

Dear Athletes,

Thank you for registering for the 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 Pickup**

Friday, April 30, 4p-8p

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 5:30a-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, and Hammer Gel (every other station). Aid stations will be located every 1-1.5 miles throughout the course, specifically miles 1.1, 2.2, 3.1, 4, and 5.1.

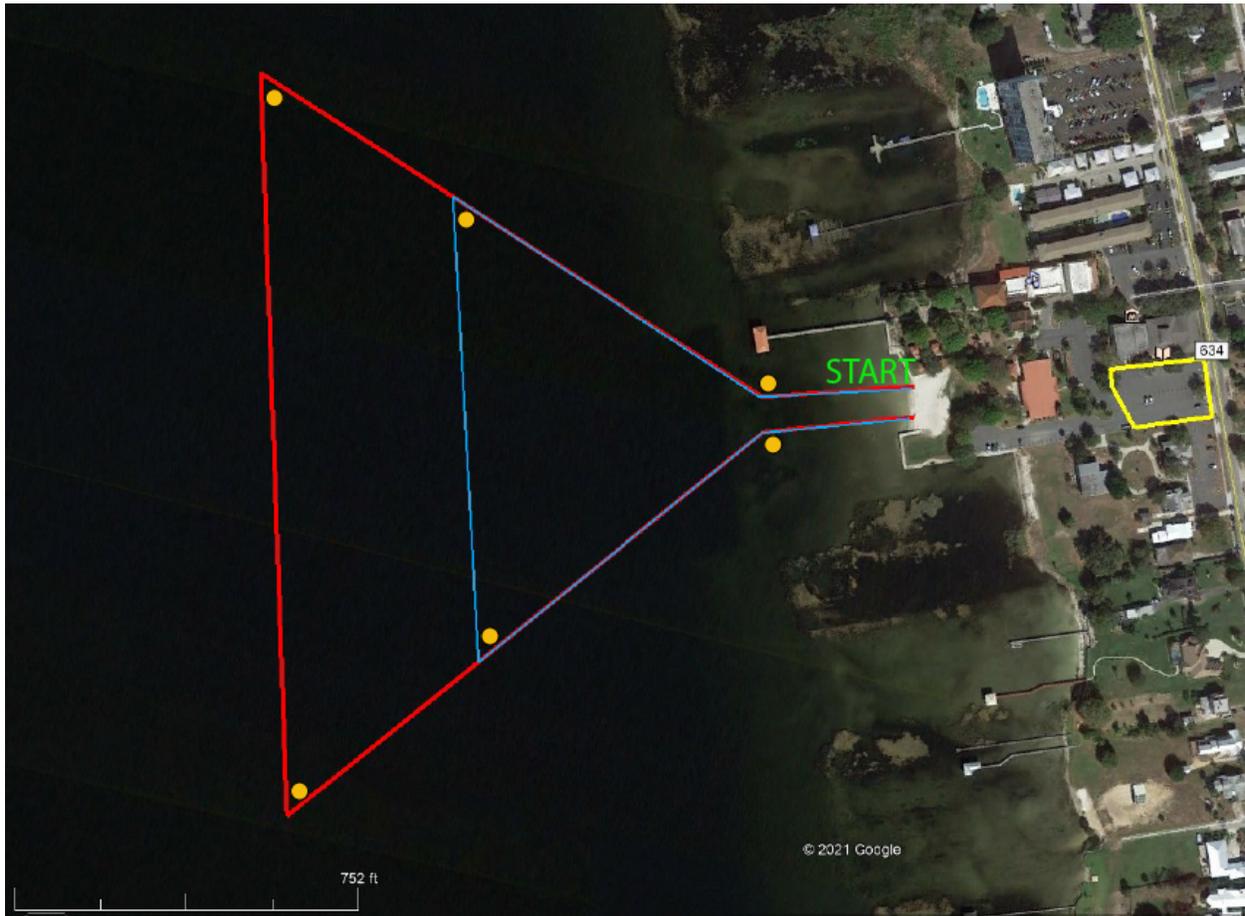
There will be an aid station next to the Run In/Out end of transition that you will pass after the swim and at the start of the run.

You will need to carry your own nutrition on the bike course.

## 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.

## Saturday Swim Map:



### **Olympic Swim (1500 meters):**

You will follow the RED 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.

### **Aquathlon Swim (1000 meters):**

You will follow the BLUE 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.

## 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/35653937>



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.

The run distance depends on the race you are competing in:

Aquathlon - After swimming 1000 meters, Aquathletes skip the bike and go straight into a 5K run (3.1 miles). There will be an Aquathlon U-turn sign where Aquathletes turn around and return to the finish line.

Olympic Triathlon - Olympic Triathletes will run 10K (6.2 miles). There will be a u-turn sign and water station at the Olympic distance 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. DO NOT turn around at the Aquathlon turnaround!

## 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. Most, 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.

## CUTOFF TIMES

Olympic Distance athletes have 1 hour to complete the swim after the last starter (approximately 8:25 cutoff). Aquathletes have 40 minutes after the last starter (approximately 8:48 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.

Olympic Distance athletes must complete the first bike lap by 9:17 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 10:10 or you will not be allowed to start the run course.

Olympic Distance triathletes must complete the full race by 11:30.