



LONG COURSE 2K Swim-62K Bike-15K Run

FINAL INSTRUCTIONS PLEASE READ CAREFULLY!

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

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 Pasta Dinner and the Post Event Food Area and will allow you to reclaim your bike and gear following the race. **You should NOT remove your wristband until after you have reclaimed your 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 swim course is a 2K, 1.24 mile course. All swimmers must complete the swim within one hour and fifteen minutes. Swimmers who do not make the cut-off will not be allowed to continue in the race. Wetsuit use is in accordance with established USAT rules.

BODY MARKING: **Do not body mark yourself!** All athletes will be body marked during check-in on Saturday morning. Body marking will take place near the beach pavilion at Waterfront Park. If you plan to apply lotions to your body, please wait until after you have been marked.

RACE NUMBERS: Each participant will receive a race number in their race packet and it is to be worn on the front of your running shirt or shorts. This number **MUST** remain visible at all times during the run. Do not cut, fold or alter your race number in any way.

BIKE INSPECTION: It is up to each individual athlete to make sure his or her bike is in safe and proper working order. Bike mechanics from Clermont Bicycles are available at the expo to assist you with repairs if needed. Please make sure your handlebar ends are plugged.

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.

WARMUP BAG: This bag is for your warm-up clothes, shoes, jacket, etc. Turn this bag in at the pavilion stage on race morning for retrieval following your finish. Bags are available at registration and at the stage on race morning.

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 Clermont Bicycles will be available race morning 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 may result in arrest or fines if you are caught using paint on the roads.

MEDICAL: With the support of South Lake Hospital 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 base station is located at the finish line. The newly completed South Lake Hospital is one mile from the race site. Mobile medical vans 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 will result in a severe 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.**

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. This will 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.

COURSE MARKINGS: The swim course will be marked with large triangular buoys. The bike course is marked with ORANGE stenciled arrows in advance of and immediately following each turn. The run course is marked with GREEN 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 and Long Course Triathlons share portions of the same course. Each course has specific turns and turn-around points. **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.

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.

RESULTS & AWARDS: Preliminary race results will be posted onsite continuously during the event. Results will also be posted on our web site (www.greatfloridian.com) during the race. **The Long Course awards ceremony will take place at 3:00pm at the finish line.** If you qualify for an award and will not be able to receive it at the Awards Ceremony, please send us \$8 to cover postage and handling and we will mail your award to you. You can arrange for the shipping of your award online at greatfloridian.com.

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!

HAVE A GREAT RACE!