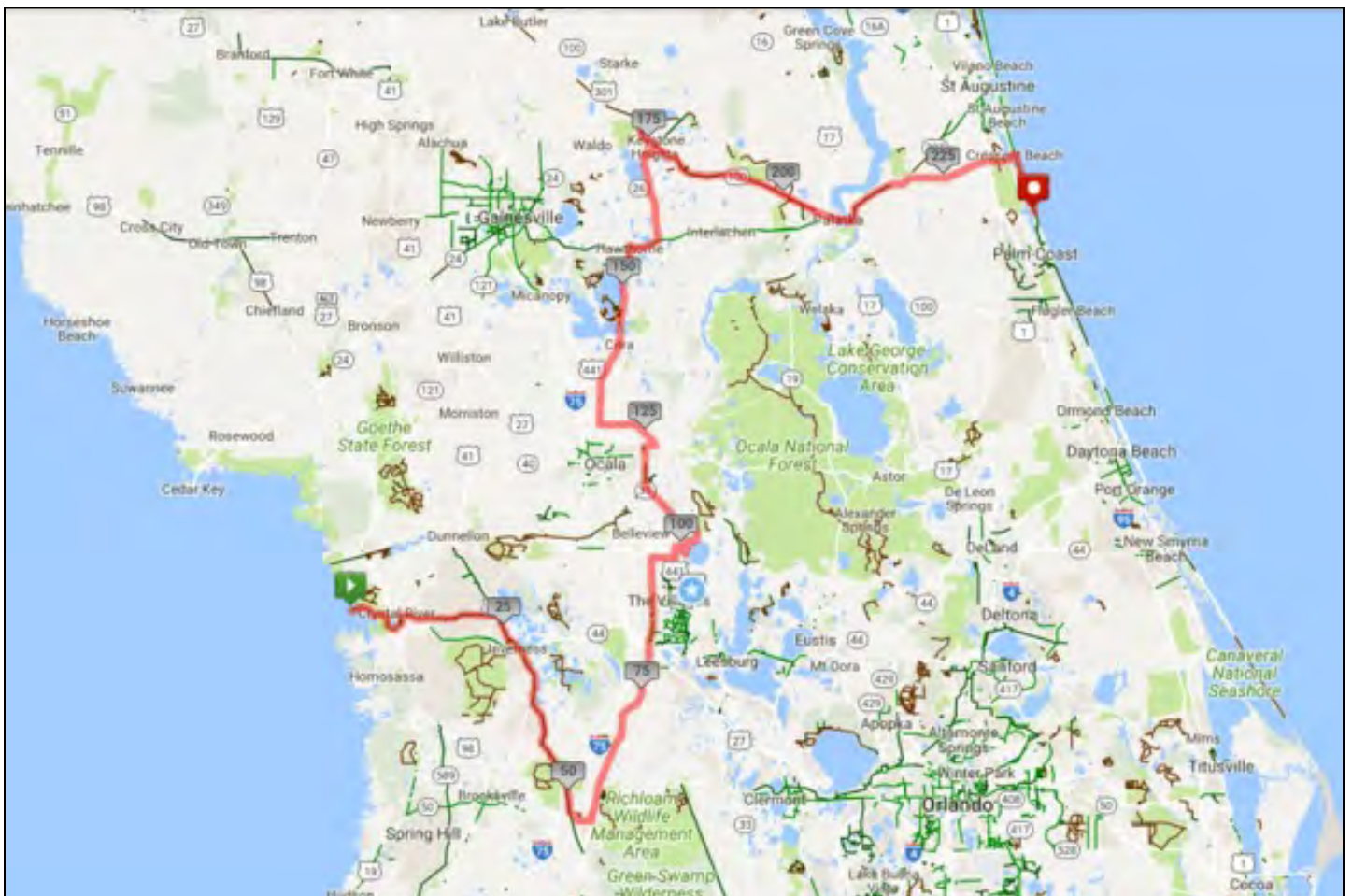




# 2018 Athlete Planning Guide





## ***Pre-Race Planning***

### **What's Included/Scheduled:**

- ◆ Thursday, Nov 15th Pre-Race Pasta Dinner for athlete + 2 crew, (additional crew/family \$25/pp)
- ◆ Thursday, Nov 15th Mandatory Pre-Race Meeting
- ◆ Athlete singlet + 1 crew T-shirt, (additional crew shirts \$15)
- ◆ Athlete Cap
- ◆ Athlete Race Bag full of useful goodies
- ◆ Daily continental breakfast for athlete + crew
- ◆ Daily post-race food
- ◆ Daily Post-Race Massage
- ◆ Digital Race Photos
- ◆ Individual Finisher Medal each day
- ◆ Monday Awards Brunch for athlete + 1 crew
- ◆ Entire Event Finishers also receive a Finisher Bike Jersey and Finisher Award

## **Your Arrangements:**

- ◆ Pre-race accommodations at Plantation on Crystal River Plantation
- ◆ Lodging accommodations Stage #1 at Comfort Inn, Lady Lake/The Villages
- ◆ Lodging accommodations Day #2 at Camp Keystone, Starke, via Sommer Sports
- ◆ Lodging accommodations Day #3 at 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](mailto: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](https://www.noaa.gov) for recent/average Gulf water temperatures.



## ***Pre-Race Thursday, November 15th Crystal River, Citrus County***

The [Plantation Inn on Crystal River](#), 9301 W Fort Island Trail, Crystal River, FL 34429 will be our host hotel for the start of the Florida Xtreme Triathlon, 8.6 miles from race start at Fort Island Gulf Beach.

### **What's Included/Scheduled:**

- ◆ 3:00 p.m. to 6:00 p.m. Packet Pick-up
- ◆ 6:00 p.m. Pre-race pasta dinner (for athlete and 2 crew) Additional guests \$25
- ◆ 7:00 p.m. Mandatory pre-race meeting

### **Your Arrangements:**

Room rates for 2018 are:

|                     |             |
|---------------------|-------------|
| Standard Double     | \$123/night |
| Standard Water View | \$133/night |

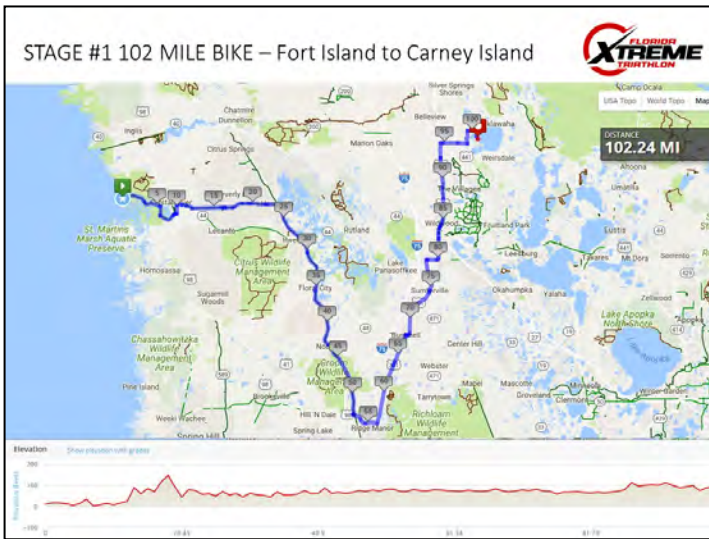
- ◆ Room rates do not include \$14 per night resort fee and local taxes, currently 11%. Make your reservations by calling 800-632-6262 and requesting the **Florida Xtreme Triathlon** rate, good through October 15, 2018.
- ◆ We suggest arriving on Wednesday or early Thursday to enjoy an extra day in Crystal River so you can swim with the manatees before the race! [www.plantationoncrystalriver.com/](http://www.plantationoncrystalriver.com/)
- ◆ [www.plantationoncrystalriver.com/](http://www.plantationoncrystalriver.com/)

- ◆ 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.

## ***Stage 1 Friday, November 16th Crystal River to Carney Island Recreation Area, Marion County***

### **What's Included/Scheduled:**

- ◆ 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 Fort Island Gulf Beach
- ◆ 7:15 a.m. Transition Closes
- ◆ 7:30 a.m. Swim Start at Fort Island Gulf Beach (9:30 a.m. cutoff) (T1)
- ◆ Bike 103 miles to Carney Island Recreation Area, 13275 SE 115th Ave., Ocklawaha, in Marion County(5:30 p.m. cutoff) (T2)
- ◆ Run within Carney Island Recreation Area (10:00 p.m. cutoff)
- ◆ Stage 1 finishes at Carney Island Recreation Area, Ocklawaha.



## Stage 1 Friday, November 16th continued

### Your Arrangements:

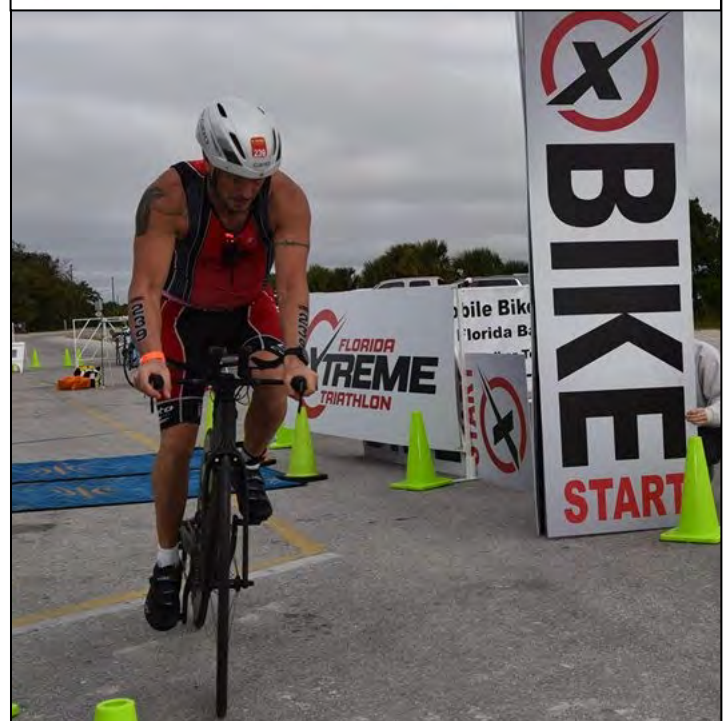
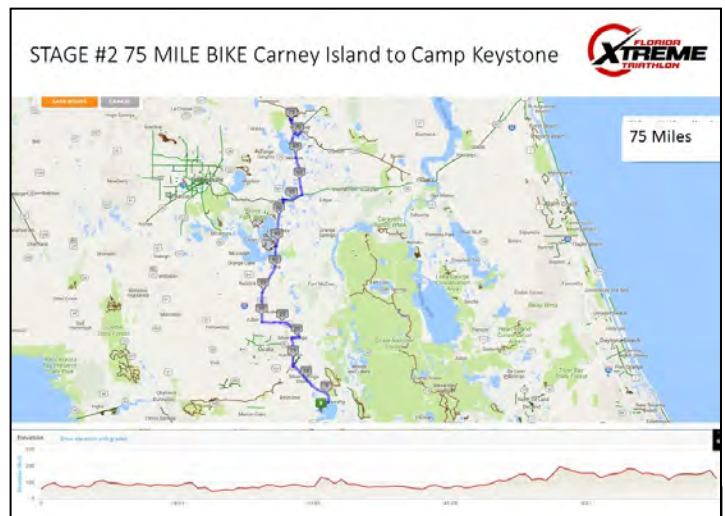
- ◆ Lunch on your own at designated SAG stop.
- ◆ Host hotel is Our lodging host is Comfort Suites in the Villages at 1202 Avenida Central, The Villages, FL 32159, about 11 miles away. Call 352-259-6578 and request the Florida Xtreme Triathlon rate of \$118 for double rooms. With plentiful restaurants nearby, Comfort Inn rooms all feature free wi-fi, microwaves, refrigerators and coffee makers, and a free limited breakfast will be available at 5:30 a.m. Please make your reservations by Monday, October 29th 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 17th Carney Island to Camp Keystone, Starke

### What's Included/Scheduled:

- ◆ 5:30 a.m. Pre-Race limited breakfast at Comfort Suites 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 (5:30 p.m. cutoff)(T2)
- ◆ Run on paved trails (10:00 p.m. cutoff)
- ◆ Stage 2 finish at Camp Keystone



## Stage 2 Saturday, November 17th Camp Keystone

### Your Arrangements:

- ◆ Lunch on your own 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 [events@sommersports.com](mailto:events@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.
- ◆ Restaurants, groceries and shopping are available in Keystone Heights, about 5 minutes from the camp.



## Stage 3 Sunday, November 18th Camp Keystone to Hammock Beach, Palm Coast, Flagler County

### What's Included/Scheduled:

- ◆ 5:30 a.m. Pre-Race Breakfast at Camp Keystone
- ◆ 7:30 a.m. Swim Start at Lake Bedford (9:30 a.m. cutoff) (T1)
- ◆ Bike 68 miles (5:00 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 Hammock Beach Resort, the final destination and finish for the race. Special Florida Xtreme Triathlon Room/Package Rates for single or double occupancy are:

|   |       |
|---|-------|
| Main Tower Ocean View One Bedroom Premium Suite | \$169 |
| Ocean View Room-Lodge                           | \$169 |
| Resort View Villa 2 Bedroom                     | \$204 |
| Resort View Villa 3 Bedroom                     | \$225 |
| Main Tower 3 Bedroom Ocean View Suite           | \$269 |

- ◆ Room rates are subject to a 11.5% resort fee and local guest room taxes, currently 12%.
- ◆ Make your reservations by calling 1-877-834-8862 by 5:00 p.m. Wednesday, October 17th and identify yourself as being with Florida Xtreme Triathlon to receive our reduced rate.



**Stage 3 Sunday, November 18th  
Camp Keystone to Hammock Beach,  
Palm Coast, Flagler County**

- ◆ Resort Fee covers pool access, floats, lounge chairs with umbrellas; Beach services including lounge chairs, beach umbrellas and towel service; Fitness center, sauna and steam room; wireless internet access; shuttle service to Hammock Beach amenities; complimentary 9-hole putting course; complimentary bike rentals; local and 1-800 access calls; complimentary use of our driving range after 2:00 p.m. and self-parking.
- ◆ 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.
- ◆ There are ample restaurants, grocery stores and shopping near Hammock Beach Resort and in Palm Coast area for dinner on your own.



**Post-Race Monday, November 19th  
Palm Coast, Flagler County**

**What's Included/Scheduled:**

- ◆ 9:30 a.m. It's time to Celebrate! Awards Brunch at Captain's BBQ, 5862 N. Oceanshore Blvd., Palm Coast. Athlete and 2 crew included. *Additional guests \$15.*

**Your Arrangements:**

- ◆ Request late checkout at Hammock Beach Resort until 2:00 p.m.
- ◆ JPR Mobile Services available for return bike shipment. Contact [jprmobilervices@gmail.com](mailto:jprmobilervices@gmail.com) or 407-967-6995 for pricing and scheduling.