



## **FINAL INSTRUCTIONS** **PLEASE READ** **CAREFULLY!**

**Please follow these instructions closely. Failure to do so may result in 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; Friday 12:00noon – 8:00pm; and Saturday, Race Morning, from 6:00am - 7:30am. Please note that ALL sprint bikes must be racked in the transition area by 8:00am.

**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 will allow you to reclaim your bike and gear following the race.



**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 .25 mile triangular course. When your race starts there will still be swimmers in the water from the GFT Ultra and Long Course swims. Please use caution when making the final turn to head back to shore as you will be merging with other swimmers at that time. 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 [Winter Garden Wheel Works](#) are available at the expo to assist you with repairs if needed. Please make sure your handlebar ends are plugged.

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**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:** **SPRINT BIKES MUST BE CHECKED-IN BY 8:00AM SATURDAY MORNING!** You can also check your bike in on Friday from noon to 9:00pm. 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 Winter Garden Wheel Works 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. The Floridian Sprint transition area will open up to reclaim gear immediately following the last sprint bike finisher. **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!**

**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 inside the Highlander Building with a minor medical station located at the finish line. If you require transport, South Lake Hospital is located two miles from the race site. Lake EMS personnel 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 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, Long and Sprint 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. Current course maps can be found on [GreatFloridian.com](http://GreatFloridian.com).

**BIKE COURSE:** Please be aware that just prior to mile 5 on the bike, the 112 mile, 62K and 8 mile sprint bike courses separate. **DO NOT TURN LEFT ONTO JALARMY ROAD AT THE SEPARATION POINT!** Sprint cyclists will continue heading east on Lake Minneola Shores and **DO NOT** make the left hand turn onto Jalarmy Road with the 112 mile and 62K Cyclists. Please note there are **NO LEFT TURNS** on the GFT Sprint bike course.



**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 see the map distributed at packet pick-up.

**RESULTS & AWARDS:** Preliminary race results will be posted onsite and online continuously during the event. Final Results will also be posted on our web site ([www.greatfloridian.com](http://www.greatfloridian.com)) during the race. **The Sprint Course awards ceremony will take place at 11:30am at the finish line.** 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](http://greatfloridian.com).

**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.](#)

**RACE UPDATES:** Please follow the [Great Floridian Triathlon 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!

**HAVE A GREAT RACE!**

