

Dear Athletes,

Sebring Multisport Festival! We hope you will have a great time at the event and leave with a spot on Team USA! This is to remind you of important information that you need to know before the event.

PACKET PICKUP

Sebring Civic Center
355 W Center Ave.
Sebring, FL 33870

Olympic & Long Course Pickup

Friday, April 30, 4p-8p

Long Course Pickup

Saturday, May 1, 11a-2p

You will be sent a link for packet pickup that is designed for mobile devices. When you get it, go ahead and verify everything, fill in the necessary information, and sign the waiver. It will display your race number in a large font. Bring this on your phone to packet pickup and show it to the person working pickup to get your packet. You can go through it in advance and later go back to the same link and it will go straight to showing your race number once you have filled out the data and signed the waiver. You will not have to do that again.

Bike check-in is race morning from 6:00a-7:00a. Please wear a mask if you arrive during the first 15 minutes of bike check-in.

PARKING

There is plenty of parking near the Civic Center, please refer to the map below for guidance to the public parking lots. Also note that there is street parking on nearly every street in the hub and spokes.



DROPPING OUT

If you cannot finish the race for any reason, please come to the finish line and let us know and return your chip. This way we know that you are OK and don't send a search crew out to find you.

WATER STATIONS

Water stations will have water, BASE Performance sports drink, Hammer Gel (every other station), and bananas (mile 4.5 & 8.5). Aid stations will be located every 1-1.5 miles throughout the course, specifically 1.1, 2.2, 3.1, 4.5, 5.9, 7.2, 8.5, 10, 10.9, and 12.

There will be an aid station next to the Run In/Out end of transition that you will pass after the swim and at the start of the run.

Sunday's Bike Course will also have an aid station at mile 14.8 and 41.8. You hit it twice. Please toss any empty bottles near the TOSS BOTTLES HERE SIGN. Please note that we are having difficulties finding volunteers and may have to move the bike aid station to transition in which case you will only hit it once halfway through the bike course. We will email everyone on Saturday if that becomes necessary, but be prepared for that possibility.

SWIM COURSE

The swim is in a fresh water lake. It is a very large lake. We will have very experienced ocean rescue guards working the event. If you need assistance, grab your swim cap and waive it in the air to get attention. There will be an aid station between the swim exit and transition area.

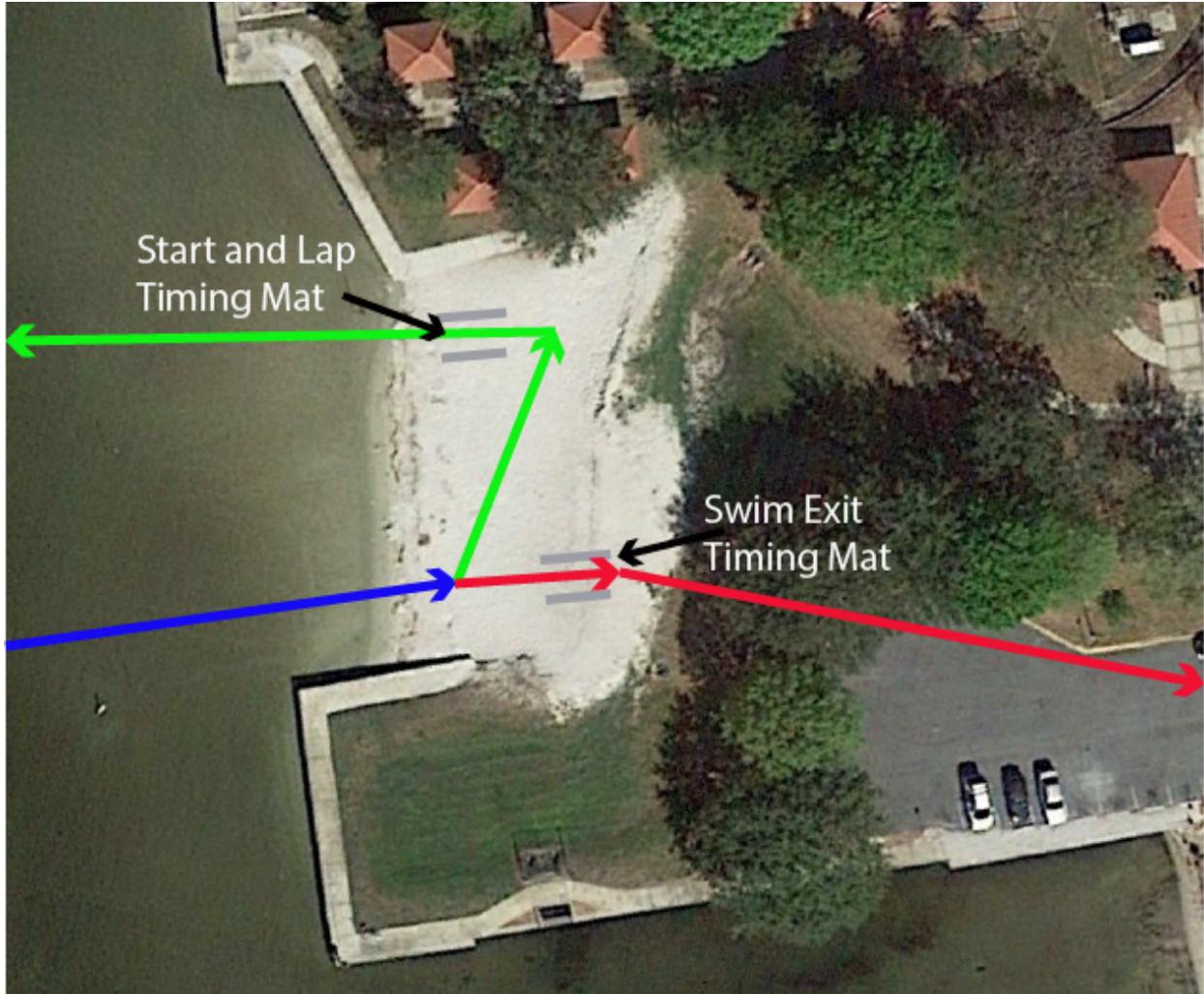
Long Course Swim (1.2 miles - 2 LAPS):

In the interest of safety due to the low # of racers for the length of the swim, Sunday's long course swim will be 2 laps of 0.6 miles each. This keeps racers closer to the shoreline and allows racers to get a split time in the middle of their swim. The YELLOW line represents a 1 lap swim of 1.2 miles and the GREEN line represents the 2 lap 0.6 mile swim that we will be doing. I put this to illustrate why this decision was made. You will follow the GREEN lines on the map below in a counter clockwise manner. You will keep the first and last buoys on your right and all others in between on your left. Due to the time trial start and distance between buoys there won't be any congestion at the buoys like in shorter races with large waves.

Sunday Swim Map:



Exit the water (blue line in illustration below), run over the start/lap timing mat (green line in illustration), then go for another lap. When finished, cross the swim exit timing mat and head to transition (red line in illustration). All racers will be in the water long before the first racer finishes the first lap, so there will be no crossover with starting racers.



BIKE COURSE

The bike course is a clockwise loop. You will make **2 LAPS** of the course. Each turn will be marked with a 4'x4' turn arrow both at the turn and a few hundred feet before the turn (see pictures below of signs). **PLEASE PRE-RIDE THE BIKE COURSE THE DAY BEFORE THE RACE.** You can ride it or drive it, but you should know the course in advance and don't just assume the person in front of you is going the right way. I got off course once myself by doing that! Here is a link to the bike course: <https://ridewithgps.com/routes/35653887>



Also note that this is not a closed course. You need to keep your eyes and ears open and look for potential problems. Cars do not always follow police directions and sometimes police make mistakes. By staying vigilant and looking around you can still ride fast and stay safe!

You may have noticed the Miami Man signs. Yes, we have recovered all of the equipment, websites, and trademarks for Multirace and Miami Man from those who controlled it from 2014-2020. We founded those brands and have come out of a 7 year retirement to ensure the events continue.

RUN COURSE

The run course is an out-and-back course around Lake Jackson on the sidewalk. If the sidewalk has too many runners, those running out (away from transition) may move onto the street but stay close to the curb as cyclists will be coming back from the bike along the same road.

Long Course Duathlon (run #1) - This run will be 2.1 miles. You will run to the first water station and back. There will be a Duathlon U-turn sign where Duathletes turn around and return to the transition area.

Long Course Triathlon & Duathlon (run #2) - This is a 13.1 mile run (half marathon). There will be a u-turn sign turnaround along with a timing mat, so be sure to cross over the timing mat to record your split time and evidence that you completed the entire run.

TRANSITION/FINISH AREA

On the map below the dashed lines represent the following:

- Dark blue is the path to transition from the swim
- Green is the start of the bike
- Yellow is the path bikes should take after the 1st lap
- Purple is the path bikes should take after the 2nd lap and return to transition
- Red is the path out to the run course
- White is the path in from the run course to the finish line

Note that the Aquabike ends once you enter transition after the bike. You may continue and go through the finish chute to get your medal, but the clock will have stopped. Also, be sure no triathletes follow you and miss the run!



RESTROOMS

There is a permanent restroom facility next to the start line and there will also be 10 portable toilets on the north end of the Civic Center. The bike aid station at mile 14.8 and 41.8 as well as every other (if not all) of the run aid stations will have a portable toilet.

SWIM PRACTICE

Lake Jackson is open for swimming at any time, but is unguarded. You are responsible for your own safety if you choose to swim.

HEAT

It is getting warm already so we highly recommend that you bring additional electrolytes to consume whether you drink water or sports drinks. Also eat and take your time. Let someone at a water station know if you do not feel well. **DO NOT RISK YOUR HEALTH!**

CUTOFF TIMES

Long Course athletes have 1 hour and 20 minutes to complete the swim after the last starter (approximately 8:30 cutoff). We will allow some flexibility here but you'll need to make up the time on the first lap of the bike as that will be a hard cutoff.

Long Course athletes must complete the first bike lap by 10:20 a.m. or they will be directed into transition. If you miss this cutoff you may complete the race but you will be disqualified. The full bike course must be completed by 12:10 p.m. or you will not be allowed to start the run course.

Long Course athletes must complete the full race by 3:10 p.m.