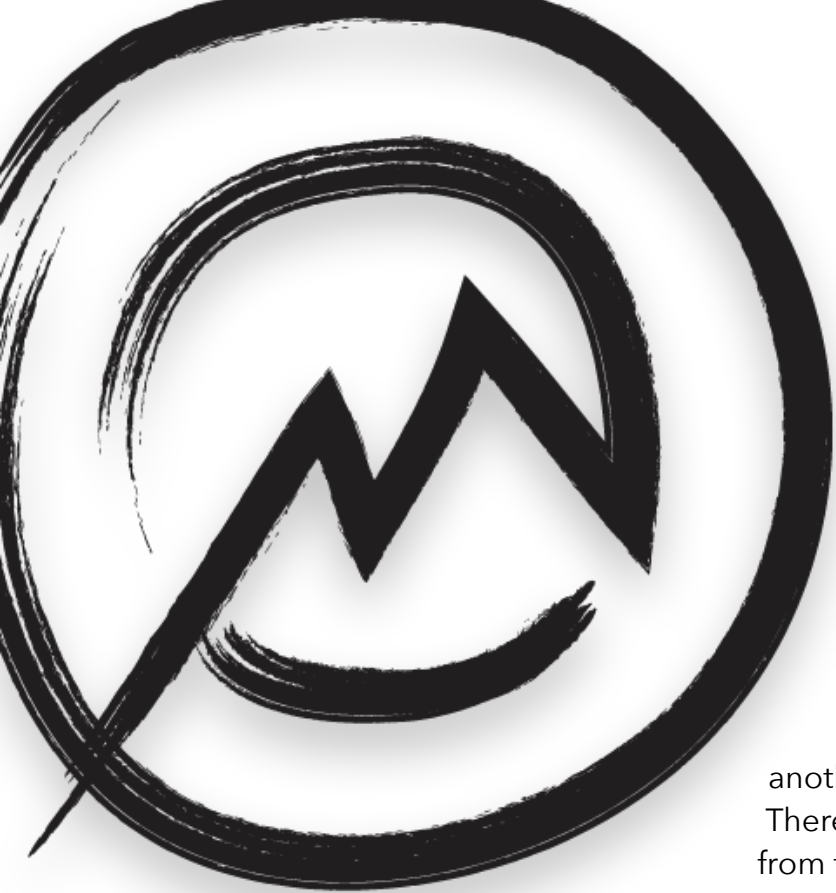


2024



# FLORIDA ANVIL ATHLETE GUIDE





# MAMMOTH

## REINFORCING THE ENDLESS PURSUIT OF SELF REALIZATION

At Mammoth, we believe in God, hard honest work, family, and finishing what you start. If you're reading this Athlete Guide, you have a desire to be different and are willing to take the steps required to live an extraordinary life. People like us are uncommon amongst the population. We go left when everyone else goes right. We want more out of life and set a higher standard for ourselves.

Mammoth is a big dysfunctional family who supports the hell out of one another no matter who you are, where you're from, what you do or what you believe. There's nothing quite like the experience you get at one of our races and it all comes from the idea of treating others how you want to be treated. We're an old school race company pushing the boundaries of what's possible in endurance racing.

If this is your first Mammoth event, you're about to meet a whole bunch of other people who are just like you. Don't sweat the small stuff, do the work, show up, have fun, race hard, be kind to people, and you will leave feeling exhausted and rejuvenated all at the same time. This business exists to connect people and offer everyone a safe place to come and push their limits to the absolute threshold of what your body, mind and spirit are currently capable of handling.

Finish what you start,  
Craig Braun, Teri Smith & the entire Mammoth Crew.

Joshua 1:9 NIV

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

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# SCHEDULE OF EVENTS

## **Wednesday, February 21, 2024**

7:30am - 12:00pm (noon) • Course / Village Setup. \*Racers and their crew are welcome to come help!

2:00pm - 3:30pm • Athlete Check-in at the village / racers can setup their pit area (*TRIPLE ATHLETES ONLY*)

5:30pm - 7:30pm • Mandatory Pre-race Pasta Dinner / Race Briefing (*TRIPLE ATHLETES ONLY*)

## **Thursday, February 22, 2024**

6:15am • Breakfast and coffee is served at the beach area (swim start)

6:30am • Athlete Roll Call and National Anthem. \*All Triple athletes must be present

7:00am • Swim Start Triple Anvil & Aquavelo athletes (beach start)

8:00am • Race Start for Triple Duathlon athletes (inside village)

1:00pm • Lunch is served in the village

2:00pm - 3:30pm • Athlete Check-in at the village / racers can setup their pit area (*Double, 1.5x, Single, Half athletes*)

5:30pm - 7:30pm • Mandatory Pre-race Pasta Dinner / Race Briefing (*Double, 1.5x, Single, Half athletes*)

6:00pm • Dinner is served in the village

10:30pm • Late Night Snack is served in the village

## **Friday, February 23, 2024**

6:15am • Breakfast and coffee is served in the village

6:30am • Athlete Roll Call and National Anthem. \*All Double, 1.5x, Single, Half athletes must be present

7:00am • Swim Start Double, 1.5x, Single, Aquavelo and Half Anvil athletes (beach area)

8:00am • Race Start for Double, Single Duathlon athletes (inside village)

1:00pm • Lunch is served in the village

4:00pm • Dinner is served in the village

8:00pm • Single Aquavelo race cutoff time

10:30pm • Late Night Snack is served in the village

# SCHEDULE OF EVENTS

## **Saturday, February 24, 2023**

12:00am • Single Anvil, Single Duathlon and Half Anvil race cutoff time

1:00am • Triple Aquavelo race cutoff time

6:15am • Breakfast and coffee is served in the village

9:00am • Double Aquavelo race cutoff time

1:00pm • 1.5x Anvil race cutoff time

1:00pm • Lunch is served in the village

4:00pm • Dinner is served in the village

5:00pm • Triple Duathlon race cutoff time

6:00pm • Double Duathlon race cutoff time

7:00pm • Official race cutoff time.

7:15pm - 9:15pm • Village tear down / Race clean up.

## **Sunday, February 25, 2023**

10:30am - 2:30pm • Race Banquet / Catered Lunch *(included in your registration)*

You may also [CLICK HERE](#) to view the Schedule of Events on our Race Website.

<https://www.mammothendurance.com/floridaanvil>

# POINTS OF INTEREST

**Race Address:** Lake Louisa State Park | 7305 U.S. Highway 27, Clermont FL 34714 | (352) 394-3969

**Pre Race Pasta Dinner:** Lake Louisa State Park | 7305 U.S. Highway 27, Clermont FL 34714

**Post Race Awards Banquet:** Stoneybrook West | 1201 Black Lake Blvd, Winter Garden, FL 34787

**JP Russo Mobile Bike Mechanic:** (407) 967-6995

**Publix Grocery Store:** 2430 U.S. Highway 27, Clermont, FL 34714

**Laundromat:** 17445 U.S. Highway 192 Suite 1, Clermont, 34714 (Laundromart of Four Corners)

**Walgreens Pharmacy:** 2430 U.S. Highway 27, Clermont, FL 34714 (next to Publix grocery store)

**Clermont Bike Shop:** 1712 East Highway 50, Clermont, FL 34711 (352) 241-6054

**Dicks Sporting Goods Store:** 1325 Sandy Grove Ave Clermont FL, 34711

**South Lake Hospital:** 16966 Cagan N Ridge Blvd, Clermont, FL 33714

**\*\* ALL DOUBLE & TRIPLE ATHLETES ARE REQUIRED TO SEND IN A MEDICAL RELEASE FORM NO LATER THAN 1 WEEK BEFORE RACING. FORMS SHOULD BE SENT TO [teri@mammothendurance.com](mailto:teri@mammothendurance.com)**

# MANDATORY ATHLETE MEETING / PASTA DINNER

**5:30pm - 7:30pm | Lake Louisa State Park (RACE SITE)**

We're always excited to host the pre-race meeting and dinner. Here we will brief everyone on the workings of the event. We will go over race details, answer questions, enjoy a nice pasta dinner and give all the athletes a chance to meet one another as well as meet the volunteers and race staff. All athletes are required to attend this meeting.

**This dinner is MANDATORY for all athletes to attend.**

**Pasta Dinner will be on-site at race next to Check-In at the Park**



**The pasta dinner is free. If you're planning on bringing your support crew or family / friends, please notify us no later than February 15th. We will need to know how many hungry mouths we get to feed! Also please notify us if you will need Gluten-Free noodles / bread. We are happy to accommodate.**

**E-mail information to [teri@mammothendurance.com](mailto:teri@mammothendurance.com)**



TRIXIE SMITH  
2023 ANVIL RACER  
OF THE YEAR



# ATHLETE BANQUET

**10:30am - 2:30pm | 1201 Black Lake Blvd, Winter Garden, FL 34787**

This banquet is the celebration of you! It is HIGHLY RECOMMENDED you and your crew come to enjoy a catered meal, drinks, mingling with other athletes and sharing stories of the journey. This is where you'll be given your official ANVIL Ultra triathlon finisher's long sleeve shirt along with your finisher's certificate, finisher's award and other items.

**Solo Single (Including Aquavelo and Duathlon), Half, and 1.5x:** One ticket is included in your registration.

**Solo Double and Triple (Including Aquavelo and Duathlon):** Two tickets are included in your registration.

**Teams:** One ticket per team member is included in your registration.

**You had the option to purchase additional tickets for your family or crew online during registration. If you'd like to add more tickets, you can do so in person during race check-in. The cost per ticket is \$35.**

**There is plenty of parking at the banquet hall.**

**\*25 minute drive from race site**

# SANCTIONING BODIES



## **WORLD ULTRA TRIATHLON ASSOCIATION (WUTA)**

All races are sanctioned by WUTA, the World Ultra Triathlon Association. By registering for the event, you are automatically granted a WUTA membership (free) and are eligible to collect championship points based on the event you will be competing in. We will be adhering to all rules found in the 2024 Rulebook which will be published online no later than January 31st, 2024.

You do not need to take any additional steps to register with WUTA or obtain a membership. Upon completion of your race, you will be rewarded points towards both the regional and national 2024 World Ultra Triathlon Association Championships.

WUTA is a brand new sanctioning body with the goal of building a sustainable future for ultra triathlon and making the sport more accessible to those interested in racing ultra triathlon.



## **USA TRIATHLON (USAT)**

All races are sanctioned by USAT (United States Triathlon Association). All athletes are required to belong to USAT, either with a yearly membership or by purchasing a one-time "day use" license. If you registered before 1 November, you did not have the opportunity to confirm or purchase the license on-line. This needs to be done prior to checking-in for the race.

If you have a USAT license, make sure you bring it to the race for verification. If you don't, a link for a one-day license will be emailed to you.



## OFFICIAL NUTRITION SPONSOR OF ANVIL

USE CODE: MAMMOTH at checkout to save money on the best nutrition product line available for endurance athletes.

WILL TURNER  
ANVIL & HAMMER  
Sponsored Athlete



# AID STATION



## **Hammer Nutrition Products**

Since 1987 Hammer has been supporting athletes in a wide range of events from ultra triathlon to endurance car racing, motocross, BMX, mountain biking and gymnastics and everything in between. Their product line is the cleanest on the market, and their research and education that is made readily available to you is second to none. We trust Hammer products and recommend them to anyone looking for a better, cleaner option for their nutrition.

All athletes will be given a variety of Hammer products in their race bag. We will also have Hammer products available at the aid station table in the race village throughout the entirety of the event.

## **Sweet / Salty Snacks & Hard Candy**

We will have various sweet and salty options for you at the aid station as well as a bit of Hard candy for a sugar boost. Although we do provide some snacks and food, it is critical in races of this distance to bring your own snacks and products that you know work for you. DO NOT solely depend on our aid station to get you through this race. You must be self-sufficient and use the aid station snacks as quick grab and go's while on the bike or run.

## **Fluids**

As said before, we will have Hammer products available (Heed, Recoverite, Hammer Gels, etc...) at the aid station table. We will also have fresh water available 24/7 as well as RedBull energy drink.

**WE DO NOT PROVIDE CUPS AT THE EVENT. YOU ARE REQUIRED TO HAVE A REUSABLE WATER BOTTLE OR FLASK.**

# PARKING / ENTERING THE PARK

## **Lake Louisa State Park**

There is a \$5.00 parking fee to enter the park. For those of you who are staying at the park in a cabin or the campground, your normal reservation gets you 2 parking passes. The pass can be picked up at the outside window of the ranger building as you enter the park for check-in, and you will keep that pass with you when you arrive back for your race start. Please leave the pass on your dashboard at all times.

We have a special area at the village/parking lot where athletes may park. There are three sections to the parking area. The first you will come to is considered the RV parking lot...this is where we will set up the timing station, food/merchandise/massage shelters and our pre-race meeting tent. The next section (blue) is where all the shelter tents will be set up and is considered the village area that you will ride and run through. The next section (yellow) is closest to the walking bridge leading to the beach. We must not park alongside the fence line and trees closest to the beach as that area is reserved for park guests. We are allowed to park on the other side of that section where our cars will face the village. There are also the "end caps", the edges of the parking lot where we can park as well.

If you enter the park earlier in the week to train or check the area out, you must pay for the daily pass at the ranger building.

## **Lake Louisa State Park**

7305 U.S. Highway 27, Clermont FL 34714

(352) 394-3969

## WEATHER

Temperatures in Clermont are usually in the mid 50's (14 Celsius) at night and the mid 70's (24 Celsius) during the day. Highs can often reach the 80's.

The record high for February is 88 (31 Celsius) and the record low is 26 (-3 Celsius).

February is not the rainy season for this area but please pack rain gear. You never know what you might be facing on race day!

We're getting a full moon on 24 February! If we have clear skies, we should be in for a treat with a bright moon making things a little less dark for the evening hours.

The sun will rise at 6:55am and will set at 6:21pm. 12+ hours of night racing requires that you have adequate lighting for your bike and run segments. Do not forget your charging cords!

**Be prepared for all weather conditions and check local conditions before traveling.**

**[Click here to view the local weather in Clermont](#)**

# ATHLETE CHECK-IN

## **Athlete Check-In: 2:00pm - 3:30pm | Lake Louisa State Park**

All athletes must check-in for the race. During check-in, you'll receive your race bag with your race number, swim cap, athlete wrist band, timing chip, meal tickets, event shirt(s) and more.

During check-in we will confirm information with you, details like medical contacts, medical conditions, food tickets, finisher's flag, etc. You can begin setting up your "pit area" at this time as well. We will have a crew member sleeping overnight in the Village, so feel free to leave your supplies out overnight (weather permitting).

Racer Photos: After check-in you'll be directed to take a photo in front of our ANVIL photo banner. Bring your crew along if you'd like a nice group photo before the race begins.

If you do not arrive on time to check-in between 2:00pm - 3:30pm you will not be eligible to race and may forfeit your race entry. We have a small and passionate crew for these events, and we do need to close check-in promptly at 3:30pm so we can begin to prepare for the pasta dinner, athlete meeting and a successful start to your race the next morning.



**WELCOME TO THE FLORIDA ANVILLAGE**



## RACE VILLAGE / TRANSITION (THE ANVILLAGE)

**IMPORTANT:** Please email [teri@mammothendurance.com](mailto:teri@mammothendurance.com) if you're in need of a shelter during the race. We may have a small number of tent spaces available. Each space comes with a 6-foot table and 2 chairs. The cost per space is \$30 per racer.

**FIRST COME FIRST SERVED.**

The village acts as our home away from home for the race weekend. This is where you will keep your equipment and your crew will work out of. You're allowed to bring your own 10x10 pop up if you have it. Please make sure you have a way to strap it down in case we experience wind. You will not be able to stake the tent down into the ground as we are in a parking lot. We string lights through the village to help illuminate the area in the evenings. You may bring your own battery or solar operated lights if you'd like. When you set up your tent, please set your area up right next to (literally touching) the pit next to you.

Your vehicle will be directly behind you in the parking area so you will have access to that in case you need to store additional items, catch some sleep, or head into town to grab something.

We will have our merchandise tent, timing station, food tent, aid station tent, massage therapist, medical doc and "office" in the village area. We will also have a small tent where you're welcome to charge your devices if needed. Things like phones, watches, lights, etc...

**Important - WIFI is NOT available inside the village and cell service can be spotty at times.  
Please be prepared for that.**

## RACE MEDICAL

Racer safety is a top priority for our staff. Please race safely and wear the proper safety equipment at all times while competing.

We provide an onsite medical person throughout the entire duration of the event. They are prepared to handle all sorts of medical issues. We do have a full first-aid kit with us, but we recommend you bring your own basic items to help with blister care / prevention, cuts and scrapes and smaller issues that may come up. In the case of a life-threatening emergency, 911 will be called and that athlete will be transported to the local hospital. In this case, the athlete's crew will work directly with one of our race directors for any communication or transportation to the local medical center or hospital.

During the swim, our medical person will be present on the beach and will have direct radio communications with our boats and watercraft carrying race lifeguards. Remember, you are **REQUIRED** to wear the provided swim cap for safety reasons. We provide each athlete with a high quality swim cap for the race.

# RACE MASSAGE

## **Ben Keyes - RX Massage Therapy**

Ben Keyes is returning to provide athletes massage therapy throughout the event. Ben will be arriving on Thursday to setup at about 12:00pm (noon). As part of your entry fee, you're allowed a certain amount of time with Ben at no charge to you.

Ben does have a time set aside during the race to try and catch a little sleep so we do have a "quiet time" set aside where he will not be available from the hours of 12am (midnight) to 6:00am.

Pre-race massages can be scheduled via email: [ben@rxmassagetherapy.com](mailto:ben@rxmassagetherapy.com) or cell (407) 595-4997.

### **Free Massage Time**

30 minutes for all solo and team triples and doubles

15 minutes for all solo single, 1.5x and half athletes.

You can have additional time with Ben at a charge of \$20 per every 15 minutes. Both Massage and Kinesio Taping is available.

## MEALS / FOOD TICKETS

Food for the staff, volunteers and athletes is provided free of charge. Additional meal tickets are available for your family and crew at \$30 per day. This includes breakfast, lunch, dinner and a late-night snack. All our food is made on location, and we provide gluten free and vegan options upon request. The race village has a designated tent area where we will serve food 3 times a day and leave a late-night snack in the evenings. This also includes coffee, tea and hot cocoa which are all available anytime.

We will also have things like soda, red bull and possibly other juices / items in coolers available for you to grab. Again, these items are only available to those who have paid for the meal passes. All crew, family, or friends who pay for a meal pass will be given a colored wristband enabling them to grab food and drinks during the event.

You can purchase additional meal tickets either beforehand by emailing [teri@mammothendurance.com](mailto:teri@mammothendurance.com) or during race check-in.

**\*PLEASE BRING A RE-USABLE MUG WITH YOU IF POSSIBLE.**

We're trying hard to limit the amount of trash produced at this event. If you can bring a mug or reusable dish, please do so!

# RACE MENU

## **Wednesday, February 21**

LUNCH - Subs, Chips, Drinks (Setup Crew Only)

DINNER - Pasta Dinner, Cookie, Salad, French Bread, Drinks (3x athletes only)

## **Thursday, February 22**

BREAKFAST - Muffins, Granola Bars, Oatmeal, Grab n Go's + Coffee, Tea, Hot Cocoa

LUNCH - Subway Subs delivered, Chips, Pickle, Cookie

DINNER - Burgers & Potato Salad

PASTA DINNER - Pasta Dinner, Cookie, Salad, French Bread, Drinks (2x, 1.5x, 1x, & half athletes)

LATE NIGHT - Tomato Soup with Crackers

## **Friday, February 23**

BREAKFAST - Muffins, Granola Bars, Oatmeal, Grab n Go's + Coffee, Tea, Hot Cocoa

LUNCH - Wraps (turkey / vegan), fruit salad and chips

DINNER - Loaded Baked Potatoes & Light Salad

LATE NIGHT - Salted Vegetable Broth & Chicken Noodle Soup

## **Saturday, February 24**

BREAKFAST - Breakfast Casserole, Grab n Go's + Coffee, Tea, Hot Cocoa

LUNCH - Veggie Fried Rice & Grilled Chicken with Rolls

DINNER - Based on athletes remaining on course

## TIMING AND SCORING

You will receive an ankle chip that is to be worn around your **LEFT** ankle throughout the duration of the bike and run. We will be timing the swim segment of the event by hand as we have for the last 25+ years. The bike and run segments will be chip timed.

Each timing chip is assigned specifically to you, so please do not mix them up with another athlete. Relay teams will be sharing a timing chip so as one athlete is passing off to another on the team, you will need to also transfer the timing chip which is very easy to do.












**WE NEED YOUR CHIP** after the race. Our volunteers will grab your chip from you at the finish line. However, if for whatever reason during the race you lose your chip you will be charged \$100 so we can buy a replacement.

Friends and family can track your progress online at the link below. \*Please note - the results option will not appear until the race has begun. You will also be able to check both your position and lap count at the event using your smartphone. Your race crew will use this link during the race to track your progress in real time, see what lap count you're on, and check standings. Please do not come to the main timing tent to check racer progress unless you find an issue with the tracking app. We ask this to ensure our timers can stay focused on the data as it comes into our timing system.

**[TIMING / TRACKING LINK - CLICK HERE](#)**

# TIMING AND SCORING

The image below is an example of what the tracking system will look like once the race begins.

Place	Name	Last Completed Segment	Last Completed Segment Time	Gender	City	State	Run 32 - 32.32 Time	Run 32 - 32.32 Pace	Swim Time	Transition 1 Time	Bike - Short Loop Time	Bike - Short Loop Pace	Bike 1 - 6.00 Time	Bike 1 - 6.00 Pace
1	 Luke Sweet	Run 130 - 131	12:21.53	M	Richland	WA	11:34	11:27	7:13:00	33:00	2:17	24.2 mph	16:26	18.5 mph
2	 Kevin Mendenhall	Run 130 - 131	19:55.04	M	Roanoke	VA	13:24	13:16	7:59:00	27:00	3:53	14.2 mph	18:06	16.8 mph
3	 Bart Schuster	Run 130 - 131	17:57.89	M	Ashburn	VA	12:06	11:59	7:27:00	20:00	1:08	48.6 mph	15:30	19.7 mph
4	 Josh Kiecker	Run 130 - 131	24:09.00	M	Fremont	WI	28:14	27:57	7:58:00	22:00	3:39	15.1 mph	18:42	16.3 mph
5	 Edward Lomicka	Run 130 - 131	17:00.78	M	Franklin	TN	15:45	15:35	6:58:00	35:00	3:28	15.9 mph	20:03	15.2 mph
6	 James Manning	Run 130 - 131	12:45.60	M	Centreville	VA	22:18	22:05	10:10:00	21:00	17:05	3.2 mph	29:31	10.3 mph
7	 Sarah Bird	Run 130 - 131	22:10.66	F	Long Beach	CA	23:56	23:42	8:16:00	1:17:00	8:32	6.5 mph	25:19	12 mph
8	 Trixie Smith	Run 109 - 110.09	26:34.05	M	Crawfordville	FL	20:17	20:05	9:03:00	21:00	3:08	17.6 mph	28:52	10.5 mph
DNF	 Jurand Czabanski	Run 95 - 95.95	58:07.06	M	PalatinePalatine	IL	12:25	12:17	7:02:00	13:00	2:05	26.5 mph	15:01	20.2 mph
DNF	 Mitch Miller	Run 78 - 78.78	1:03:12.99	M	ocala	FL	19:38	19:26	9:08:00	17:00	10:30	5.3 mph	1:17:26	3.9 mph
	 Lorilyn	Run 76												

# RACING AT NIGHT

## PLEASE USE EXTRA CAUTION WHILE RACING AT NIGHT!

Racing on your bike or running in the dark hours of the event can be one of the most challenging and invigorating times of the race. It can also be the most dangerous time of the race. We take some precautions to help you stay on course (or awake) during the event.

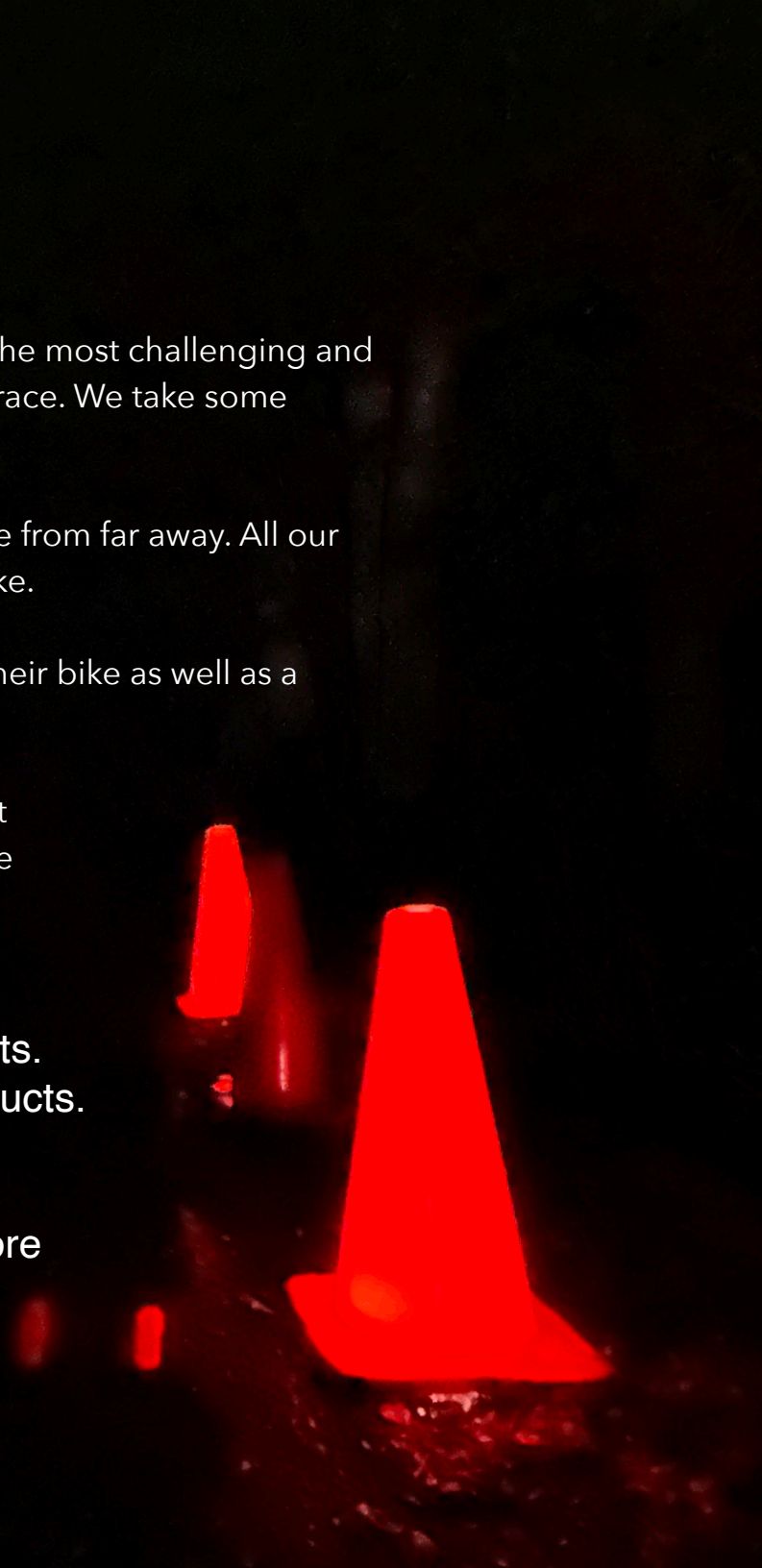
All our marking cones will be lit up in the evening (see photo) and very visible from far away. All our turnaround stations will be illuminated and well lit for cyclists and runners alike.

It is 100% REQUIRED that all cyclists have a flashing red rear facing light on their bike as well as a bright white headlight on the bike. Other lights are Ok as well.

Runners MUST have at minimum a blinking red rear facing light and flashlight or headlight to illuminate their path moving forward. No exceptions are made on this rule.

**MAKE SURE YOU** bring extra batteries or chargers for your lights. We do have a charging station in the village to charge your products.

It is also **HIGHLY RECOMMENDED** that you practice riding and running at night in a local neighborhood or closed bike path before your race.

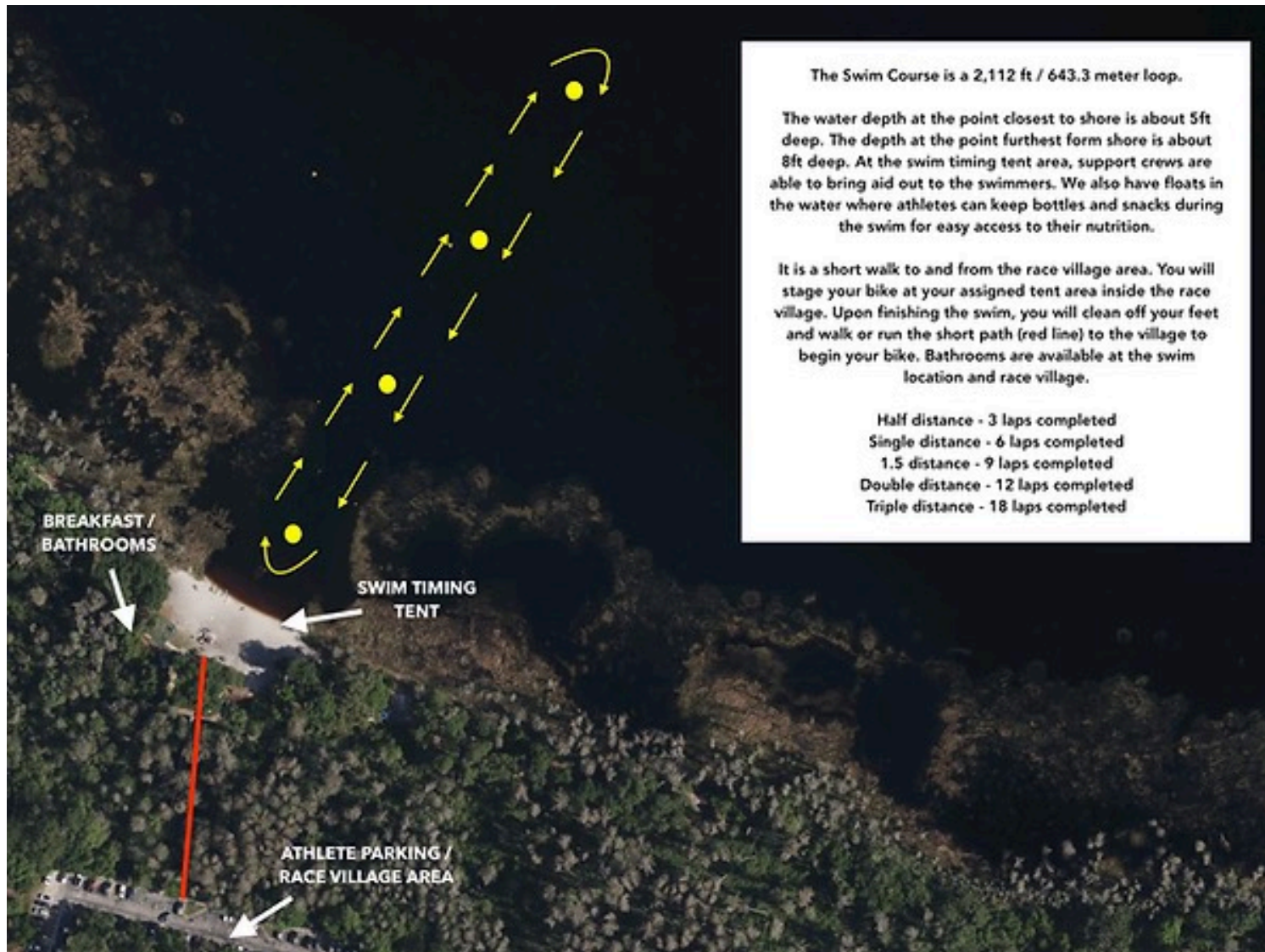




# FLORIDA ANVIL SWIM COURSE



# SWIM COURSE MAP



The Swim Course is a 2,112 ft / 643.3 meter loop.

The water depth at the point closest to shore is about 5ft deep. The depth at the point furthest form shore is about 8ft deep. At the swim timing tent area, support crews are able to bring aid out to the swimmers. We also have floats in the water where athletes can keep bottles and snacks during the swim for easy access to their nutrition.

It is a short walk to and from the race village area. You will stage your bike at your assigned tent area inside the race village. Upon finishing the swim, you will clean off your feet and walk or run the short path (red line) to the village to begin your bike. Bathrooms are available at the swim location and race village.

Half distance - 3 laps completed  
Single distance - 6 laps completed  
1.5 distance - 9 laps completed  
Double distance - 12 laps completed  
Triple distance - 18 laps completed

# SWIM COURSE DETAILS

**Triples: 18 loops / Doubles: 12 loops / 1.5x: 9 loops / Singles: 6 loops / Half 3 loops**

The swim takes place off the beach of Lake Louisa State Park on Lake Louisa, which is considered a shallow lake, with water depths no greater than 8 to 9 feet across the whole lake. The normal water temp for late-February has been about 65 to 70 degrees, so wetsuits are recommended. We will have a mass start each day.

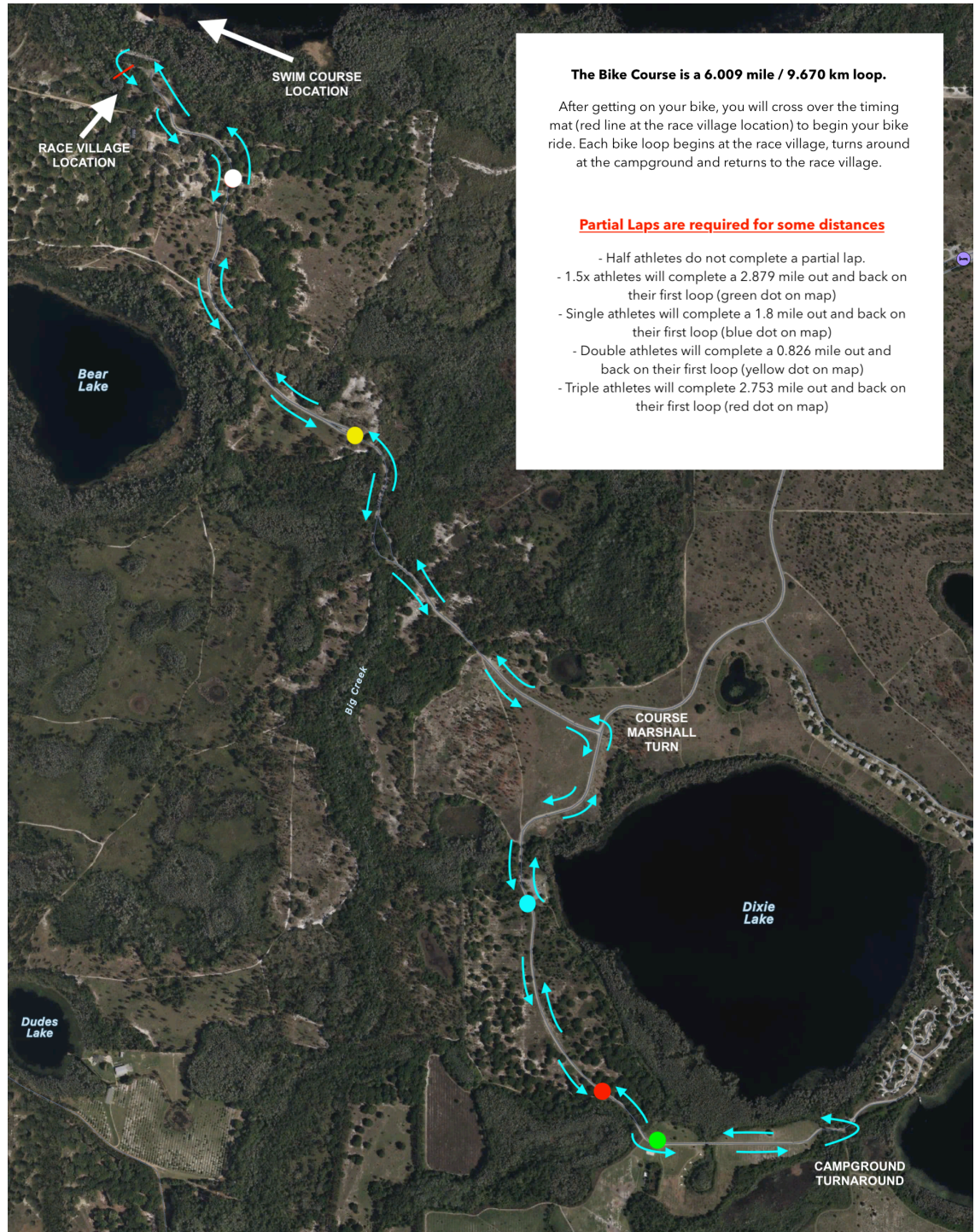
You will swim a 2112 foot/644-meter clockwise out and back pattern around a swim line (swim line length is 1056 feet/322 meters). Half athletes will complete 3 loops; Single athletes will complete 6 loops; One and one-half athletes will complete 9 loops; Double athletes will complete 12 loops; Triple athletes will complete 18 loops. You must wear the colored swim cap provided to you during check-in. Timers will be sitting at a table on the shore timing your laps and will observe you with the colored swim cap you are wearing. At the main buoy/turn area, we will have two aid station floats where you can place your water bottles into the cup holes and food items beside them. This will allow you to get your own aid without your support crew having to wade 50 feet or so from shore.

A swimmer may use any swim stroke to propel themselves through the water and may tread water or float. You may not use any floatation device, flippers, or fins on the swim. The swim must be completed within 2 hours of race start for the Single and Half athletes (9:00 a.m.), 4 hours of race start for 1.5 athletes (11:00am), 5 hours of race start for the Double athletes (12:00 p.m.), 8 hours of race start for the Triple athletes (3:00pm).

# FLORIDA ANVIL BIKE COURSE



# BIKE COURSE MAP



# BIKE COURSE DETAILS

**Triples: 55 loops / Doubles: 37 loops / 1.5x: 27 loops / Singles: 18 loops / Half: 9 loops**

The bike segment takes place inside the park.

As it gets dark, **you will be required to use adequate lighting (white light) on the front of your bike and a red flashing light on the rear.** The front white light should broadcast decently 10' or more. We also highly suggest a headlamp attached to your helmet. Ensure you have sufficient batteries to last throughout the night. There is electricity available to charge spare batteries inside the race village.

The bike segment is a 6.009 mile (9.670 kilometer) out and back. You will start the bike in the village area.

Triple athletes will do 55 laps, which means you will have biked 330.495 miles. To make up the remaining 5.505 miles (to equal 336 total), on your first bike lap, you will ride down the road 2.753 miles (there will be a large sign stating "TRIPLE FIRST LAP TURN AROUND HERE") and you will ride back through the timing station and then start the first of 55 laps.

Double athletes will do 37 laps, which means you will have biked 222.347 miles. To make up the remaining 1.652 miles (to equal 224 total), on your first bike lap, you will ride down the road .826 of a mile (there will be a large sign stating "DOUBLE FIRST LAP TURN AROUND HERE") and you will ride back through the timing station and then start the first of 37 laps.

## BIKE COURSE DETAILS

One and one-half athletes will do 27 laps, which means you will have biked 162.243 miles. To make up the remaining 5.767 miles (to equal 168 total), on your first bike lap, you will ride 2.879 miles (there will be a large sign stating "1.5x FIRST LAP TURN AROUND HERE") and you will ride back through the timing station and then start the first of 27 laps.

Single athletes will do a beginning 3.6 miles (1.8 out then back thru the main timing) and then do 18 laps to equal 112 miles. There will be a large sign stating "SINGLES FIRST LAP TURN AROUND HERE". You will make your way back to the race village and begin the rest of your 18 laps.

Half athletes do not need to do a partial lap.

We have calibrated the course with the same measuring equipment used by the Olympic committee (it is called a Jones Counter) so we are accurate on the mileage. Remember, GPS data from your watch, with long distances and multiple loops, will often be incorrect over time. Our courses are carefully marked and measured. Do not rely on your satellite GPS watch as an accurate measurement.

Road bikes must be in good working order. Remember to inspect your bikes before the race so you do not have any mechanical surprises on the bike course. You may use more than one bike during the race.

You must wear an ANSI/Snell approved bike helmet during the bike course and have it buckled at all times when touching your bike. **YOU MAY NOT DRAFT** during this event. While on the bike segment, cyclists shall not work together to improve performance, efficiency, or position by teamwork or other joint conduct. All cyclists must assume and maintain a staggered riding position relative to the cyclists directly ahead. A variable time penalty shall be imposed for any violation of this. You may stop or walk your bike, but no time adjustments will be made.

## **BIKE COURSE DETAILS**

The bike loop is pretty much flat with two medium size hills plus a few other small rollers. The turnaround point is just before the campground. There is a decent size opening in the road giving you a little extra room to make that 180 degree turn and head back to the village. Please be careful making your turn around and be aware of vehicles that may be entering or exiting the campground. We will have course signage out notifying motorists of the event. At the end of the day, cars are bigger than bikes so please stay alert and be aware of your surroundings.

No headphones are allowed. While you may carry a phone, you cannot use it as a communication device.

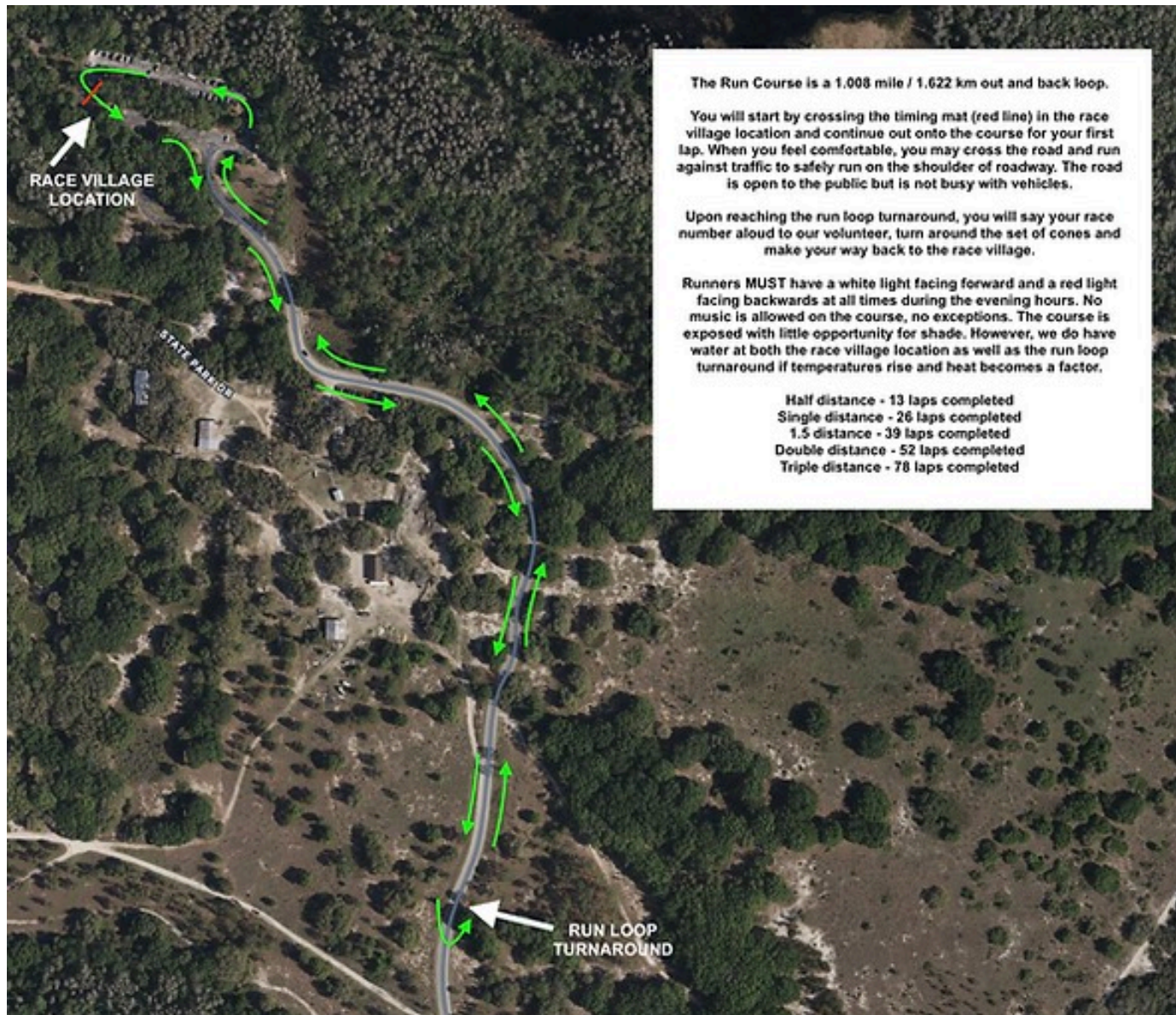
Single and half athletes must complete the bike segment within 13 hours of the race start (8:00 p.m. Friday), One and one-half athletes within 20 hours of the race start (3:00 a.m. Saturday), Double athletes within 26 hours of race start (9:00 a.m. Saturday), and Triple athletes within 42 hours of race start (1:00 a.m. Saturday)



# FLORIDA ANVIL RUN COURSE



# RUN COURSE MAP



The Run Course is a 1.008 mile / 1.622 km out and back loop.

You will start by crossing the timing mat (red line) in the race village location and continue out onto the course for your first lap. When you feel comfortable, you may cross the road and run against traffic to safely run on the shoulder of roadway. The road is open to the public but is not busy with vehicles.

Upon reaching the run loop turnaround, you will say your race number aloud to our volunteer, turn around the set of cones and make your way back to the race village.

Runners **MUST** have a white light facing forward and a red light facing backwards at all times during the evening hours. No music is allowed on the course, no exceptions. The course is exposed with little opportunity for shade. However, we do have water at both the race village location as well as the run loop turnaround if temperatures rise and heat becomes a factor.

Half distance - 13 laps completed  
Single distance - 26 laps completed  
1.5 distance - 39 laps completed  
Double distance - 52 laps completed  
Triple distance - 78 laps completed

# RUN COURSE DETAILS

**Triples: 78 loops / Doubles: 52 loops / 1.5x: 39 loops / Singles: 26 loops / Half 13 loops**

The run segment takes place on asphalt road. The run course is a 1.00769 mile (1.621719 kilometer) loop course. Half athletes will complete 13 loops, Single athletes will complete 26 loops, One and one-half athletes will complete 39 loops, Double athletes will complete 52 loops, and Triple athletes will complete 78 loops. **You must use a flashlight/head light for the run section** once it gets dark as well as a flashing red light on your back for greater visibility.

If you want to have your support crew take some of your nutrition/fluid supplies down to the run turnaround, that is allowed. You may stop and rest at any time along the course, but the race clock is still in motion. Athletes may not receive any assistance in the form of transportation. You may not have your support crew pace you during the run. You may, on your last run lap, invite your friends and family to run with you.



AUDREY MAHEU  
Finishing the 2023  
Florida ANVIL Double

## FINISH LINE DETAILS

We will have your country's flag waiting for you prior to getting to the village so you can finish with it while your National Anthem plays on the stereo.

Once you finish, we will take the flag from you and hand you the official 2024 Mammoth Endurance finishers hammer to strike the ANVIL - three times for the Triple, two times for the Double, or one time for the Single, 1.5x and Half to signify your finish. Do not strike the anvil more than the distance you've completed. If it strikes the anvil an extra time, you must head back to the swim and complete an additional ANVIL. (Just kidding...not really though.)

Single Anvil triathletes and Half Anvil triathletes must complete the event within 17 hours of race start (by 12:00 a.m. Saturday).

1.5x Anvil triathletes must complete the event within 30 hours of the race start (1:00 p.m. Saturday).

Double Anvil triathletes must complete the event within 36 hours (by 7:00 p.m. Saturday).

Triple Anvil triathletes must complete the event within 60 hours (by 7:00 p.m. Saturday).

Single Aquavelo athletes must complete the event within 13 hours of the race start (by 8:00 p.m. Friday).

Double Aquavelo athletes must complete the event within 26 hours of race start (by 9:00 a.m. Saturday).

Triple Aquavelo athletes must complete the event within 42 hours of race start (by 1:00 a.m. Saturday).

Single Duathlon athletes must complete the event within 16 hours of race start (by 12:00 a.m. Saturday).

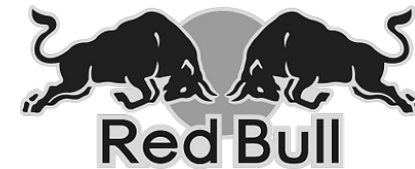
Double Duathlon athletes must complete the event within 34 hours (by 6:00 p.m. Saturday).

Triple Duathlon athletes must complete the event within 57 hours (by 5:00 p.m. Saturday).

## ADDITIONAL COURSE DETAILS

- Headphones / Music players are NOT allowed on the bike or run course per USAT rules.
- While we encourage a fun, family atmosphere at our race, our greatest concern is for the safety of the athletes, staff, and crews. Please - **always keep your children and pets off the racecourse roadway.** Pets are allowed in the village/parking lot area BUT are not allowed on the beach or cabin areas and should always be leashed.
- Helmets are to be worn at all times while on the bike - no exceptions. Any athlete seen riding with no helmet will be immediately disqualified from the race.
- Please note according to USAT rules, bike bar ends must be plugged.
- On the bike - a white headlight and a red taillight must be turned on during the night hours. Athletes are allowed to illuminate themselves and their bikes in any other fashion, but all must meet these minimum requirements.
- At night - we recommend all athletes have some sort of reflective item on while running and biking along with the required lights to be seen. All black gear is difficult to see for our volunteers or any visitors inside the park.
- There is a check out / check-in system for athletes taking longer than a 30 minute break during the race. Athletes and or their crew will need to notify our volunteers at main timing inside the village if an athlete is taking a break or reentering the race course after a break

# RACE SPONSORS



# ATHLETE RESOURCES



We have a variety of resources available to you to help you meet your goals, ask questions, connect with the community and grow together.

Click on a link below:

[MAMMOTH ULTRA TRI FACEBOOK GROUP](#)

[MAMMOTH PODCAST](#)

[CERTIFIED COACHES](#)



# CUTOFF TIMES / LAP COUNT WORKSHEET

	HALF	SINGLE	1.5 ANVIL	DOUBLE	TRIPLE
<b>SWIM</b> 2,112 ft 644 m	1.2 Miles 3 Laps 9:00am Friday (2)	2.4 Miles 6 Laps 9:00am Friday (2)	3.6 Miles 9 Laps 11:00am Friday (4)	4.8 Miles 12 Laps 12:00pm Friday (5)	7.2 Miles 18 Laps 3:00pm Thursday (8) 1x3 - 9:00am (2)
<b>BIKE</b> 6.009 miles 9.670 km	56 Miles 9 Laps 8:00pm Friday (13)	112 Miles 18 Laps 8:00pm Friday (13)	168 Miles 27 Laps 3:00am Saturday (20)	224 Miles 37 Laps 9:00am Saturday (26)	336 Miles 55 Laps 1:00am Saturday (42) 1x3 - 9:00pm (14)
<b>RUN</b> 1.00769 miles 1.621719 km	13.1 Miles 13 Laps 12:00am Saturday (17)	26.2 Miles 26 Laps 12:00am Saturday (17)	39.3 Miles 39 Laps 1:00pm Saturday (30)	52.4 Miles 52 Laps 7:00pm Saturday (36)	78.6 Miles 78 Laps 7:00pm Saturday (60) 1x3 - 3:00am (20)
<b>TOTALS</b>	70.3 Miles	140.6 Miles	210.9 Miles	281.2 Miles	421.8 Miles



Single Aquavelo athletes have 13 hours from the start of their race to finish (8:00pm Friday)

Single Duathlon athletes have 16 hours from the start of their race to finish (12:00am Saturday)

Double Aquavelo athletes have 26 hours from the start of their race to finish (9:00 am Saturday)

Double Duathlon athletes have 34 hours from the start of their race to finish (6:00 pm Saturday)

Triple Aquavelo athletes have 42 hours from the start of their race to finish (1:00am Saturday)

Triple Duathlon athletes have 57 hours from the start of their race to finish (5:00 pm Saturday)



**MICHAEL HICKS**  
Striking the Anvil at  
the Florida Double

# EVENT MERCHANDISE

## **Please bring cash for race merchandise if you can!**

We have ANVIL and MAMMOTH branded race merchandise, and we'll have everything available for sale at the race ~ Towels, Sweatshirts and Sweatpants, Support Crew tees, technical long sleeve shirts, backpacks, distance stickers, water bottles and more!

Please try to bring cash for the merchandise as our internet connection is usually spotty at best, making it hard for us to charge credit cards on site.

The gear can all be previewed online by [clicking here](#). You can also order your gear online anytime before or after the race. We will open the merchandise tent 2 - 3 times at the race site and then have merchandise available for sale at the post race banquet.

We print on high quality gear that will not rip or fade after being worn time and time again.

# MAMMOTH RACE STAFF



## **Craig, Maddie & Leo Braun**

Founders and Owners / Race Director (Tennessee)

I (Craig) am the proud owner of Mammoth. My caring wife, Maddie is the backbone of our family and keeps our ship afloat. Our son, Leo is the light to our world and keeps things fun and full throttle. We have an English Black Lab named Summit and we're grateful to call Chattanooga, TN our home.

We love spending time together as a family being outdoors and trying new things. We're risk takers with busy schedules, full hearts and goals that reach far beyond our time here on earth. We fail together and we win together. We go left when everyone else is going right and we stick together no matter what happens in life.

Mammoth is our opportunity to give back to a sport and community that has given our family so much. This sport has ripped me apart and brought me back to life... literally. You can listen to a snippet of my story [here](#).

We believe in helping people, hard work and being kind to each other. When you come to one of our races, our greatest hope is to build relationships, share stories, struggle together and grow together.

I've been in this endurance sports world since I was in diapers. I love it and we all work our tails off to make this thing roll. Thank you for supporting our dreams. See you out there.

# MAMMOTH RACE STAFF



## Teri Smith

Director Of Race Operations / Race Director (Oregon)

Teri is the cornerstone of our Ultra Tri events around the country and brings a tremendous amount of ultra race experience to our team. Teri is a former pro adventure racer, a caring mother and has a keen ability to work harder than anyone I know while still maintaining a humble and caring spirit we've all come to love. Teri has our



## John Wall

Race Crew (Maryland)

John stays up all night, works until his hands fall off, never complains about a damn thing and will give you everything he has if it means you will be more comfortable or happier. He's an incredibly selfless and life-giving person and we're beyond grateful to have John on the team. If we're in a tight spot, we call John and without skipping a beat he jumps in and gets it done. John's been giving his time and energy to the ultra-tri races longer than anyone here. He's as real as they come and we love that about John.

# MAMMOTH RACE STAFF



## **Ryan Dugger**

Photo / Video (Tennessee)

Ryan is my best friend and an incredibly talented visionary when it comes to storytelling through videography and photography. He's built a professional photo / video business from scratch and has gone on to win multiple awards at various film festivals featuring his work. We're blessed to have him in our corner as we continue to tell stories of those incredible athletes in our family who inspire us. Ryan's passion for people is second to none. This business wouldn't be the same without Ryan.

## **Greg Yonkoske**

Race Crew (Virginia)

Greg is one those friends who will be there without asking why. He's often stuck at a main timing tent during the races and during his "breaks" you'll find him at a turnaround or walking the village to check on athletes. Greg loves being at the races and getting inspired by the athletes, but what he doesn't know is how much he inspires everyone on the team. He shows up, gets done whatever needs to be done, and brings a sense of hard work and honesty to our team that can never be replaced.

# MAMMOTH RACE STAFF



## **Drew Elrick**

Graphics / Design (Minnesota)

Drew and I sat in the back of our high school art class sketching up cars and patterns with our #2 pencils. He is an integral part of our look and has designed and thought up every logo we've ever used for anything. Drew is someone we go to when we need a logo and when I need some advice. He's wise beyond his years, an incredible artist and an incredible father / husband for his family. He's someone you can count on and I cherish that more than anything. Go find yourself a Drew if you don't have one.



## **Lone Olson**

Race Crew (Wisconsin)

Lone is a wonderful friend and a wonderful person to be around. She's quiet, she's gritty and she's got more tattoos than anyone else on our team (which is a lot). Lone is someone we can count on and someone we call on often to work the long, difficult races. We all pull from her calm demeanor during hectic situations and look forward to her big bear hugs to kick off each race. We all love Lone and we're holding her hostage forever haha.