



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 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 race morning. Body marking will take place near the entrance to the transition area 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 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: **Saturday bike check-in is not available this year. Bike Check-in starts at 5:30am Sunday morning.**

TRANSITION AREA: The Long Course transition area officially closes at 7:10am on race morning and must be completely clear of all athletes by 7:20am. The Short Course transition closes at 8:00am. Please make sure you plan your pre-race set-up accordingly.

RECLAIM BIKE & GEAR: **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!

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.

BOTTLE EXCHANGES: There are two bottle exchanges on the bike and you will pass by each one of them twice. This allows you four opportunities to obtain water and Gatorade Endurance Formula. The Gatorade will be in their Edge bottles and the water will be in sport top water bottles. 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.

RUN WATER STATIONS: Water stations are located every mile on the run course. Each station will be stocked with water, cola, Hammer Nutrition's HEED Sports Drink, and ice.

COURSE MARKINGS: The swim course will be marked with large triangular buoys. The bike course is marked with PINK arrows in advance of an _____ d immediately following each turn. The run course is marked with WHITE 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: 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.

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: There is plenty of parking in close proximity to Waterfront Park. The majority of the parking is to the west of the park between Waterfront park and Downtown Clermont. **PLEASE NOTE THAT PARKING IS NOT ALLOWED ON MANY NEARBY SIDE STREETS AND THE CPD WILL TOW CARS THAT ARE PARKED IN "NO PARKING" ZONES.**

RESULTS & AWARDS: Preliminary race results will be posted onsite continuously during the event. Results will also be posted on our web site (www.CHIPTIMES.com) during the race. Results are not official until the conclusion of the race. The Florida Challenge Long Course Awards Ceremony will take place at 2:00pm. 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.

FINISHER MEDALS: All finishers will receive a commemorative medallion. Our medals are currently tied up in customs and may not arrive in time for the race. If that is the case, medals will be mailed to all finishers. Long Course finishers will also receive a Finisher T-shirt.

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 race and remember to take in plenty of calories and drink plenty of fluids during the bike. Most of the dropouts from previous races have been the result of dehydration and from athletes pushing themselves too hard on the bike. **RACE SMART!**