

FINAL EVENT INFORMATION



RACE VENUE: Clermont Waterfront Park, 330 Third Street, Clermont, FL.

RACE PARKING: Limited parking will be available in the main parking lot at Waterfront Park, but plenty of parking is available in the greater Downtown Clermont area. The preferred parking areas for this event are between 5th Street and 8th Street, and at Waterfront Park between 5th Street and 3rd Street. Please be aware that parking is not allowed on many residential streets near Waterfront Park. Please do not park at the new Clermont Boat Ramp adjacent to Waterfront Park. Special event parking is not allowed in the boat ramp parking lot. Please click [here](#) to view a Downtown Clermont Parking Map.

REGISTRATION: In order to streamline our packet pick-up process, there will be no onsite event registration, nor will you be able to change events or update your race entry. All changes must be made in advance online, or by contacting our office. Multisport athletes must pick up their own packets individually and show a photo ID.

RACE NUMBER: Your race bib can be found in your race packet. Please make sure the number on the bib corresponds to the race number assigned to you. You'll find your official race number on the label affixed to the packet. Your race bib 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. You must show your race bib to enter the transition area on race morning, and your run number must be visible when you exit the transition area to start the run. Following the race, **you will need to show your race bib to reclaim your bike and gear from the transition area.**

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.



BODY MARKING: Body marking will be done onsite by a volunteer wearing gloves. If you would prefer to body mark yourself markers will be available in the transition area. BIB numbers should be visible on the FRONT of the arms and shins.

BIKE INSPECTION: It is up to each individual athlete to make sure his or her bike is in safe and proper working order. JPR Mobile Services will be set-up near the entrance to the transition area on race morning should you need assistance with your bike. 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: **There is no Friday bike check-in available.** All bikes must be checked-in on race morning, Saturday starting at 5:30am. All bikes and gear, for all events, must be placed by 7:05am. Please allow for extra time to stage your bike in transition.

TRANSITION AREA: The transition area has specific zones for each race that will allow us to have staggered closing times for each race. All bikes and equipment for all events must be staged prior to 7:05am. The transition area will be cleared of all athletes by 7:05 in order to have a clean field of play for all. Following the race our transition team will let athletes reclaim their gear as quickly as possible. Please be aware that the transition area is an active race zone until 11:00 am, so please follow the instructions of the volunteers and be aware of your environment when you enter. This is not the time or place to chat with other athletes in the transition area as you may become distracted and a hazard to athletes who are still racing.

RECLAIM BIKE & GEAR: Only the athlete with their race number will be permitted to reclaim gear. Remember, no race number, no 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!**

SWIM COURSE: The swim course is a rectangular course that is shared by both triathlon distances. Swimmers will swim counter clockwise keeping all buoys on their left. The turn buoys for all three distances will be in place when the event starts, however, excess buoys will be removed after each event start. A water station will be located prior to the entrance of the transition area. Cups of water will be space out on tables for you to grab as you run towards the transition area.

SWIM STARTS: Athletes will be assigned a swim wave and specific cap color in advance of the race. This information will be printed on your race packet and your swim cap will be inside of your race packet.

BIKE COURSE: All course maps can be found here - <http://sommersportsevents.com/Resources/Maps-Downloads>. All events share the same bike course.

- The 10.6 mile Sprint bike course starts by traveling clockwise around Lake Minneola, and then at the entrance to Waterfront Park cyclists will take a left on Grand Highway to complete an additional 2.2 mile loop before returning to Waterfront Park.
- The International Distance cyclists will complete two laps of the 10.6 mile Sprint course for their 21.2 bike course. At the end of lap 1, International Distance cyclists will travel around the traffic circle and then head back out on the course for lap 2.

All cyclists will travel around the traffic circle to finish. Cyclists finishing their bike ride should stay to the right when entering the circle, while International Distance cyclists that will be heading out for lap 2 should stay closer to the inside of the circle. Please watch out for the dip when you enter and exit the traffic circle.

RUN COURSE: All run courses are out and back on the South Lake Trail. All turnaround points will be marked with signs and will have a course marshal present. It is the responsibility of each athlete to know the course so please study the course maps and become familiar with them prior to the race. The International Distance 10K run is two laps of the 5K course. At the end of lap 1, you will run past the finish chute and run towards the run start inflatable, keeping to the right. Immediately after you run under the inflatable, you will make a u-turn to then go out on lap 2. On the end of your second lap, you will turn into the finish chute.

DUATHLON: The Duathlon run #1 start is at the run start inflatable. Look for the pre-staging area identified with large Duathlon Start flags in close proximity to the run start inflatable. Your first run is 1 mile and you will run out .5 miles to the turnaround point near Lilly's, and then return back to Waterfront Park. The run #1 turnaround point will be identified with a sign. At the end of run #1 you will be redirected back through the run start inflatable and then will enter the transition area via the run start chute.

AQUABIKE: Aquabike athletes will complete the swim and bike of the International Distance Course. Your race will end when you finish your bike course and cross the bike start/finish timing wire. After you finish we encourage you to enter the finish chute and cross the finish line for your official finish photo and to claim our finisher medal and return your timing chip. The time recorded when you cross the finish line will be discarded. If you do not want to run through the finish, please report to the end of the finish chute to turn in your timing chip and collect your finisher medal.

AQUATHLON: Aquathlon athletes will complete the swim and run of the Sprint Distance Course. After the swim portion all athletes will proceed through transition area before starting their run to get their transition time.

RELAY: The relay exchange point will be at the entrance to the transition area. The transition area coordinator will brief relay team participants on race morning.

BIKE BOTTLE EXCHANGE (INTERNATIONAL DISTANCE ONLY): There is one bottle exchange on the 21.2 mile bike course. The support station is located near the Highlander Building just after you finish lap 1 of the bike. Please pull off to the far right to receive support. The station will have water, Gatorade Endurance Formula and bananas. The water and Gatorade will be served in sport top bottles that will fit in your bike cage. The seal will be removed before the bottles are handed off. Please discard all empty bike bottles, food wrappers and leftover food items within 100 yards following, the bike bottle exchange station.

RUN WATER STATIONS: A run water station will be located at the start of the run and another midway on the course, near miles 1 and 2. Water will be distributed in cups by volunteers. When you are ready to dispose of your cup, please toss it in one of the many trash cans you'll find along the course. Gatorade will also be available at the midway station. Be sure to thank the volunteers!

COURSE MARKINGS: The swim course will be marked with large triangular and round buoys. The bike course is marked with NEON GREEN arrows in advance of and immediately following each turn. Three signs will be placed at each turn and all bike signs are of the same design. Law enforcement will be at all intersections where athletes do not have the right of way. Please be aware that their responsibility is traffic control and course safety. They are not there to be course marshals to direct you where to go. **It is your responsibility to know the course!**



The run course is marked with TEAL arrows immediately prior to each turn and at the turnarounds. Signs are placed in advance of all turns and turnarounds.

Please note that all events share the same courses. Each event will have turns or turnaround points that are unique to each event and distance. The special turns and turnaround points will have specific signs and markings identifying the race/distance they represent. Remember, **it is your responsibility to know the course!** 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 available online and note the locations of the turns and support stations. You can access the maps from the event website and also from the Downloads Page - <http://sommersportsevents.com/Resources/Maps-Downloads>.

WETSUITS: Wetsuit use is in accordance with USAT Rules. The water temperature is currently not in the wetsuit legal range and we expect it to remain in the non-wetsuit legal range until fall.

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.

TIMING: This race will be timed using state of the art race|result pro chips. The timing chips are attached to a neoprene ankle bracelet and they must be worn on your ankle, NOT YOUR WRIST. Chips will be handed out under the Highlander Pavilion on race morning. Timing chips will be collected in the run finish chute. If you drop out of the race for any reason, please turn in your timing chip at the end of the finish line chute. You are responsible for the safe keeping of this chip during the event. There is a \$65 replacement fee for lost or non-returned chips. Please do not cut the chip bands. You will be assessed a \$5 replacement fee if you cut the band on your ankle strap.

If you or your friends wish to receive text or email results notifications during the race, please make sure you follow the link in the email to authorize messaging via RunSignUp.com.

RESULTS & AWARDS: Rather than have multiple lengthy awards ceremonies for the multiple events being held on Race Day, Sommer Sports will be distributing awards via our *Fast Awards* process for age group winners. An award ceremony will be held for Overall winners in each race distance. The awards podium and backdrop will be nearby so photos can be captured.

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! If you have friends or family members that would like to volunteer on race day, please email vteam@SommerSports.com.

Event Timetable*:

***All activities take place at Clermont Waterfront Park**

COOL SOMMER MORNINGS #3 EVENT TIMETABLE*

** Subject to Change*

Friday, August 12, 2022

4:00pm - 7:00pm Packet Pick-up at the Highlander Building, Clermont Waterfront Park, 100 3rd Street, Clermont, FL 34711

Saturday, August 13, 2022

5:30am Packet Pickup & Transition Area Opens

5:30am - 7:00am Packet Pick-up at the Highlander Pavilion, Clermont Waterfront Park, 100 3rd Street, Clermont, FL 34711

7:00am Transition area CLOSES!

7:00am Cool Sommer Mornings 5K Start!

7:05am International Triathlon & Aquabike Start! (by waves)

7:18am Sprint Triathlon Start! (by waves)

7:32am Sprint Duathlon Start!

7:45am Aquathlon Start!

9:00am-12:00pm Claim Awards

12:00pm Course Support End

RACE SMART!

A special thanks to our great community partners!



COMMONLY VIOLATED RULES & PENALTIES

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; time penalty in transition area only.

3. Unauthorized Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Time penalty or disqualification

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Illegal Pass--cyclists must pass on the left, not on the right.

Blocking--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Time penalty

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion, time penalty or disqualification

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones and Telephones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Telephones may be carried, but must be stored out of sight, and in the "off" position. A participant may only use the phone when dismounted, off course, and not making forward progress.

Penalty: Time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

Penalty: Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Time penalty

Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:
<http://www.usatriathlon.org/about-multisport/rulebook.aspx>

