



ULTRA COURSE 2.4 Swim-112 Bike-26.2 Run

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 140.6 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.

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 Awards Brunch and will allow you to enter the transition area before, during and after the race. **You should NOT remove your wristband until after the Awards Brunch.**



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 swim course is .8 miles to accommodate all three race distances. All ULTRA swimmers must complete **three laps** of the .8 mile swim course. The official cut-off time for the 2.4 mile and all other 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 Monday 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.

GEAR BAGS: All gear must be placed in the appropriate bag and may be checked in on Friday (12:00pm - 9:00pm) or on Saturday (prior to 7:15am). You will have full access to all gear bags on race morning prior to the start. Please make sure all gear inside your bags is clearly labeled with your race number and/or name. **We are not responsible for un-bagged gear left out in the changing tents.**

BIKE GEAR: All bike gear must be placed in the RED bag labeled "BIKE GEAR" and should be placed in the designated zone between the swim finish and the changing tent. This bag should include your cycling shoes, socks, clothing, towel, gloves, sunglasses, your ANSI or SNELL approved helmet (if desired) and any other items you wish to access following the swim. After the swim place your wetsuits/swimsuit, swim cap, goggles and leftover items from your swim to bike in this bag before leaving the changing area for the bike segment. On your way out of the changing tent to your bike, leave your bike gear bag filled with your swim gear with the volunteers outside the tent.



RUN GEAR: All run gear must be placed in the WHITE bag labeled "RUN GEAR" and should be placed in the designated zone in the parking lot at the entrance to the transition area. This bag should include your running shoes, socks, shorts, shirt, visor and towel. Your race number must be attached to the front of your clothing or to a race number belt. After changing into your run gear, please put your bike gear in this bag and leave it with the volunteers outside the changing tent.



WETSUITS: Your wetsuit should be placed in your bike gear bag after the swim. **Wetsuits may not be handed off to spectators! Make sure your wetsuit is marked with your name and/or race number inside!**

SPECIAL NEEDS BAGS: These bags are to be used for your special needs items for the bike and run. **Bring your Special Needs Bags with you to check-in on race morning.** Bike Special Needs Bags should be placed on the appropriate numbered zone in the paved road adjacent to the transition area. Please note that with our three lap bike course you will have two opportunities to receive your bike special needs bags. The bags are numbered 1 and 2 for the respective exchanges. This means that only bag #1 will be handed off at the first bike exchange and

only bag #2 at the second exchange. **IT IS THE RESPONSIBILITY OF EACH PARTICIPANT TO PLACE THEIR RESPECTIVE SPECIAL NEEDS BAG IN THE CORRECT ZONE.** Run Special Needs Bags should be placed in your designated spot along the trail at Victory Pointe. Look for the Run Special Needs sign.

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.



SPECIAL NEEDS STATIONS: The Bike Special Needs Station is located on Minneola Ave, just past the race finish line, at approximately mile 43 and 77 on the bike course. Special Needs Bags should be placed near the appropriate numbered spot on Victory Way adjacent to the transition area on race morning. The bags are numbered 1 and 2 for the respective exchanges. This means that only bag #1 will be handed off at the first bike exchange and only bag #2 at the second exchange. **IT IS THE RESPONSIBILITY OF EACH PARTICIPANT TO PLACE THEIR RESPECTIVE SPECIAL NEEDS BAG IN THE CORRECT ZONE.** The volunteers staffing this station will do everything they can to assist you in obtaining your bag, but please be aware you may need to stop momentarily in order to receive a proper handoff. If you wish to retrieve your Special Needs Bag you will need to make sure your bike number is visible as you enter the Waterfront Park Parking lot. If you do not plan to access your Special Needs Bag, please keep to the left side of the lane to allow Special Needs cyclists to obtain their bags, depart the course if need be, and

also merge back onto the course. The Run Special Needs Station is located along the trail in Victory Pointe. You will have access to this bag each time you pass by Victory Pointe.

BIKE CHECK-IN: ALL BIKES MUST BE CHECKED-IN BY 9:00PM FRIDAY! Once your bike has been checked into the Transition Area, you cannot remove the bike until after the start of the race. 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.

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](#).

BIKE COURSE: Please be aware that the 112 mile bike course is a three lap course. The first lap is 42 miles and starts by traveling around Lake Minneola. Laps 2 & 3 are both the same and are 35 miles long, but they differ from lap #1 in that cyclists do not travel around Lake Minneola, and from Old HWY 50 cyclists will take a left on Blackstill Road rather than on CR 455 as the first lap does. The 2/3 GFT course is 77 miles long with cyclists completing the first two laps of the bike course and the 1/3 GFT Course is just the first, 42 mile lap of the bike course. At the finish of each bike lap, 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 either take a right on Minneola Ave. to finish, or take a left on Minneola Ave. to start laps 2 & 3. It is up to you, the participant, to keep track of your laps.

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.



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. Athletes who do not make this cut-off will not be allowed to continue in the race.

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: The 26.2 mile run course is a three-lap course and each lap is identical. 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 Osceola 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 see the map distributed at packet pick-up.

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 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

