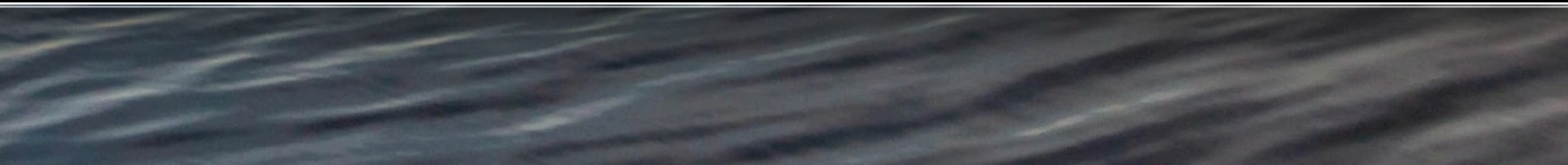
MAMMOTH

2023 FLORIDA ANVIL ULTRA TRIATHLON

ATHLETE GUIDE



Welcome to MAMMOTH

We believe in family, uplifting people, pushing your limits and taking care of one another. There's no other race out there like this one and I hope you have the best time at our event and find success whatever that may mean for you. We have a full field racing this year - 47 athletes. Some are tackling their first 70.3 - some their first single, some their first double. We have teams, Aquavelo racers and duathlon athletes. A good mix of men, women, first timers and veterans - I cannot wait to get the family together and get this thing going.

The journey you're about to embark on is one not many will understand. Why would someone want to push their bodies that hard and put themselves through such pain? I'm sure you've heard the question before. Or, at least have watched a handful of jaws hit the floor when you tell them what you're training for, and, rightfully so. We're all a little weird, a little out there and yes, probably crazy - but we thrive from the challenges and we all have each other's back.

Everyone racing, supporting, crewing, working, volunteering - we are all here for the same reason. The race may mean something different from person to person, first timer to veteran and so on. But don't be fooled, come 6:55am on Friday morning we're all shaking in our boots as we face the unknown of the next 36 hours. I can tell you this - no matter what happens on race day, you'll come out the other side a little bit different then when you started. Lessons will be learned, goals will be met, friends will be made.

The start line is just around the corner. Stick to the plan - forward is good - keep Hammering, friends.
See you real soon - The Mammoth Crew

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IMPORTANT DETAILS

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

Pre Race Pasta Dinner: Clermont City Center | 620 West Montrose St. Clermont, FL 34711

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 ATHLETES ARE REQUIRED TO SEND IN A MEDICAL RELEASE FORM BEFORE MARCH 1st.**

- forms must be sent to craig@mammothendurance.com

MANDATORY PRE RACE DINNER

Pre Race Pasta Dinner: 4:30pm - 7:30pm | 620 West Montrose St. Clermont, FL 34711

We're always excited to host the pre race meeting / dinner. Here we will brief everyone on the workings of the event. We will go over all the 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 crew and race staff. All athletes are required to attend this meeting.

*** 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.**
- email information to craig@mammothendurance.com

This dinner is MANDATORY for all athletes to attend.

THIS IS A NEW VENUE FOR THE PASTA DINNER - do not go to the usual venue!

There is a large parking lot behind the building for parking.

4:30pm - 7:30pm
620 West Montrose St. Clermont, FL 34711
*18 Minute Drive From Race Site

POST RACE AWARDS BANQUET

Awards 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. Here is where you'll be given your official ANVIL Ultra triathlon finishers long sleeve along with your finishers certificate, finishers award and other items.

Solo Double: Two tickets are included in your registration.
Solo Single / Half: One ticket is included in your registration.
Teams: One ticket per each 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.

REMEMBER DAY LIGHT SAVINGS BEGINS ON SUNDAY THE 12th - the day of our Awards Banquet!

10:30am - 2:30pm
1201 Black Lake Blvd, Winter Garden, FL 34787
*25 Minute Drive From Race Site

SCHEDULE OF EVENTS

Thursday, 9 March 2023

7:30am - 12:00pm (noon) • Course / village Setup. *Racers and their crew are welcome to come help!
1:00pm - 3:00pm • Athlete Check-in at the village
4:30pm - 7:30pm • Mandatory Pre-race Pasta Dinner / Race Briefing *(included in your registration)*

Friday, 10 March 2023

6:15am • Breakfast and coffee is served at the beach area (swim start)
6:30am • Athlete Roll Call and National Anthem. **All single / double Anvil & Aquavelo athletes must be present*
7:00am • Swim Start for Half / Single / Double Anvil & Aquavelo athletes (beach start)
8:00am • Race Start for Single / Double Duathlon athletes (inside village)
12:30pm • Lunch is served in the village
6:00pm • Dinner is served in the village
8:00pm • Single Aquavelo race cutoff time
10:30pm • Late Night Snack is served in the village
12:00am (midnight) • Single Anvil / Half / Duathlon race cutoff time

Saturday, 11 March 2023

6:15am • Breakfast and coffee is served in the village
9:00am • Double Aquavelo race cutoff time
1:00pm • Lunch is served in the village
4:00pm • Dinner is served in the village
7:00pm • Double Anvil / Double Duathlon race cutoff time. Course is now CLOSED
7:15pm - 9:15pm • village tear down / race clean up.

Sunday, 12 March 2023

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

** Our Massage therapist will be onsite and available throughout the duration of the event.*

Each registered athlete is allocated 30 minutes of free massage during the race.

IUTA INTERNATIONAL ULTRA TRIATHLON ASSOCIATION

This event is Sanctioned by the IUTA. (Double ONLY)

The solo double ANVIL is the only event in this race that is sanctioned by the IUTA. All solo double ANVIL finishers will be awarded with an IUTA finishers medallion at the awards banquet on Sunday.

Part of the requirements is a random anti-doping drug test of those who finish the event. Typically, the two athletes tested are the first place male and female finishers. However, we do randomly select athletes to be tested. If you are selected, we will pull you aside immediately after finishing your race and go through the protocols laid out by IUTA and WADA. A urine sample will be given by the selected athlete. This is no cost to the athlete, and results are shared with the athlete only immediately upon receiving them from the lab. If you're interested in reading rules / regulations provided by the IUTA please reference the link below.

General IUTA Website: https://www.iutasport.com

Rules: https://www.iutasport.com/iuta/rules

You will be required to sign the IUTA athlete waiver during check-in. If you'd like to review this waiver you may do so at the link below. We will print these out and have them ready for you to sign at check-in.

Lik to IUTA Waiver: https://www.iutasport.com/iuta/waiver

USAT SANCTIONED EVENT

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. This needs to be done online prior to checking into the race. Please follow the link below to make sure you are a member or to signup for a day license.

If you have a USAT license, make sure you bring it to the race for verification.

CLICK HERE TO VISIT THE USAT WEBSITE AND BUY A DAY LICENSE

HAMMER NUTRITION is the official fuel partner of ANVIL and Mammoth.

We will have their products available at the aid station all race long. You will also receive some free samples of various products in your race bag.

Hammer has offered all ANVIL participants a 25% code to use all year.

Use the code: MAMMOTH25HN
Amount: 25% off

Click here to shop

SWIM COURSE

SWIM DETAILS

Doubles: 12 loops / Singles: 6 loops / Half 3 loops

The swim segment takes place off the beach of Lake Louisa State Park on Lake Louisa, which is considered a shallow lake, in that the water depth doesn't get deeper than 8 to 9 feet across the whole lake. The normal water temp for mid March has been about 65 to 70 degrees, so wetsuits are recommended. We will have a mass start for each scheduled distance.

You will swim a 2112 foot/644 meter clock-wise out and back pattern around a swim line (swim line length is 1056 feet/322 meters). Half athlete will complete 3 loops; Single athletes will complete 6 loops; Double athletes will complete 12 loops. You must wear the colored swim cap provided to you during check in. Timers will be sitting at a table at the shore timing your laps and will observe you per the colored swim cap you are wearing. At the main buoy/turn area, we will have two aid station floats where you can put your water bottles into the cup holes (they fit nice and snug in there) and can put your food things next to 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 them 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.), and 5 hours of race start for the Double athletes, (12:00 p.m.)

BIKE COURSE

BIKE DETAILS

Doubles: 37 loops / Singles: 18 loops / Half 9 loops

The bike segment takes place inside the park. There are no lights along the course, so it can get quite dark at night.

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. 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 saying "DOUBLE FIRST LAP TURN AROUND HERE") and you will ride back through the timing station and then start the first of 37 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 saying "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 go off your satellite GPS watch.

BIKE DETAILS Cont…

Road bikes must be in good working order. Please make sure they are so there will be no surprises during the race. You may use more than one bike during the race.

You must wear an ANSI/Snell approved bike helmet during the bike course. YOU MAY NOT DRAFT. Drafting is not allowed 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.

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 us so we need to stay alert and be aware of our surroundings.

Absolutely NO music on the bike course.

Single and half athletes must complete the bike segment within 13 hours of the race start (8:00 p.m. Friday) and the Double athletes within 26 hours of race start (9:00 a.m. Saturday).

RUN COURSE

RUN DETAILS

Doubles: 52 loops / Singles: 26 loops / Half 13 loops

The run segment takes place on asphalt road. The run course is 1.00769 mile (1.621719 kilometer) loop course, Single athletes will complete 26 loops, Double athletes will complete 52 loops. **You must use a flashlight/head light for the run section** once it gets dark.

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; however, 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.

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

Once you finish, we will take the flag from you and hand you the Hammer to hit the ANVIL two times for the Double or one time for the Single to signify your finish. DO not strike the anvil more than the distance you've completed. If a double hits it three times, you must head back to the swim and complete an additional ANVIL.
(Just kidding…not really though.)

Single Aquavelo athletes must complete the event within 13 hours of the race start (by 8:00 p.m. Friday), Single Anvil athletes, half athletes and single duathlon athletes, within 17 hours of race start (by 12:00 a.m. Saturday), Double Anvil Aquavelo within 26 hours of race start (by 9:00 a.m. Saturday), and the Double Anvil triathletes within 36 hours (by 7:00 p.m. Saturday).

ADDITIONAL COURSE INFO

General Rules / Concerns

- 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 your family and the safety of the racers and staff. 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.

- 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.

- On the bike - a white headlight and a red tail-light 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.

- On the run - all athletes must have some sort of reflective item on while running at night along with a light to be seen. Rear red blinky lights are also highly recommended but are not required.

PARKING / ENTERING THE PARK

There is a $5.00 parking fee to enter the park. For those of you that 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 on Thursday, keep that pass with you for when you arrive back for your race start. Please leave the pass on your dashboard when you are parked either in the parking lot or the overflow lot.

We have a special area at the village/parking Lot for all racers to park in. 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. The next section (blue) is where all the shelter tents will be set up and considered the village area that you will ride and run thru to get your aid and such from your crew. The next section (yellow) is closest to the walking bridge to get to the beach. We must not park alongside the fence/trees that is closest to the beach, 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 from the ranger building.

PARKING DIAGRAM

RACE CHECK-IN

Athlete Check-In: 1:00pm - 3:00pm | Lake Louisa State Park

All athletes must check into the race between 1pm - 3pm on Thursday March 9th. During check-in, you'll receive your race bag with your race number, athlete wrist band, timing chip, meal tickets, race shirts / crew shirts (if ordered) and more. You DO NOT need to bring your bike to race check-in.

During check-in - we will confirm some information you provided. Things like medical contacts, medical conditions, food tickets, finishers flag, etc.. You will also be asked to sign your IUTA waiver.

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 for a nice group photo before the fun begins :)

* Our Massage Therapist will be available during this time. Please use his services! (free - see page 28)
* A mobile bike mechanic will also be available during race check-in. It is recommend you jump on your bike for a quick 5 minute shake down ride (wear your helmet) during check-in. Make sure things are functioning properly. Our mechanic does NOT stay for the duration of the event. So, use him during this time if you need him.

TIMING & SCORING

New Timing System for this year!

We've been testing and doing a lot of work to get our new timing system up and ready for the event. We've partnered with MyLaps Sports Timing and will be using the same technology and equipment used by the biggest sports events in the world.

You will receive an ankle chip that is to be worn around your **LEFT** ankle throughout the duration of bike and run. We will still be timing the swim portion of the event by hand as we have for the last 25+ years. The bike and run will be chip timed. Friends / family are able to track your progress online at the link below. *Please note - the results option will not appear until the race has begun.

You all also be able to check your position and lap count at the event both using your smartphone as well as checking our main monitor located at the main timing tent.

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 so you don't need to worry about. However, if for whatever reason during the race you lose your chip you will be charged $100 so we can buy a replacement.

LINK FOR RESULTS / TRACKING

WEATHER

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

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

The record high for race weekend was 92 (32 Celsius) and the record low was 32 (0 Celsius).

March 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! As long as 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 6:45am, and will set at 6:31pm. 12+ hours of night racing means you need to ensure you have adequate lighting for your bike and run. Do not forget your charging cords!

Click here to view the local weather in Clermont

REMEMBER DAY LIGHT SAVINGS BEGINS ON SUNDAY THE 12th - the day of our Awards Banquet!

PIT AREA / RACE VILLAGE

IMPORTANT: Please email **craig@mammothendurance.com** if you're in need of a shelter during the race. We 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 SERVE.

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 some 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. When you setup 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..

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

VILLAGE LAYOUT

MEALS & FOOD TICKETS

Food for the staff, volunteers and racers 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 same day 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 bottomless coffee, tea and hot cocoa.

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 mela pass will be given a colored wristband enabling them to grab food / drinks during the event.

You can purchase additional meal tickets either before hand by emailing maddie@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!

AID STATION

Located in between all the racer tents / shelters.

Our aid station is open throughout the duration of the event. It is for ATHLETES ONLY - please do not have your crew grab from this table! We recommend you bring anything specific you need or like to eat and keep that in your pit area.

Our Aid Station will always be fully stocked with the following:
1. Hammer Nutrition HEED sports drink (various flavors)
2. Water
3. Coke a Cola
4. Red Bull
4. Sweet Snacks
6. Salty Snacks
7. Mixed Hard Candies

Here you will also find a collection of Pharmstrong CBD cooling gel rollers that you're able to use to roll on your legs / muscles that might need some relief. We will also have Kool n Fit spray available at the aid station tent.

MASSAGE / MEDICAL

Ben Keyes - RX Massage Therapy

Ben Keyes will be back again providing athletes massage therapy before and during the event. As part of your entry fee, you're allowed a certain amount of time with Ben at no charge to you. After that time, you will be charged. He will be very busy Saturday morning - we recommend scheduling with him ASAP to make sure you get in when you need it.

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

Free Massage Time
30 minutes for all solo and team doubles / 15 minutes for all solo and team single / half athletes.

On Site Medical

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 scraps 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 athletes crew will work directly with one of our race directors for any communication or transportation to the local medical center or hospital.

LAKE LOUISA & CABIN CHECK-IN

OPEN TO PUBLIC DURING THE EVENT - Please be thoughtful of other park visitors.

Although the park is open to the public, the motor traffic is very little. On the bike and run, please be aware of your surroundings and know you may encounter vehicles on the roadway. We do have large signs throughout the park notifying visitors of the event.

WIFI NOT AVAILABLE AT RACE SITE / LIMITED CELL SERVICE INSIDE THE PARK

CABIN CHECK-IN

If you've reserved a cabin for the race weekend, please stop at the welcome building right when you enter the park. Here you can give them your name and get the keys for your cabin. You are responsible to care for the cabin and follow all cleaning procedures at checkout.

We have all the cabins rented for ANVIL athletes so please be thoughtful of the noise you're making in the evenings. Athletes will be trying to catch some rest (especially the night before the event). Each cabin has its own parking area for 2 vehicles.

FLORIDA STATE PARKS ...the Real Florida℠

RACE MERCHANDISE

Please bring cash for race merchandise if you can!

We have a TON of new ANVIL branded race merchandise and we'll have everything available for sale at the race. 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.

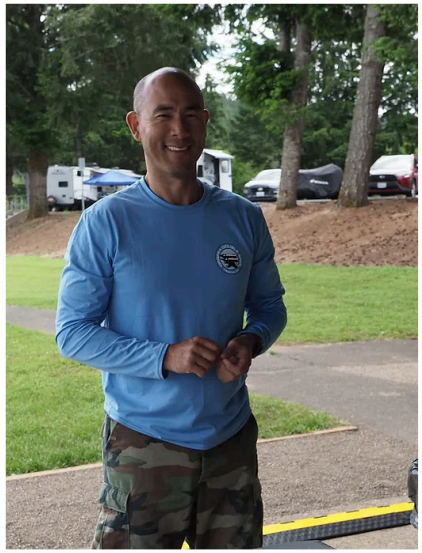
We will have some of the "old school" USA Ultra Triathlon gear still available as well as new items like blankets, sweatshirts, jackets, t shirts, water bottles, etc… We are excited to roll out a slew of new gear with the new logos / branding on them. And, because this is the first race under the new name, you get first dibs!

We will also have new distance stickers available if you'd like one.

MAMMOTH CREW

Craig, Maddie & Leo Braun
Owners / Race Director

Teri Smith
Race Director



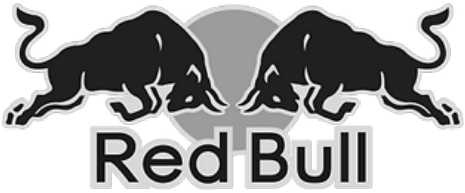
John Wall
Equipment Manager

Greg Yonkoske
CREW - Florida Anvil

Steve & Cindy Kirby
Super Volunteers :)

Gary Fleming
CREW - Florida Anvil

RACE PARTNERS



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503 515 3022

MAMMOTH

COME AS YOU ARE, FIGHT FOR WHAT YOU WANT.