Welcome to the Coastal Georgia Greenway 155 Mile Ultra (CGG 155)!

This run was came to fruition in 2015 by a group of friends from Savannah, Ga that were fascinated by the aspect of an envisioned long corridor of trails and green space spanning the coast of Georgia from St. Mary’s to Savannah, Ga. The visionary for the Coastal Georgia Greenway is Ms. Jo Claire Hickson. The CGG is part of the East Coast Greenway spanning the entire Atlantic Coast.

The course you will follow is as close to the East Coast Greenway as you can expect from Savannah to St. Mary’s. It is approximately 155.45 miles. You will run 100 miles of this course starting at the Smallest Church in America.

Most of the Greenway is asphalt, unfortunately. Roughly 20% is on actual trail - undeveloped and developed. You will spend the majority of your run on highway 17 and route 99, running on narrow to no shoulders on the roads. Many areas have sidewalks. Please use sidewalks as much as you can. And, always run against traffic!

In other areas, traffic can be very heavy. A few spots along the course warrant extra vigilance from runners and runner’s crews.

Please be very careful and attentive as you run this race. Have your crew near you as much as possible and your phone charged.

The CGG goes through six Georgia counties: Camden, Glynn, McIntosh, Liberty, Bryan and Chatham. It spans nine municipalities: St. Mary’s, Kingsland, Woodbine, Brunswick,
Mandatory Check-in aid stations

• Mile marker: 0. Smallest Church in America, Townsend, GA 31331.
• Checkpoint 1: Mile marker 26.6, 103 Fort King George dr, Darien, GA 31305.
• Checkpoint 2: Mile marker 43.5, Harold Jennings Wellness Park, Brunswick, GA 31520.
• Checkpoint 3: Mile marker 71.4, Satilla Waterfront Park, 1st st Woodbine, GA 31569.
• Finish: Howard Gilman Memorial Park, 400 Osbourne st, St. Mary’s, GA 31558.

Approximate miles between checkpoints:
From 0 to checkpoint 1: 26.6 miles
From checkpoint 1 to 2: 16.9 miles
From checkpoint 2 to 3: 27.9 miles
From checkpoint 3 to finish: 28.62 miles
Start: Smallest Church in America, Townsend, GA 31331. Head south on Hwy 17.
0 to 10 miles: Follow hwy 17 south. Turn left onto Ga rt 99.
10 to 15.8 miles:
Continue on GA rt 99.
17.5 to 20 miles:
Continue on GA rt 99 past, Carnigan.
20 to 24.8 miles:
Follow Ga rt 99.
Turn left onto McIntosh rd.

24.8 to 26.6 miles:
Follow McIntosh rd.
Turn left onto 2nd st E.
Turn right onto Fort King George dr.
Check in to Checkpoint 1 (corner of hwy 17 & Ft King George dr.)
24.8 to 26.6 miles: Follow McIntosh Rd.

Turn left onto 2nd St E.

Turn right onto Fort King George Dr.

Check in to Checkpoint 1 (corner of Hwy 17 & Ft King George Dr).

26.6 miles: After checking in, take a left onto Hwy 17 and continue south.

26.6 to 29.1 miles: Continue south on Hwy 17.
29.1 to 36.7 miles: Continue south on hwy 17.

36.7 to 42 miles: Continue south on hwy 17.
42 to 45.2 miles:
South on hwy 17.
Right onto Gloucester st.
Left onto Lanier blvd.
Check in to checkpoint 2 at Harold D Jennings Wellness Park.
Continue south on Lanier blvd.
Left onto 4th ave.
Right onto hwy 17.
45.2 to 50.1 miles:
Continue on hwy 17.

51 to 57.5 miles:
Continue on hwy 17
57.5 to 64.3 miles:
Continue on hwy 17 south.
65 to 65.7 miles:
South on hwy 17.
Right onto Vanzant | Morris rd.
Left onto Georgia Coast Rail Trail.

65.7 to 67.7 miles:
Continue on Georgia Coast Rail Trail.
Left onto Chaney rd.
Right onto hwy 17.
68.9 to 71.4 miles:
South on hwy 17.
Over the Satilla River Bridge, turn left onto E 1st st and check in to checkpoint 3.
After checking in, follow boardwalk under bridge and onto GA Coast Rail Trail.
71.4 to 74.3 miles
Follow GA Coast Rail trail until it ends at Liza Rudolph rd.
Left on Liza Rudolph rd.
right on hwy 17.

74.3 to 79.7 miles:
Follow hwy 17 south.
Veer left onto Kinlaw rd.
79.7 to 83.7 miles:
Follow Kinlaw rd.
Right onto Old Still rd.
Right onto Colerain rd.
Veer left onto MLK blvd.
Veer left onto MLK blvd.
Mile 84:
Left onto hwy 17.

84 to 85.6 miles:
Continue on hwy 17.
85.6 to 88.4 miles:
From hwy 17, turn left onto Scrubby Bluff Rd.

88.4 to 90 miles:
Continue on Scrubby Bluff Rd | St. Mary’s rd
89.4 to 92.8 miles
Continue on St. Mary’s rd.

94.3 to 95.3 miles:
From St. Mary’s rd, turn right onto Charlie Smith Sr Hwy.
Left onto Douglas dr.
95.3 to 98.3 miles
From Douglas dr,
Right on Florence st.
Left on Mary Powell dr.
Right on Martha dr.
Left on Osbourne rd.

Follow Osbourne st.
Right on St. Mary’s rd.
Run into the Howard Gilman Waterfront park.
The finish line is at the grassy field in front of the amphitheatre.

CONGRATULATIONS!
Enjoy the journey and try to get better every day. And don’t lose the passion and the love for what you do.
Rules:

- For any life threatening emergency please call 911.
- Runner or runner’s crew chief must check in every six hours by text message or phone call.
- Runners must check in at every mandatory checkpoint.
- Provide race personnel your phone number and crew phone numbers.
- If you plan to take a break and spend the night during the duration of the race you must reach any of the mandatory checkpoints and inform us that you are leaving the course. You may then board a car and leave the course. Also, let us know when you plan to return so that we may have someone at that checkpoint upon your return to the race. When you return to the race you must return to the aid station you last checked in at.
- At any point during the race feel free to contact race personnel if you have any questions/problems/concerns.
- If you plan to end your race notify race personnel before doing so.
- Do not obstruct traffic! Your crew must park well off the road when supporting you. Please be mindful and respectful of private property.
- Do not litter.
- Run against traffic or on the sidewalk as much as you can.
- You must wear a reflective vest and, headlamp or other light device a half hour before dusk and continue to do so until a half hour after sunrise.
- Have this booklet with you at every checkpoint!

Important contact information:

Race contacts:
Dan Hernandez, 912.777.9147
Jason Edenfield, 912.312.9151
Kerry Dulina, 678.416.1933
Bren Tompkins, 912.344.7149
Mark Budden, 828.506.2192
Never limit where running can take you. I mean that geographically, spiritually and, of course, physically.

- Bart Yasso

CGG 100 Mile Ultra Finishers

Blair ‘Wes’ Faulk, 2022, 20:08:00
Aaron Debord, 2022, 23:37:20
Joe Sahl, 2021, 29:08:00
Andre Pretorius, 2022, 30:32:20
Sarah Lennicx, 2022, 31:06:47
Greyson Hendricks, 2022, 31:06:47
Marcella Luna, 2021, 29:33:00
Dan Pulsamp, 2021, 29:33:00
Chad Frederick, 2020, 32:16:14
Ron Vargas, 2020, 32:16:14
Wayne McDaniel, 2022, 33:18:35
Eric Brumbalow, 2022, 33:21:01
Justin Minick, 2020, 36:13:03
Jonathan Phillips, 2020, 39:14

“Never limit where running can take you. I mean that geographically, spiritually and, of course, physically”

Bart Yasso