



FINAL INSTRUCTIONS – SHORT COURSE 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 identifies you as an official entrant and **MUST** be worn during the entire race.

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.

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 encouraged, but not required. Check-in times are from 10:00am to 6:00pm on Saturday. A Clermont Police officer will be stationed in the transition area overnight to make sure all bikes are secure. 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 Short Course transition area officially closes at 8:30am on race morning and must be completely clear of all athletes by 8:45am. 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!

RUN WATER STATIONS: Water stations are located every mile on the run course. Each station will be stocked with water, cola, Gatorade Endurance Formula, and ice.

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.

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. The Florida Challenge Short Course Awards Ceremony will take place on or before 12:00pm. 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.

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!