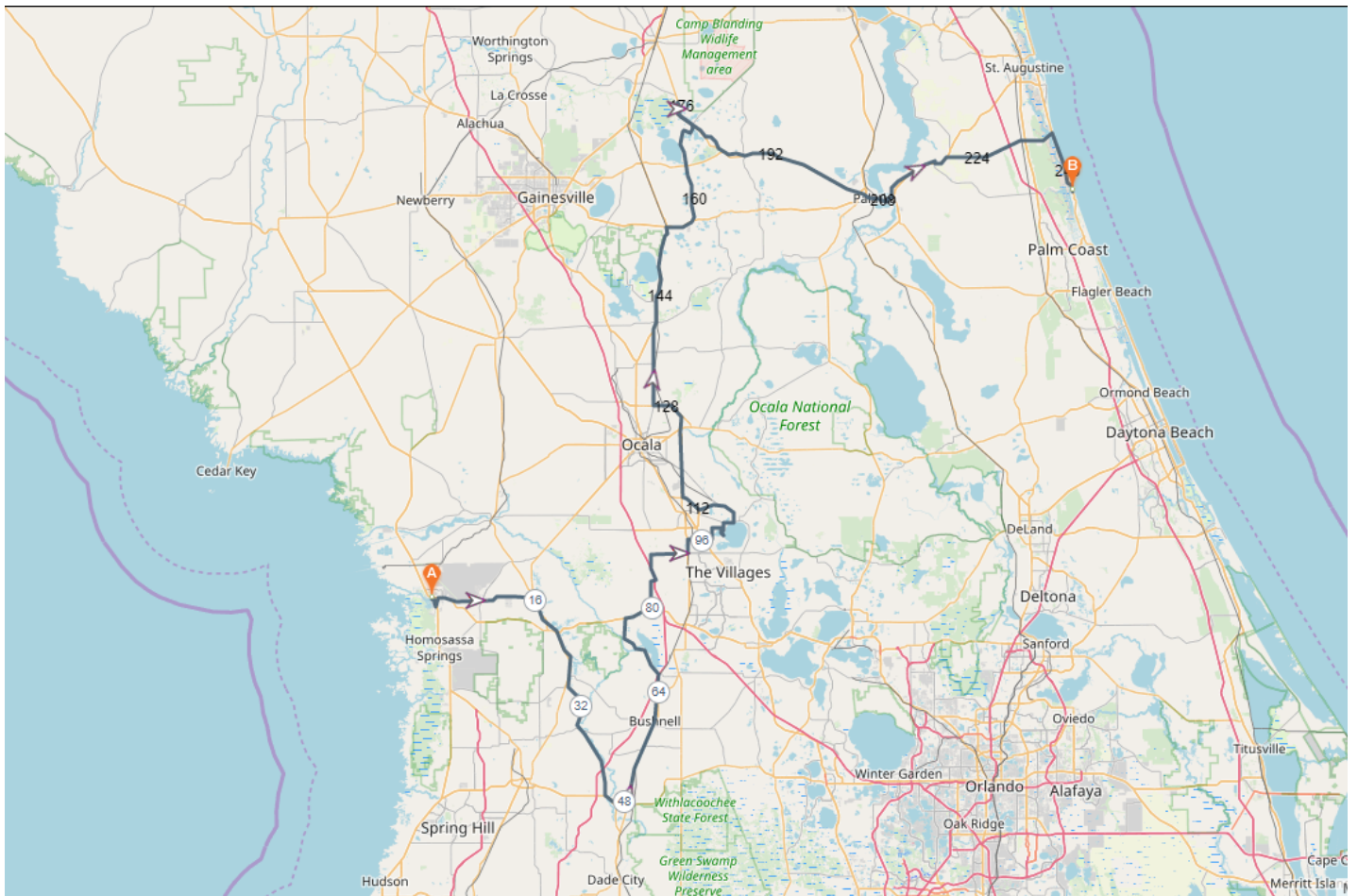




2020 Athlete Planning Guide





Dear Florida Xtreme Athlete,

On behalf of the Sommer Sports, Citrus County, Florida, Flagler County Florida and all the counties you'll experience in between, and we'd like to welcome you to the 2020 edition of Florida Xtreme Triathlon.

We are excited to be racing live during this unprecedented time, but please be aware that your race experience may be different from what you have come to expect from Sommer Sports Events. 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, ([FloridaXtremeTriathlon.com](https://www.floridaxtremetriathlon.com)). Please note that all information is subject to change, although changes are not anticipated. Make sure to follow the Florida Xtreme Facebook page (<https://www.facebook.com/FloridaXtremeTriathlon>) 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 Xtreme Event Team is committed to make this year's Xtreme the best race ever! We look forward to seeing you in Crystal River!

Train safe!

Fred Sommer

Sommer Sports

Race Director





On behalf of the Sommer Sports staff and crew, Citrus County, Flagler County, and all the counties in between, we'd like to welcome you to the 2020 Florida Xtreme Triathlon.

The Athlete Guide that follows contains important event information and race details. Additional information can be found on the race website, <http://www.floridaxtremetriathlon.com/>. While changes are not anticipated, please note that all information is subject to change. Make sure to follow the Florida Xtreme Facebook page (<https://www.facebook.com/FloridaXtremeTriathlon/>).

Pre-Race Planning

What's Included/Scheduled:

- ◆ Thursday, Nov 12th Pre-Race Pasta Dinner for athlete + 2 crew, (additional crew/family \$25/pp) at George Washington Carver Community Center, 95 Three Sisters Springs Trail, Crystal River, FL 3442
- ◆ Athlete T-shirt+ 2 crew T-shirt, (additional crew shirts \$15)
- ◆ Athlete Cap or visor
- ◆ Athlete Race Bag full of useful goodies
- ◆ Daily continental breakfast for athlete + crew
- ◆ Staffed bike SAGS and run aid stations
- ◆ Daily post-race food
- ◆ Digital Race Photos
- ◆ Individual Finisher Medal each day

Monday Awards BBQ Luncheon for athlete + 2 crew (additional crew/family \$15) at Captain Bob's

- ◆ Entire Event Finishers also receive a Finisher Bike Jersey and Finisher Award

Your Arrangements:

- ◆ Pre-race accommodations at Holiday Inn Crystal River or Plantation on Crystal River
- ◆ Lodging accommodations Stage #1 at Holiday Inn, Silver Springs,
- ◆ Lodging accommodations Stage #2 at Camp Keystone, Starke, via Sommer Sports
- ◆ Lodging accommodations Stage #3 at Palm Coast Villas or Hammock Beach Resort, Palm Coast
- ◆ Travel arrangements:
Three airports: Orlando International (MCO), Tampa International (TPA) and Gainesville Regional (GNV) are all about 90 minutes drive from race start in Crystal River, FL for arrival. Race finish is closest to Daytona Beach International Airport (DAB), about 35 miles from Palm Coast, FL. Orlando International Airport (MCO) is about 90 minutes drive from Palm Coast, the best option for round trip flights. Rental car/van for crew is recommended.
- ◆ Make bike shipping arrangements. JPR Mobile Services will be providing bike support along the routes and is available to receive and ship your bike. Contact jprmobilervices@gmail.com or 407-967-6995 for pricing and scheduling.
- ◆ Wetsuit use will be in accordance with USAT rules. Water temperatures fluctuate in November in Florida, visit [NOAA](http://noaa.gov) for recent/average Gulf water temperatures.



Pre-Race Thursday, November 12th Crystal River, Citrus County

We are excited to announce that both the Holiday Inn Express and the Plantation Resort will be our host hotels for the start of the Florida Xtreme Triathlon this year. We suggest arriving on Wednesday or Thursday to enjoy an extra day in Crystal River so you can swim with the manatees before the race.

Packet Pickup and the pre-race Pasta Feast will be at the George Washington Carver Community Center, 95 Three Sisters Spring Trail on Thursday, November 12th, just a few blocks from the swim start.

What's Included/Scheduled:

- ◆ 4:00 p.m. to 5:30 p.m. Packet Pick-up
- ◆ 5:30 p.m. Pre-race pasta dinner for athletes and 2 crew, additional guests \$25
- ◆ 6:30 p.m. Pre-race introductions and Q&A.

Your Arrangements:

- ◆ [Holiday Inn Crystal River](#)
1203 NE 5th St, Crystal River, FL 34429
Phone: (352)-563-1111
Phone the hotel directly for our \$99/night rate for Florida Xtreme Triathlon, plus taxes.
Hotel will have limited FREE, limited breakfast for us at 5:30 a.m. Friday. Cutoff date for our Florida Xtreme room rate is November 1st.

OR

[Plantation on Crystal River](#)

9301 West Fort Island Trail, Crystal River FL 34429

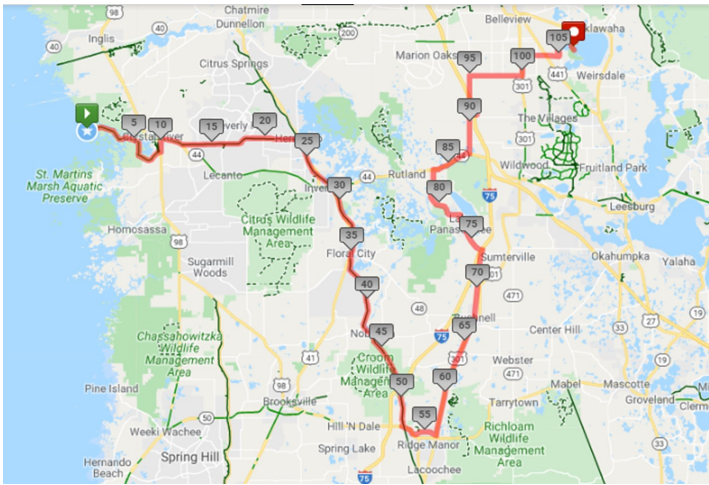
Phone: 352-795-1605 Use [this link](#) to get **15% off room rates at the time of booking. Rates do not include daily resort fee and taxes.**

- ◆ RV/Camping Option: Crystal Isles RV Resort, 11419 W. Fort Island Trail, Crystal River, 352-795-3774, about 5 miles from race start. We do not have a negotiated race rate.
- ◆ Groceries, restaurants, shopping and located along Hwy 19 in Crystal River.
- ◆ Bike services will be available onsite at Crystal River Plantation from JPR Mobile Services. Schedule ahead if you need bike assembly or a quick tuneup. Contact jprmobileservices@gmail.com or 407-967-6995 for pricing and scheduling.

Stage 1 Friday, November 15th Crystal River to Carney Island Recreation Area, Marion County

What's Included/Scheduled:

- ◆ 5:30 a.m. Limited breakfast at Holiday Inn Express, Crystal River
- ◆ 6:00 a.m. Transition opens at [Fort Island Gulf Beach](#), 16000 W Fort Island Trail, Crystal River, FL 34429
- ◆ 6:00 a.m. Pre-race continental breakfast at Hunter Springs Park
- ◆ 7:15 a.m. Transition Closes
- ◆ 7:30 a.m. Swim Start at Hunter Springs Park (9:30 a.m. cutoff) (T1)
- ◆ Bike 103 miles to Carney Island Recreation Area, 13275 SE 115th Ave., Ocklawaha, in Marion County (5:45 p.m. cutoff) (T2)
- ◆ Run within Carney Island Recreation Area (10:30 p.m. cutoff)



Stage 1 Friday, November 13th continued

Your Arrangements:

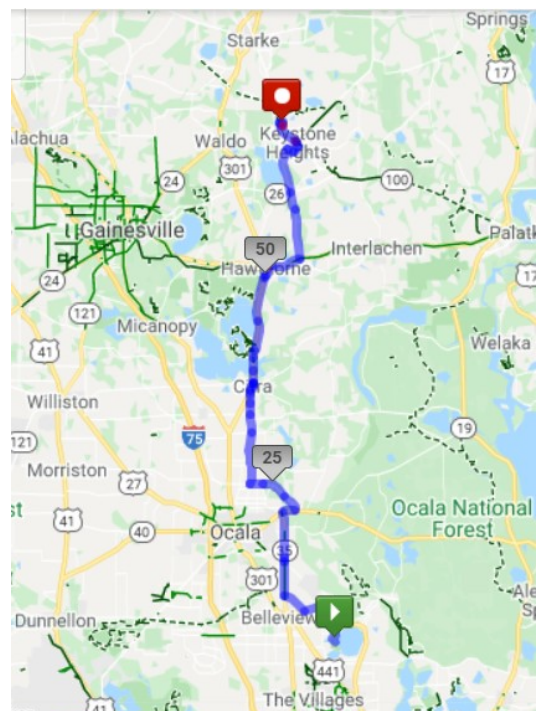
- ♦ Lunch on your own at designated SAG stop.
- ♦ Host hotel is [Holiday Inn Express & Suites Silver Springs-Ocala](#), 5360 E Silver Springs Blvd, Silver Springs, FL 34488. Phone: 352-304-6111
Use [this link](#) and the group booking code is "FXT" to get our room rate of \$134 plus taxes for standard double rooms. In addition to being the best rate we could find, it's at mile 20 of Stage 2 bike course. A free limited breakfast will be available at 5:30 a.m. Please make your reservations by November 1st to receive the Florida Xtreme rate.
- ♦ RV Option: Silver Springs RV Park, 3151 N.E 56th Avenue, Silver Springs, FL. Military and Good Sam Club discounts available.



Stage 2 Saturday, November 14th Carney Island to Camp Keystone, Starke

What's Included/Scheduled:

- ♦ 5:30 a.m. Pre-Race limited breakfast at Holiday Inn or 6:00 a.m. continental breakfast at Carney Island Recreation Area
- ♦ 7:30 a.m. Swim Start Carney Island (9:30 a.m. cutoff) (T1)
- ♦ Bike 75 miles to Camp Keystone (5:00 p.m. cutoff) (T2)
- ♦ Run on paved trails (10:00 p.m. cutoff)
- ♦ Stage 2 finishes at Camp Keystone in Starke.



Stage 2 Saturday, November 14th

Camp Keystone

Your Arrangements:

- ♦ Lunch on your own or at designated SAG stop.
- ♦ Stage #2 ends at Salvation Army Camp Keystone near Starke, Florida. This property will also host for our lodging. Rooms offer you the comfort of hotel-style accommodations with a light camping theme. Each room has two queen beds, (ADA accessible room has one queen,) and a full, private bath. Reservations for hotel rooms are \$119 per night. Reservations can be made by contacting info@sommersports.com with names of all who will be staying with you (up to 4 per room) along with e-mail for invoice/payment. We will invoice you via Paypal for your \$119 payment. RV/Camping option is available at Camp Keystone. There are no other accommodations in the area.
- ♦ Restaurants, groceries and shopping are available in Keystone Heights, about 10 minutes from the camp.



Stage 3 Sunday, November 15th

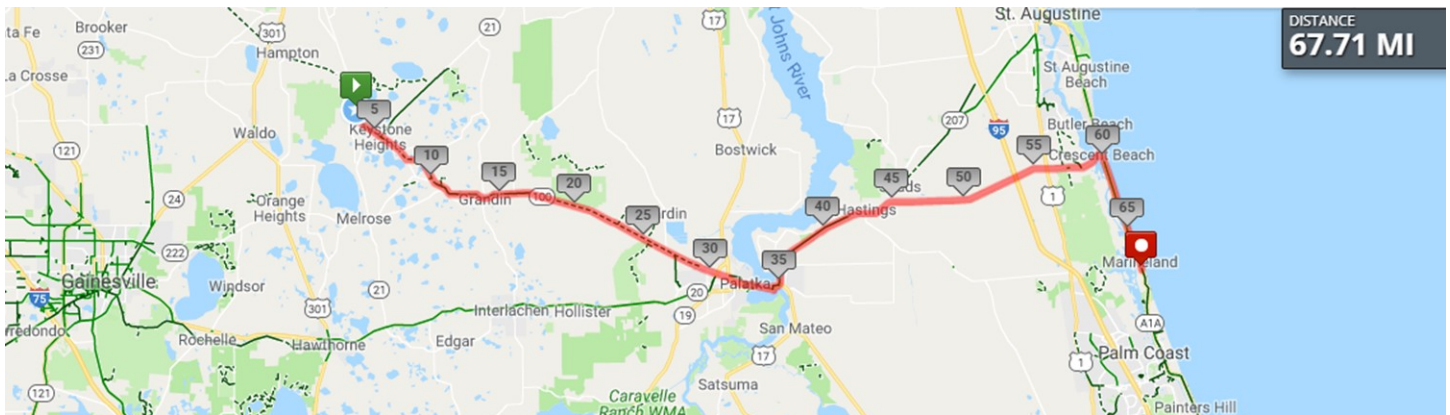
Camp Keystone to Hammock Beach, Palm Coast, Flagler County

What's Included/Scheduled:

- ♦ 6:00 a.m. Pre-Race Continental Breakfast at Camp Keystone, near transition.
- ♦ 7:30 a.m. Swim Start at Lake Bedford (9:30 a.m. cutoff) (T1).
- ♦ Bike 68 miles (4:30 p.m. cutoff) to Marineland, 9600 Oceanshore Blvd, St. Augustine (T2)
- ♦ Run 13.1 miles (9:00 p.m. cutoff)
- ♦ Stage 3 finishes near Hammock Beach Resort, 200 Ocean Crest Drive, Palm Coast.

Your Arrangements:

- ♦ Lunch on your own at designated SAG stop.
- ♦ When you finish the Florida Xtreme Triathlon on Sunday, you'll never want to leave Palm Coast and Flagler Beaches. We have 2 options for lodging after the race:
 - ◇ Want a beach view? Hammock Beach Resort, located adjacent to the finish line at 200 Ocean Crest Drive, Palm Coast is one of Florida's Premier oceanfront destination resorts. Room rates vary depending on suite size and location and are subject to a 11.5% resort fee and local taxes. Take advantage of Florida Xtreme rates by calling (866) 841-0287 or visiting www.hammockbeach.com.
 - ◇ Budget option? Our new "find" is right across from 16th St (Run Aid Station miles 6 and 10) at Palm Coast Villas 5454 North Oceanshore Boulevard (Hwy A1A), Palm Coast, Florida 32137 For Reservations Call: (386) 445-3525. Burt's rates are \$69.55 for single queen room and \$79.83 for two queens - taxes included!



Stage 3 Sunday, November 15th **Camp Keystone to Hammock Beach,** **Palm Coast, Flagler County**

- ◇ RV/Camping may be available at Pellicer Creek Campground, 10255 US 1, St Augustine, for self-contained campers (no toilet facilities) or Beverly Beach Camptown, 2815 N. Oceanshore Boulevard (A1A), Flagler Beach. Military and Good Sam Club discounts available at both sites.
- ◇ Please plan to leave the area after 12 noon on Monday to enjoy our awards brunch, but consider staying a day or two to enjoy Flagler County Beaches. You deserve it!
- ◆ There are a few restaurants, grocery stores and shopping near Hammock Beach Resort and in Palm Coast area for dinner on your own.

Post-Race Monday, November 15th **Palm Coast, Flagler County**

What's Included/Scheduled:

- ◆ 10:00 a.m. It's time to Celebrate! Awards Lunch at Captain's BBQ, 5862 N. Oceanshore Blvd., Palm Coast. Athlete and 2 crew included. *Additional guests \$15.*
We're usually done before noon, plan travel accordingly.

Your Arrangements:

- ◆ Request late checkout at either hotel.
- ◆ JPR Mobile Services available for return bike shipment. Contact jprmobileservices@gmail.com or 407-967-6995 for pricing and scheduling.
- ◆ Safe travels back home!
- ◆ Come back next year!



Palm Coast
AND THE
FLAGLER BEACHES
www.VisitFlagler.com

SAFE RETURN TO RACING DURING THE COVID-19 PANDEMIC

As we move forward during these unprecedented times, the same creativity, ingenuity, and passion that has shaped Sommer Sports events in the past, will help shape our events in the future. Because 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.

Staff and Volunteers

- ◆ 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.
- ◆ Volunteers and staff will be required to complete a health questionnaire in advance of the event and undergo a touchless temperature screening at check-in.
- ◆ 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.



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.

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 utilize social distancing.

Swim Finish

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

Transitions

- ◆ The transition area will be large enough to maintain socially distance space between bikes and bike racks.
- ◆ The gear bag area will be large enough to allow for additional spacing of athlete gear bags.

Bike Course

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

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.
- ◆ The run special needs area will be enlarged to enable social distancing.

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.
- ◇ Bike stations will be mostly self-serve with Cyclists need to pull over and grab hydration and nutrition.

This Is Not the 'New Normal'

We do not expect things to stay this way forever and over time we will return to racing as you have known it. We are hoping that next year we will be able to reintroduce many of the event amenities that were sidelined due to COVID-19.