



## **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 TriAmerica 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 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 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 one lap course. All swimmers must complete the swim within one hour and twenty 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. Current weather trends suggest that this year's race will be wetsuit legal, however the final decision will be made by the USAT Officials on race morning.

**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.

**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.



**RACE NUMBERS:** Each participant will receive two race numbers in their race packet. The smaller one is to be worn on the front of your running shirt or shorts. This number **MUST** remain visible at all times during the run. The second, larger green number is for the bike segment and must be worn on your back or on your hip. 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.

**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.

**BIKE CHECK-IN: ALL BIKES MUST BE CHECKED-IN BY 8:00AM SATURDAY!** Once your bike has been checked into the Transition Area, you cannot remove the bike until after the start of the race. Bikes may also be dropped off on Friday from 12:00 noon to 9:00pm.

The transition area will be secured overnight. 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. 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 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.

**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, or walking along beside you. You cannot receive any support from them including fluids and food at any point during the race.**

**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 arrows 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:** All three Great Floridian Triathlon distances 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 online and note the locations of the turns and support

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stations. Final and official course maps will be provided in your race packet. 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. The 112 mile and 62K cyclists will make a left hand turn onto Jalarmy Road, while the 8 mile sprint cyclists will continue east on Lake Minneola Shores.

**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. 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.

**RUN COURSE:** This year's 15K run course is a two-lap course. Please be aware that there are separate turnaround points for the 15K and 26.2 mile routes. It is your responsibility to know the course so please review the official course maps prior to race day.

**RUN SUPPORT STATIONS:** Run stations are stocked with water, Gatorade, Cola, ice, fruit and salty snacks. Run stations will also have basic first aid supplies and a port-o-let.

**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](http://www.greatfloridian.com)) during the race. **The TriAmerica 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, 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!

