



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 SPRINT participants can pick their packets up during the following times: Thursday 2:00pm – 6:00pm and Friday 12:00noon – 8:00pm at Clermont Victory Pointe, 938 Victory Way, Clermont, FL 34711. Please note that ALL Long Course bikes (112 mile bike) must be racked in the transition area by 9:00pm on Friday. All other bikes can be racked then as well, or on Saturday morning.

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 bike and gear.**



SWIM CAP: Your official swim cap is provided for you in your race packet. This cap is provided for your safety during the swim and must be worn during the entire swim. You will not be allowed in the secured swim start area without it.

SWIM COURSE: The GFT Sprint swim course is .25 miles long and is incorporated within the .8 mile GFT swim course. The official cut-off time for all distances of the GFT swim is at 10:15am. Swimmers who do not make the cut-off will not be allowed to continue in the race. A record hot September and early October along with current weather trends suggest

that this year's race may not be wetsuit legal, however the final decision will be made by the USAT Officials on race morning. We'll post water temp on the GFT Facebook page starting on Wednesday of race week.



WARM-UP SWIM: The Great Floridan will host a monitored, open water practice at Clermont Waterfront Park on Friday, Oct. 19, from 8:00am to 10:30am.

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.



BIKE CHECK-IN: ALL GFT SPRINT 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.

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.

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, 1/3 and Sprint 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](#).

BIKE COURSE: Please be aware that the GFT SPRINT bike course separates from the main GFT bike course on East Ave. and Pitt Street. At that point long course athletes will take a left onto Pitt Street and GFT Sprint cyclists will take a right on Osceolla Street. At the finish of the bike, 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.

AQUA BIKE: For the Aqua Bike race, the **official end of your race is after you dismount and cross the bike finish timing mats.** After you cross the mats. Please report to the tent at the end of the Transition area to claim your finisher medal and shirt, and return your timing chip.

RUN COURSE: The GFT 5K run starts by running around the perimeter of Victory Pointe. Once you reach the South Lake Trail you will run west to the Hiawatha Preserve Roundabout, and then turnaround and run to the east passing by the 8th Street finish line exit. You'll then run to just past the wooden boardwalk section of the trail to the second 5K turnaround point and then return to 8th Street to exit to the finish line. The run to the finish begins at the intersection of 8th Street and Osceolla Street, running south on 8th Street to Minneola Ave. You'll then turn left on the trail to finish in front of Suncreek Brewery. It is the responsibility of each athlete to know the course!

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.

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 review the [DOWNTOWN CLERMONT PARKING MAP](#) to locate parking in close proximity to [Victory Pointe](#) and the Finish Line.

TIMETABLE: Come out early and stay late and show your support for the athletes racing the longer distances. [Click here to see the event Timetable.](#)

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 CLOSING 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

