



Dear Great Clermont Triathlon Athlete,

On behalf of Sommer Sports Events, AdventHealth, the City of Clermont, Lake County, FL, and our sponsors, we'd like to welcome you to the AdventHealth 40th Annual Great Clermont Triathlon, one of the longest running triathlons in Florida!

The Athlete Guide that follows contains important event information and race details. Additional information can be found on the race website (www.GreatClermontTriathlon.com). Please note that all information is subject to change, although changes are not anticipated. Make sure to follow the Great Clermont Triathlon Facebook page (www.facebook.com/ClermontTriathlon) for timely event updates and tips.

The Sommer Sports Staff and the GCT-FCT Event Team is committed to make this year's Great Clermont Triathlon the best race ever! We look forward to seeing you at the 40th Annual Great Clermont Triathlon!

Train safe!

Fred Sommer
Sommer Sports
Race Director

FINAL EVENT INFORMATION

EVENT VENUE: This year's AdventHealth Great Clermont Triathlon will be at Clermont's Waterfront Park, 330 3rd Street, Clermont.

ARRIVAL/PARKING: Limited parking is available at Waterfront Park. There is plenty of parking within walking distance to Waterfront Park. Please do not park along the side streets surrounding Waterfront Park. Most of the roads are designated as no parking zones. We encourage you to review the parking map and plan to arrive early as areas fill up quickly on race morning. [View Parking Map here.](#)

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 have your run number 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. You will not be allowed in the secured swim start area without it.

PLEASE NOTE: **Olympic distance athletes will do two laps. You will exit the water and re-enter. Aid Station will be set up if you want to refresh before heading out for the 2nd lap.**

Water Temperature on 3/8/2023 was 75 degrees. USAT Official will take the temperature again on race morning to determine if it will be Wetsuit Legal.

AdventHealth Great Clermont Triathlon

Saturday, March 11, 2023 - Clermont, FL

Swim Wave Start Times

START	WAVE	COLOR	RACE	DESCRIPTION
7:30 AM	OLY1	GREEN	GCT	MALE 49 & UNDER
7:33 AM	OLY2	LT BLUE	GCT	MALE 50 & OVER, CLYDESDALE
7:35 AM	OLY3	X X X X X	GCT	DUATHLON
7:36 AM	OLY4	PINK	GCT	FEMALE AGE GROUP, ATHENA
7:39 AM	OLY5	WHITE	GCT	ALL AQUABIKE, OLYMPIC RELAY, 1,5K SWIM
7:55 AM	OLY6	XXXXXX	GCT	40K TIME TRIAL
8:25 AM	SPRINT1	ORANGE	SPRINT	AGE GROUP MEN, CLYDESDALE
8:28 AM	SPRINT2	PURPLE	SPRINT	AGE GROUP WOMEN, ATHENA
8:31 AM	SPRINT3	YELLOW	SPRINT	FRIENDSHIP WAVE, SPRINT RELAY

BODY MARKING: All athletes will be body marked at the entrance to the transition area on race morning. You must be body marked before you will be allowed into the transition area on race morning.

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 [JPR Mobile Bike Services](#) will be available at the expo on Friday to assist you with repairs if needed. JPR Mobile Bike Services will also be set-up near the entrance to the transition area on race morning. 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.

HELMET NUMBER: Your helmet number label is in your packet on the same sheet as your bike number. This number should be affixed to the front of your bike helmet.

BIKE CHECK-IN: **There is NO Friday bike check-in available.** All bikes must be checked-in on race morning, Saturday starting at 5:45am. Please note that all bikes, for all events and distances must be racked by 7:30am.

TRANSITION AREA: The transition area has specific zones for each race that will allow us to have staggered closing times for the transition area. 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 1:30 pm, 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 in Transition or at the Finish Line!

OUTSIDE ASSISTANCE: The Great Clermont 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.

BIKE BOTTLE EXCHANGE: There is one bottle exchange on the 40K bike course, immediately after the bike turnaround on CR561A. . 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 to avoid being penalized for abandoned equipment. The beginning and end of the discard zone is marked with large signs. This will also make our clean-up job much easier. **Provisions are not made to return discarded gear or bottles to the athletes after the race.** Each bike station will offer water, [Gatorade](#), [Hammer Nutrition Gels](#), and bananas. If you do not need support, please stay to the left as you pass by to avoid possible congestion. If you do stop, please use caution when resuming your race as fast cyclists may be approaching from behind.

RUN WATER STATIONS: All run stations will be stocked with water, Gatorade Endurance Formula, and Hammer Nutrition Gels. Run stations will also have basic first aid supplies. You will have access to several existing bathroom facilities while on the run course.

COURSE MARKINGS: The swim course will be marked with large triangular and round buoys. The bike course is marked with fluorescent colored route arrows on the pavement 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 marshalls to direct you where to go. **It is your responsibility to know the course!**



The run course is marked with fluorescent colored route arrows on the pavement 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.** LINKS TO BIKE COURSE MAPS HERE: [SPRINT](#) or [OLYMPIC](#)

IMPORTANT COURSE INFO:

BIKE – All bike courses start out by traveling clockwise around Lake Minneola. Just past mile 7.5, the [Olympic 40K cyclists](#) will **TAKE A LEFT ON PITT STREET**. [Sprint cyclists](#) do not turn left and proceed straight on East Ave.

BIKE TURNAROUND – Just past mile 16, 40K cyclists will be required to perform a U-Turn in the road at the intersection of 561A and 455. The turnaround point will be well -marked and you'll see a 4ft "Bike Turnaround Ahead" sign as you approach. **PLEASE SLOW DOWN AS YOU APPROACH THE TURNAROUND POINT, AND USE CAUTION WHEN PERFORMING YOUR U-TURN.** Volunteers and police will be at the turnaround to assist.

There is another cycling event sharing a portion of the course on 561A after you make the turnaround and head back toward Hancock Rd. Be sure to make a LEFT on Hancock Rd. as shown in the photo below.



RUN – All events will turn left out of transition to head west on the trail. Sprint athletes will just do the run course once, while olympic athletes must complete it twice. For Olympic athletes, there will be a second run turn around for you just past the finish line towards the run start. Then you will complete the run course the same as the first lap before turning into the finish chute.

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 - <https://sommersportsevents.com/Resources/Maps-Downloads>

WETSUITS: Wetsuit use is in accordance with USAT Rules. The water temperature is currently in the wetsuit legal range and we expect it to remain in the wetsuit legal range for race day. Starting Wednesday of race week preliminary water temperature readings will be posted on the event's Facebook Page. The head USAT will take the official reading on race morning and it will be posted near the swim start..

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 inside the Transition Area. Please use them!

TIMING: Multisport athletes 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 distributed on race morning in the large pavilion adjacent to the transition area. Chips will be collected as you exit the run finish chute. Aqua Bike athletes will turn their chip in and collect their finisher medal at the tent at the entrance to the Transition area. If you drop out of the race for any reason, please turn in your timing chip at the end of the finish line chute or at the tent at the transition area. **You are responsible for the safekeeping of this chip during the event and there is a \$65 replacement fee for non-returned chips and a \$5 replacement fee for damaged or missing bands (Do not cut the velcro straps).** To help prevent your timing chip from being clawed off during the swim, we encourage you to safety pin the Velcro strap to the neoprene band. Pins will be available at chip pick-up. If you are not planning on racing, please remove your timing chip bracelet from your packet and turn it into the registration volunteers.

A disposable UHF timing tag is also affixed to the back of your race bib. Please do not fold or bend the tag as it will render it inactive. This is a disposable, non-returnable chip used to collect back-up times at the finish line.

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

DUATHLON: You will start your event on the trail. The starting line is by the run exit from transition. Please look for the DUATHLON FLAG.

AQUA BIKE: For the Aqua Bike race, the **official end of your race is after you dismount and cross the bike finish timing wire**. After you cross the mats, proceed to the finish line to receive your finisher medal.

TIME TRIAL BIKE: You will begin your event in transition and will run your bike out to the bike start. Your time will begin when you cross the timing wire near transition.

RESULTS & AWARDS: Live results will be available for viewing online via your phone or similar device. Scan the QR code on the back of your race bib to view your individual results. Touchless results kiosks will also be set up near the finish line (weather permitting).

Awards will become available soon after the timer receives the penalties from the USAT Officials and is able to apply them to the results. The race announcer will announce when the awards ceremony will begin. An awards podium will be set up on the stage for photo opportunities.

UNSPORTSMANLIKE CONDUCT: Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in disqualification!

DISCLAIMER: Race organizers may in its sole discretion, delay, modify, or cancel the event if it believes the conditions on the day of the race are unsafe. If the event is delayed, modified, or canceled for any reason, including but not limited to directives issued by authorities, "force majeure" or race course conditions, or any other cause beyond the control of the organizer, there shall be no refunds of entry fees.

VOLUNTEERS: **Please thank the volunteers whenever possible!** If you have friends or family members that would like to volunteer on race day, they can sign-up in advance here - <https://sommersportsevents.com/Resources/Volunteer-Now>, or do so at the volunteer check-in tent on race day.

GREAT CLERMONT TRIATHLON EVENT TIMETABLE*

Event Timetable*:

* Subject to Change

Saturday, March 11, 2023 - Great Clermont Triathlon

5:45 am - 7:15 am Packet Pick-up & Late Registration- Waterfront Park at the Highlander Building- 330 3rd Street, Clermont FL 34711

7:30 am - Transition Area Closes

7:30 am - Great Clermont Triathlon START!

7:35 am - Great Clermont Duathlon START! (Run Start on Trail - Look for DUATHLON FLAG)

7:39 am - Aquabike, Olympic Relay, 1.5K Swim

7:55 am - 40K Time Trial (Start in Transition)

8:15 am - Great Clermont Sprint Start

9:00 am - Swim Course Cut-off – all events

11:30 am - Bike Course Support Ends

1:00 pm - Run Course Support Ends

Saturday, March 11, 2023 - Florida Challenge Triathlon

12:00pm - 4:00pm Packet Pick-up at the Highlander Building 100 3rd Street, Clermont, FL 34711

Sunday, March 12, 2023 - Florida Challenge Triathlon (REMEMBER TIME CHANGE)

5:45am - 7:15am - Packet Pick-up at the Highlander Building 100 3rd Street, Clermont, FL 34711

7:30am - Intimidator Transition Area Closes

7:30am - Intimidator START!

7:41 am - Aquabike / 1.2 Mile Swim/ Long Distance Relay Teams Start

8:00 am - 60 Mile Time Trial Start (Start in Transition)

8:30 am - Florida Challenge Sprint Start

8:47 am - Sprint Duathlon Start (Run Start on Trail - Look for Duathlon Flag)

8:51 am - Aquathlon/ Sprint Relay Start

9:30 am - Swim Course Cut-off – all events.

1:30 pm - Bike Course Support Ends

4:30 pm - Run Course Support Ends

FINAL TIP: Have a safe race and remember to drink plenty of fluids during the bike (but don't overhydrate. RACE SMART!



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>

