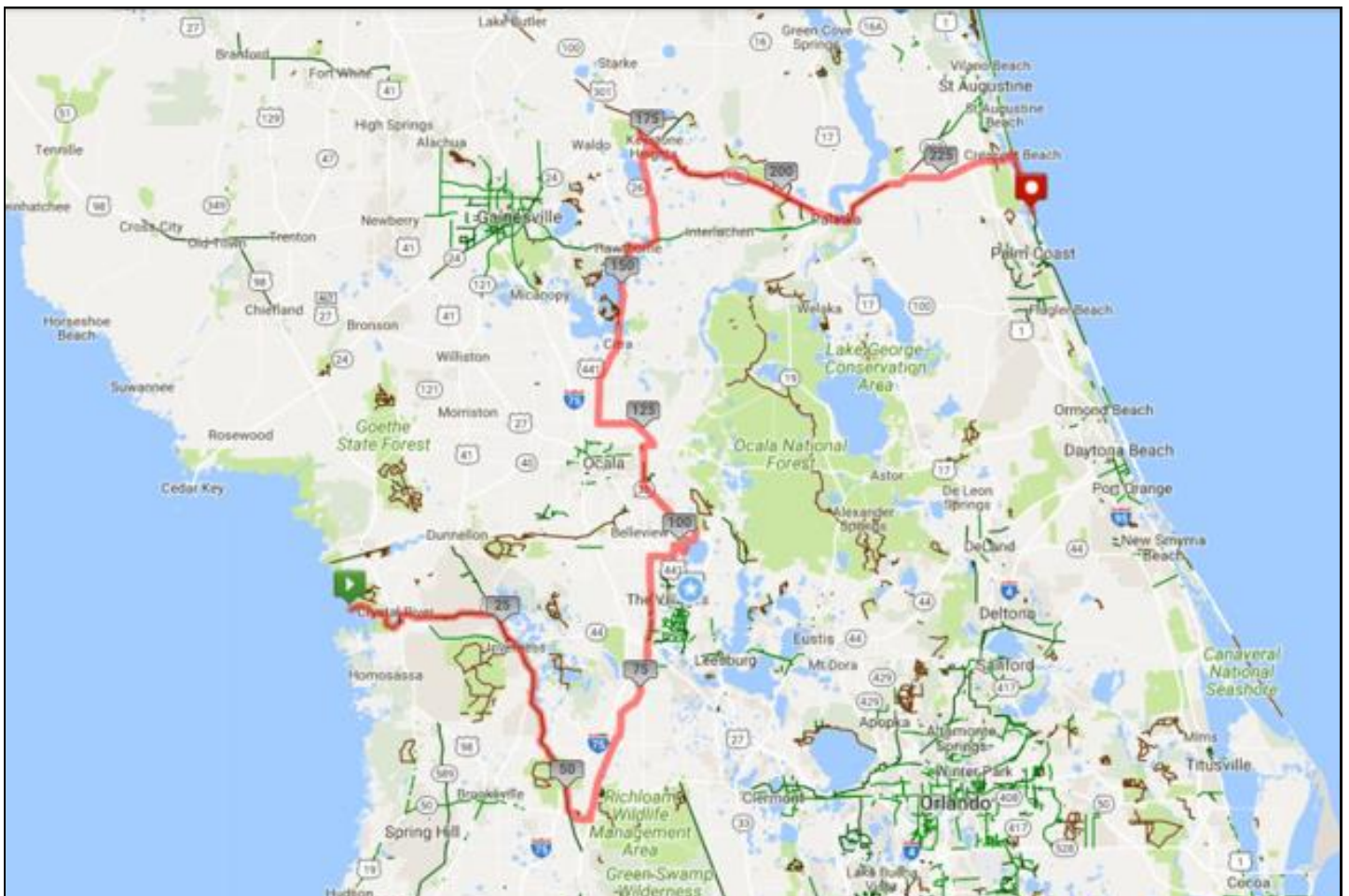




2019 Athlete Planning Guide





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 2019 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 14th Pre-Race Pasta Dinner for athlete + 2 crew, (additional crew/family \$25/pp)
- ◆ Thursday, Nov 14th Mandatory Pre-Race Meeting
- ◆ Athlete T-shirt+ 2 crew T-shirt, (additional crew shirts \$15)
- ◆ Athlete Cap
- ◆ Athlete Race Bag full of useful goodies
- ◆ Daily continental breakfast for athlete + crew
- ◆ Staffed bike SAGS and run aid stations
- ◆ Daily post-race food
- ◆ Daily Post-Race Massage
- ◆ Digital Race Photos
- ◆ Individual Finisher Medal each day

- ◆ Monday Awards Brunch for athlete + 2 crew (additional crew/family \$15)
- ◆ Entire Event Finishers also receive a Finisher Bike Jersey and Finisher Award

Your Arrangements:

- ◆ Pre-race accommodations at Holiday Inn Crystal River.
- ◆ Lodging accommodations Stage #1 at Comfort Inn, Lady Lake/The Villages
- ◆ Lodging accommodations Stage #2 at Camp Keystone, Starke, via Sommer Sports
- ◆ Lodging accommodations Stage #3 at Legacy Resort 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 jprmobileservices@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 14th Crystal River, Citrus County

We are excited to announce that the Holiday Inn Express will be our host hotel for the start of the Florida Xtreme Triathlon this year. This is where you will also find packet pick-up and the mandatory pre-race meeting and Pasta Feast on Thursday, November 14th.

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.

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:

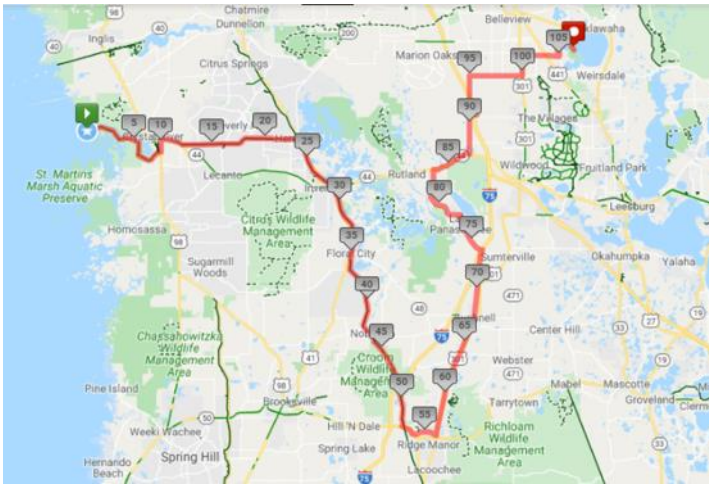
- ◆ Holiday Inn - Crystal River, 1203 N.E. 5th Street
Crystal River FL, 34428.
Room rates for 2019 are:
Standard Double (Queen or King) \$105.00 per night with up to 4 people per room.
All rooms have refrigerators, microwaves, free wi-fi and bathtubs. Room rates do not include local taxes, currently 11%. Make your reservations by calling 352-563-1111 and requesting the Florida Xtreme Triathlon rate, good through October 13, 2019.

- ◆ 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 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 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 109 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 15th continued

Your Arrangements:

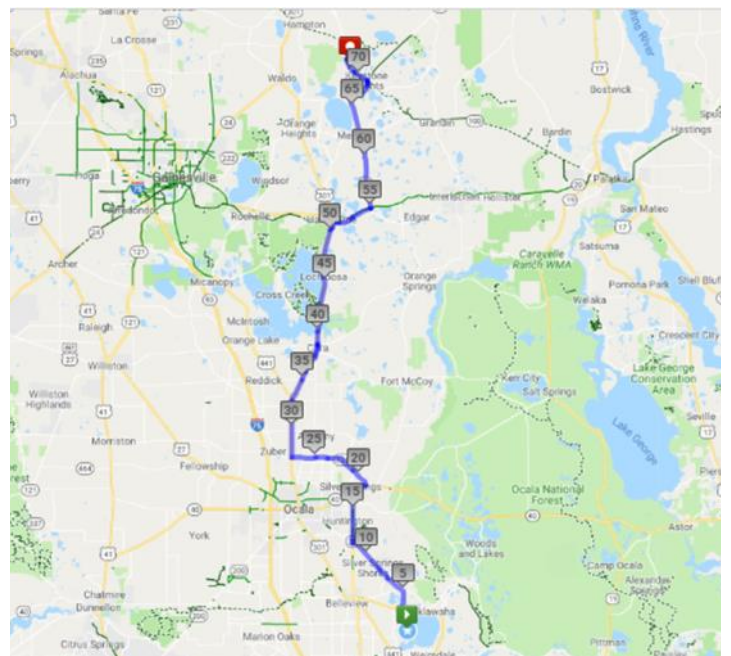
- ♦ Lunch on your own at designated SAG stop.
- ♦ Host hotel is Our lodging host is Comfort Suites in the Villages at 1202 Avenida Central, The Villages, FL 32159, about 11 miles away. Call 352-259-6578 and request the Florida Xtreme Triathlon rate of \$122 for double rooms. With plentiful restaurants 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 25th 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 72 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.

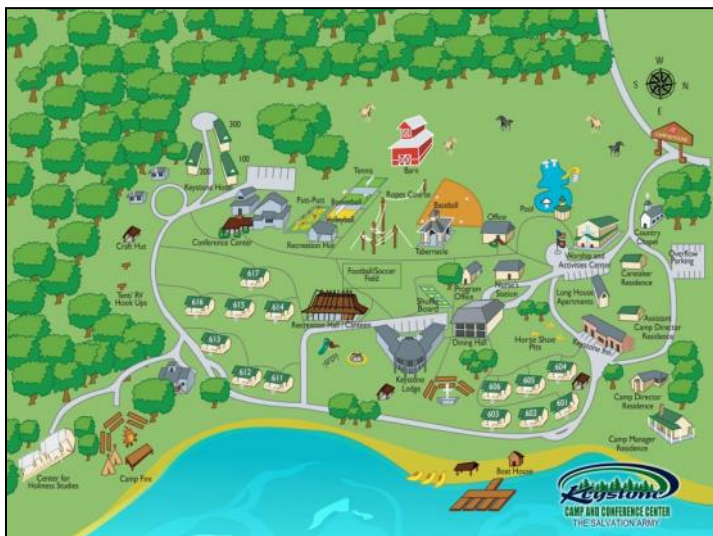


Stage 2 Saturday, November 16th

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 Xtreme@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 10 minutes from the camp.



Stage 3 Sunday, November 17th

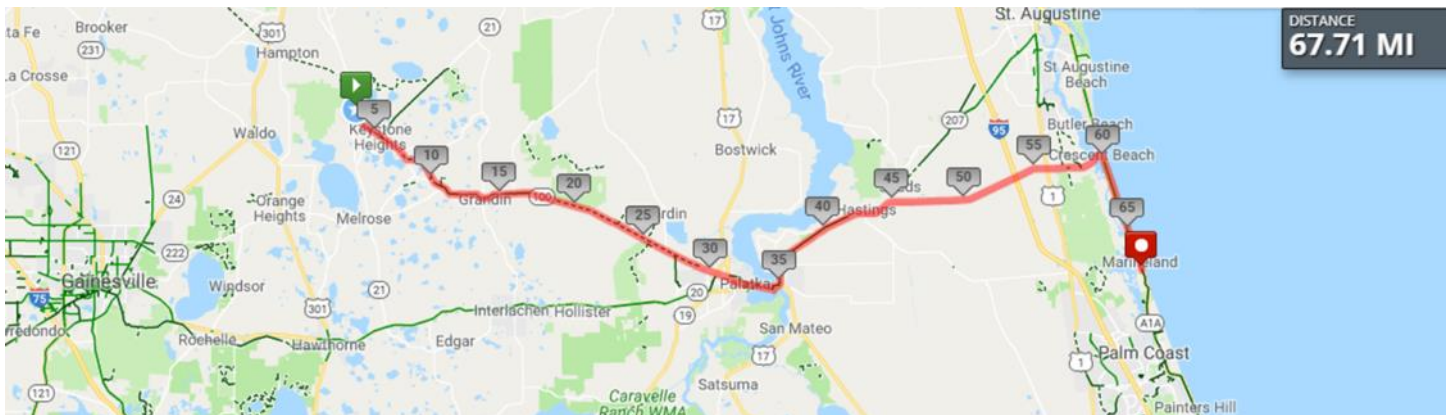
Camp Keystone to Hammock Beach, Palm Coast, Flagler County

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:
 - ◇ Legacy Resort is 4.5 miles from the finish line, near Jungle Hut Road run turnaround. West of A1A, Legacy Resort is on the Matanzas River, (not ON the beach). Each 2 bedroom suite has 1 king bedroom, 1 queen bedroom, a queen sleeper-sofa, 2 bathrooms, one with a garden soaking tub, a full kitchen, living/dining area, 3 tvs, and a Washer-Dryer for \$109.00, a \$3.99 resort fee + 12% Tax. You can make your reservation by calling 1-866-507-1429 and asking for the Florida Xtreme rate or [click here](#).
 - ◇ 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.



Stage 3 Sunday, November 17th **Camp Keystone to Hammock Beach,** **Palm Coast, Flagler County**

- ◇ We do not have a “room block” or special rate at Hammock Beach Resort. Room rates vary depending on suite size and location and are subject to a 11.5% resort fee and local taxes. Take advantage of seasonal special rates by calling (866) 841-0287 or visiting www.hammockbeach.com.
- ◇ 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 restaurants, grocery stores and shopping near Hammock Beach Resort and in Palm Coast area for dinner on your own.

Post-Race Monday, November 18th **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.*
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!



Palm Coast
AND THE
FLAGLER BEACHES
www.VisitFlagler.com