FINAL INSTRUCTIONS
PLEASE READ CAREFULLY!

ULTRA COURSE
2.4 Swim-112 Bike-26.2 Run

Please follow these instructions closely. Failure to do so may result in a 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 Awards Brunch and will allow you to reclaim your bike and gear following 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 swim course is 1.2 miles. All swimmers must complete two laps of the course. The official cut-off time for the 2.4 mile swim is at 10:00am. 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.

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 unbagged gear left out in the changing tents.**

BIKE GEAR: All bike gear must be placed in the bag labeled **"BIKE GEAR"** and should be hung on the nail to the **LEFT** of your ID label on the gear racks. This bag should include your cycling shoes, socks, clothing, towel, gloves, sunglasses, your ANSI or SNELL approved helmet and your empty wetsuit bag. After the swim place your swimsuit, swim cap and goggles 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 bag labeled **"RUN GEAR"** and should be hung on the nail to the **RIGHT** of your ID label on the gear racks. 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. Reflective material must also be attached to the front and back of your running clothes and shoes, **even if you expect to finish prior to sundown.** After changing into your run gear, please put your bike gear in this bag and leave it with the volunteers outside the changing tent.

WETSUIT BAG: The wetsuit bag is a large, white bag labeled **"WETSUIT"**. This bag should be placed in your bike gear bag during check-in. After the swim put your wetsuit in this bag and leave it with the volunteers outside the changing tent. **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 spot in the paved parking lot at Waterfront Park. Please note that with our new 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 on your designated spot on the run special needs racks inside the transition area (racks closest to the trail).

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.

SPECIAL NEEDS STATIONS: The Bike Special Needs Station is located at Waterfront Park, at approximately mile 38 and 75 on the bike course. Special Needs Bags should be placed near the appropriate numbered spot in the paved parking lot at Waterfront Park 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 race number and bike number are 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 adjacent to the Transition Area. You will have access to this bag during each lap around Lake Minneola.

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 will result in arrest or fines if you are caught using paint on the roads. Please make sure your friends are also aware of this. If any painted graffiti can be traced back to an athlete, that athlete will be disqualified! Sidewalk Chalk is OK to use and is available at Clermont area department stores like WalMart, K-Mart and Target.

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.

BIKE CUT-OFF: There are two bike cut-off times associated with the 112 mile bike course. The first is at 4:00pm at mile 75 when you return to Waterfront Park at the end of lap #2 for Special Needs. If you do not make this cut-off time you will not be allowed to continue on the bike. The second cut-off time is at 6:30pm to complete the entire bike course. Athletes who do not make this cut-off will not be allowed to continue in the race.

COURSE MARKINGS: The swim course will be marked with large triangular buoys. The bike course is marked with stenciled **ORANGE** arrows in advance of and immediately following each turn. The run course is marked with **YELLOW** 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.

SPECTATOR VIEWING TIPS: Our suggested spectator viewing area in Clermont is from Waterfront. For the Great Floridian 112 mile bike course, cyclists will pass through Waterfront Park at mile 38 & 75 for the special needs station. During the run the athletes will pass through the park six times. Encourage your friends and family to use this location rather than attempt to travel the course and become a traffic hazard to other athletes.

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. Results are not final until 9:00am Sunday Morning. 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!

FINAL TIP: Have a safe and great race and remember to take in plenty of calories and drink plenty of fluids during the bike. Most of our dropouts from previous races have been the result of dehydration and from athletes pushing themselves too hard on our challenging bike course. RACE SMART!