



2024 Publix Gasparilla 8K Start:
Bayshore Boulevard at Verne Street

In 2024, the Publix Gasparilla 8K will feature one rolling Wave Start. The Start Area will be split into two Waves – a Green Wave (1 hour & under) and a Blue Wave Run Wave (over 1 hour). New in 2024, the Cheez-It 8K Walk will start at 9:25am

Please refer to the above 2024 Publix Gasparilla 8K Staging Map for Staging Information.

Wave Access – to access the 2024 Publix Gasparilla 8K Start Line, please use the Platt Street Bridge to Bayshore Boulevard. Directional Signage will be posted.

Publix Gasparilla 8K Waves must be accessed from the rear and from the Bayshore Boulevard landside sidewalkouth-bound lanes. Green and blue signage will mark Wave Start Access Points.

Cheez-It 8K Wave Start access will be from the rear and accessible from the Bayshore Boulevard landside sidewalk.

Publix Gasparilla 8K Seeded Men & Women will access the Publix Gasparilla 8K Start from the front and should utilize the Seeded Entrance located on Bayshore Boulevard near the Davis Islands Plant Avenue Bridge Overpass. Seeded numbers are green/yellow.

PGDC 8K Gear Check

Gear Check will be available in the Tampa Convention Center’s Meeting Room #124, located just inside the Franklin Street Entrance. Gear check will open at 4:30 a.m. and close at 11:30 a.m. Please do not check valuables. Any gear remaining in Meeting Room #124 at 11:30 a.m., will be taken to the Gasparilla Distance Classic Association Office.



2024 PGDC 8K Packet Pick-up

ABC Action News Health & Fitness Expo, presented by TampaWell

Tampa Convention Center East Hall
Fri., Feb.23: 10 a.m. – 8 p.m.
Sat., Feb 24: 6 a.m. – 3 p.m.

PLEASE NOTE: If you are not able to attend the Expo and pick up your Race Number, a Race Number Pick-Up Authorization Form must be completed, signed, and presented by whoever WILL be picking it up for you.

[Click Here for a downloadable version of the Race Number Authorization Form.](#)

Limited 2024 Publix Gasparilla 8K Packet Pick-Up will be available on Race Morning, beginning at 4:30 a.m., just inside the Tampa Convention Center’s Franklin Street Entrance – Ballroom D.

PGDC 8K Race Numbers will feature three tear-off coupons to redeem the following:

- Event Shirt & Reusable Shopping Bag
- Publix Running Hat (Hats will be distributed from the Publix Super Markets booth in the rear of the East Hall)
- Michelob Ultra Complimentary Beer Coupon for one complimentary beer during the Q105 Post-Race Celebration, presented by Michelob Ultra, in Tony Jannus Park (across from Bayshore Publix Super Markets.) Beer coupons have been pulled for registered participants, 20 years of age and under

8K Start Water

Zephyrhills Natural Spring Water ‘Water Monsters’ will be available on either side of Brorein at Franklin. Volunteers will be available for assistance with filling cups. Please be mindful of placing used cups in the strategically placed trash boxes.

Aid Stations

Beginning at Mile 1.5, the Publix Gasparilla 8K will include Aid Stations and Portalets at every mile. Zephyrhills Natural Spring Water will be available at each Aid Station. At Mile 2 & 4 – Bayshore & Rubideaux. Gatorade Endurance Formula (Cherry flavor) will be available and will be placed on the first tables followed by Zephyrhills Natural Spring-Water.

ATTENTION Cheez-It 8K WALKERS!

Because of road closure permits, a 16-minute per mile pace must be maintained throughout the Publix Gasparilla 8K. At approximately 11a.m., walkers remaining oncourse, will be moved to the Bayshore Boulevard sidewalk. Timing Pads and an 8K Finish Structure will also be moved.

Race Numbers

Number should be placed on the runner’s front torso and as the weather will be cool, please remember numbers cannot be covered by jackets or any other apparel. Wearing any clothing over the race numbers could impact PGDC 8K Race Results.

Finish Line

After crossing the Finish Line, please do not stop – continue moving to pick-up your 2024 Publix Gasparilla 8K Finisher’s Towel, 2024 Publix Gasparilla 8K Finisher’s Medal, Zephrrhills Natural Spring Water, Gatorade, Publix Bananas, Natalie’s Orchid Island Orange Juice, Cheez-Its and WK Kellogg’s Fruit Loops.

Finish Line Finisher’s Pix

FinisherPix Photographers will be in the secure Finish Line Area just beyond the 2024 Publix 8K Finisher’s Medals. Krewe of Alegria Pirates will be on-site to pose for pictures!

See you at the Publix Gasparilla 8K Start Line!