



Athlete Planning Guide

Pre-Race Planning

What's Included/Scheduled:

- ◆ Wednesday, Nov 8th Welcome Reception
- ◆ Thursday, Nov 9th Mandatory Pre-Race Meeting
- ◆ Thursday, Nov 9th Pre-Race Pasta Dinner (for athlete + 2 crew)
- ◆ Athlete singlet + 2 crew T-shirts
- ◆ Athlete Cap
- ◆ Athlete Race Bag full of useful goodies
- ◆ Daily Continental Breakfast
- ◆ Daily Post-Race Massage
- ◆ Photo Package
- ◆ Individual Finisher Medal each day
- ◆ Awards Brunch (1 athlete, + 2 crew)
- ◆ Entire Event Finishers also receive a Finisher Jersey and Award



Pre-Race Planning

Your Arrangements:

- ◆ Pre-race accommodations at Plantation on Crystal River
- ◆ Lodging accommodations Day #1 at Holiday Inn, Silver Springs—Ocala
- ◆ Lodging accommodations Day #2 at Lake Swan—Melrose 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 jprmobileservices@gmail.com or 407-967-6995 for pricing and scheduling.
- ◆ Need a wetsuit? Wetsuit use will be in accordance with USAT rules. Water temperatures fluctuate in November in Florida, visit NOAA for recent/average Gulf water temperatures. Contact Doug Guthrie, doug@sommersports to reserve a rental Zone3 wetsuit.

Pre-Race Wednesday, November 8th

What's Scheduled:

- ◆ 3:00 p.m. to 5:00 p.m. Early Packet Pickup and Welcome Reception at Plantation Inn on Crystal River



Pre-Race Thursday, November 9th 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. Mandatory pre-race meeting
- ◆ 7:00 p.m. Pre-race pasta dinner (for 1 athlete and 2 crew)

Your Arrangements:

- ◆ Call Plantation Inn, 800-632-6262 and refer to "FLORIDA XTREME TRIATHLON" to receive your room at the special rate of \$145.00 per night. 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. No 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 10th Crystal River to Carney Island Recreation Area, Marion County

What's Included/Scheduled:

- ◆ 5:45 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





Stage 1 Friday, November 10th continued

Your Arrangements:

- ◆ Lunch on your own at designated SAG stop.
- ◆ Host hotel is Holiday Inn Express, Silver Springs, 5360 E. Silver Springs Blvd., Silver Springs. Double rooms \$105 (+ taxes, fees) and jacuzzi suites are \$120. Visit <http://bit.ly/XtremeTri-HIOcalaSS> using group code FXT or call 352-304-6111 and request the FLORIDA XTREME TRI rate. *Due to a large auto parts convention in Ocala, staying in Silver Springs is recommended.*
- ◆ RV Option: Silver Springs RV Park, 3151 N.E 56th Avenue, Silver Springs, FL. Military and



Good Sam Club discounts available.

- ◆ Dinner on your own. Suggested sites:
 - * [Gator Joe's](#) on Lake Weir, Ocklawaha
 - * [Eaton's Beach](#) on Lake Weir, Weirsdale
 - * [Mojo Grill and Catering](#), East Ocala/Silver Springs
 - * 24-hour Denny's and many common chain

Stage 2 Saturday, November 11th Carney Island to Lake Swan Camp, Melrose, Putnam County

What's Included/Scheduled:

- ◆ 5:30 a.m. Pre-Race 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 77 miles to Lake Swan Camp, 647 State Road 26 in Melrose, Putnam County (5:30 p.m. cutoff)(T2)
- ◆ Run on camp trails (10:00 p.m. cutoff)
- ◆ Stage 2 finish at Lake Swan Camp

Your Arrangements:

- ◆ Lunch on your own at designated SAG stop.
- ◆ Saturday host lodging is at Lake Swan Camp in Melrose. Reservations and payment must be made through Sommer Sports.
- ◆ RV/Camping option is available at Lake Swan Camp.
- ◆ Dinner at Lake Swan Camp available for \$7 per person and will be available for late arrivals.



- ◆ Restaurants, groceries and shopping are limited in Melrose area. Accommodations and optional dinner at the camp are suggested.



Stage 2 Saturday, November 11th
Lake Swan Camp Accommodations

Your Options:

- ◆ Lakeside Motel (above) is right on the lake, with 6 motel style rooms, each room sleeps up to 4.
Five rooms have 2 king beds in each, and 1 room has with 1 king and 1 full bed.
Cost is \$50 for first person, \$20 for each additional person in room.*
 - ◆ Everglades has 4 dorm style motel rooms, each sleeps up to 4.
Cost is \$50 for first person, \$20 for additional person in room.*
 - ◆ Anniversary Lodge, Low Block or 2-Story Dorm rooms sleep 10 to 12 in each dorm room.
Cost is \$40 per person.*
 - ◆ RV Space for self-contained, no hookups campers is \$25. There is a bathhouse for RV and campers. Tent camping and additional RV camper guests is \$12 per person.*
 - ◆ Optional (Suggested) dinner is available at \$7 per person.
- * All Motel and dorm rooms have air-conditioning and its own bathroom. No tv, no HBO. Rate includes linens, towels and all taxes, charges and fees. Your own pillows suggested. Co-ed rooms are not permitted, with the exception of married couples. Due to the nature of this camp, alcohol, smoking and profanity are not permitted.

Lake Swan Reservations
Saturday, Nov 11th

Athlete Name: _____ Gender: M / F

Crew 1: _____ Gender: M / F

Crew 1: _____ Gender: M / F

Relay/Add'l: _____ Gender: M / F

Contact E-mail for invoice: _____

Room (s) Type Requested:

___ Lakeside Motel*	
\$50 first person; \$20 add'l person same room	\$____.00
___ Everglades*	
\$50 first person; \$20 add'l person same room	\$____.00
___ Dorm Room *	
\$40 per person, up to 10 per room (same gender)	\$____.00
___ RV *\$25 first person, \$12 add'l person	\$____.00
___ Tent *\$12 per person	\$____.00
___ Dinner \$7 per person	\$____.00
___ Breakfast is included for athletes and 2 crew	\$____.00
\$6 for additional guests	
TOTAL	\$____.00

E-mail your reservation request to Xtreme@sommersports.com. You will receive a Paypal invoice from TriAmerica Foundation for payment to confirm your reservation. Checks made out to TriAmerica Foundation can be mailed to: Sommer Sports, 1271 Commons Ct, Clermont, FL 34711 Reservations are not confirmed until payment is processed. Reservations will be made on a "first come" basis. If your first choice is not available, you will be contacted for your alternate choice. Please secure your reservations by October 20th.

* All rooms have air-conditioning and bathrooms with showers. Rate includes linens, towels and all charges, fees and taxes. Co-ed rooms are not permitted, with the exception of married couples/families. Due to the nature of this church camp, alcohol, smoking and profanity are not permitted.



**Stage 3 Sunday, November 12th
Lake Swan to Hammock Beach, Palm
Coast, Flagler County**

What's Included/Scheduled:

- ◆ 5:30 a.m. Pre-Race Breakfast at Lake Swan Camp
- ◆ 7:30 a.m. Swim Start at Lake Swan (9:30 a.m. cutoff) (T1)
- ◆ Bike 75 miles (5:30 p.m. cutoff) to Marineland, 9600 Oceanshore Blvd, St. Augustine (T2)
- ◆ Run 13.1 miles (10:00 p.m. cutoff)
- ◆ Stage 3 finishes at 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 are:

Ocean View Room-Lodge	\$149.00
Main Tower Ocean View 1 Bedroom Premium Suite	\$159.00
Resort View Villa 2 Bedroom	\$199.00
Resort View Villa 3 Bedroom	\$219.00
Main Tower 3 Bedroom Ocean View Suite	\$259.00

- ◆ Book online using this link, <https://goo.gl/fg2HDr> and use the Booking Code SOMMER or call the resort at 1-877-834-8862 to reserve your room. Identify yourself as part of the Xtreme Triathlon to obtain our reduced rate.

- ◆ 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.
- ◆ Room rates are subject to a taxable Resort Fee of 11.5%. Guest room tax is currently 12%, (7% state sales tax and 5% Flagler County Occupancy tax.) Fees and taxes are subject to change.
- ◆ 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 13th
Palm Coast, Flagler County**

What's Included/Scheduled:

- ◆ 9:30 a.m. It's time to Celebrate! Awards Brunch at *TBD*. Athlete and up to 2 crew included. *Additional guests \$TBD*.

Your Arrangements:

- ◆ Sleep in. Request late checkout at Hammock Beach Resort until 2:00 p.m.
- ◆ JPR Mobile Services available for return bike shipment.