



FINAL INSTRUCTIONS - PLEASE READ CAREFULLY!

PACKET PICK-UP: Athletes may pick their FXT Athlete Guidebook during the Welcome Reception at the Plantation Inn on Crystal River, Wednesday, November 8, from 3:00pm to 5:00pm. Race packets will not be available until the following day.

Race and Crew Packets may be picked up Thursday, November 9, from 3:00pm to 6:00pm at the Plantation Inn on Crystal River. Included in your race packet will be your FXT Athlete Guidebook, shirts and goody bag, race bibs, and more.

ATHLETE GUIDEBOOK: The FXT Athlete Guidebook will have the official rules and regulations associated with the event, the final and official course maps, and expanded information for each of the three stages. The information in the FXT Athlete Guide supersedes all other information previously distributed.

WRISTBAND: Upon check-in Thursday, a wristband will be affixed to your wrist. This band will identify you as an official entrant and **MUST** be worn during the entire event. This band will also admit you to the Pasta Dinner, daily breakfasts, and the Monday Awards Dinner. **You should NOT remove your wristband until after the Awards Dinner.**

SWIM CAP: Your official **ZONE3** 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. Additional swim caps will be available Saturday and Sunday for Stages 2-3

BODY MARKING: Inside your race packet will be body marking tattoos for stage #1 of the event. For stages #2-3, volunteers will body mark in transition area prior to the swim start. Please do not apply lotions or oils to your skin prior to body marking.

RACE NUMBERS: Each participant will receive two identical race bibs in their race packet. One must be worn on your lower back during the bike segment, and the other bib must be worn on the front of your running shirt or shorts during the run. These numbers **MUST** remain visible at all times during the bike and run. If you are using a race belt, the same bib may be worn during both the bike and run.

BIKE INSPECTION: It is up to each individual athlete to make sure his or her bike is in safe and proper working order. JP Russo from JPR Mobile Services will be providing bike support along the routes and is available to receive and ship your bike. Contact jprmobileservices@gmail.com or 407-967-6995 for pricing and scheduling. JPR will also be set-up near the transition area each morning, and at the Plantation Inn on Thursday afternoon during packet pick-up. Please make sure your handlebar ends are plugged.

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. Please note that you will use this same bike frame number for all three stages.

HELMET NUMBER: A Helmet Number is also included in your race kit. Please affix it to the front of your bike helmet.

WARM-UP BAG: If you would like to have a warm-up bag available to you at the run finish, and would like for us to transport it, please place it in the designated area inside the transition area no later than 6:45am race morning. Empty bags will be available in the transition area. Please make sure your name and bib number is on the bag.

GEAR BAGS: If you do not have a support team/crew, FXT will assist you in transporting your gear from venue to venue. All gear must be placed in a drawstring bags labeled with your name and bib number. FXT will have drawstring bags available in the transition area. Place all gear bags in the designated location near the changing tents inside the transition area. **We are not responsible for unbagged and unlabeled gear left out in the transition area.**

RUN GEAR: If you would like to have your Run Gear transported to the bike to run transition area, please place your gear in a labeled drawstring bag and place in the designated space in the transition area. All bags must be placed in this area by 6:45am to be transported.

RULES & REGULATIONS: Please review the official FXT Rules and Regulations document prior to the race. This document includes rules related to all aspects of the event, for both athletes and crew.

RECLAIM BIKE & GEAR: At the official end of the Stage #3 bike segment, at 3:30pm, all bikes and gear in the bike to run transition area will be transported to the run finish to be reclaimed. Your bike and gear must be reclaimed no later than 8:00pm Sunday night. **Only the athlete (or their designee) with the athlete's race number bib will be permitted to reclaim gear.**

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!**

COURSE MAPS: The final and official course maps, along with expanded information for each of the three stages, will be in the FXT Athlete Guide distributed to each athlete at packet pick-up. The information in the FXT Athlete Guide supersedes all other information previously distributed. **It is your responsibility to know the course!** We recommend you travel the course in advance of the race.

LITTER: Please respect the environment by helping keep the courses and venues 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 support stations.

RACE TIMING: Each stage will be timed separately, with the times from all three stages combined to calculate the overall standings. Timing chips will be distributed at Thursday check-in. Athletes will wear the same timing chip for all three stages. Athletes are responsible for the safe keeping of the timing tag during the entire event. Timing tags will be collected at the finish of the Stage #3 run. Should you drop out of the race completely and not wish to continue, please turn your timing tag into the finish line officials. Results will be posted on the FXT website, www.FloridaXtremeTriathlon.com.

AWARDS: Awards will be presented to the top three men and women overall, based on your cumulative time for all three stages. Overall or age group awards are not presented for each individual stage. You must officially finish each of the three stages to be eligible for overall event awards.

All official finishers of each individual stage will receive a hand crafted finisher medallion when they cross the finish line. Athletes who officially complete all three stages will receive a bonus award and an Xtreme cycling jersey at Monday's awards dinner.

TIMETABLE: Please click [here](#) to review the official event timetable. Please be aware that all times are subject to change.

RACE UPDATES: Highlights from the FXT will be on the main Florida Xtreme Triathlon Facebook Page. Expanded coverage will be posted on the daily stage event pages. Live athlete tracking will not be available; however, the results will be live. Whenever an athlete crosses a timing point, the online results will be updated (pending internet connectivity at the venues).

SOCIAL MEDIA: Please make sure to tag and share your photos and videos. Please use the following hashtags: FXT; floridaxtremetri.

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

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 race. **RACE SMART!**