

CAPITOL TO COAST RELAY RUN

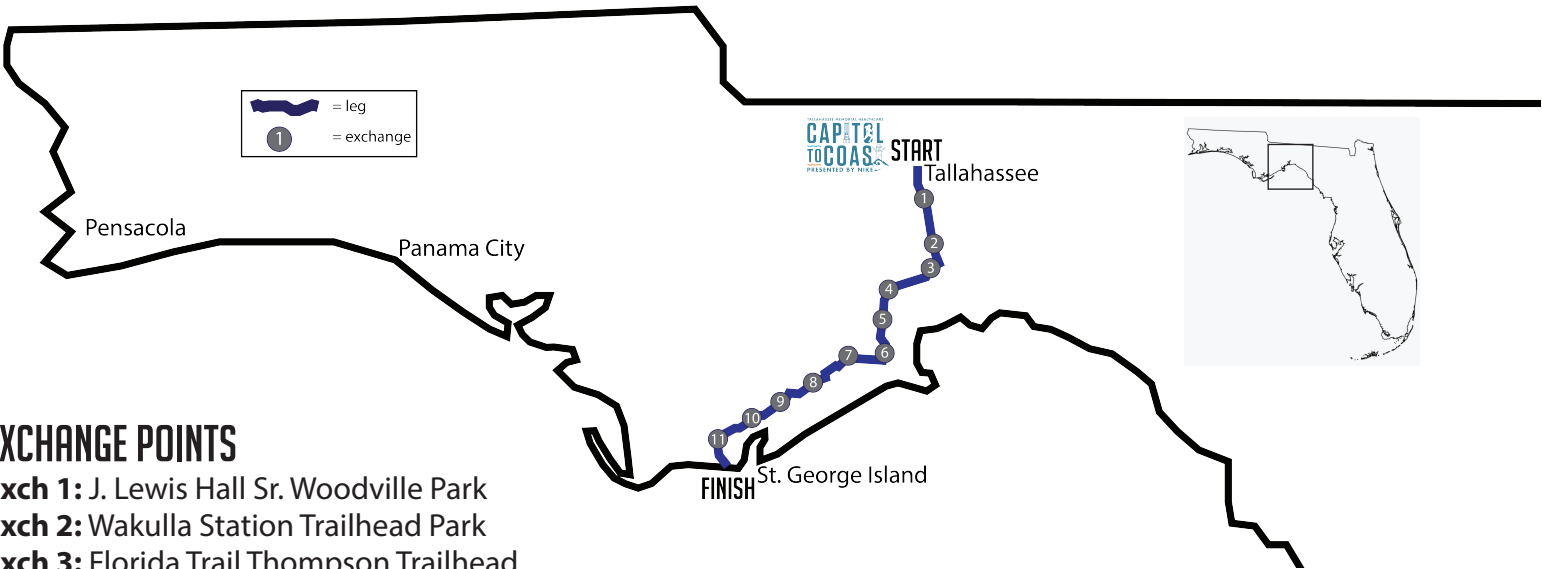
OVERVIEW

START ADDRESS

Old Capitol Building, 400 S Monroe St, Tallahassee, FL 32399

FINISH ADDRESS

St. George Island Lighthouse, 2B E Gulf Beach Dr, Eastpoint, FL 32328



EXCHANGE POINTS

- Exch 1:** J. Lewis Hall Sr. Woodville Park
- Exch 2:** Wakulla Station Trailhead Park
- Exch 3:** Florida Trail Thompson Trailhead
- Exch 4:** Magnuson Hotel Wildwood Inn
- Exch 5:** 1349 Coastal Hwy, Pancea, FL 32346
- Exch 6:** 29.940780, -84.388378
- Exch 7:** 29.937735, -84.503104
- Exch 8A:** St.James Bay Golf Club
- Exch 8B:** Kendrick Sports Complex
- Exch 9:** Crooked River Lighthouse
- Exch 10:** Franklin County School
- Exch 11:** 29.736554, -84.885624

		1st Half			2nd Half		
	Runner	Leg #	Mileage	Rating	Leg #	Mileage	Rating
	1	1	7.34	M	7	7.81	VH
	2	2	6.41	E	8	5.05	E
	3	3	6.42	E	9	4.31	E
	4	4	7.44	M	10	8.42	H
	5	5	7.62	M	11	5.15	E
	6	6	7.13	M	12	5.86	M

Total Mileage: 78.96

ELEVATION: 792 FT/-986FT
NET: -194FT

