



Dear Athlete,

On behalf of the Sommer Sports Team, the City of Clermont, Lake County, FL, and our sponsors, we'd like to welcome you to the Girlz on Fire Triathlon!

We take racing during the COVID-19 pandemic very seriously and are taking every precaution we can to provide a safe environment for you to race in.

The Athlete Guide that follows contains important event information and race details. Additional information can be found on the race website (<http://sommersportsevents.com/article/girlz-on-fire-sprint-triathlon-5k>). Please note that all information is subject to change, although changes are not anticipated. Make sure to follow the Sommer Sports Facebook page (www.facebook.com/Sommersports) for timely event updates and tips.

The Sommer Sports Event Team is committed to make this year's Girlz on Fire Triathlon the best race ever! We look forward to seeing you at the Girlz on Fire Triathlon!

Train safe!

Fred Sommer
President

SAFE RETURN TO RACING DURING THE COVID-19 PANDEMIC

The health, safety and well-being of the community, athletes, staff, and volunteers, is central to everything we stand for, we take racing during COVID-19 very seriously. We are taking every precaution we can to provide a safe environment for you to race in. We would not do it if we did not think we could pull it off effectively.

As we return to racing, your race day may look a little different than in the past. Here are key things you need to know about returning to racing, and what we are doing to keep you safe.



Expect Changes

While we would love to jump right back in and produce events the way they were run pre COVID-19, we need to be honest with ourselves, that is not going to happen for quite some time. With the goal of eliminating as many touch points as possible, and maintaining social distancing throughout the event, here are a few of the changes you will notice:

Athletes

- We are strongly recommending that athletes wear face covers at all times when not competing.
- Should practice social distancing while at the event.
- Stay home if you are sick or have been in contact with someone sick or exposed to COVID.
- Take responsibility and respect the safety of other athletes, volunteers, staff, and spectators.
- Utilize proper health and hygiene methods for hand washing, hand sanitizing, sneezing, and coughing.
- Avoid spitting or expelling any other bodily fluids when near other athletes, volunteers, staff, or spectators.
- Minimize touchpoints with volunteers and other athletes.
- Minimize your reliance on volunteer assistance while racing.
- Celebrate with others in a no-touch manner, i.e. no high fives, hugs, etc.

Volunteers & Staff

- We will be requiring volunteers and staff wear face covers at all times when in close proximity to others.
- Glove use is required for many volunteer positions where volunteers interact with athletes.
- Practice social distancing while at the event.
- Should stay home if they are sick, or have been in contact with someone sick or exposed to COVID.
- Take responsibility and respect the safety of other athletes, volunteers, staff, and spectators.
- Utilize proper health and hygiene methods for hand washing, hand sanitizing, sneezing, and coughing.
- Minimize touchpoints with other volunteers and athletes.
- Frequently clean and disinfect surfaces.



Friends & Family

- We strongly recommend friends and family wear face covers at all times while at the event venue.
- Practice social distancing while at the event.
- Should stay home if they are sick, or have been in contact with someone sick or exposed to COVID.
- Take responsibility and respect the safety of other athletes, volunteers, staff, and spectators.
- Utilize proper health and hygiene methods for hand washing, hand sanitizing, sneezing, and coughing.



Race Venue

- Plentiful signage and markers will be in place to enforce social distancing.
- Increased number of hand sanitizing and/or hand washing stations will be available.
- Additional garbage receptacles will be interspersed throughout the venue.
- The race venue has been redesigned for social distancing and smooth flow.

Athlete Check-in

- Athlete items will be consolidated during athlete check-in to optimize flow and eliminate touchpoints with volunteers.

Swim Start

- The swim start area will be enlarged to facilitate social distancing.
- The swim will be a wave start with 50 or less athletes per wave.

Swim Finish

- Wetsuit removal assistance will not be provided.
- The swim finish hydration station will be self-serve.

Transitions

- The transition area will be expanded to increase space between bike racks.



Bike Course

- Athletes are encouraged to be more self-reliant to minimize interaction and touchpoints with race officials and volunteers.
- Athletes are encouraged to carry hydration and nutrition with them.

Run Course

- Athletes are encouraged to be more self-reliant to minimize interaction and touchpoints with race officials and volunteers.
- Athletes are encouraged to carry hydration and nutrition with them and not rely solely on the aid stations for support.

Aid Stations

- Run course aid stations will be set-up in a self-serve format with athletes grabbing their own hydration and nutrition. Volunteers will be on hand to restock the tables.
- Where possible, we will use single-serving, sealed products at all aid stations.

Finish Line

- Spectators watching the finish are encouraged to social distance.
- After finishing, athletes will be required to remove their own timing chip.
- Volunteers will no longer drape your finisher medal around your neck, medals will be handed off to you instead.
- No post-race massage services will be available.
- Athletes are encouraged to only engage in no-touch finish line celebrations, i.e. no high fives, hugs, etc.
- Free disposable masks will be available just past the finish line.

Post Event

- Printed race results will not be displayed at the venue. Live results will be posted online and athletes are encouraged to use their phone or similar device to access official results. A barcode is on the front of your bib that will take you directly to your individual results.
- No official awards ceremonies will take place at the venue, however awards may be claimed at a designated tent near the finish line. We cannot commence handing out awards until the head official has presented the penalty list to the timer, and the timer has applied the penalties to the results. Our race announcer will announce when awards are ready to be claimed.
- An awards podium will be available for finish line photos.

Your Safety Is—Always Has Been, Always Will Be—Our #1 Priority

Your health and safety will always come first for us, and that will never change. As the COVID-19 pandemic evolves, we are staying on top of health protocols and following all established guidelines for gatherings. We are continuously reviewing our plans and revising them when necessary. We will spare no precaution to make racing the Girlz on Fire Triathlon safe and fun!

As with any challenging time, this situation will eventually end! We are all in this together, and together we are strong!

FINAL EVENT INFORMATION

EVENT VENUE: Waterfront Park- 100 3rd Street Clermont, FL 34711

ARRIVAL/PARKING: Limited parking is available downtown Clermont. Parking maps for the downtown area can be found on our maps and downloads page (<http://sommersportsevents.com/Resources/Maps-Downloads>)

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.

BODY MARKING: There will be no body marking onsite due to COVID-19.

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, will be available at the Transition Area 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: All bikes must be checked-in on race day, Saturday starting at 5:30am.

TRANSITION AREA: The transition area will be labeled by number. 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 11:30am, 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!**

OUTSIDE ASSISTANCE: The Girlz on Fire 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.

RUN WATER STATIONS: In accordance with our COVID Safety Plan, all run stations will be self-serve and are stocked with bottled water and ice.

COURSE MARKINGS: The swim course will be marked with large bright colored 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 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.

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 at <http://sommersportsevents.com/Resources/Maps-Downloads>.

WETSUITS: Wetsuit use is in accordance with USAT Rules. 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 Waterfront Park and South Lake Trail area clean! Do not discard your energy product wrappers (i.e., Bar and Gel wrappers) or bike bottles along the course. All trash should be discarded at the designated water stops.

RESTROOMS: Public restrooms are available at the Waterfront Park. Additional port-o-lets will be located at all inside of 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 not be included in your race packet. You will pick your timing chip up on race morning near 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 safe keeping 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.

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.

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.

RESULTS & AWARDS: In accordance with our COVID safety plan, printed or digital results will not be displayed onsite. 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. Scan the barcode on the FRONT of your race bib to view your results. Please maintain social distance while waiting in line at the results kiosk.

Due to COVID restrictions, we will not have an official awards ceremony at the race, however awards can still be claimed onsite. If you qualified for an award, you will be able to pick it up at the results tent located near the finish line. 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 awards are available for pick-up.

An awards podium will still be set-up close by for photo ops.

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 cancelled 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 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, have them email us at info@sommersports.com or do so at the packet pick-up tent on race day.

Event Timetable*:

Friday, May 7, 2021

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

Saturday, May 8, 2021

5:30am Transition Area Opens

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

7:20am Transition Area Closed

7:30am Sprint Triathlon Start (by waves)

7:32am Clermont Sprint Duathlon Start!

7:45am 5K Run/Walk Start!

9:00am-11:00am Claim Awards TBD

FINAL TIP: Have a safe race and remember to drink plenty of fluids during the bike (but don't overhydrate). The temps will be in the upper 80's during the run segment so it is important you are adequately hydrated at the start. **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>