coast teams will gather for a pre-race meeting to discuss final instructions with Q&A and receive the GPS Trackers. Start at 10:00am or earlier.

PROLOGUE (Punch Card #1) Fort Island

Teams will start by collecting sand on the Gulf before trekking to CPs A and B on the way to the boats. Master map will be at the start for these locations.

CP A - Trail West and to the South

CP B - Preserve watch sign

BOAT (Punch Card #1) Fort Island

Teams head to their boats at the Boat ramp North of the park. Teams will travel by boat collecting CPs 1-4 on the way to the Boat Take-Out.

- CP 1- NE vegetation point of island
- CP 2- NW point of island
- CP 3- Mitchell's creek
- CP 4- Lagoon point

TREK (Punch Card #1) – Boat Take-Out Crystal River SP

Check in with staff to place canoes and paddle gear. Teams head out on foot collecting CPs 5-10 heading to TA1 and get on bikes.

- CP 5- Dead Wood
- CP 6- Cypress
- CP 7- Oak
- CP 8- Cypress on knoll
- CP 9- Dry Bed
- CP 10- Gnarly oak

BIKE (Punch Card #2)- TA 1 Eco-Walk TH

Check in with staff at TA 1 to turn in Punch Card #1 and receive Punch Card #2. Teams will travel by bike, collecting CP's 11-14 heading to TA 2. All teams must pass through each WP (Waypoint) as marked on the map. Failure to use the WPs will be a reduction of 1 CP for each Waypoint missed.

- CP 11- Intersection
- CP 12- Tree line
- CP 13- South of baseball fields
- CP 14- East of clearing

Teams must check-in with staff to get Punch Card #2 stamped before heading out on next section.

TREK (Punch Card #2)- TA 2 Pruitt TH

Turn in Punch Card #2 for stamped time and head out on foot collecting CP's 15-18 to then return to TA 2.

- CP 15- No longer evergreen
- CP 16- Small clearing
- CP 17- Knoll hybrid
- CP 18- West edge of large clearing

Once back at TA 2, teams check in with staff to turn in Punch Card #2 and receive Punch Card #3.

BIKE (Punch Card #3) TA 2 Pruitt TH

Teams will head out on bikes through Santos on their way to TA 3. Odd numbered control flags are mapped. Visiting the odd numbered bag will get you the location of the next even numbered bag. (CP 19 will have a map showing location to CP 20, CP 21 will have a map to CP 22 etc.) Teams will use these maps to mark their own maps in order to retrieve the next CP. Do not take the hanging maps off the CP location. All roads are off limits.

- CP 19- Pine in clearing
- CP 20- Pine edge of retention pond

- CP 21- Bend in Ern N Burn Trail
- CP 22- Troll Trail
- CP 23- Lonely rock
- CP 24- Pine in reentrant
- CP 25- Between trails
- CP 26- NE off Xmas trail
- CP 27- Distinct tree
- CP 28- Double oak
- CP 29- Fence line
- CP 30- Distinct palm
- CP 31- Tree overlooking water
- CP 32- Pine
- CP 33- Cliff side
- CP 34- Dead tree
- CP 35- Can depository
- CP 36- Dead tree
- CP 37- Distinct deadfall
- CP 38- Cedar
- CP 39- South of trail intersection

TREK (Punch Card #4)- TA 3 Ocala Community Park

Teams check in with staff to turn in Punch Card #3 and receive Punch Card #4 before heading out on Trek. Teams will travel by foot, collecting CP's 40 - 43 on the way to TA 4.

- CP 40- Laurel oak
- CP 41- Live oak
- CP 42- Live oak
- CP 43- Cypress

BOAT (Punch Card #4)- TA 4 Marshall Swamp / Boat Launch

Check in with staff. Obtain paddle bag and gear and proceed to boat launch for boats and to proceed to TA 5 collecting CPs 44 - 51. Boat Launch is 2 miles to the East of TA 4 and teams take paddle gear with them.

- CP 44- Bend in the Silver River
- CP 45- Bend in Ocklawaha River
- CP 46- Island
- CP 47- Strouds Creek
- CP 48- Cedar Creek
- CP 49- Human made structure (Water Drop Here)
- CP 50- Vegetation line
- CP 51- Vegetation line

O-Relay TREK (Punch Card A & B)- TA 5 Buckman Loch

Teams here can pick to Trek the O-Relay or the Bike section first.

Check in with staff to turn in Punch Card #4, then proceed to the section chosen. One team member only needs to complete either Trek O-Relay. Only one map and one punch at a time given out by staff at this TA.

On foot, retrieve CPs OA 1 - OA 5 and return to TA 5 for the next O-Relay.

- OA 1- Pine
- OA 2- Water oak
- OA 3- Between trails

OA 4- Arching tree near water

OA 5- Old river crossing

On foot, retrieve CPs OB 1 - OB 5 and return to TA 5 for the next O-Relay.

OB 1- Split oak

OB 2- Fence post edge of wetland

OB 3- Bearing at picnic table mapped

OB 4- Young maple

OB 5- Low palm in swamp

BIKE (Punch Card #5)- TA 5 Buckman Loch

Teams will travel by bike, collecting CP's 52-64 and back to TA 5 passing through the WP both times. After completing all sections from TA 5 turn in Punch Card #5 and receive Punch Card #6.

CP 52- Rough life pine

CP 53- Behind deadfall fortress

CP 54- Pine along game trail

CP 55- In the scrub off trail

CP 56- Tree line

CP 57- Evergreen cluster

CP 58- Sinkhole

CP 59- Adolescent pine

CP 60- Small oak

CP 61- Tree cluster

CP 62- Fallen pine

CP 63- NE of water body

CP 64- Off trail

TREK (Punch Card #6)- TA 5 Buckman Loch

Teams will travel by foot, collecting CP's 65- 69 heading toward TA 6 Coventry Oaks Farm.

CP 65- Pine

CP 66- Edge of wetland

CP 67- Bench

CP 68- Cypress

CP 69- Beaten down tree

BIKE (Punch Card #6)- TA 6 Coventry Oaks Farm

Teams will travel by bike, collecting CP 70- 72 on the way to the finish. Use caution using CR207 after the Palatka to St. Augustine Paved trail ends. There is a sidewalk teams can use on both sides of this road.

CP 70- Tree line by groundwater recharge area

CP 71- Off paved trail

CP 72- Get East Coast Sand from here at the St. Augustine Pier.

Congratulations, your team has just finished the
23rd Annual SEA TO SEA, FLORIDA'S 72 HOUR EXPEDITION RACE!