

DUATHLON

RUN 3.1-BIKE 42-RUN 8.7

DETAILS 

FINAL INSTRUCTIONS

PLEASE READ

CAREFULLY!

Please follow these instructions closely. Failure to do so may result in a disqualification, time penalties or loss of gear.



PACKET PICK-UP: GFT DU participants can pick their packets up during the following times: Thursday 2:00pm – 6:00pm; Friday 12:00noon – 8:00pm, and race morning from 6:00am – 7:00am at Clermont Victory Pointe, 938 Victory Way, Clermont, FL 34711.

WRISTBAND: Upon check-in a wristband will be affixed to your wrist. This band will identify you as an official entrant and **MUST** be worn during the entire event. This band will also admit you to the Breakfast of Champions and will allow you to enter the transition area before, during and after the race. **You should NOT remove your wristband until after you reclaim your gear.**

BODY MARKING: Included in your race packet will be body marking tattoos. Please self-apply the tattoos before arriving at the race venue. If you are looking in the mirror while applying, please make sure you do not apply the tattoos in reverse. All athletes must be body marked before entering the transition area. Please do not apply lotions or oils to your skin prior to body marking. [Click here to view video on how to apply tats.](#)

RACE NUMBERS: Each participant will receive a race bib in their race packet. The bib must be worn on the front of your running shirt or shorts during the run. This number **MUST** always remain visible on your front during the run. The bib may also be worn during the bike segment, but it is not required.

BIKE INSPECTION: It is up to each individual athlete to make sure his or her bike is in safe and proper working order. The official bike shop for the GFT is [Epic Cycles World](#) 528 8th Street, Clermont. They are located 2 blocks east of Victory Pointe and one block west of the GFT Finish Line in Downtown Clermont. [Epic Cycles World](#) will also be providing on course support during the bike, however you should be able to complete basic repairs like fixing a flat tire if needed. Please make sure your handlebar ends are plugged before bringing your bike into the transition area.

BIKE FRAME NUMBER: Your bike frame number is included in your race packet. The number must be attached to your bike and be visible from both sides before you will be allowed to bring your bike into the transition area.

HELMET NUMBER: A Helmet Number is also included in your race kit. Please affix it to the front of your bike helmet.

WARMUP BAG: Warmup bags for your warm-up clothes, shoes, jacket, etc. you would like to retrieve after you finish can be obtained at the pavilion stage on race morning.

BIKE CHECK-IN: ALL 1/3 BIKES MUST BE CHECKED-IN BY 8:15AM SATURDAY! Once your bike has been checked into the Transition Area, you cannot remove the bike until after the start of the race. Bikes can also be checked in on Friday from 12:00noon to 9:00pm. For protection against the elements, you may cover your bike seat and computer, **but not your entire bicycle.** You will have access to your bike on race morning to make final mechanical adjustments and to inflate the tires, but **the bike cannot leave the Transition Area.** Bike mechanics from [Epic Cycles World](#) will be available race morning near the entrance of the transition area to assist with last minute bike problems.

WARMUP BAG: This bag is for your warm-up clothes, shoes, jacket, etc. Turn this bag in at the designated spot on Victory Way, adjacent to the Transition area on race morning. Bags can be retrieved following your finish near the post-race food tents at the finish line.

RECLAIM BIKE & GEAR: Your bike and gear must be reclaimed Saturday following the race. Gear not picked up after 1:30am Sunday morning will be collected and placed in one of our supply trucks. **Only the athlete (or their designee) with the athlete's race number bib will be permitted to reclaim gear.**

DROPPING OUT: **If you drop out of the race for any reason, it is imperative that you notify a race official and return your Timing Chip immediately!**

GRAFFITI: **Please do not deface Clermont area roads with painted Graffiti.** Graffiti is considered an act of vandalism and will result in arrest or fines if you are caught using paint on the roads. Sidewalk Chalk is OK to use and is available at Clermont area department stores.

MEDICAL: With the support of Central Florida Neurosurgery Institute, Clermont Fire Department, and Lake EMS, the GREAT FLORIDIAN TRIATHLON medical coverage is the most comprehensive you'll find at any event. There will be medical staff and facilities throughout the racecourse. The primary medical station is located east of the finish line on Minneola Ave. A smaller station is located adjacent to the transition area at Victory Pointe. Athletes requiring more advanced care will be transported to South Lake Hospital, two miles from the race site. Mobile medical support will travel the bike and run courses to provide assistance if needed. Please ask for medical help if you have the slightest hint you may need it. **YOU WILL NOT BE PENALIZED FOR RECEIVING MEDICAL EVALUATION OR MINOR HELP.** You will be withdrawn from the race only if you require transportation, IV fluids, or if medical personnel feel your continued participation could result in permanent harm.

OUTSIDE ASSISTANCE: **The Great Floridian Triathlon is a test of your individual endurance. Unofficial support from any source may result in a time penalty and/or disqualification. This is especially important on the run. This means you cannot have your friends (including athletes who have dropped out of the race) running, cycling, walking or skating along beside you. You cannot receive any support from them including fluids and food at any point during the race. We do allow friends & family members to cross the finish line with you, however please do not block or impede other runners who may be finishing at the same time.**

COURSE MARKINGS: The swim course will be marked with large round and triangular buoys. The bike course is marked with paper route arrows in advance of and immediately following each turn. The run course is marked with arrows immediately prior to each turn. Signs are placed in advance of all turns. Please note that signs can be vandalized or damaged during the event. When in doubt, always follow the correct colored arrows marked on the roads. **Do not automatically follow the cyclists or runners ahead of you, they may be recreational athletes not associated with the race.**

COURSE MAPS: The Great Floridian Ultra, 2/3 and 1/3 Triathlons share the same course. All turns and turn-around points are the same for all races. **It is your responsibility to know the course!** We recommend you travel the course in advance of the race. Please study the course maps provided and note the locations of the turns and support stations. Current course maps can be found on GreatFloridian.com.

RUN COURSE #1: The first run of the GFT Duathlon is a two-lap, out and back 5k run on the South Lake Trail. Duathletes will start just east of the GFT Swim Finish and then run to the traffic circle at Waterfront Park. Runners will then return to the start and then turnaround and start lap #2. At the end of Lap #2 runners will merge with swimmers exiting the swim finish chute and then continue into the transition area.

BIKE COURSE: The GFT 1/3 bike course is the first lap of the three lap GFT 112 mile bike course. The 42 mile course starts by traveling around Lake Minneola. At the finish of the bike course, cyclists will pass by the GFT Finish line, take a right on 8th Street and loop around the block. Please note that you will be directed into the southbound lane at this time and will stay on the inside lane of the loop until you reach the intersection of Minneola Ave. and West Ave. At that point you will take a right on Minneola Ave. to finish. Full and GFT 2/3 cyclists also have the option to take a left on Minneola Ave. to start laps 2 & 3.



BIKE BOTTLE EXCHANGES: Please discard all empty bike bottles, food wrappers and leftover food items 300 feet in advance of, and within 300 feet following, the bike bottle exchange stations to avoid being penalized for abandoned equipment. The beginning and end of the discard zone is marked with large signs. This will also make our clean-up job much easier. **Provisions are not made to return discarded gear or bottles to the athletes after the race.** The locations of the bottle exchanges are identified on the bike course map. Please plan your fluid intake accordingly. We suggest you start the bike course with two full bottles of fluids affixed to your bike. Each bike station will offer water, Gatorade and bananas. Bike stations will also have basic first aid supplies and a port-o-let.

BIKE CUT-OFF: There are two bike cut-off times associated with the 112 mile bike course. The first is at 4:15pm at mile 77 when you return to Downtown Clermont at the end of lap #2. If you do not make this cut-off time you will not be allowed to continue the bike. The second cut-off time is at 6:30pm to complete the entire 112 mile bike course. Because of this, GFT 1/3 cyclists have until 6:30pm to finish the bike segment.

BIKE COURSE SUPPORT: All participants should be able to perform basic bike repair tasks like changing tires and tightening posts. However, should you encounter a mechanical problem you are unable to fix, the roving support team from [Epic Cycles World](#) will do everything possible to get you up and running again. Please remember their primary task is to keep cyclists going. Should you have a mechanical issue that does not allow you to continue you

will be transported to the closest bike bottle station where you will wait for transport back to the race site. A repair station will also be located inside their store, just prior to the finish of each bike lap.

RUN COURSE #2: The GFT DU run course is one-lap of the three lap GFT 26.2 mile run course. The run takes place completely on the South Lake Trail with the easternmost turnaround at Forestwood Drive, and the westernmost turnaround in Lake Hiawatha Preserve. The run starts by running around the perimeter of Victory Pointe. The run to the finish begins at the intersection of 8th Street and Osceolla Street. Please be aware that you will pass this point at the beginning of each run lap. It is your responsibility to know the course and to know when to turn to run to the finish line. Please review the official course maps prior to race day. Checkpoints are located at the turnaround points to make sure all runners complete the entire course. It is the responsibility of each athlete to count their own run laps and know when to turn to run to the finish line!



RUN SUPPORT STATIONS: Run stations are stocked with water, Gatorade Endurance Formula, Cola, ice, fruit, cookies, pastries and salty snacks. After dark chicken broth will be available. Run stations will also have basic first aid supplies and a port-o-let.

Gatorade Endurance Formula is the sports drink that will hydrate you on course at the Great Floridian. Gatorade Endurance Formula is scientifically formulated to meet the needs of endurance athletes. It contains a five-electrolyte blend including nearly twice the sodium (200 mg) and more than three times the potassium (90 mg) compared to original Gatorade Thirst Quencher. Drink Gatorade Endurance Formula to help sustain hydration, maintain proper fluid balance and help replace key electrolytes lost in sweat during long distance training and racing.

LITTER: Please respect the environment by helping keep the Clermont area clean! Do not discard your energy product wrappers (i.e., Bar & Gel wrappers), banana peels and bike bottles along the course. All trash should be discarded at the designated bottle exchange stations and water stops.

CHANGING TENTS: All changing of clothes must take place in the changing tents. Public displays of nudity may result in disqualification. Sunscreen, Vaseline and fluids will be located inside the changing tents.

RESTROOMS: Toilets will be located at all support stations on the bike and run and also inside the Transition Area. Please use them!

RACE DAY PARKING: Please click on the following link to view parking options in close proximity to Victory Pointe and the finish line – [DOWNTOWN CLERMONT PARKING MAP](#).

TIMETABLE: Come out early and stay late and show your support for the athletes racing the longer distances.

KEY EVENT TIMES:

Thursday, October 18th:

2:00pm - 6:00pm Athlete Registration at Clermont Victory Pointe

2:00pm - 6:00pm GFT Expo at Clermont Victory Pointe

Friday, October 19th:

8:00am - 10:00am Monitored Swim Practice at Clermont Waterfront Park

8:00am - 10:30am Champion's Breakfast (Free to Participants) - Clermont Waterfront Park

12:00pm - 8:00pm Athlete Registration at Clermont Victory Pointe

12:00pm - 6:00pm GFT Expo at Clermont Victory Pointe

12:00pm - 9:00pm Athlete gear & bike check-in at Clermont Victory Pointe

1:00pm, 4:00pm & 6:00pm Pre-race meeting and final instructions at Clermont Victory Pointe

Saturday, October 20th:

6:00am - Check-in and body marking begins

6:00am - 7:30am Late Packet Pick-up – 1/3, 2/3, Sprint & Open Water Swim only

7:15am - Opening Ceremony

7:30am - GREAT FLORIDIAN TRIATHLON START - 140.6 Individual Athletes!

7:45am - ULTRA RELAY, AQUA BIKE, 2.4 OPEN SWIM START!

8:15am - TRANSITION AREA CLOSES TO ALL ATHLETES - ALL EVENTS!

8:30am - GFT 2/3 TRIATHLON START!

9:00am - GFT 1/3 TRIATHLON START!

9:30am - GFT SPRINT TRIATHLON START!

10:15am - GREAT FLORIDIAN SWIM CUT-OFF - ALL EVENTS

11:45am - GFT SPRINT TRIATHLON AWARDS at Clermont Victory Pointe

3:00pm - GFT 1/3 AWARDS CEREMONY at Clermont Victory Pointe

4:15pm - ULTRA Course Bike cut-off time (to finish first 2 laps)

5:00pm - 6:30pm GFT SUNSET 15K Packet Pick-up & Late Registration

6:30pm - GREAT FLORIDIAN Bike Course Officially Closes

6:45pm - GFT SUNSET 15K START - at Clermont Victory Pointe

7:00pm - GFT 2/3 AWARDS CEREMONY at Finish Line

Sunday, October 21st:

1:00am - GREAT FLORIDIAN run course closes

11:00am - GFT 140.6 BBQ Starts at Clermont Victory Pointe

12:00noon - GFT 140.6 Awards Ceremony at Clermont Victory Pointe

SPECTATOR VIEWING TIPS: Our suggested spectator viewing area in Clermont is along the waterfront from Downtown Clermont to Clermont Victory Pointe, and in front of the finish line at Suncreek Brewery. For the Great Floridian 112 mile bike course, cyclists will pass through Downtown Clermont at miles 42 & 77 for the special needs station. During the run the athletes will pass by Victory Pointe as many as eight times. Food trucks will be a Victory Pointe on race day and clubs and teams are encouraged set-up their tents. The finish line is adjacent to Suncreek Brewery and is also a great viewing point for the bike finish and bike special needs exchange. Encourage your friends and family to use these locations rather than attempt to travel the course and become a traffic hazard to other athletes.

RESULTS & AWARDS: Preliminary race results will be posted onsite near the finish line continuously during the event. Results will also be posted at ChipTimes.com during the race. If you qualify for an award and will not be able to receive it at the Awards Ceremony, you can arrange for the shipping of your award online at greatfloridian.com.

RACE UPDATES: Please follow the [Great Floridian Triathlon Facebook Page](#) and the [Event Facebook Page](#) for race updates, tips and last minute information.

UNSPORTSMANLIKE CONDUCT: Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in disqualification!

VOLUNTEERS: Please thank the volunteers whenever possible!

FINAL TIP: Have a safe and great race and remember to take in plenty of calories and drink plenty of fluids during the bike. RACE SMART!



A SPECIAL THANKS TO OUR SPONSORS AND COMMUNITY PARTNERS!



Kim's Cabbage Patch

