



Dear Great Floridian Athlete,

On behalf of Sommer Sports, the City of Clermont, Lake County, Florida, and our sponsors, we'd like to welcome you to the 2023 Great Floridian Multisport Festival featuring the 33rd Annual Great Floridian Triathlon, the longest running independent full distance triathlon in the Nation!

We are excited to welcome athletes from over to the World Triathlon Destination, Clermont, FL. We would especially like to welcome our friends from the local triathlon clubs, Florida Collegiate Triathletes, GFT alumni, first time GFT'ers, and everyone else that will be racing.

The Athlete Guide that follows contains important event information and race details. Additional information can be found on the race website (www.GreatFloridianTriathlon.com). Please note that all information is subject to change, although changes are not anticipated. Make sure to follow the Great Floridian Facebook page (www.facebook.com/GreatFloridianTri/) for timely event updates and tips. Be sure to watch your email inbox race week for a comprehensive pre-race email.

The Sommer Sports Staff and the GFT Event Team is committed to make this the best final Great Floridian ever! We look forward to seeing you at the 33rd Annual Great Floridian Triathlon!

Train safe!

Fred Sommer
Sommer Sports
Race Director

**Mark your calendars for the
FACEBOOK LIVE with Race Director, Fred Sommer
Wednesday, October 18, 2023 at 6:30pm
on the [Great Floridian Facebook Page](https://www.facebook.com/GreatFloridianTri/)**



ATHLETE GUIDE AND FINAL INSTRUCTIONS PLEASE READ CAREFULLY!

ULTRA COURSE 2.4 Swim-112 Bike-26.2 Run

Please follow these instructions closely. Failure to do so may result in a disqualification, time penalties or loss of gear.

EVENT VENUE: The Great Floridian Multisport Festival will be held at Waterfront Park in Downtown Clermont.

ARRIVAL/PARKING: There are numerous parking lots close to the venue and throughout Downtown Clermont. 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.](#)

MONITORED OPEN WATER SWIM: A monitored open water swim will take place at Clermont Waterfront Park on Friday, Oct. 20, 8:00am to 10:00am. The practice swim is monitored by our swim course coordinator, Tim Johnson, and he will also be available to answer any questions you may have about Saturday's Swim Course. If you would like to practice swimming outside of our monitored swim practice times, you can do so at Waterfront Park between sunrise and sunset. We encourage you to swim parallel to shore, along the line of poles, rather than swim further out in the lake where boat traffic may be present.



CHAMPIONS BREAKFAST: Free continental breakfast to all participants in all events at Clermont Waterfront Park Lakeside Pavilion on Friday, Oct. 20, from 8:00 am to 10:30 am in conjunction with the open water swim practice.

PACKET PICK-UP: GFT 140.6 participants can pick their packets up during the following times: Friday 11:00 am – 7:00 pm at the Highlander Building at Waterfront Park, 100 3rd Street, Clermont, FL 34711. You must pick up your own race packet.

RELAY TEAM members do not have to show up at the same time, however each member must check in personally. Each member will be given his or her own packet items. If any one member of the team does not check in or sign the USAT waiver, the relay team will not be allowed to participate.

We strongly encourage ALL Long Course bikes to be racked in the transition area by 7:00 pm on Friday. We will have security overnight at the Venue.



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.

SWIM COURSE: The GFT swim course is designed to accommodate all race distances. All ULTRA swimmers must complete two laps of the swim course. Swimmers will swim counter-clockwise, exiting the water after the first lap, in order to start the second lap. The official cut-off time for the 2.4 mile and all other distances of the GFT swim is at 10:00am. Swimmers who do not make the cut-off will not be allowed to continue in the

race. Current weather trends suggest that this year's race will be wetsuit legal, however the final decision will be made by the USAT Officials on race morning. We'll post water temp on the GFT Facebook page starting on Wednesday of race week.



WARM-UP SWIM: The Great Floridian will host a monitored, open water swim practice at Clermont Waterfront Park on Friday, Oct. 20, from 8:00 am to 10:00 am. You can also swim unmonitored outside of those times at Clermont Waterfront Park.

BODY MARKING: All athletes will be hand body-marked at the entrance to the transition area. All athletes must be body marked before entering the transition area. Please do not apply sunscreen lotions or oils to your skin prior to body marking. Relay team members who arrive after the start of the race should also report to the entrance to the transition area for body marking.

RACE NUMBERS: Each participant will receive a race bib in their race packet. The bib must be worn on the front of your running shirt or shorts during the run. This number **MUST** always remain visible on your front during the run. The bib may also be worn during the bike segment, but it is not required. **Bibs may not be altered in any way!**

TIMING CHIP: 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 in your race packet. They 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 loose your chip during the swim see the Transition Area Coordinator for a replacement at the entrance to Transition. 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.

BIKE INSPECTION: It is up to each individual athlete to make sure his or her bike is in safe and proper working order. Please make sure your handlebar ends are plugged before bringing your bike into the transition area. The official bike shop for the GFT is JPR Mobile Bike Support. JPR Mobile will be providing on course support during the bike; however, you should be able to complete basic repairs like fixing a flat tire if needed.

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: A helmet number is also included in your race kit. This number can be found on the same strip as your bike number. Please affix it to the front of your bike helmet.

GEAR BAGS: All gear must be placed in the appropriate bags and may be checked with your bike on Friday, from 12:00 pm - 7:00 pm, or on Saturday, race day prior to 7:15 am. You will have full access to all gear bags on race morning prior to the start. Please make sure all gear inside your bags is clearly labeled with your race number and/or name. **We are not responsible for un-bagged gear left out in the changing tents.**

BIKE GEAR: All bike gear must be placed in the RED bag labeled "**BIKE GEAR**" and should be placed at your spot in the transition area next to your bike. This bag should include your cycling shoes, socks, clothing, towel, gloves, sunglasses, your ANSI or SNELL approved helmet and any other items you wish to access following the swim. After the swim place your wetsuit/swimsuit, swim cap, goggles and leftover items from your swim to bike in this bag before leaving the changing area for the bike segment.

RUN GEAR: All run gear must be placed in the WHITE bag labeled "**RUN GEAR**" and should be placed at your spot in the transition area next to your bike. This bag should include your running shoes, socks, shorts, shirt, visor and towel. Your race number must be attached to the front of your clothing or to a race number belt. After changing into your run gear, please put your bike gear in this bag and leave it with the volunteers outside the changing tent.

WETSUITS: Your wetsuit should be placed in your bike gear bag after the swim. **Wetsuits may not be handed off to spectators! Make sure your wetsuit is marked with your name and/or race number inside!**

SPECIAL NEEDS BAGS: These bags are to be used for your special needs items for the bike and run. **Bring your Special Needs Bags with you to check-in on race morning.** Run Special Needs Bags should be placed in the designated area along the trail at Waterfront Park, adjacent to the entrance to the transition area.

WARMUP BAG: This bag is for your warm-up clothes, shoes, jacket, etc. This bag may be kept at your bike in transition.



SPECIAL NEEDS STATIONS: The Bike Special Needs Station is located along Third street after the roundabout at the Highlander building at Waterfront Park. The Run Special Needs Station is located along the trail at Waterfront Park. You will have access to this bag each time you pass by Waterfront Park.

BIKE CHECK-IN: Once your bike has been checked into the Transition Area, you cannot remove the bike until after the start of the race. 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.** Bike mechanics from **JPR Mobile Bike Services** will be available race morning near the entrance of the transition area to assist with last minute bike problems.

RECLAIM BIKE & GEAR: Your bike and gear must be reclaimed Saturday following the race. Gear not

picked up after 1:30 am Sunday morning will be collected and placed in one of our supply trucks. **Only the athlete (or their designee) with the athlete's race number bib will be permitted to reclaim gear.**

Unclaimed Gear, Lost and Found: During the race, lost items can be claimed at the Announcer's tent near the Finish Line. Gear not picked up after 1:30 am Sunday morning will be collected and placed in one of our supply trucks. "Lost and Found" items will be available at the Awards Brunch on Sunday, then returned to Sommer Sports warehouse on Sunday. **Only the athlete (or their designee) with the athlete's race number bib will be permitted to reclaim gear.** Unclaimed gear will be donated after 30 days.

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 to the finish line area!

GRAFFITI: **Please do not deface Clermont area roads with painted Graffiti.** Graffiti is considered an act of vandalism and will result in arrest or fines if you are caught using paint on the roads. Sidewalk Chalk is OK to use and is available at Clermont area department stores.

MEDICAL: With the support of AdventHealth and the Clermont Fire Department, the GREAT FLORIDIAN TRIATHLON medical coverage is the most comprehensive you'll find at any event. There will be medical staff and facilities throughout the racecourse. The primary medical station will be located at the Highlander Building at Waterfront Park. Athletes requiring more advanced care will be transported to the AdventHealth ER a few miles from the race site. Please ask for medical help if you have the slightest hint you may need it. **YOU WILL NOT BE PENALIZED FOR RECEIVING MEDICAL EVALUATION OR MINOR HELP.** You will be withdrawn from the race only if you require transportation, IV fluids, or if medical personnel feel your continued participation could result in permanent harm.

OUTSIDE ASSISTANCE: The Great Floridian Triathlon is a test of your individual endurance. **Unofficial support from any source may result in a 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. We do allow friends & family members to cross the finish line with you, however, please do not block or impede other runners who may be finishing at the same time.**

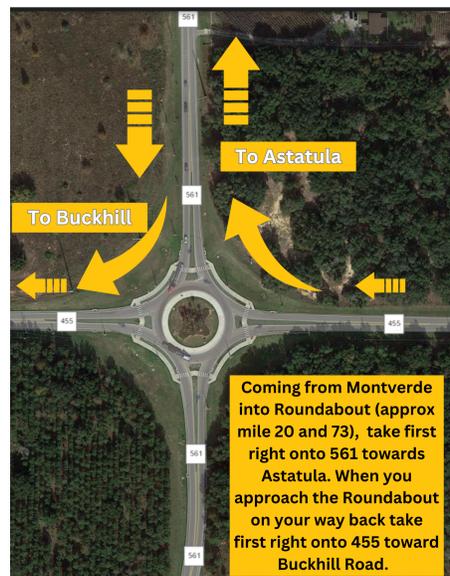
COURSE MARKINGS: The swim course will be marked with large round and triangular buoys. The bike course is marked with paper route arrows in advance of and immediately following each turn. The run course is marked with arrows immediately prior to each turn. Signs are placed in advance of all turns. Please note that 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 provided and note the locations of the turns and support stations. Current course maps can be found on the [GFT Website](#).

BIKE COURSE: The 112 bike course is a two lap course. The Ultra and Half distances share the same course. Download and review the bike course before race day. The course starts out by traveling clockwise around Lake Minneola. As you head back towards Waterfront Park you will make a LEFT onto Pitt Street to continue on to miles 9-60. Along the route you will encounter 2 traffic circles- be sure to follow the arrows and not the cyclist in front of you. There are also railroad tracks you will cross along the course- be sure to cross them with your wheels at an angle to avoid getting a flat. Upon your return back into Clermont for lap two, you will travel back down Pitt Street towards Waterfront Park and make a LEFT onto East Ave, then an immediate right onto Osceola Ave. You will then continue back into Waterfront Park via the traffic circle to the bike bottle exchange point and special needs bag area.



LONG DISTANCE ATHLETES - After you go around Lake Minneola to East Avenue - YOU WILL MAKE A LEFT TURN ONTO PITT STREET for the long course bike.



Important Instructions Roundabout heading towards Astatula

BIKE BOTTLE EXCHANGES: 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. There are three bike bottle exchanges on the bike course and their locations are identified on the bike course map.** Please plan your fluid intake accordingly. We suggest you start the bike course with two full bottles of fluids affixed to your bike. Each bike station will offer water, [Gatorade](#), Hammer Gels, and bananas. Bike stations will also have basic first aid supplies and a port-o-let.

BIKE CUT-OFF: The bike course cutoff for the single-lap course is 2:00pm. If you do not make this cut-off time you will not be allowed to continue the race. The cutoff time for the double lap course is 6:30pm. If you do not make this cut-off time, you will not be allowed to continue the race.

BIKE COURSE SUPPORT: All participants should be able to perform basic bike repair tasks like changing tires and tightening posts. However, should you encounter a mechanical problem you are unable to fix, the roving support team from JPR Mobile Event Services will do everything possible to get you up and running again. Please remember their primary task is to keep cyclists going. Should you have a mechanical issue that does not allow you to continue you will be transported to the closest bike aid station where you will wait for transport back to the race site.

AQUA BIKE: For the Aqua Bike race, the **official end of your race is after you dismount and cross the bike finish timing mats.** After you cross the mats and rack your bike, report to the end of the finish line chute to return your timing chip and claim your finisher medal and shirt.



RUN COURSE: The 26.2 mile run course is a [four-lap course](#) and each lap is identical. The run takes place completely on the South Lake Trail with the easternmost turnaround a few yards after you go under the HWY 27 overpass, and the westernmost turnaround before the traffic circle at Lake Hiawatha Preserve. The run starts by turning right out of transition, headed northeast on the South Lake Trail. The run chute to the finish line begins on your right, turning onto the field at Waterfront Park, after the white fence line ends and before you reach the transition area and run start. Please be aware that you will pass this point at the beginning of each run lap. It is your responsibility to know the course and to know when to turn to run to the finish line. [Click here](#) to review the official course maps prior to race day. Checkpoints are located at the turnaround points to make sure all runners complete the entire course. It is the responsibility of each athlete to count their own run laps and know when to turn to run to the finish line!

RUN SUPPORT STATIONS: Run stations are stocked with water, Gatorade Endurance Formula, Hammer Nutrition, cola, ice, fruit, cookies, pastries and salty snacks. After dark, chicken broth will be available. Run stations will also have basic first aid supplies and a port-o-let. Stations are approximately every 1.5 miles along the trail.

Gatorade Endurance Formula is the sports drink that will hydrate you on course at the Great Floridian. Gatorade Endurance Formula is scientifically formulated to meet the needs of endurance athletes. It contains a five-electrolyte blend including nearly twice the sodium (200 mg) and more than three times the potassium (90 mg) compared to original Gatorade Thirst Quencher. Drink Gatorade Endurance Formula to help sustain hydration, maintain proper fluid balance and help replace key electrolytes lost in sweat during long distance training and racing.

LITTER: Please respect the environment by helping keep the Clermont area clean! Do not discard your energy product wrappers (i.e., Bar & Gel wrappers), banana peels and bike bottles along the course. All trash should be discarded at the designated bottle exchange stations and water stops.

CHANGING TENTS: All changing of clothes must take place in the changing tents. Public displays of nudity may result in disqualification. Sunscreen, Vaseline and fluids will be located inside the changing tents.

RESTROOMS: Toilets will be located at all support stations on the bike and run and also inside the Transition Area. Please use them!

RACE DAY PARKING: Please see the map distributed at packet pick-up or [download here](#).

SPECTATOR VIEWING TIPS: Our suggested spectator viewing area in Clermont is along the waterfront from Downtown Clermont to Clermont Victory Pointe, and in front of the finish line at Waterfront Park.

RACE DAY UPDATES: Frequent race updates will be posted on the [GFT Facebook](#) page. Starting Friday of race week please visit www.GFTLive.com for race updates, leaderboard, links to race results and photos, and much more. Additional info related to tracking will be sent out to all participants race week.

AFTER THE RACE: Athlete food and drinks will be available at the finish line until 11:00pm.

DISCLAIMER: Race organizers may in its sole discretion, delay, modify, or cancel the Event if it believes the conditions on the race day 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 racecourse conditions, or any other cause beyond the control of organizer, there shall be no refunds of entry fees. If canceled, the 2023 Great Floridian Multisport Festival will not be rescheduled.

RACE UPDATES: Please follow the [Great Floridian Triathlon Facebook Page](#) for race updates, tips and last minute information.

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

VOLUNTEERS: This race would not be possible without the help of volunteers. Please thank the volunteers whenever possible!

FINAL TIP: Have a safe and great race and remember to take in plenty of calories and drink plenty of fluids during the bike portion. **RACE SMART!**



TIMETABLE: Come out early and stay late and show your support
for the athletes racing the longer distances.

2023 GREAT FLORIDIAN TRIATHLON KEY EVENT TIMES

*Please note all times are subject to change.

Please visit the [GFT Website](#) for the most current information.

Friday, October 20th:

8:00am - 10:00am Monitored Swim Practice
8:00am - 10:30am Breakfast
11:00am - 7:00pm Athlete Registration
11:00pm - 7:00pm Athlete gear & bike check-in, Clermont Waterfront Park

Saturday, October 21st:

5:45am Check-in and body marking begins
6:00am - 8:00am Packet Pick-up for all events
7:20am Opening Ceremony
7:30am GREAT FLORIDIAN TRIATHLON START
7:45am GFT ULTRA AQUABIKE, RELAY & 2.4 MILE SWIM START
8:30am TRANSITION AREA CLOSES TO ALL ATHLETES
8:30am GFT HALF TRIATHLON START (by waves)
8:37am GFT HALF DUATHLON START
8:40am GFT HALF AQUABIKE, RELAY & 1.2 MILE SWIM START
8:45am 112 MILE BIKE ONLY START
9:00am 60 MILE BIKE ONLY START
9:30am GFT SPRINT TRIATHLON START (by waves)
9:32am GFT SPRINT DUATHLON START
9:39am GFT SPRINT AQUATHLON START
10:00am GREAT FLORIDIAN SWIM CUT-OFF
2:00pm ULTRA COURSE Lap 1 Bike Cutoff
4:30pm - 6:30pm Packet pick-up for FLORIDIAN SUNSET HALF
6:30pm FLORIDIAN SUNSET HALF STARTS!
6:30pm GREAT FLORIDIAN bike course closes

Sunday, October 22nd:

1:00am - GREAT FLORIDIAN run course closes
11:00am - GFT BBQ Starts
11:30am - GFT ULTRA Awards Ceremony

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