

CAUSEWAY

Depending on weather conditions, running the Torras Causeway can be enjoyable or extremely painful. There is no shade and little water. It is relatively safe, thanks to the bike path, but traffic can be disconcerting on the bridges. And the bridges are as steep as they look.

The most convenient way to run it is to start on the Brunswick side, at the Chamber of Commerce Welcome Station. There is a water fountain and restrooms on the side of the building away from the parking lot.

From the beginning of the bike path (to the south of the building) to the end of the last bridge (near the Coast Guard dock) is 4 miles, making a round trip of 8 miles. The only water on the route is at the toll booth - a water spigot. Not recommended for beginning/ inexperienced runners, especially in summer.

LONG RUNS

The maps should allow you to design just about any length run you want. The following are ideas for long runs.

Christ Church/Hamilton Plantation - NORTH END Map - M-O-S and back is 12 miles. Add S-T-S for 15. This is a lonely, isolated, hot run in summer. (In the winter it's just lonely and isolated.) NO water, not much shade.

Causeway/Village - Start at either end - Chamber of Commerce Info Station (west end of Causeway) or Village area, run across Causeway, and back. 12.5. miles. Water at both ends. All on bike path. Read section on running the Causeway.

Village/Christ Church -Start either end, Christ Church or Village. All on Bike path. Mostly shaded. 13.6 miles round trip.

BEACH RUNNING

St. Simons beach is adequate for running, although at high tide there can be little beach in some places. Water and restrooms are available near the pier, Massengale Park, and the Coast Guard Station parking area. The following are approximate distances between easily recognizable landmarks.

Pier - King & Prince Resort 1 m
King & Prince - Massengale Park .25 m
Massengale Park - Coast Guard .25 m
Coast Guard - East Beach 1 m

RACES

Golden Isles Track Club hosts 3 races a year.

WHERE NOT TO RUN

There are only a few roads on the island where you really do not want to run. Given the extensive bike path system on the island, it makes little sense to risk injury by running on roads. The most dangerous is:

- Sea Island Causeway from Demere Rd (red light near the Torras Causeway) to Frederica Rd. (Red light at stables). (K-L) No bike path, high speed and high volume traffic.

The above intersection (Sea Island Causeway & Demere) should be avoided or very carefully crossed using the bike path. It is NOT pedestrian friendly.

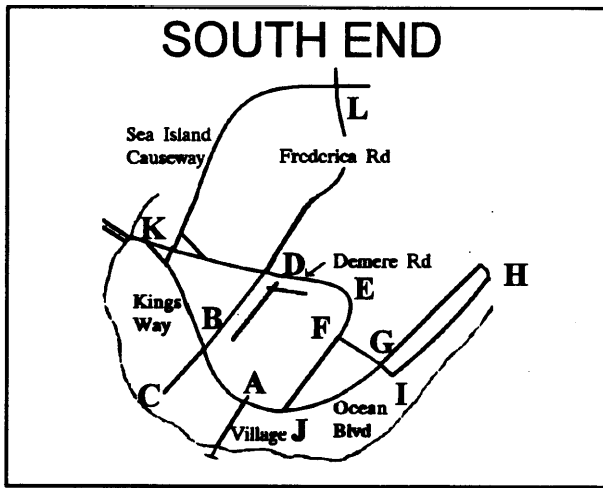
RUNNING GUIDE TO ST. SIMONS ISLAND



St. Simons Island offers a variety of running choices for everyone from the walker/jogger to the serious competitor.

This free list of courses and maps, compiled by the Golden Isles Track Club, offers you a choice of distances from 1-2 miles to 15 miles or more. It includes water stops (where possible), suggestions, and tips. The routes were chosen with local resorts/hotels/motels in mind and guests can often walk out their door and onto a course.

For more information on the Golden Isles Track Club, write to GITC, P.O. Box 20651, St. Simons Island, Ga 31522.



Distances on South End Map

A-B .75 m	B-C .6 m	B-D 1.2 m
B-K 1.5 m	D-F 1.1 m	F-G .4 m
F-J 1.1 m	J-A .35 m	G-J 1.25 m
G-H .9 m	H-I-G 1.2m	D-L 1.85 m

Village / Retreat Plantation (A-B-C-B-A) - A 2.7 mile out and back starting at the Village and running to Retreat Plantation (Sea Island Golf Club) and back. Very pretty run.

Start at intersection of Mallory and King's Way. Bike path is on east side of King's Way. Run north to Retreat Ave.. intersection traffic light (1 m point). VERY CAREFULLY, cross intersection and run west on Retreat Ave.. (away from airport). This tree-lined lane is shady-cool on a hot summer day. Continue west to end of lane at Sea Island Golf Club parking lot then return same route. The truly bold will find water at Sea Island Golf Club.

Airport Loop (A-B-D-E-F-J-A) - A 4.5 mile loop starting at the Village and encompassing the airport and south end of the island. All on the bike path, with limited street crossings.

Start at intersection of Mallory and King's Way. (A)

Run north (clockwise route) to Retreat Ave.. intersection traffic light (B), the right, keeping airport on your right. Bear right again at Demere Road, continuing past Bloody Marsh Monument (B), then Fire Station. Turn right at Ocean Blvd (J), back to starting point.(A)

On-course water is limited to outside spigots at various places. These include Jiffy stores, the ball field behind the fire station, and a few restaurants. Quality and taste vary.

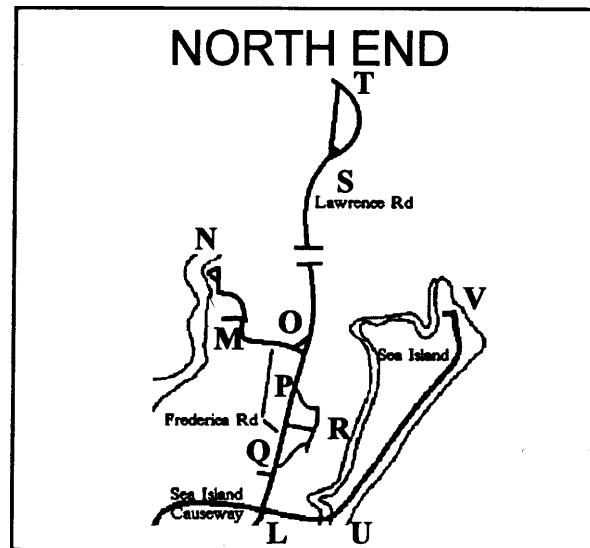
Caution: The mile stretch along the airport is NOT shaded. During the summer, it can be a very hot and unpleasant section.

Ft. Frederica/ChristChurch(M-N-M) -A2.8 mile loop starting at Christ Church, looping through West Point. Shaded, very pretty. Bugs can be a nuisance at times. Water/Restrooms available at Ft. Frederica 8:30.5:00. Park at Christ Church(M), follow bike path north to Ft Frederica entrance. Bike path ends there, but road is lightly traveled. Simply follow road, which loops back on itself. For 3 miles, include the Ft. Frederica entrance road (up to the Entrance Station) once during run.

Christ Church/Sea Palms (M-0-P-Q-R P-0-M)-A6 mile out and back from Christ Church thru Sea Palms. 75% on bike path, mostly shaded. Begin at Christ Church, follow bike path east and south past Lawrence Rd (0), Windward Drive (P), to Colonial Drive (Q -just before Mama's Pizza), then left on Colonial Drive. Left on Windward Drive past Sea Palms Resort (R) to Frederica Rd (P), right back to Christ Church.

Note: If you wish to stay entirely on bike path instead of going thru Sea Palms at (Q), go straight to (L) (the stables) and turn around. (M-0-P-Q-L-Q-P-O-M)

Cloisters/Sea Island (U-V-U) A pretty, shaded, 5 mile out and back through Sea Island. Start at 1st Street (U), near Cloister parking lot, follow bike/walking path north. Mile markers at 1,2 and 2.5 mile turnaround (V).



Distances on North End Map

M-O .8 m	O-P .85 m	P-Q 1 m
Q-L .35 m	L-U 1.7 m	U-V 2.5 m
Q-R-P 1.7 m	O-S 5.2 m	S-T 1.5 m

NEIGHBORHOODS

St. Simons has numerous residential areas that are great for running. Most are just off Demere or Frederica Road and offer shade, little traffic and attractive scenery. Explore!