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TRIATHLON CLUB

presents the
2024

Escape THE SWAMP



brought to you by



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Message from Trigators

A message from the Trigators Triathlon Club and Race Directors:

On behalf of all of us in the Trigators Triathlon Club, we welcome you to the Swamp! We are so excited to host our annual [Trigators Escape the Swamp Triathlon](#) at the University of Florida for everyone to enjoy! Our course allows participants young and old to swim, bike, and run through our beautiful campus!

This race is our opportunity to share our love of the sport of triathlon with the community of Gainesville, UF alumni, seasoned athletes, and newcomers alike! We appreciate everyone who has decided to join us on March 17th, 2024 to experience racing in the swamp. Not to mention, this race is our primary fundraiser that helps keep the club alive and running for years to come!

We hope to have a fun filled day and look forward to meeting you all! Huge thanks to all of our sponsors, volunteers, UF Police Department, and race organizers that help make this race happen!

Go Gators!

Trigators Triathlon Club



Host Hotel

We are proud to announce the Holiday Inn on University Avenue is the official host hotel of the TriGators Triathlon for 2024. Please note that the hotel is undergoing renovations right now and there may be some noise/dust/construction during your stay. The construction has also caused there to be limited rooms available, so please book quickly if you have not already made lodging plans and are hoping to stay at the Holiday Inn. You can receive the special event rate at their site below:

How to book your room:

Below is a booking link that guests can use to book their reservations at an honored group rate of \$149.00.

1. **When booking screen opens, please select your dates (arrival and departure)**
2. **Select the More Options button to ensure the group code is listed (TRI).**
3. **Proceed with reservations.**
4. **Guest may also contact hotel directly and book via telephone at 352.376.1661 and ask for the group booking code: **TRI****

Link:

https://www.holidayinn.com/redirect?path=hd&brandCode=HI&localeCode=en®ionCode=1&hotelCode=gnvuc&_PMID=99801505&GPC=TRI&cn=no&viewfullsite=true

Link cutoff date: March 1, 2024

Guests have 7 days prior to arrival to cancel any reservations without fee.

Click the link and enter the dates of stay. All rooms should be discounted to \$149.00 over that weekend period 03/15/23 -03/17/23

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Though we sadly cannot offer group hotel rates at any other locations, here are some additional lodging options in town and near the race site that appear to have availability for the weekend:

Comfort Inn University

3440 SW 40th Blvd, Gainesville, FL 32608

https://www.choicehotels.com/florida/gainesville/comfort-inn-hotels/fl102?mc=smgogouscil&cid=Search_Comfort-Inn_US_Florida_General_ALL_CPC_ALL_EN_B-G&ag=US_FL_Gainesville_Property_FL102_Exact&pmf=GOOGLE&kw=comfort+inn+university+gainesville&gad_source=1&gclid=Cj0KCCQiAzoeuBhDqARIsAMdH14FuMO6yfU2z1x2mHY08-gPmeYs1M7fgUchqwiMmclYVb82qL9KkJVUaAqH4EALw_wcB&gclsrc=aw.ds

DoubleTree by Hilton

3726 SW 40th Blvd, Gainesville, FL 32608

https://www.hilton.com/en/locations/usa/florida/gainesville/doubletree-by-hilton/?WT.mc_id=zlada0ww1dt2psh3ggl4advbpp5dkt6multibr7_153659867_1003528&gad_source=1&gclid=Cj0KCCQiAzoeuBhDqARIsAMdH14Hr5OAtlXAlSdis_nHok_p0ubhALHDnMa-3QniC09qPnHuL5G8lZ84aArAXEALw_wcB&gclsrc=aw.ds

Aloft Gainesville University Area

3743 Hull Rd, Gainesville, FL 32607

https://www.reservations.com/hotel/aloft-gainesville-university-gainesville-fl?rmcid=Mchain-Revival1&utm_source=googleleads&gad_source=1&gclid=Cj0KCCQiAzoeuBhDqARIsAMdH14G6LHiCZB-tgWjo_xzo9AplI-OwlwqGNhzuJhibxYgJn2Y5YsXREQwaAm7yEALw_wcB



Packet Pickup

Saturday, March 16th

**3:00 pm to 8:00 pm @ Ben Hill Griffin Stadium North Lawn
1911 W University Ave, Gainesville, FL 32608**

Parking is available in the O'Connell Center parking lot! Meet the race directors and scope out the race site to see the action of the pre-race setup!

Sunday, March 17th

5:45 am to 7:15 am @ Ben Hill Griffin Stadium North Lawn

We **strongly** recommend picking up your packet the day before the race. This will save you from the hectic race day packet pick up line and it will help the race start on schedule. If you cannot pick up your packet the day before, make sure you arrive early to pick up your packet and set up in transition.

The registered racer must be present and show a photo ID to pick up their packet.



Race Day Timetable

Sunday, March 17th, 2024

5:45 am	Transition opens. Race day packet pickup and registration table opens.
7:00 am	Stadium Gate 7 opened for restroom access before race
7:15 am	Race day packet pick-up closes.
7:40 am	Transition closes, athletes must leave transition and line up at the pool.
8:00 am	Sprint Race begins.
8:40 am	Super Sprint Race begins.
10:30 am	Awards ceremony.

Inclement Weather Reminders

If the “feels like” temperature is below 45 degrees at the start of the race the swim portion of the course will be switched to a run and the new Race Format will be Run-Bike-Run. If there is lightning in the area, the race will be postponed for 30 minutes to allow the lightning to pass. The clock restarts if more lightning is detected. In this case, we may require participants to take shelter in their vehicles until the race can proceed.

Athlete safety is our #1 priority!

This event requires parents, guardians, or teachers to be responsible for the care, custody, and control of the minor participants, University of Florida will not provide supervision.

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RESTROOMS

The University Athletic Association will open Ben Hill Griffin Stadium Gate 7 restrooms **at or by 7:00 am** on race morning. If you are arriving from out of town ON race morning, please consider making a restroom stop at a nearby gas station or rest area BEFORE you arrive at the race site.

Parking

Parking is available at the O'Connell center across from transition or the Commuter Lot down Gale Lemerand Drive. Please also park here for convenient access to packet pickup.

PLEASE ARRIVE ON TIME and enter from the SW 2nd Ave side of the parking lot since we will be closing off Gale Lemerand due to it being on the course!

NO ACCESS TO ENTER PARKING LOT THROUGH GALE LEMERAND





Race Summary

Super Sprint Race:

The Super Sprint Race is a 250 yard swim (5 Lengths of the Pool), 1 Lap on our 3.4 Mile Bike Course, and 1 lap on the 1.17 Mile Run Course.

Sprint Race:

The Sprint Race is a 400 yard swim (8 Lengths of the Pool), 3 Laps of our 3.4 Mile Bike Course, and 1 lap on the 3.2 Mile Run Course.

Awards:

All participants will receive a custom finisher medal for this year's race!

Male/Female Overall winners (sprint and supersprint race) will receive a custom Trigators microfiber towel (11" x 18.5"), long-sleeve shirt provided by Pain Cave Training, AND a gift certificate to BakerBaker redeemable for 3 pastries.

Top 3 Male/Female Age Group winners will receive a custom Trigators microfiber towel.

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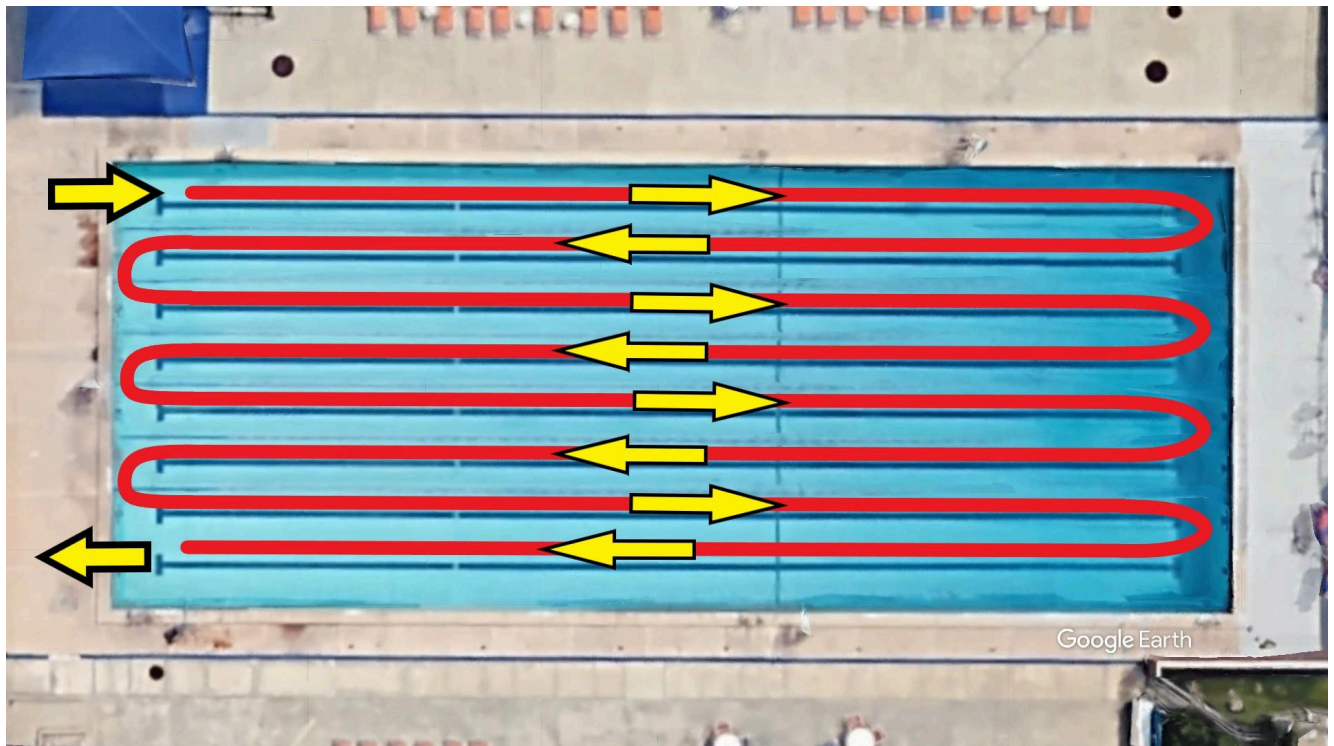
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Race Course Maps

The course will be marked with plasticades with directional signage, colored duct tape and volunteers. **It is the athlete's responsibility to know the course, any course cutting will result in a disqualification.**

Sprint

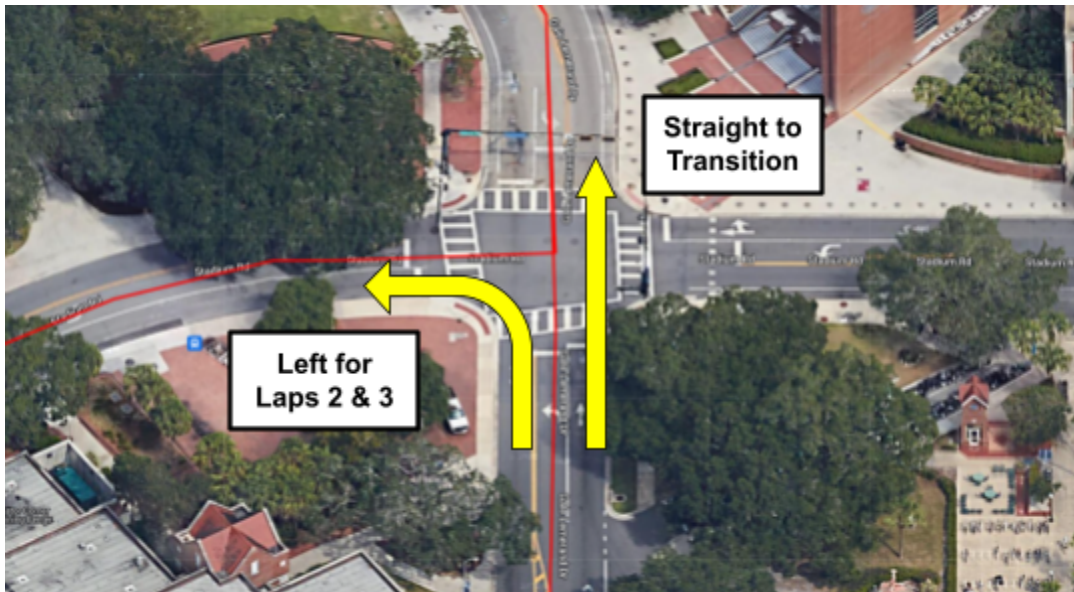
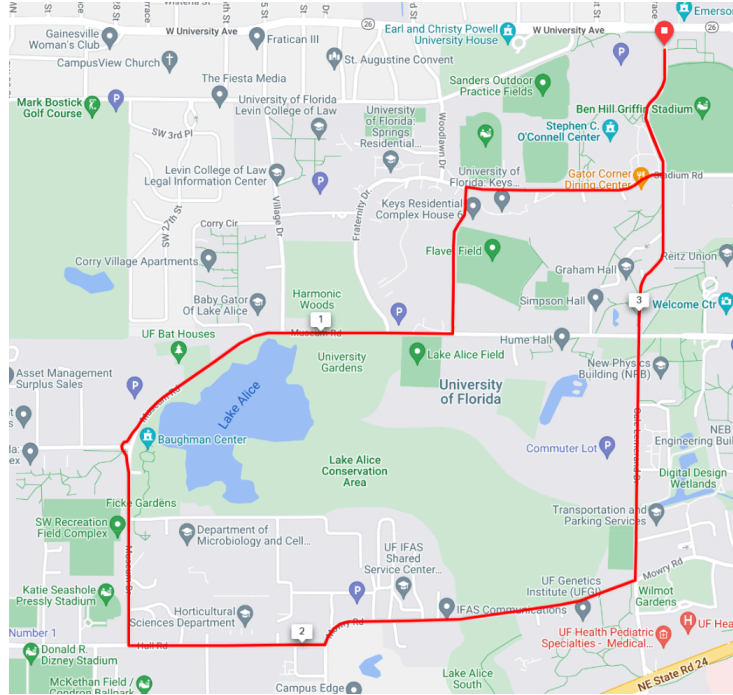
SWIM: The Swim will be 8 lengths of the pool in a snake style format. One athlete every 5-7 seconds will enter the water. This will be a rolling start and **will be self seeded on race day!**



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BIKE: 3 Loops around Lake Alice. The Gale Lemerand and Stadium Road intersection will be marked to either take another lap or to go straight to the transition area. We will not be able to tell you what lap you are on during the race, so please be sure to keep count on how many laps you've done and be honest since we will be able to determine if you did not do the correct number. DRC will disqualify incomplete races.



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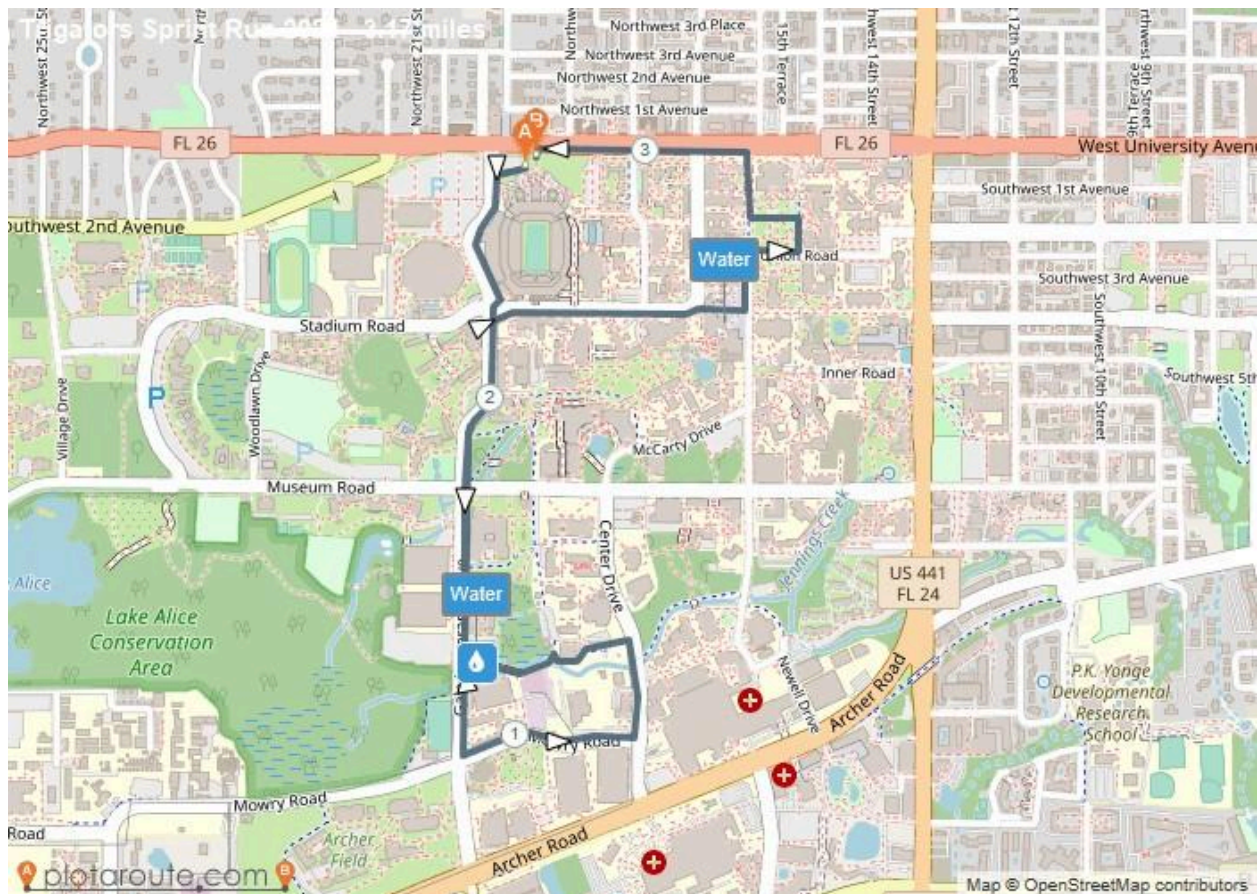
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RUN: Go south on Gale Lemerand and turn left on Mowry Road, Left on Center Drive, and through the parking lot next to the New Engineering Building! Then you will travel north on Gale Lemerand, turn right onto Stadium Road and go all the way until you pass through Turlington plaza and take a left before Century Tower! Run a quick loop through Plaza of the Americas, then return to the brick road on Newell Drive. Take a left on University Avenue and follow the sidewalk. Once you run along University Avenue, the finish line will be a swift left onto Gator Walk!

FOLLOW BLUE TAPE ARROWS ON GROUND!

Total: 3.18 miles

<https://www.plotaroute.com/route/2544013>

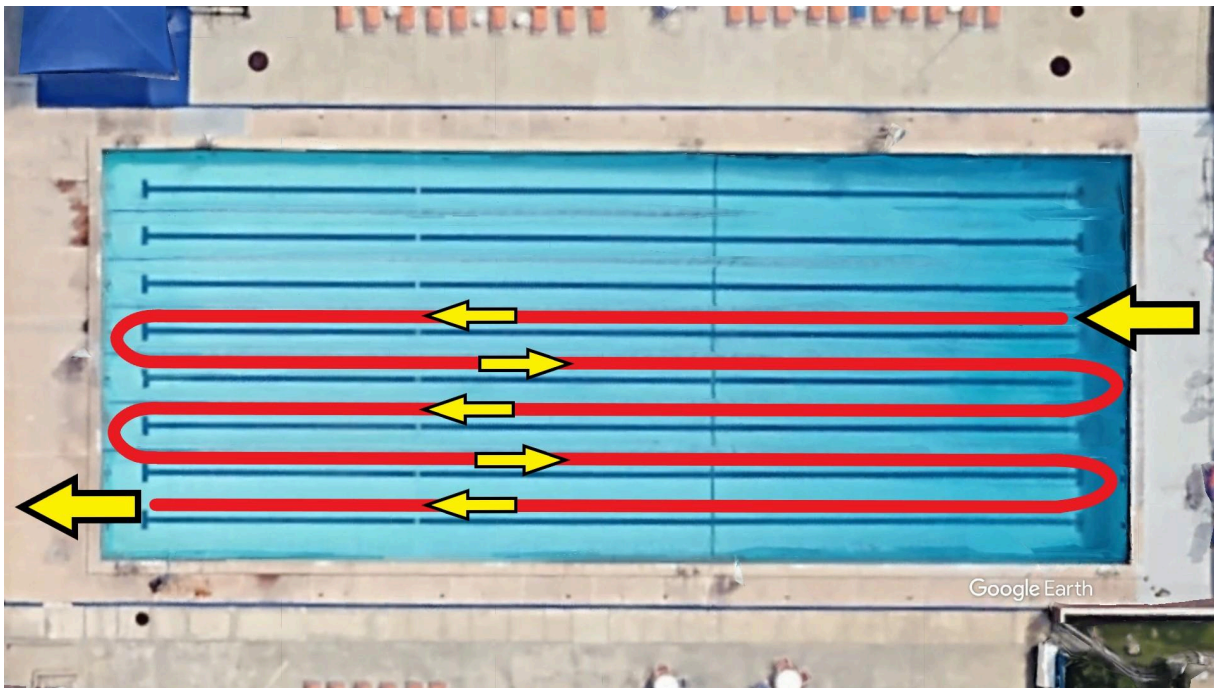


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Super Sprint

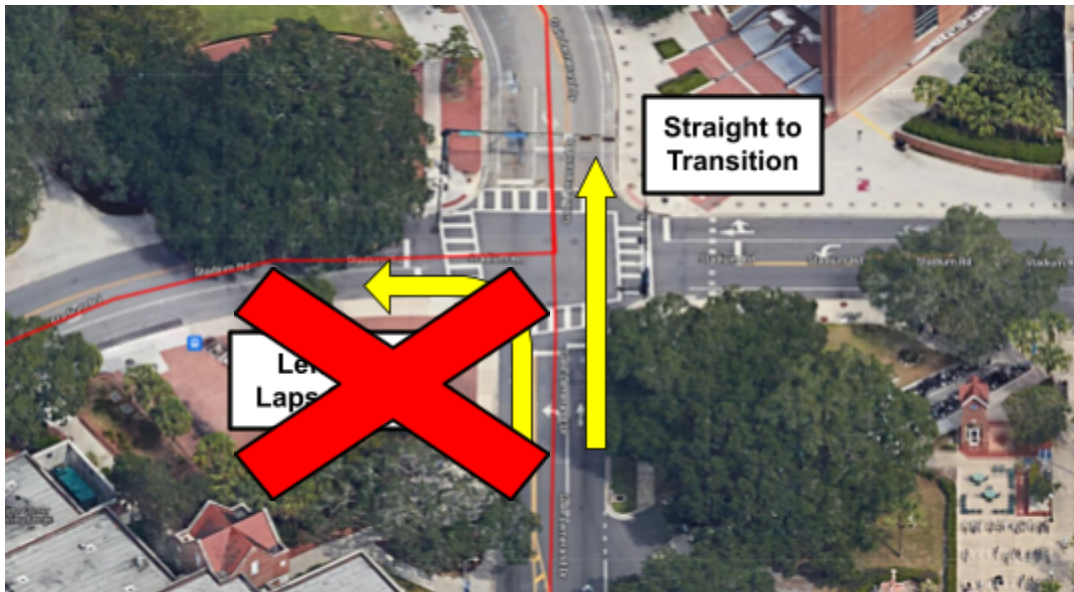
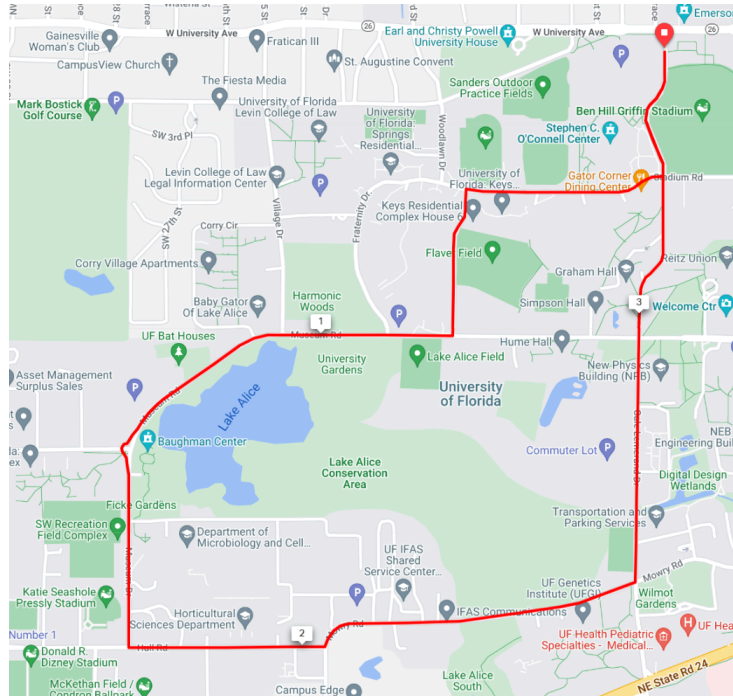
SWIM: The Swim will be 5 lengths of the pool in a snake style format. One athlete every 5-7 seconds will enter the water. This will be a rolling start and **will be self seeded!**



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BIKE: 1 Loop around Lake Alice. The Gale Lemerand and Stadium Road intersection will be marked to either take another lap (**SUPER SPRINT DOES NOT TAKE ANOTHER LAP**) or to go straight to the transition area! You should all be going straight towards transition when you get to the intersection of Gale Lemerand and Stadium Road!



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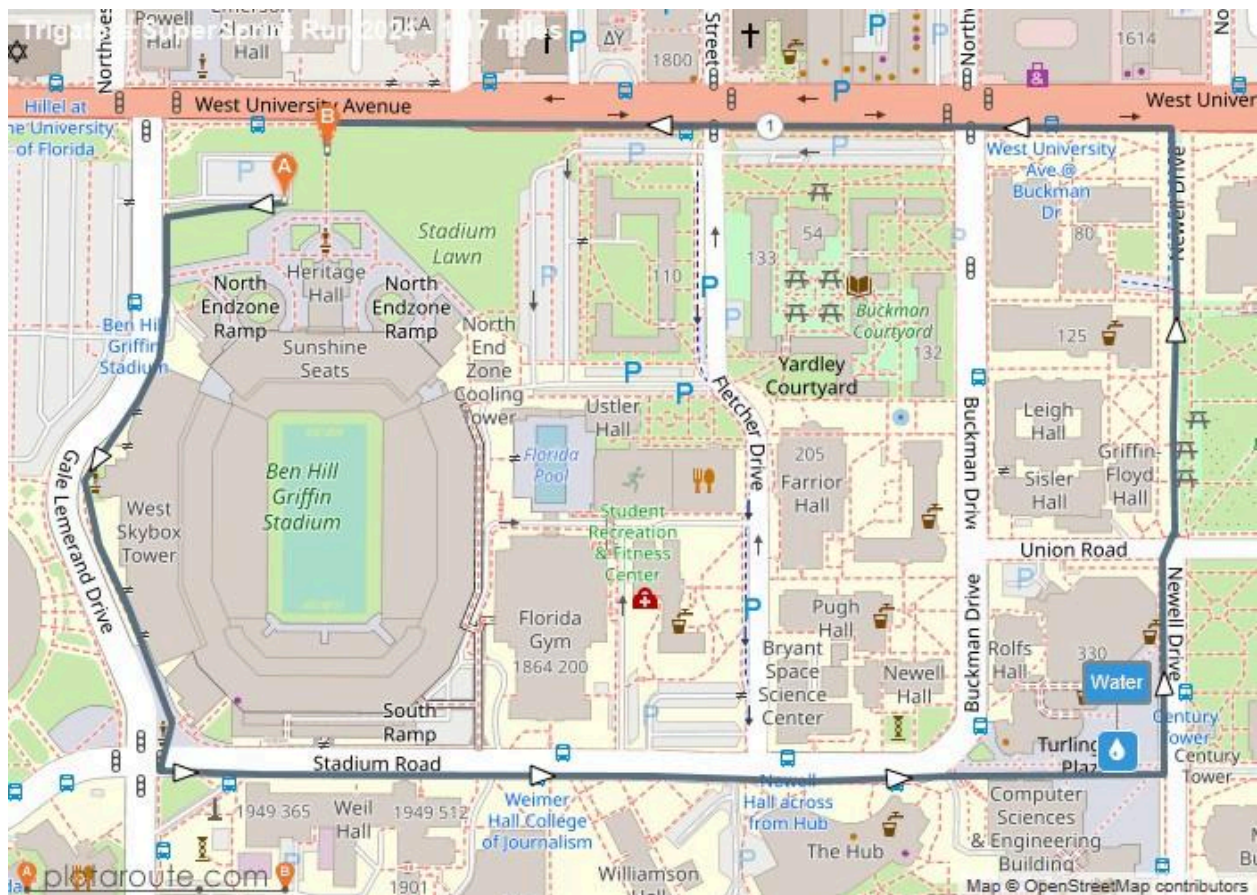
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RUN: 1 Loop Around Ben Hill Griffin Stadium. Follow the markings and you'll have a water station once you reach Turlington Plaza! You will cross Stadium Road then take a left to follow along stadium road (running on the south side of the street). You will merge with sprint athletes here too.

Total: 1.17 miles

FOLLOW WHITE TAPE ARROWS ON GROUND!

<https://www.plotaroute.com/route/2544018>





Official Rules

This race is sanctioned under USAT and adheres to its course and conduct rules.

Transition

- Body markers will be available after you have retrieved your race number.
- Please ensure that if you have aero bars that the end plugs inserted into the handlebar ends. Drop style handlebars must also be plugged at the ends. Bar end plugs will not be provided at the race site.
- The transition area will be open ONLY to racers.
- It will not open to the public again *until all bikes have been cleared after the race by their owners.*
- You must be wearing your race number in order to retrieve your bike from transition after the race is over. If you are not able to retrieve your bike, the person retrieving it must have your race number in their possession to take the bike out of transition.
- ***For safety reasons, helmets must be donned and buckled before unracking your bike, and not removed until after you have racked your bike. Any athlete leaving transition without their helmet buckled is subject to disqualification.***
- Do not ride your bike through transition. Participants may only mount their bike at or after the mount line and must dismount before the dismount line.
- No glass containers are allowed in the transition area.
- Coming out of transition be aware of runners and the sprint race doing U-turns to complete their additional laps.

On the Course

- ***HEADPHONES AND MUSIC DEVICES ARE FORBIDDEN IN TRANSITION AND ON THE COURSE!***
- Please ride with traffic in the bike lanes.
- If you must pass, visually signal to riders and cars behind you (do not interfere with car traffic) and vocally signal to the bike(s) you are overtaking.
- UFPD will be monitoring the course and trying to keep traffic off the course as best as possible.
- Run on the sidewalks at all times unless otherwise directed.
- Sprint Runners will have a 1000 yard stretch of two way traffic. Please stay on the sidewalk as best as possible during this time. We know it will be tight but be aware of others around you as well.

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- There will be two aid stations on the Sprint Course at miles 1.5 and 2.5 of the course. Water will be available.
- All personal equipment and belongings must stay with the racer. No garbage, clothing, etc. is to be thrown onto the course.
- All spectators must keep clear of the course paths. Please be respectful to all participants.
- If you are racing the Super Sprint you are only completing 1 lap of the bike and run course. Sprint racers are the only racers completing multiple laps on the bike course and a single lap on the run course.



**THANK YOU AND HAVE A
GREAT RACE! GO GATORS!!**