

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 pickup process, you will not be able to change events or update your race entry. All changes must be made in advance online, or by contacting our office no later than Friday at 3pm.

Friday packet pick-up is from 4:00pm to 7:00pm at the Highlander Building at Waterfront Park. 5K participants do not need to show an ID and will be able to pick-up packets for friends and family.

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. 5K runners will run to the furthest turnaround point, several hundred yards past the the Lake Hiawatha Trail Bridge.

RUN WATER STATIONS: A run water station will be located midway on the course, near miles 1 and 2. Water will be served 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. It will be served in cups, and they will be spaced out along a table for athletes to grab. Bags of ice are available at the aid station upon request.

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>.

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 disposable tags. The timing tags are attached to the back of your race bib and do not need to be returned. 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. Our race announcer will announce when awards are ready for pick-up, typically within one hour of the first finisher of that event. 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 #4 EVENT TIMETABLE*

** Subject to Change*

Friday, September 9, 2022

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

Saturday, September 10, 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!

