



## **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 Breakfast of Champions and will allow you to reclaim your bike and gear following the race. **You must NOT remove your wristband until after you have claimed 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.

**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 NUMBER:** Your race number must be worn on the front of your running shirt or shorts during the run and remain visible at all times. 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 The Cycling Hub are available at the expo to assist you with repairs if needed. Please make sure your handlebar ends are plugged.

**BIKE FRAME & HELMET NUMBERS:** 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. The smaller self-adhesive number found in your race packet should be placed on the front of your helmet.

**RACE GEAR:** Unlike the Great Floridian, the Florida Challenge does not utilize gear bags. You should stage all of your gear below your bike zone in the transition area.

**WARMUP BAG:** If you desire, a bag will be provided to you for your warm-up clothes, shoes, jacket, etc. This bag will be transported to the finish line area for retrieval after you finish. You can obtain this bag race morning at the warm-up bag check area on the eastern end of the transition area.

**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.**

**TRANSITION AREA:** The transition area officially closes at 7:30am on race morning and must be completely clear of all athletes by 7:45am. Please make sure you plan your pre-race set-up accordingly.

**RECLAIM BIKE & GEAR:** Your bike and gear must be reclaimed between 1:00pm and 6:30pm on Saturday afternoon. **Only the athlete with their race number 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 ChampionChip 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 area department stores.

**OUTSIDE ASSISTANCE:** The Florida Challenge 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.

**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!

**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.

**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 and Florida Challenge Triathlons both 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 and 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 will 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 included in your race packet. Parking at Waterfront Park on race morning is by permit only.

**SPECTATOR VIEWING TIPS:** Our suggested spectator viewing area in Clermont is at Waterfront Park and along the trail. For the Great Floridian 112 mile bike course the suggested viewing area is at the bike special needs station located in Center Hill. Cyclists will pass by this area at mile 61 and again at mile 83. Encourage your friends and family to use this location rather than attempt to travel the course and become a traffic hazard to other athletes. A map to Center Hill is available in the registration area.

**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. Results are not final until 5:00pm on Saturday. The Florida Challenge Awards Ceremony will take place on Sunday morning during the Awards Brunch. If you qualify for an award and will not be able to receive it at the Awards Ceremony, you can order your award online and have it shipped to you. The cost is \$8 to cover postage and handling.

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