



**CHALLENGE**  
**DAYTONA®**  
*wearetriathlon!*



**TOYOTA**

2019

Please Note: The final Athlete Guide will be made available one week before the event.  
Content in this version is subject to change.



# 2019

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## Introduction

Dear Athletes,

Welcome to the amazing **CHALLENGEDAYTONA**! We are excited to have athletes from all over the world competing at Daytona International Speedway, the “World Center of Racing”. Nowhere else can triathletes cross the same finish line where racing legends have made history. At **CHALLENGEDAYTONA** it’s time for you to make racing history!

The entire team of **CHALLENGEDAYTONA** works very hard for 365 days a year to deliver excellence and to provide you with an unforgettable experience. Thank you for joining us!

It is a great pleasure to host the second edition of **CHALLENGEDAYTONA** in the Volusia County and the wonderful city of Daytona Beach – known for hosting world-class sporting events.

Last year, with your help, we created a very special format called “Daytona Distance”. This year, we will enhance your experience even further with pro racing finishing under the lights!

One of my favorite aspects of this spectacular race is the exceptional level of service and athlete orientation. The event layout and overall Festival planning is so focused on the competitors’ experience, it is truly an event unlike anything seen before in the United States, and we’re excited to show you what **CHALLENGEFAMILY** is known for worldwide.

**CHALLENGEDAYTONA** was voted “BEST NEW RACE 2018” by Triathlete Magazine, and by you, the athletes. In only its second year, it is becoming one of world’s must-do races, with a brilliantly laid out course, spectacular finish line, and an unforgettable vibe that can only be felt at Daytona International Speedway. We’re delighted to welcome athletes from all corners of the world and I’d like to take this opportunity to thank you all for your support of **CHALLENGEDAYTONA** and the **CHALLENGEFAMILY** #WeAreTriathlon.

**CHALLENGEFAMILY**, being Triathletes ourselves, know that each of you put hundreds of hours of training into the preparation for the races hosted in DAYTONA. Your determination, focus and excitement are our “fuel” to deliver the best. **CHALLENGEFAMILY** is #AllAboutTheAthlete and I’m very sure the hospitality of the local community and the event experience will outperform your expectations!

While **CHALLENGEDAYTONA** is growing into a true triathlon festival for all ages and abilities, so has **CHALLENGEFAMILY**, with now close to 40 races on five continents, all with a focus on providing the best possible athlete experience. The entire TEAM behind **CHALLENGEDAYTONA** are passionate about giving you the experience of your life. So,

I’d like to say thank you to all of them -



the hundreds of volunteers and of course the sponsors, partners and local government, tourism authorities, and key stakeholders, without whom none of this would be possible.

As with each and every **CHALLENGEFAMILY** race world-wide, **CHALLENGEDAYTONA** will also offer qualifying slots for **THECHAMPIONSHIP** in all age categories and for the Professional Athletes. **THECHAMPIONSHIP** will take place on May 31, 2020 at the wonderful "X-Bionic Sphere Resort."

I have no doubt you will have an amazing race. The course is spectacular, the support outstanding, and the finish line is one of the most vibrant in the whole **CHALLENGEFAMILY** series. Enjoy, and I will see you at the Finish Line!

Zibi Szlufcik

**CHALLENGEFAMILY**CEO

## Team **CHALLENGEDAYTONA**

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We are a large team, comprised mainly of individuals from three companies, working in constant collaboration: **CHALLENGEFAMILY**, Daytona International Speedway, and RSJ Event Specialists. As such, and since our focus is truly on teamwork and family, we prefer not to single out key individuals. But among us, we bring a vast wealth of varied experience. Our team includes elite endurance athletes, event production pundits, marketing and branding professionals, business development gurus, communications ninjas, class-act corporate CEOs, and more.

Triathlon Middle Distance .....	20
Swim Course .....	20
Bike Course .....	20
Run Course.....	21
What's in the Challenge Middle Distance Race Kit .....	22
Prize Money .....	22
Program .....	22
Triathlon Sprint Distance .....	23
Swim Course .....	23
Bike Course .....	23
Run Course.....	25
What's in the Challenge Sprint Distance Race Kit .....	25
Program .....	26
Duathlon Middle Distance.....	27
Run Course.....	27
Bike Course .....	27
Run Course.....	28
What's in the Challenge Duathlon Race Kit?.....	28
Program .....	29
Duathlon Sprint Distance.....	30
Run Course.....	30
Bike Course .....	30
Run Course.....	31
What's in the Challenge Duathlon Race Kit?.....	31
Program .....	32
Aquabike Middle Distance.....	33
Swim Course .....	33
Bike Course .....	33
What's in the Challenge Aquabike Race Kit?.....	34
Program .....	35
5K Run/Walk.....	36
5K Run Course.....	36
What's in the Challenge 5K Race Kit .....	37
Program .....	37
10K Run .....	38
10K Run Course.....	38
What's in the Challenge 10K Race Kit .....	39
Program .....	39
Junior Challenge Aquathlon .....	40
Program .....	40
Corporate Relay.....	40



Pitstop Challenge.....	41
Program .....	41
Nutrition.....	42
Nutrition Overview .....	42
Nutrition Issues.....	42
Fueling .....	42
Hydration .....	42
Gastrointestinal Issues .....	43
Common Race Day Mistakes.....	43
Aid Stations .....	44
Bike Course .....	44
Run Course.....	44
Trash Zone.....	44
After the race .....	45
Finish line support .....	45
Bike Check-Out.....	45
Dropouts .....	45
Award Ceremony.....	46
Saturday December 14th, 2019 .....	46
Sunday December15th, 2019 .....	46
Prize Money .....	46
For supporters .....	47
Access .....	47
App .....	47
LIVE results.....	47
End .....	47
CHALLENGEFAMILY .....	48
The Championship.....	49
Partners .....	51



## Program

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**Friday December 13th, 2019**

*Sunrise 7:09am*

*Sunset 5:27pm*

Start	Event	Location
8:00am	Fan Zone Open to Vendors to set up	Village + Expo Area
12:00-5:00pm	Hot Laps on track	Track @ gate 110
12:00-5:30pm	Registration Opens	Village + Expo Area
12:00-6:00pm	Challenge Daytona Village & Expo	Village + Expo Area
2:00-5:30pm	Bike Check-in Sprint Distance: Triathlon / Duathlon	Transition Area
2:00pm	Briefing: Sprint Distance & Pro Am #1	Drivers Meeting Room
2:30-4:30pm	Swim Course Warm up	Swim Start
2:30-3:45pm	Pro Autograph Session	Expo Area
4:00pm	Press Conference	Drivers Meeting Room
5:15pm	Briefing: Sprint Distance & ProAm #2	Drivers Meeting Room
5:45pm	Briefing: Middle Distance Triathlon #1	Drivers Meeting Room
6:30pm	Challenge Daytona Village + Expo Closed	Village + Expo Area



## Saturday December 14th, 2019

Sunrise 7:10am

Sunset 5:28pm

Start	Event	Location
4:30am	Volunteer Check in Open	Village + Expo Area
5:30 - 7:15am	OPEN Bike Check-in Sprint Distance: Triathlon / Duathlon	Transition Area
5:00am	OPEN Registration for all events	Village + Expo Area
6:45 - 7:15am	OPEN Swimming Warm up	Swim Start
7:30am	Pro-Am Relay Start	Swim Start
7:35am	Handicapped and Special Needs start	Swim Start
7:40am	Age Group Sprint Triathlon, Sprint Relay Start	Swim Start
7:45am	Duathlon Sprint Distance Start	Transition Area
8:00am - 8:00pm	Challenge Daytona Village + Expo	Village + Expo Area
11:00am	5K / 10K Run Start	Pit Road
11:00am	Awards Ceremony: Triathlon & Duathlon sprint	Victory Lane
12:00pm	Briefing Triathlon Middle Distance #2	Drivers Meeting Room
1:00-6:00pm	Middle Distance Bike Check-in	Transition Area #1
8:00am-1:00pm	Race Package Pick Up Junior Challenge	Village + Expo Area
1:00- 1:45pm	Junior Challenge Bike Check-in	Transition Area #2
2:00pm	Junior Challenge #1 start (10 and under)	Swim Start
2:10pm	Junior Challenge #2 start (11 and over)	Swim Start
2:00-4:00pm	Pro Race Bike Check-in	Transition Area #2
3:30pm	Briefing Triathlon Middle Distance #3	Drivers Meeting Room
4:00pm	Kids Race Award Ceremony	Victory Lane
<b>Pro Race</b>		
4:30pm	Men Start	Swim Start
4:35pm	Women Start	Swim Start
8:00pm	Pro Race Awards Ceremony	Victory Lane

## Sunday December 15th, 2019

Sunrise 7:10am

Sunset 5:28pm

Start	Event	Location
4:30am	Volunteer Check in Open	Village + Expo Area
6:45 - 7:15am	OPEN Swim Warm Up	Swim Start
5:30 - 7:00am	Middle Distance Bike Check in: Triathlon / Duathlon / Aquabike	Transition Area
7:30am	Middle Distance Start: Triathlon / Aquabike	Swim Start
7:45am	Middle Distance Start: Duathlon	Transition
8:00-4:00pm	Challenge Daytona Village + Expo	Fan Zone
10:00am- 2:00pm	Pro's @ Finish Line to award Finish Medals	Finish Line
11:30am	Women in Triathlon Panel	Drivers Meeting Room
2:00pm	Awards Ceremony – Age Group Middle Distance	Victory Lane
3:00pm	The Championship Roll Down	Victory Lane
5:00pm	Bike Law after-party	Fan Zone



# Introduction and Rules

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This Athlete Guidebook contains very important information regarding the preparation for your race.

The most important parts are:

- Program
- Cut-off times
- Registration process
- Rules and regulations
- Timing chip attachment

Besides reading this guidebook, you're strongly advised to be present during the Race Briefings on Friday December 13 and Saturday December 14<sup>th</sup>. During this meeting, we will provide you with the latest information on the course, rules, and regulations.

All amateur Triathlon, Aquabike, and Duathlon participants must purchase a USAT one-day license if you are not a current annual USAT member. Please provide proof of current USAT membership with registration, or be prepared to purchase a one-day license for \$15 at packet pickup.

## Rules

**CHALLENGEDAYTONA** is a sanctioned USAT event and follows the USAT rules and regulations. Below listed are some of the commonly violated rules and frequently occurring situations. Participants are expected to be aware of the rules and understand the implications when breaking them.

### Swim Course Rules

- Compulsory gear includes a swim/tri suit and swim cap (cap provided). This may be altered or added to at the Race briefing subject to the water conditions, temperature, and swim course/distance (at the Event organizer's absolute discretion).
- Wetsuits allowed for age groupers if water temperature is not more than 78 deg. F. Age groupers can wear a wetsuit from 78-84 deg. F, but they are not eligible for awards.
- For elites, no wetsuits allowed if the water temperature is more than 68 deg. F for swims of less than 3,000 m.
- No fins or paddles are permitted.
- Snorkels and approved uninflated flotation safety devices are allowed.
- Swim goggles or face masks may be worn.
- Any assistance required during the swim may result in disqualification.
- Competitors can hold onto buoy, boat, rope, floating object, etc., but they cannot make forward progress while holding onto these. The penalty is a time penalty or a disqualification at the discretion of the head referee.
- The swim course will be closed 1 hour and 15 minutes after the race start for individuals and teams.
- When you're training on the course immediately prior to the event, brightly colored swim caps must be worn for your own safety. This is only possible on the indicated timeframes in the event schedule.
- Event organizers have the right to change the location of the swim course, the distance of the swim course, or cancel the swim course (at their absolute discretion) taking into account the weather, water temperature, and general water conditions.

### Bike Course Rules

- No drafting is permitted. The cycle draft zone is a 7 meter long (for Age groupers, and 10 meter long for elite) by 2 meter wide rectangle between the front edge of the leading cycle and the front edge of the following cycle, extending each side of the cycle by 1 meter, measured from the leading edge of the front wheel. Another athlete has 15 seconds to pass through that zone. Furthermore, once an athlete has passed they must immediately drop back out of the draft zone.
- The draft zones from vehicles is 15 meter long.

- All cyclists must assume and maintain a staggered riding position relative to the cyclist directly ahead; no cyclist may maintain a position on the course directly in line with a cyclist directly ahead. This staggered position must be maintained even if the cyclist is outside of the drafting zone and following at a distance of greater than ten (10) meters
- Race numbers must not be altered in size or appearance, and must be worn on the back during the bike legs.
- Helmets must be secured by the chin strap before taking the bike from the rack, and must remain fastened until the cyclist has dismounted the bike and returned it to its rack.
- No individual support is allowed. The bike course is closed to all supporter traffic and no competitor may seek or receive outside help from spectators, members of the public, or any third party with the exception of the official technical support crew or within the indicated coach stations.
- Each participant is responsible for the state or repair of his/her own bike. Bikes must have been serviced within three weeks of the event and be in a safe and roadworthy condition, including meeting the bar end requirement set by USAT. Assistance by anyone will be penalized with a variable time penalty. This disallows the use of spare wheels and back-up bikes and requires that each competitor be prepared to handle any possible mechanical malfunction. All bikes must undergo a compulsory check by the official technical support in the lead up to the race or at registration. Only checked bikes will be allowed into transition.
- Cyclists are expected to heed directions and instructions of all race officials and public authorities. Participants may run/walk with their bike if necessary.
- It is not allowed to wear a headset, radio, cell phone, or other personal audio devices during the bike course.
- Competitors must keep as far to the right as is practically possible at all times, and pass others on the left and must obey all traffic laws, traffic regulations, and the directions of Event officials and the Police.
- Elites are not required to stay to the right and they can pass on the right.
- The penalty for drafting, dangerous riding or unsportsmanlike conduct will be determined by the race official and can result in a variable time penalty.
- The bike course will close for all competitors, both teams and individuals, at 1.00 pm. Event organizers reserve the right to remove competitors from the race who do not complete the bike leg by this cut-off time.
- Event organizers have the right to change the location of the bike course or the distance of the bike course (at their absolute discretion) and taking into account the weather and course conditions.

### Run Course Rules

- Competitors must not alter the size or appearance of the race number, and must wear it clearly and visibly during the run legs.
- Slower competitors must not obstruct while other competitors overtake on the left.
- No individual support vehicles or non-participant escort runners or cyclists are allowed. Friends, family members, coaches, or supporters of any type may not bike, drive or run alongside competitors, may not pass food or other items to competitors and should be warned to stay completely clear of all participants to avoid the penalization of a participant. Runners are expected to follow the directions and instructions of all race officials and public authorities. Outside assistance is strictly forbidden and the size and nature of penalties for such an offense are at the sole discretion of the Event Director and Race Referee in accordance with USAT rules. For outside assistance, that is a variable time penalty.
- It is not allowed to wear a headset, radio, cell phone, or other personal audio devices during the run course.
- Competitors must obey all traffic laws, traffic regulations, and the directions of Event officials and the Police.
- The run course will close for all competitors, both teams and individuals, at 4.00 pm. Event organizers reserve the right to remove from the course competitors who do not complete the race by this cut-off time.
- Event organizers have the right to change the location of the run course or the distance of the run course (at their absolute discretion) and taking into account the weather and course conditions.

# Message from the Head Referee

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## A Message from the Head Referee to all age-group competitors...

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

**Ride on the right side of your lane.**

**Keep three bike lengths between yourself and the cyclist in front of you.**

**Pass on the left of the cyclist in front, never on the right.**

**Complete your pass within 15 seconds.**

**If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.**

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the head referee who then decides if a penalty should be assessed. The head referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

**Position– riding on the left side of the lane without passing.**

**Blocking – left side riding and impeding the forward progress of another competitor**

**Illegal Pass – passing on the right.**

**Overtaken - failing to drop back three bike lengths before re-passing**

**Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.**

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the head referee if you have any questions.

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ!

Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices.

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

## Event Information

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### Accommodation

In the vicinity of Daytona International Speedway you will find plenty of accommodation options, including hotels, bed & breakfasts, and vacation rental apartments. We even offer a unique festival experience: RV camping on the infield! Please visit [our website](#) for hotel recommendations and RV camping options.

### Getting to Daytona International Speedway

#### Travel by Air

The most convenient airport is Daytona Beach International Airport, just a few minutes from Daytona International Speedway. Another option is Orlando International Airport, a one-hour drive away.

#### Travel by Road

##### **From the North (Jacksonville)**

I-95 South to US-1 (exit 273)  
South on US-1 to S.R. 40 (Granada Blvd.)  
West (right) on S.R. 40 to Clyde Morris Blvd.  
Clyde Morris Blvd. South to Entrance Gate 40.  
From there, digital signs and volunteers will show the way.

##### **From the South (Melbourne)**

I-95 to LPGA Blvd. (exit 265)  
LPGA Blvd. East to Clyde Morris Blvd.  
Clyde Morris South to Entrance Gate 40.  
From there, digital signs and volunteers will show the way.

##### **From the East (Daytona Beach Area)**

From A1A take any one of the area's bridges to US-1  
US-1 to Mason Ave.  
West Mason Ave. to Clyde Morris Blvd.  
Clyde Morris Blvd. North to Entrance Gate 40.  
From there, digital signs and volunteers will show the way.

##### **From the West (Orlando)**

I-4 East to S.R. 44 (exit 118)  
S.R. 44 East to US-1  
US-1 North to S.R. 400/Beville Rd.  
S.R. 400 West to Clyde Morris Blvd.  
Clyde Morris Blvd. North to Entrance Gate 40.  
From there, digital signs and volunteers will show the way.

The address of Gate 40 is 257 South Williamson Boulevard.

#### Parking

Free parking is in the infield. Digital signs and volunteers will show the way.

Friday: 1:00pm–6:00pm

Saturday: 4:30am–6:00pm

Sunday: 4:30am–6:00pm

## Travel by Taxi

Would you rather take a taxi to Daytona international Speedway? The following companies can transport you and your bike:

- Yellow Cab Co. - <http://www.daytonataxi.com/>
- Daytona Taxi - <https://www.daytonabeachtaxiservices.com/>
- Daytona Beach Taxi Cab - <http://daytonabeachairporttaxicab.com/>

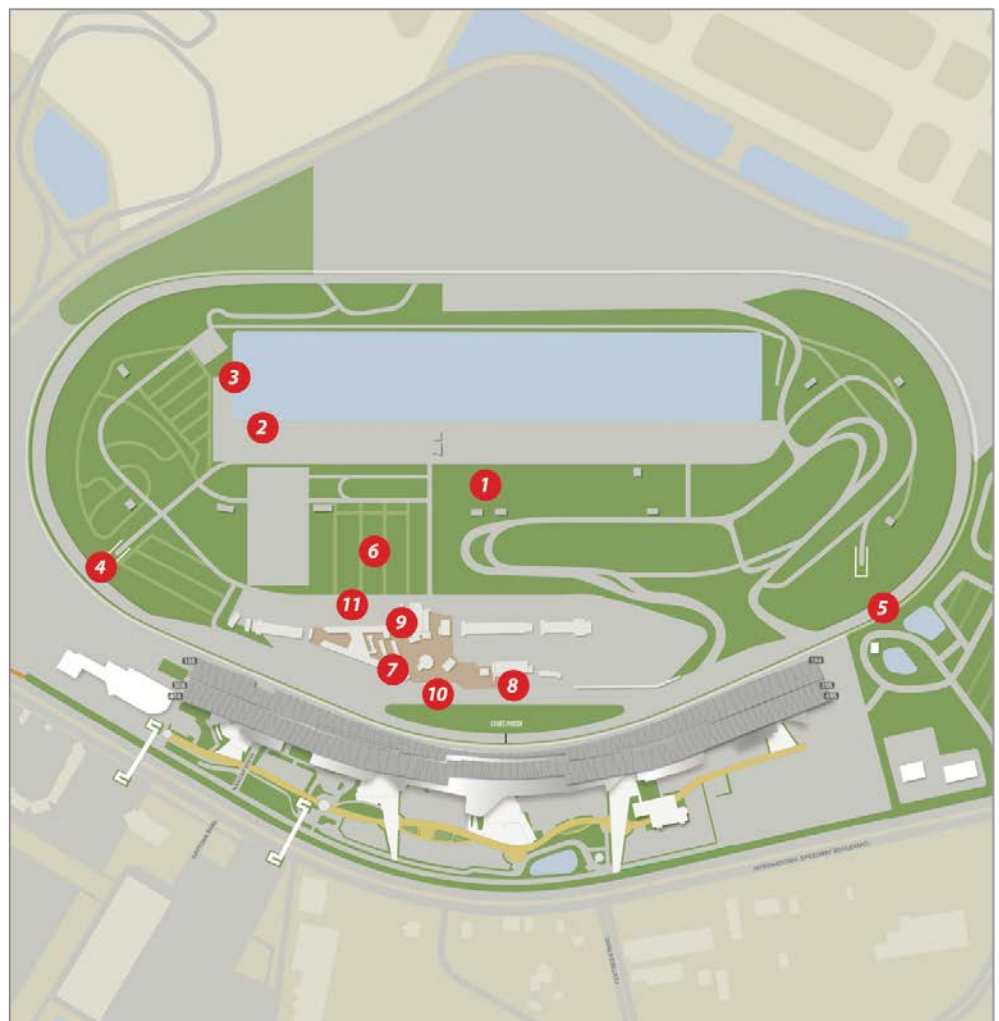
## Travel by Public Transport

Bus transport is available. Download the app for routes and schedules: <http://www.votran.org/riding-votran/technology.stml>

## Event Area Daytona International Speedway



- 1** Parking Athletes/Public
- 2** Transition Zone
- 3** Swim Start/Finish
- 4** Tunnel In Bike
- 5** Tunnel In/Out Cars
- 6** RV's Parking
- 7** Fan Zone/EXPO/Registration/ Changing Area/ /Kids Area/ Tri Club Tents
- 8** Awards Ceremony
- 9** Press Conference/Briefings
- 10** Finish Line/VIP Tent/Medical Tent
- 11** Parking Exhibitors

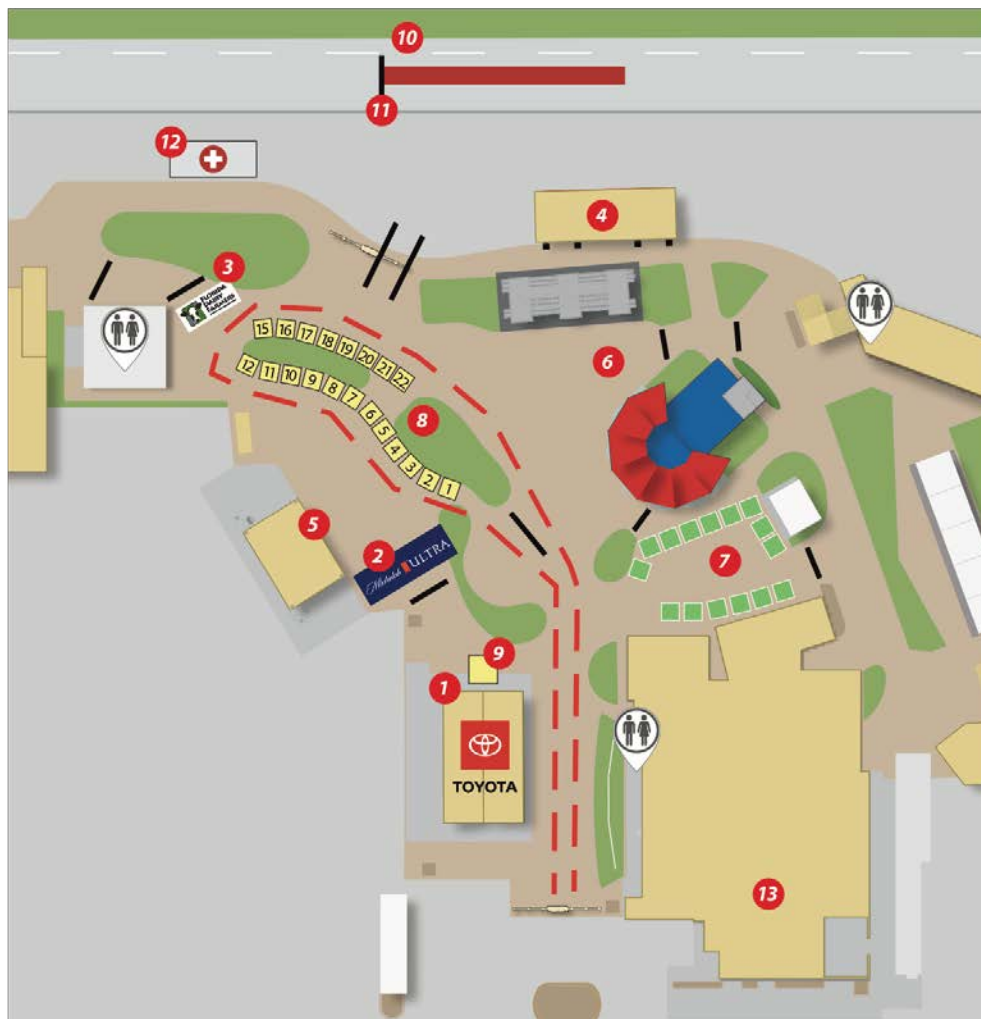




## Expo and Registration Area Daytona International Speedway



- 1 TOYOTA - 40'x40'
- 2 Michelob Ultra - 40'x40'
- 3 Florida Dairy Farmers - 30'x10'
- 4 Registration Trailer
- 5 Concert Stage - 20'x20'
- 6 Kids Zone - 60'x25'
- 7 Tri Club Space - 10'x10'
- 8 Vendor Space
- 9 Team Store
- 10 VIP
- 11 Finish Line
- 12 Medical
- 13 Press Briefings
- Barricades
- ■ Foot Traffic



## Expo

The Expo is situated on Fan Zone in the Challenge Daytona Village. Opening hours:

Friday	12:00pm – 5:00pm
Saturday	8:00am – 8:00pm
Sunday	8:00am – 4:00pm

## Food and Drinks

In the Challenge Daytona Village food and drinks are available.

## Massage

After the finish of your race physiotherapists are available to relieve your muscle pain.

## Medical Care/ Hospital Information

Race day medical care will be graciously provided by AdventHealth Hospital. Our central Medical Tent will be located near the finish line. Additionally, we will provide medical stations alongside the nutrition aid stations on course, and first aid as needed throughout the race.

## Safety

The safety of our athletes is of the utmost importance. During the swim, we will have 10 lifeguards and other emergency personnel on the water. EMTs will be positioned at the swim finish to attend to athletes in need. We will have two mobile EMT units patrolling the bike course.

## Waiver

All athletes and visitors MUST SIGN a waiver of the Daytona International Speedway (DIS) before entering the venue. This is an obligation from DIS policy. When entering from GATE 40 there is staff ready to provide this documentation and register everyone that will entering the venue.



## Registration Process

Registration is open at the following moments for the specific events:

### Friday December 13th, 2019

Time	Activity	Location
12:00pm – 5:00pm	Registration – 5k   10k   Triathlon Sprint & Middle Distance / Junior Challenge races	Expo

### Saturday December 14th, 2019

Time	Activity	Location
5:00am – 6:00am	Registration Triathlon & Duathlon Sprint	Expo
6:00am – 1:00pm	Registration 5k   10k   Junior Challenge	Expo
10:00am – 5:00pm	Registration Middle Distance: Triathlon/ Aquabike / Duathlon	Expo

### Sunday December 15th, 2019

Time	Activity	Location
5:00am – 6:00am	Registration Middle Distance: Triathlon/ Aquabike / Duathlon	Expo

Every Athlete that is registered in **CHALLENGEDAYTONA** in any Multisport competition (Aquabike, Middle or Sprint Duathlon or Triathlon) has to be affiliated to USAT, this means, either possess a valid annual membership or a purchase of a One Day Membership on site at the registration office. This One Day Membership costs US\$15 and has to be paid either in cash or check only at site, this is not possible to be included on the website or any online application. Also, foreign competitors are required to buy a One Day Membership.

For information on this One Day Membership can be found here: <https://www.teamusa.org/USA-Triathlon/Membership-Services/One-Day-Membership>

Every Athlete has to carry a photo ID for identification purposes, either passport, ID or drivers' license.

### Cut-off times

There are no cut-offs for the Junior Challenge (Kids) and the 5k and 10k run.

#### Sprint Distance (Saturday)

- The total race cut-off is after 4 hours and 0 minutes after the first start of the Sprint Duathlon and Triathlon, at 10:30am.

#### Middle Distance (Sunday)

- The swim course (Aquabike and Triathlon) will be closed 1 hour and 30 minutes after the race start for individuals and teams.
- The bike course (Aquabike, Triathlon and Duathlon) will be closed for all competitors, both teams and individuals, at 1.00 pm. Event organizers reserve the right to remove competitors from the race who do not complete the bike leg by this cut-off time.
- The run course (Duathlon and Triathlon) will close for all competitors, both teams and individuals, at 4.00 pm. Event organizers reserve the right to remove from the course competitors who do not complete the race by this cut-off time.

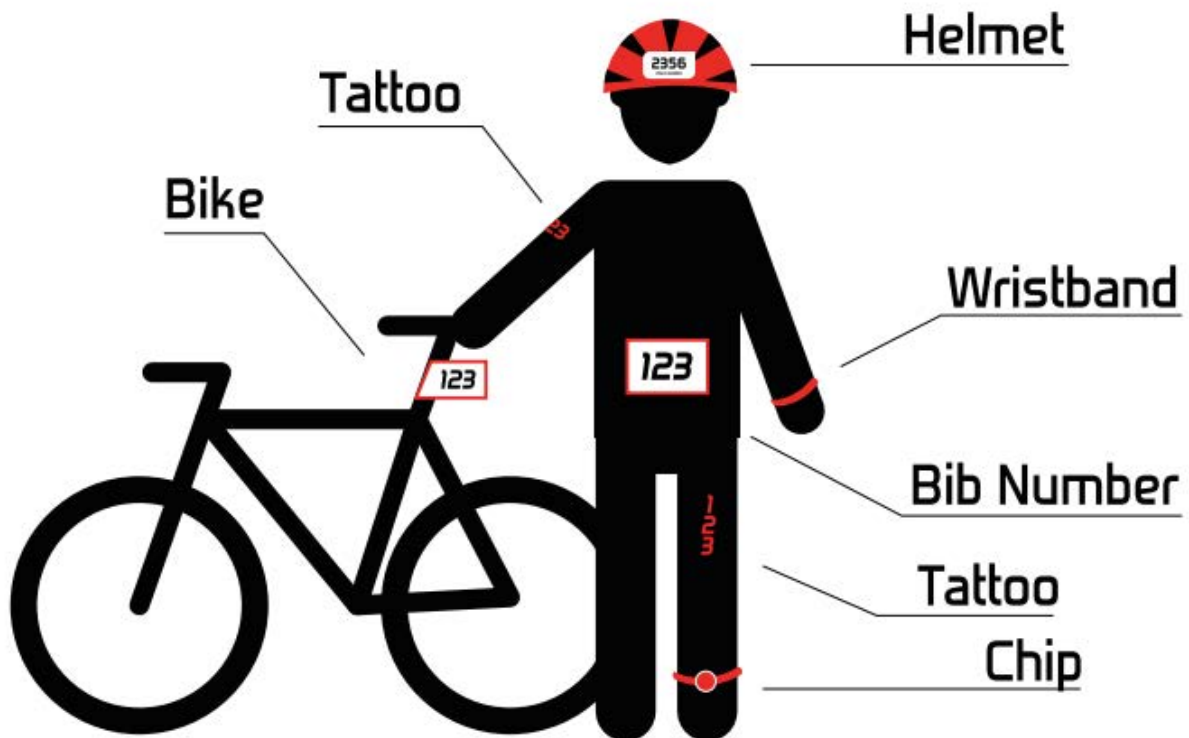
## Race Gear Contents

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During the Registration Process you will receive all your race gear that you need during the race weekend. Every participant receives the Challenge Race Kit: a bag filled with various goodies and gear you'll need for the race. Depending on the distance you will find one of the following supplies:

- 1) Helmet race number sticker, to stick on the front of your helmet.
- 2) Tattoos: stickers with your bib number which need to be placed on your upper arms.
- 3) Athlete wristband that gives you access to participants' areas, to be worn around the wrist.
- 4) Saddle stem flag, to be placed under the saddle of your bike.
- 5) Race number to be worn on your back during cycling and on your chest during running.
- 6) Timing Chip
- 7) A **RED** bag which contains your After race outfit
- 8) Swimming cap, to be worn during the swim course

Please check to ensure that all these items are present. In case of deviations, please report this at the Information Desk.



## Timing

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The progress of your race is registered by a SportStats transponder attached to a soft rubber band with velcro. This transponder needs to be placed on your left ankle during all three parts of the race. As the chip is linked to your race number, please make sure the number the organization has matches the number on the chip. Otherwise your time cannot be registered correctly during the race. When registering for **CHALLENGEDAYTONA**, the chip is included.

The chip received from the organization needs to be returned after the finish, when the chip is not returned, an additional fee is invoiced to the athlete.

The “Challenge Family” app is available in the Google Play Store for Android Phones and the App Store for Apple iDevices. This app will provide live timing of **CHALLENGEDAYTONA** events. Please also be sure to follow **CHALLENGEDAYTONA** on [Twitter](#), [Facebook](#), and [Instagram](#) for regular onsite updates throughout the event weekend.

## Bike Check-In and Transition Prep

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### Bike Check-in

The bike check-in is located near the Lake Lloyd swimming course, next to the Costa Boardwalk Club. On the map on page 10 it is marked with number 2.

At the bike check-in, your bike is checked for safety and adherence to the regulations as set out by the USA Triathlon Federation (USAT).

Before checking-in your bike, make sure you have checked the following things:

- 1) Your bike is technically in order, e.g: your brakes are working and there are no open ends on your handle bars.
- 2) The saddle stem flag is placed under your saddle.
- 3) On your head you have fastened your helmet containing a sticker with your bib number on the front.
- 4) You are carrying your own race number around your waist or in your hand.
- 5) Make sure everything is placed in the area close to your bike so it's not blocking other athletes equipment.

Please note that once you've checked-in your bike and helmet, you are not allowed to take your helmet with you. It needs to stay in the Transition Zone.

### After Race Bag

During registration you will receive a **Red bag**: This bag contains your clean, dry clothes and materials that you need after the finish. This bag must be handed over just before the start in the Transition Area and is NOT allowed on the rack.

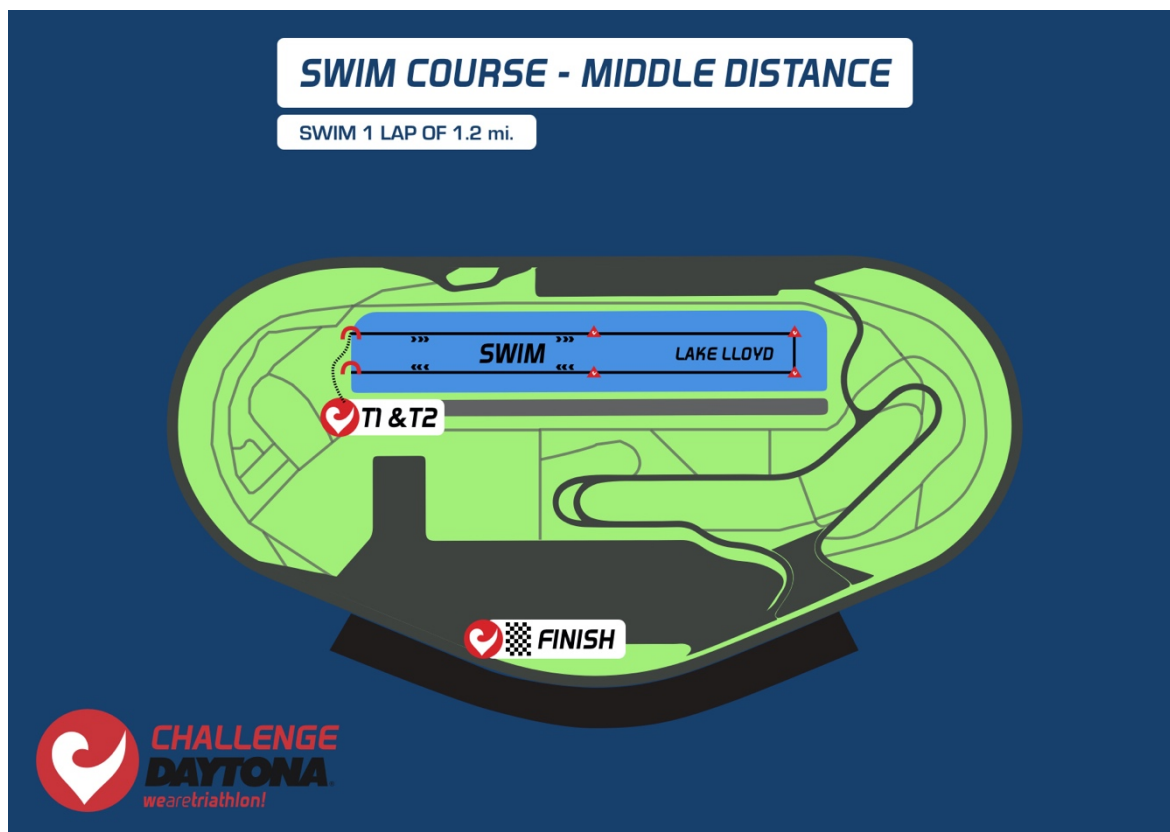
Placing a bicycle pump in the black bag is prohibited. These can be left in the Transition Area, after checking out you can pick it up again. Drop off at your own risk. Advice: Use your additional "supporter" sticker to mark your bicycle pump.

After the race, the black bags will be available to you in the Athlete Paradise behind the finish line.

## Triathlon Middle Distance

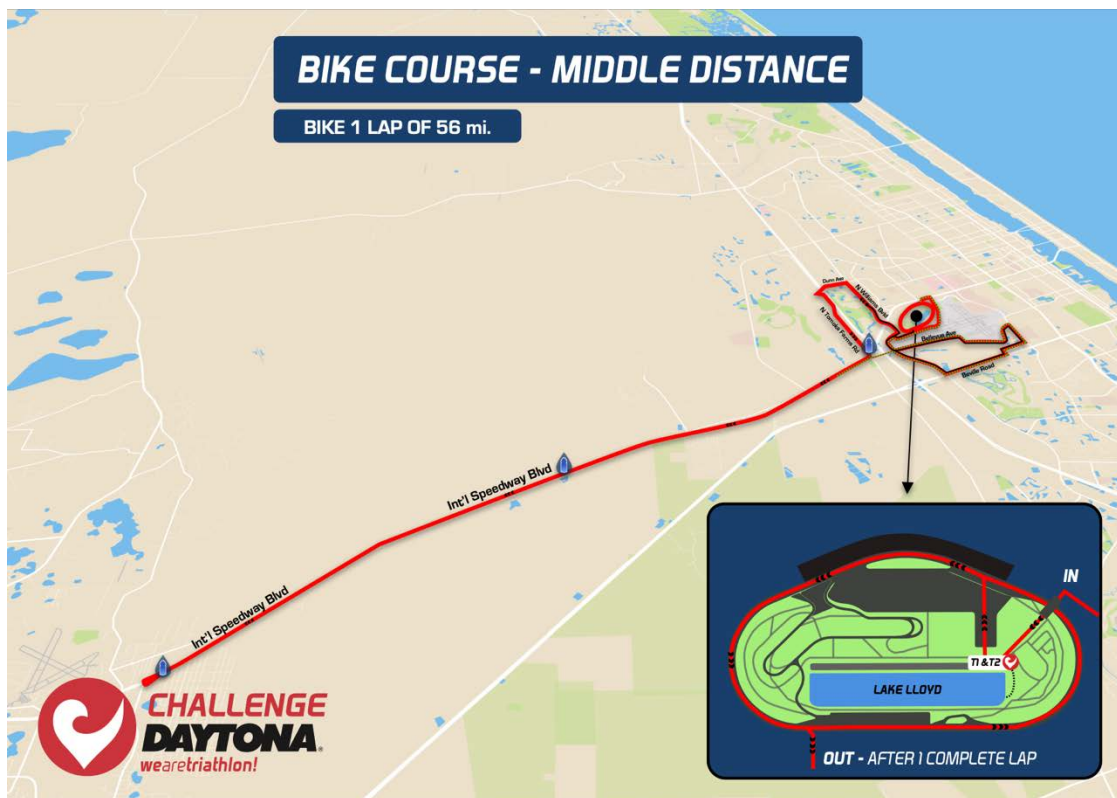
### Swim Course

The Middle Distance race starts with a 1.2-mile, one-loop swim in the calm waters of Lake Lloyd, within sight of the iconic Daytona International Speedway track. Athletes will enter the water via a grass ramp, swim a single clockwise loop, and exit via ramp to the Transition Area. The water temperature in Lake Lloyd is typically between 68 and 72 degrees (20-22 degrees Celsius).



### Bike Course

After a quick transition, you'll enjoy an unprecedented opportunity to race a lap around Daytona International Speedway by bike. Next, you'll race around the track two and half time and exit out the track after turn two with a move that will send you off onto the course like a rocket. You'll race on roads named after celebrated NASCAR drivers, adding inspiration to an already exciting ride. On the journey we will take you out west on highway 92 in fully protected lanes both out and on your return to the Daytona International Speedway to begin the run.



## Run Course

Finally, it's time for a half marathon like you've only imagined. The run takes you on 2 excitement-filled laps of the track—running where NASCAR history is made. You'll finish in the Fan Zone to the roar of the crowds, like countless sporting legends who have come before you. Maybe you won't hit the speeds that NASCAR drivers clock, but it's sure to be a fast run, fueled by the enthusiasm and energy of the crowds. It's also sure to be an experience you'll never forget!





## What's in the Challenge Middle Distance Race Kit

Every participant receives the Challenge Race Kit: a bag filled with various goodies and gear you'll need for the race, including:

- Challenge Swim Cap
- Timing Chip
- Bib Number
- Bike Stickers
- Helmet Stickers
- Bib Tattoos
- Athlete Wristband
- Red Post-Race Bag

Please check to ensure that all these items are present. In case of deviations, please report this at the Information Desk.

## Prize Money

**CHALLENGEDAYTONA** will have a total prize purse of \$20,500 dollars paid five deep:

Men	Women
\$5,000	\$5,000
\$2,500	\$2,500
\$1,500	\$1,500
\$750	\$750
\$500	\$500

## CHALLENGEFAMILY World Bonus

Pro athletes who finish in the top 6 also gain points in order to contend for the end-of-season bonus of **CHALLENGEFAMILY** (for 2019 and for 2020).

## Program

Date	Time	Activity	Location
Friday Dec 13th	12:00pm – 5:00pm	Registration	Fan Zone
Friday Dec 13th	2:30pm – 4:30pm	Swim course test	Swim Start
Friday Dec 13th	5:45pm	Briefing #1	Drivers Meeting Room
Saturday Dec 14th	10:00am – 5:00pm	Registration	Fan Zone
Saturday Dec 14th	12:00pm	Briefing #2	Drivers Meeting Room
Saturday Dec 14th	2:00pm – 6:00pm	Bike check-in	Transition Zone
Saturday Dec 14th	3:30pm	Briefing #3	Drivers Meeting Room
Sunday Dec 15th	5:00am – 7:00am	Bike check-in	Transition Zone
Sunday Dec 15th	7:00am	Start age groups	Swim Start
Sunday Dec 15th	2:00pm	Awards Ceremony	Victory Lane
Sunday Dec 15th	3:00pm	The Championship Roll Down	Victory Lane
Sunday Dec 15th	4:00pm	Finish Line Party	Village

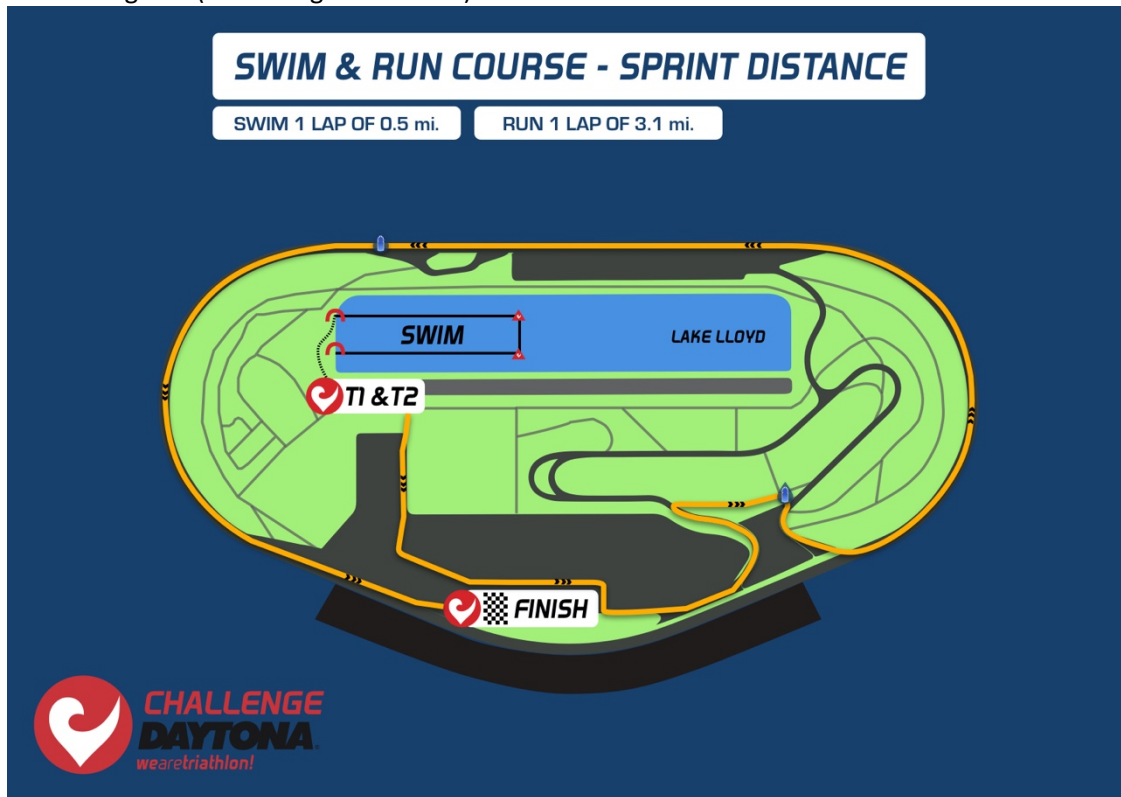
The briefing contains all the latest information on the weather conditions, courses, and regulations. It is advised to be present during the briefing to receive all this information.



# Triathlon Sprint Distance

## Swim Course

The Sprint Distance race starts with a .5-mile, one-loop swim in the calm waters of Lake Lloyd, within sight of the iconic Daytona International Speedway track. Athletes will enter the water via a grass ramp, swim a single counter-clockwise loop, and exit via ramp to the Transition Area. The water temperature in Lake Lloyd is typically between 68 and 72 degrees (20-22 degrees Celsius).

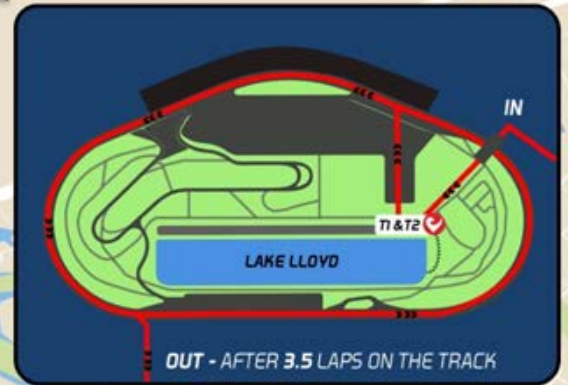


## Bike Course

After a quick transition, you'll enjoy an unprecedented opportunity to race three laps around Daytona International Speedway by bike. Next, you'll leave the track after turn two, with a move that will send you off onto the course like a rocket. You'll complete a short circuit within the Daytona International Speedway complex, then return to transition to start the run.

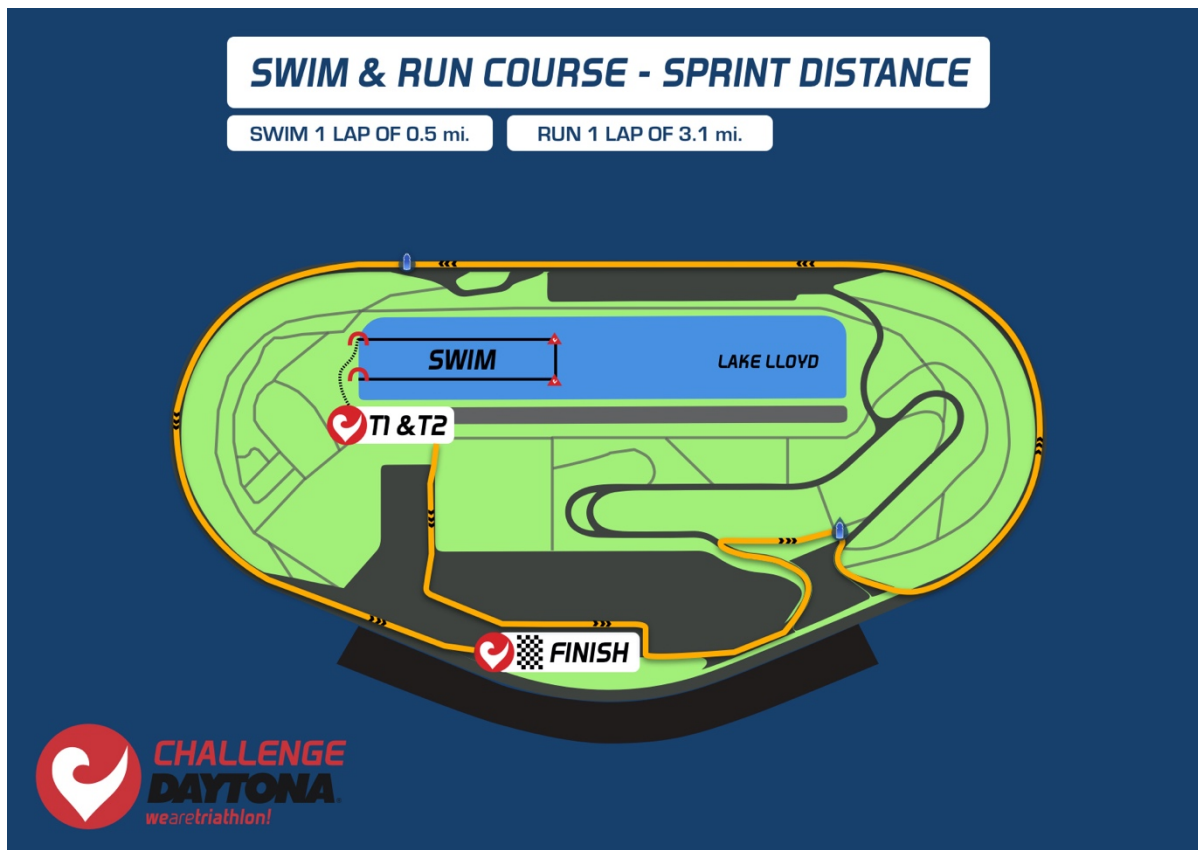
## BIKE COURSE - SPRINT DISTANCE

BIKE 1 LAP OF 12.4 mi.



## Run Course

The 5K run takes you on one excitement-filled lap of the track—running where NASCAR history is made. You'll finish in the Fan Zone to the roar of the crowds, like countless sporting legends who have come before you. Maybe you won't hit the speeds that NASCAR drivers clock, but it's sure to be a fast run, fueled by the enthusiasm and energy of the crowds. It's also sure to be an experience you'll never forget!



## What's in the Challenge Sprint Distance Race Kit

Every participant receives the Challenge Race Kit: a bag filled with various goodies and gear you'll need for the race, including:

- Challenge Swim Cap
- Timing Chip
- Bib Number
- Bike Stickers
- Helmet Stickers
- Bib Tattoos
- Athlete Wristband
- Red Post-Race Bag

Please check to ensure that all these items are present. In case of deviations, please report this at the Information Desk.

## Program

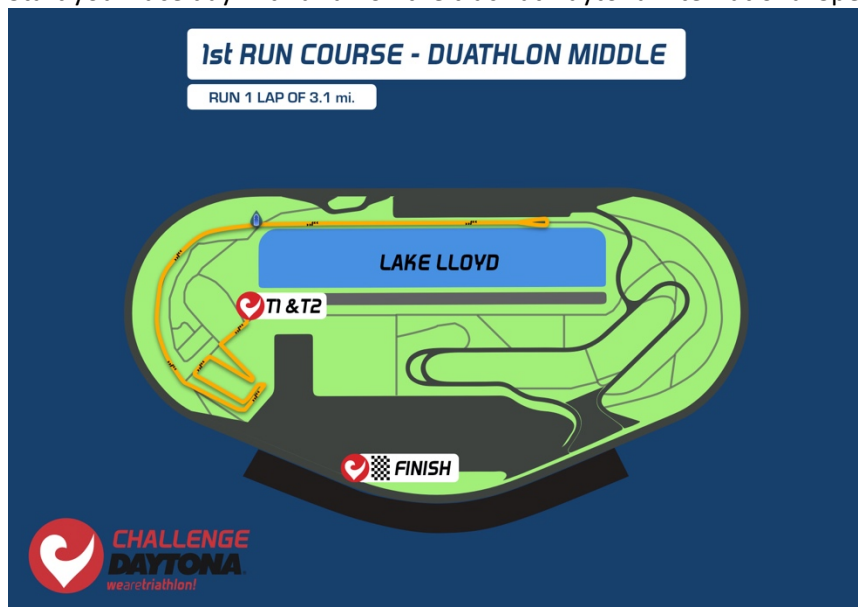
Date	Time	Activity	Location
Friday Dec 13th	12:00pm – 5:00pm	Registration	Expo
Friday Dec 13th	2:00pm	Sprint Distance & ProAm #1	Drivers Meeting Room
Friday Dec 13th	2:30pm – 4:30pm	Swim course test	Swim Start
Friday Dec 13th	5:15pm	Sprint Distance & ProAm #2	Drivers Meeting Room
Saturday Dec 14th	5:00am – 6:00am	Registration	Expo
Saturday Dec 14th	5:30am – 7:00am	Bike check-in	Transition Zone
Saturday Dec 14th	7:30am	Start Pro Am	Swim Start
Saturday Dec 14th	7:35am	Age Group and Relay Start	
Saturday Dec 14th	11:00am	Awards Ceremony	Victory Lane
Sunday Dec 15th	4:00pm	Finish Line Party	Village

The briefing contains all the latest information on the weather conditions, courses, and regulations. It is advised to be present during the briefing to receive all this information.

# Duathlon Middle Distance

## Run Course

Start your race day with a run on the track at Daytona International Speedway to warm up for the bike!



## Bike Course

After a quick transition, you'll enjoy an unprecedented opportunity to race a lap around Daytona International Speedway by bike. Next, you'll race around the track two and half time and exit out the track after turn two with a move that will send you off onto the course like a rocket. You'll race on roads named after celebrated NASCAR drivers, adding inspiration to an already exciting ride. On the journey we will take you out west on highway 92 in fully protected lanes both out and on your return to the Daytona International Speedway to begin the run.





## Run Course

Finish your race with excitement-filled lap of the track—running where NASCAR history is made. You'll finish in the Fan Zone to the roar of the crowds, like countless sporting legends who have come before you. Maybe you won't hit the speeds that NASCAR drivers clock, but it's sure to be a fast run, fueled by the enthusiasm and energy of the crowds. It's also sure to be an experience you'll never forget!



## What's in the Challenge Duathlon Race Kit?

Every participant receives the Challenge Race Kit: a bag filled with various goodies and gear you'll need for the race, including:

- Timing Chip
- Bib Number
- Bike Stickers
- Helmet Stickers
- Bib Tattoos
- Athlete Wristband
- Red Post-Race Bag

Please check to ensure that all these items are present. In case of deviations, please report this at the Registration Desk.

## Program

Date	Time	Activity	Location
Friday Dec 13th	12:00pm – 5:00pm	Registration	Expo
Friday Dec 13th	2:30pm – 4:30pm	Swim course test	Swim Start
Friday Dec 13th	5:45pm	Briefing #1	Drivers Meeting Room
Saturday Dec 14th	10:00am – 5:00pm	Registration	Expo
Saturday Dec 14th	12:00pm	Briefing #2	Drivers Meeting Room
Saturday Dec 14th	1:00pm – 6:00pm	Bike check-in	Transition Zone
Saturday Dec 14th	3:30pm	Briefing #3	Drivers Meeting Room
Sunday Dec 15th	5:00am – 7:00am	Bike check-in	Transition Zone
Sunday Dec 15th	7:00am	Start age groups	Swim Start
Sunday Dec 15th	2:00pm	Awards Ceremony	Victory Lane
Sunday Dec 15th	4:00pm	Finish Line Party	Village

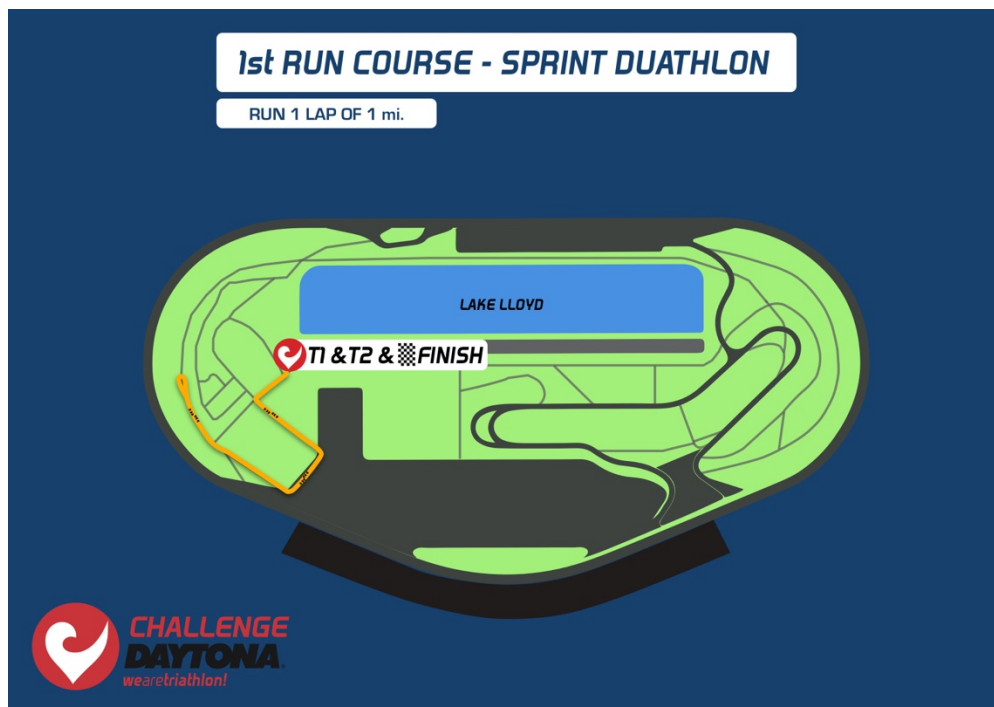
The briefing contains all the latest information on the weather conditions, courses, and regulations. It is advised to be present during the briefing to receive all this information.



# Duathlon Sprint Distance

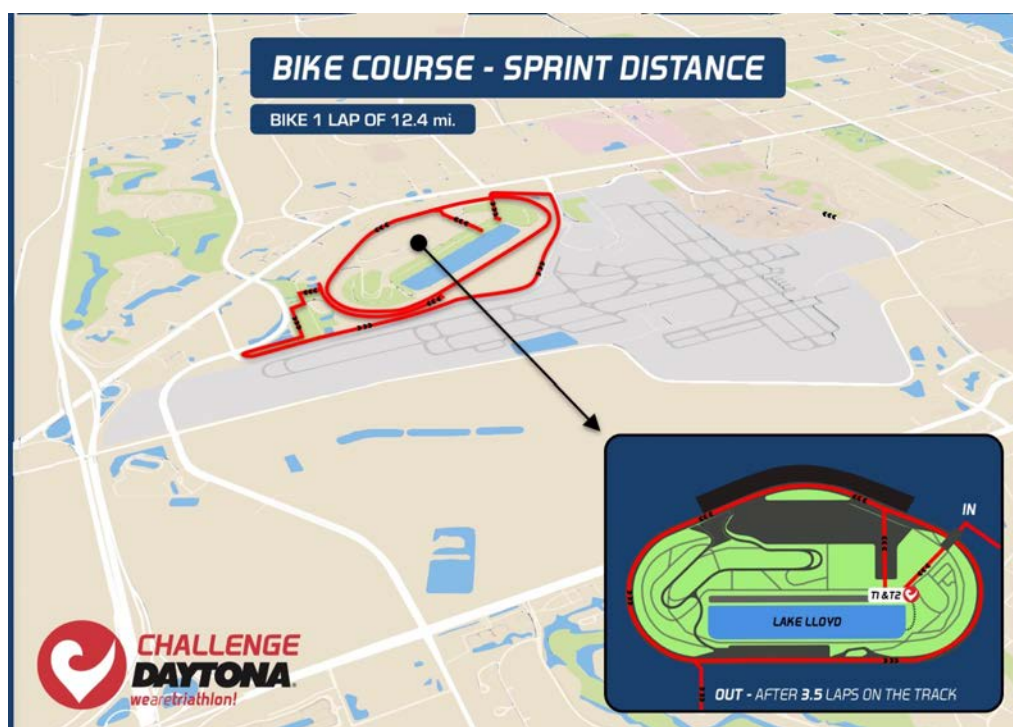
## Run Course

Start your race day with a run on the track at Daytona International Speedway to warm up for the bike!



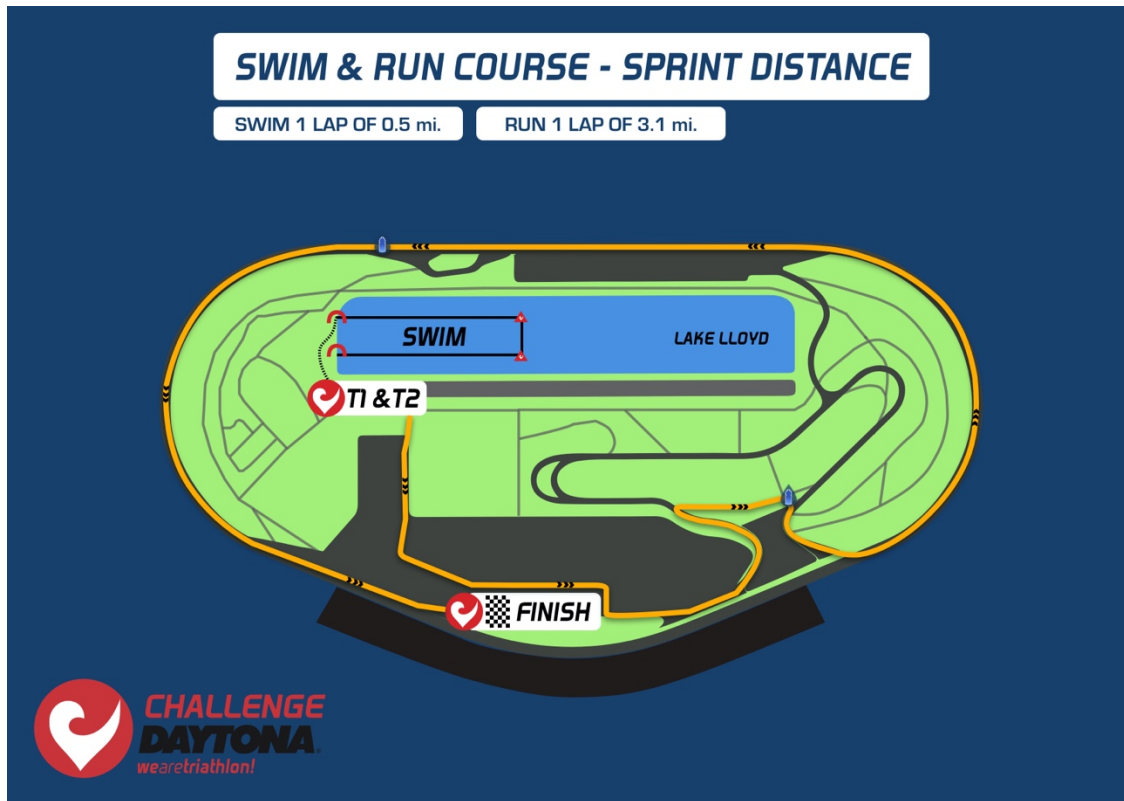
## Bike Course

After a quick transition, you'll enjoy an unprecedented opportunity to race three laps around Daytona International Speedway by bike. Next, you'll leave the track after turn two, with a move that will send you off onto the course like a rocket. You'll complete a short circuit within the Daytona International Speedway complex, then return to transition to start the run.



## Run Course

Finish your race with excitement-filled lap of the track—running where NASCAR history is made. You'll finish in the Fan Zone to the roar of the crowds, like countless sporting legends who have come before you. Maybe you won't hit the speeds that NASCAR drivers clock, but it's sure to be a fast run, fueled by the enthusiasm and energy of the crowds. It's also sure to be an experience you'll never forget!



## What's in the Challenge Duathlon Race Kit?

Every participant receives the Challenge Race Kit: a bag filled with various goodies and gear you'll need for the race, including:

- Timing Chip
- Bib Number
- Bike Stickers
- Helmet Stickers
- Bib Tattoos
- Athlete Wristband
- Red Post-Race Bag

Please check to ensure that all these items are present. In case of deviations, please report this at the Registration Desk.

## Program

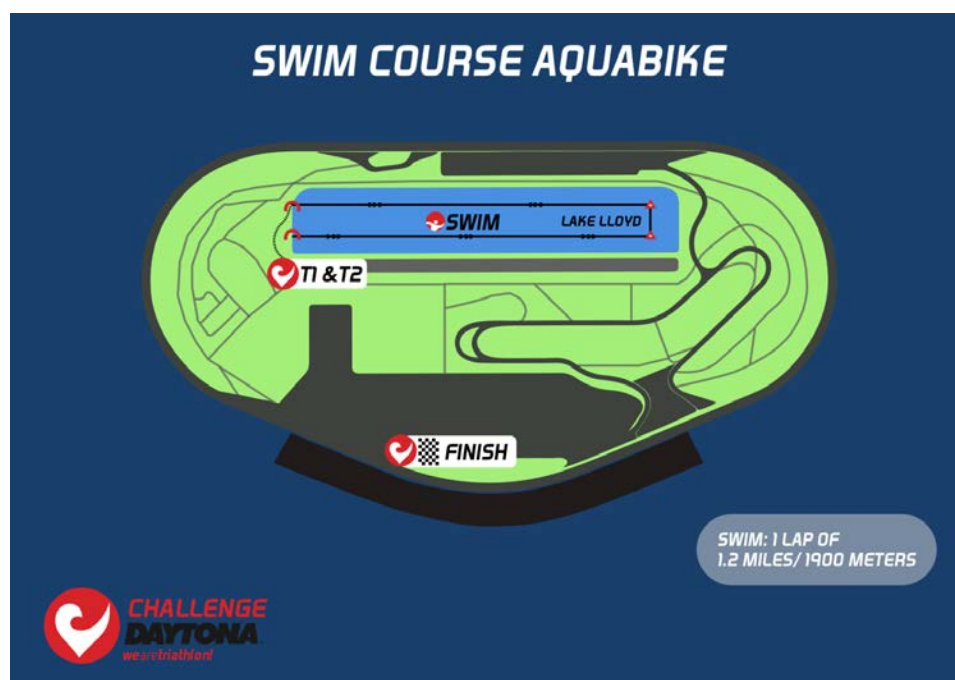
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Friday Dec 13th	12:00pm – 5:00pm	Registration	Expo
Friday Dec 13th	2:00pm	Sprint Distance & ProAm #1	Drivers Meeting Room
Friday Dec 13th	2:30pm – 4:30pm	Swim course test	Swim Start
Friday Dec 13th	5:15pm	Sprint Distance & ProAm #2	Drivers Meeting Room
Saturday Dec 14th	5:00am – 6:00am	Registration	Expo
Saturday Dec 14th	5:30am – 7:00am	Bike check-in	Transition Zone
Saturday Dec 14th	7:30am	Start Pro Am	Swim Start
Saturday Dec 14th	7:35am	Age Group and Relay Start	
Saturday Dec 14th	11:00am	Awards Ceremony	Victory Lane
Sunday Dec 15th	4:00pm	Finish Line Party	Village

The briefing contains all the latest information on the weather conditions, courses, and regulations. It is advised to be present during the briefing to receive all this information.

## Aquabike Middle Distance

### Swim Course

The Aquabike race starts with a 1.2-mile, one-loop swim in the calm waters of Lake Lloyd, within sight of the iconic Daytona International Speedway track. Athletes will enter the water via a grass ramp, swim a single counter-clockwise loop, and exit via ramp to the Transition Area. The water temperature in Lake Lloyd is typically between 68 and 72 degrees (20-22 degrees Celsius).



### Bike Course

After a quick transition, you'll enjoy an unprecedented opportunity to race a lap around Daytona International Speedway by bike. Next, you'll race around the track two and half time and exit out the track after turn two with a move that will send you off onto the course like a rocket. You'll race on roads named after celebrated NASCAR drivers, adding inspiration to an already exciting ride. On the journey we will take you out west on highway 92 in fully protected lanes both out and on your return to the Daytona International Speedway to begin the run.



## What's in the Challenge Aquabike Race Kit?

Every participant receives the Challenge Race Kit: a bag filled with various goodies and gear you'll need for the race, including:

- Challenge Swim Cap
- Mylaps Chip
- Bib Number
- Bike Stickers
- Helmet Stickers
- Bib Tattoos
- Athlete Wristband
- Red Post-Race Bag

Please check to ensure that all these items are present. In case of deviations, please report this at the Registration Desk.

## Program

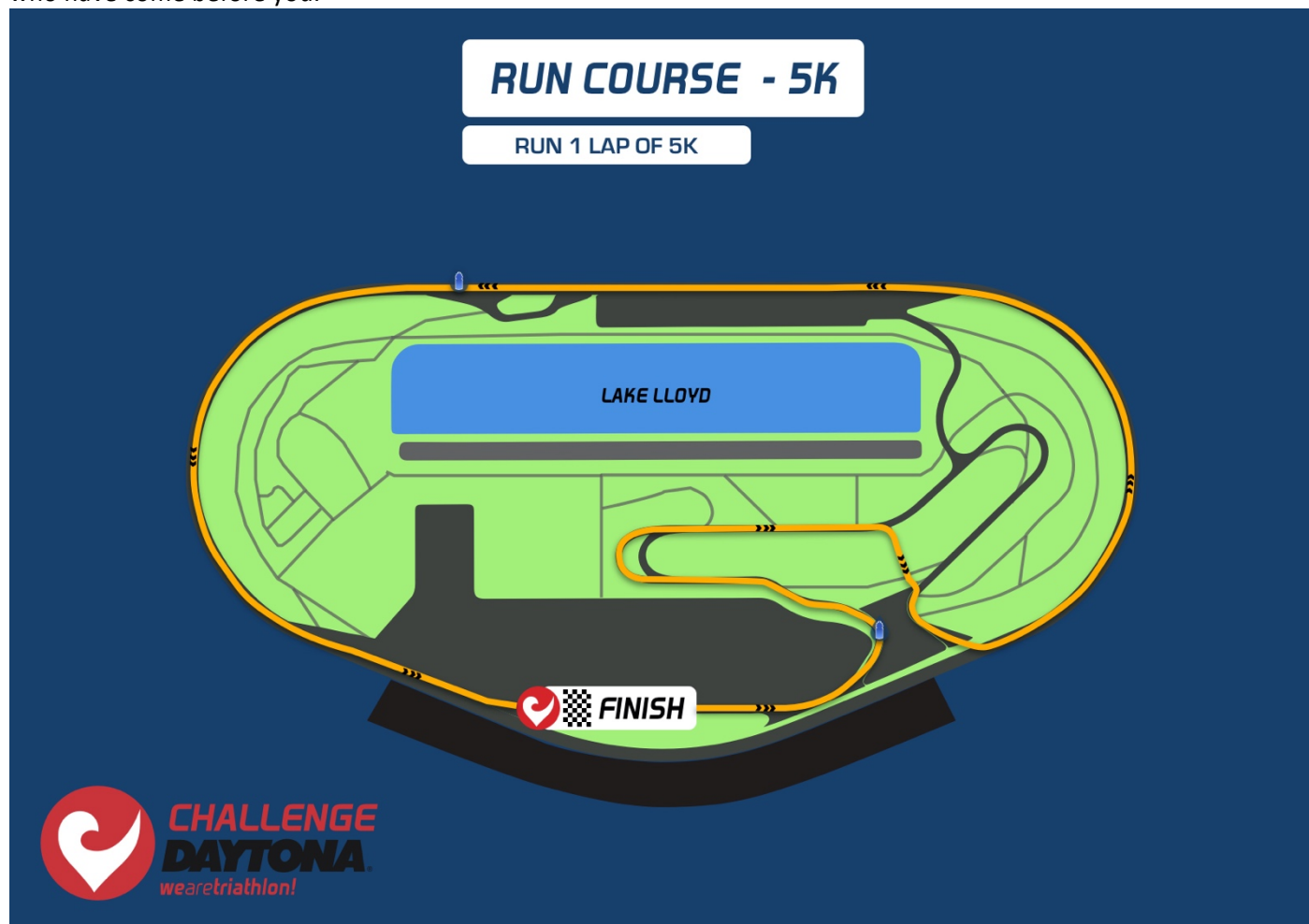
Date	Time	Activity	Location
Friday Dec 13th	12:00pm – 5:00pm	Registration	Expo
Friday Dec 13th	2:30pm – 4:30pm	Swim course test	Swim Start
Friday Dec 13th	5:45pm	Briefing #1	Drivers Meeting Room
Saturday Dec 14th	10:00am – 5:00pm	Registration	Expo
Saturday Dec 14th	12:00pm	Briefing #2	Drivers Meeting Room
Saturday Dec 14th	1:00pm – 6:00pm	Bike check-in	Transition Zone
Saturday Dec 14th	3:30pm	Briefing #3	Drivers Meeting Room
Sunday Dec 15th	5:00am – 7:00am	Bike check-in	Transition Zone
Sunday Dec 15th	7:00am	Start age groups	Swim Start
Sunday Dec 15th	2:00pm	Awards Ceremony	Victory Lane
Sunday Dec 15th	4:00pm	Finish Line Party	Village

The briefing contains all the latest information on the weather conditions, courses, and regulations. It is advised to be present during the briefing to receive all this information.

## 5K Run/Walk

### 5K Run Course

Your 5K challenge begins in the racing paddock and takes you on one excitement-filled lap of the track—running where NASCAR history is made. You'll finish in the Fan Zone to the roar of the crowds, like countless sporting legends who have come before you.





## What's in the Challenge 5K Race Kit

Every participant receives the Challenge Race Kit: a bag filled with various goodies and gear you'll need for the race, including:

- Timing Chip
- Bib Number
- Athlete Wristband

Please check to ensure that all these items are present. In case of deviations, please report this at the Registration Desk.

## Program

Date	Time	Activity	Location
Friday Dec 13th	12:00pm – 5:00pm	Registration	Expo
Saturday Dec 14th	6:00am – 10:30 am	Registration	Expo
Saturday Dec 14th	11:00am	Start	Pit Lane

## 10K Run

### 10K Run Course

Your 10K challenge begins in the racing paddock and takes you on two excitement-filled laps of the track—running where NASCAR history is made. You'll finish in the Fan Zone to the roar of the crowds, like countless sporting legends who have come before you.



## What's in the Challenge 10K Race Kit

Every participant receives the Challenge Race Kit: a bag filled with various goodies and gear you'll need for the race, including:

- Timing Chip
- Bib Number
- Athlete Wristband

Please check to ensure that all these items are present. In case of deviations, please report this at the Registration Desk.

## Program

Date	Time	Activity	Location
Friday Dec 13th	12:00pm – 5:00pm	Registration	Expo
Saturday Dec 14th	6:00am – 10:30 am	Registration	Expo
Saturday Dec 14th	11:00am	Start	Pit Lane

## Junior Challenge

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Kids ages 6-17 are invited to be a part of the Junior Challenge! Our Junior Challenge athletes 10 and under will swim 50 meters in the calm waters of Lake Lloyd, transition onto their bikes for one lap around the track and then hit the road in their run gear to complete the .6-mile run to the finish line.

### Program

Date	Time	Activity	Location
Friday Dec 13th	12:00pm – 5:00pm	Registration	Expo
Saturday Dec 14th	6:00am – 1:00pm	Registration	Expo
Saturday 14th	2:00pm	Start	Swim Start

## Corporate Relay

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Want to tackle the Sprint Distance with your colleagues? The Corporate Relay is for you. Of your three team members, one will swim .5 mile, one will bike 12.4 miles, and one will run 3.1 miles. The relay is a great way to get a feel for triathlon before you're ready to go for all three disciplines on your own. It's also an excellent team-building experience, and a way to push past your personal limits and learn new group dynamics in the process.

## Pitstop Challenge

Ready for something special? Something you can't do anywhere else? We're talking about our Pitstop Challenge—a unique, NASCAR-inspired event, tailored to triathletes. Competitors will ride into the pit lane and replace their two bike tires as fast as possible, in a race against the clock. Are you up for the challenge? Can you handle the pressure? For the sake of motivation, you should know that the fastest NASCAR pitstop is about 8 seconds. No, you won't break that record—but let's see how close you can come! No pre-registration necessary for the Pitstop Challenge. Simply show up and start!

### Program

Date	Time	Activity	Location
Saturday Dec 14th	12:00am – 2:00pm	Start	Fan Zone



# Nutrition

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## Nutrition Overview

For a Middle Distance triathlon or other 4-7 hour endurance event, nutrition is an incredibly important factor. In shorter distance triathlons you can get away with making some nutrition mistakes; during a Middle Distance triathlon, you are far more likely to feel the wrath of any nutrition errors. In fact, when you talk to athletes who did not have a good race, they will often mention nutrition as the main reason why things did not go as planned. Here, we'll share the basics of endurance sports nutrition: a few general guidelines and some of the most common mistakes. (Note: For a deeper dive into nutrition-related questions and specific advice appropriate for your body weight, sweat rate, and fitness level, we recommend that you consult with a professional sports nutritionist or registered dietician.)

## Nutrition Issues

The three most important nutritional issues during a Middle Distance triathlon are:

1. "Bonking":

"Bonking" or "hitting the wall"—that's what happens when you don't take in enough fuel throughout the race to sustain consistent energy.

2. Dehydration:

Becoming progressively dehydrated to an extent where this limits performance and can cause muscle cramping.

3. GI Issues:

Gastrointestinal problems such as stomach cramps, bloating, etc.—generally due to improper fueling—which can have a negative impact on your performance.

## Fueling

The main fuel for an endurance event like the Middle Distance triathlon is carbohydrate, especially if you complete the race closer to the 4-hour mark than the 7-hour mark. Your body stores contain roughly 500 grams of carbohydrate (2000 kcal), which is not enough to make it to the finish line without refueling. In theory, this should be enough to get most athletes through the first 3 hours of a race. But topping up from the start is essential, because it takes time for carbohydrate to be absorbed. You need to start early with fueling to make sure you avoid carbohydrate depletion. Once you run out of carbohydrate stores it is extremely difficult to recover.

As a general rule, aim for 60 grams of carbohydrate per hour. This carbohydrate can come in the form of bars, gels, chews, or drinks. If you use solid foods, make sure fat, protein, and fiber content are low (no more than a few grams). What you use is entirely up to you and your personal preferences. Faster athletes tend to use more liquids and less solids because it can be difficult to chew solid food at high intensities.

To give you some idea of what 60 grams per hour equates to, it means that for every hour of the race you would need one of the following combinations:

- 2 gels and a small amount of sports drink;
- 1 gel and a bottle of a sports drink;
- 1 energy bar and half a bottle of a sports drink.

For more accurate calculations, check the nutrition labels of the specific products you plan to use.

## Hydration

"Drinking to thirst" is a recommendation that works fine for the slower-paced athlete. If you are pushing the pace, you're better off armed with a plan. Use the early part of the race, when the gastrointestinal tract is working fine, to absorb both carbohydrate and fluid. Later in the race, despite your thirst, your gut may not absorb as much. Use common sense and drink what you need, but don't drink excessively to the point where your stomach is in discomfort. In hot environments, pay extra attention to staying hydrated—you will likely need more fluids than in a temperate climate. Don't forget that good hydration starts before the race; hydrate well and steadily in the days leading up to your event for the best chance of success on race day.



## Gastrointestinal Issues

A large percentage of athletes—approximately 30-70 percent—experience gastrointestinal problems during Middle Distance triathlons. Some of these problems are minor, but some may be so severe that they affect performance. Some athletes are more prone to develop these problems than others. The complaints they experience may be totally independent of food intake and may only happen on race day. This suggests that “race day anxiety” plays a role in GI issues. Studies have also shown that factors like fiber intake, fat intake, and the use of highly concentrated carbohydrate drinks can cause gastrointestinal discomfort. Considering these three issues, you’ll be wise to plan ahead be familiar with your race day carbohydrate sources (drinks, gels, bars), how much fluid and fuel you need to take in, and where you’ll get it (carry it, utilize the aid stations, utilize your special needs bags). Make sure you reach approximately 60g/hour of carbohydrate intake and enough fluid to avoid losing much weight (more than 2-4 pounds of weight loss during a race can signal dehydration). To get a sense of your weight loss in relation to carbohydrate and fluid intake during endurance activity, weigh yourself before and after training.

## Common Race Day Mistakes

Everyone was a rookie once, and we’ve all made mistakes. In fact, even the most experienced elite-level athletes still make mistakes. To help prevent you from making the most obvious blunders, we’ve identified a few. The most common endurance sports mistakes are:

- 1. Sticking to a plan at all costs.**

If for some unforeseen reason you cannot follow your “perfect” race plan (let’s say you lose a bottle, or you’re developing GI distress), do not continue with the plan at all costs. Be flexible and adjust your plan accordingly. One of the most essential skills that any triathlete can master is to adapt on the fly.

- 2. Do not try something new on race day.**

You may see athletes at the expo buying products for the race that they’ve never used before. Trying new things is great—but probably best reserved for training sessions. On race day, stick with products that you’ve tried and tested, and that you know you tolerate well.

- 3. Thinking that more is better.**

Drinking more and eating more is not always better. Sure, you have to take in enough fuel and fluids to provide sustained energy and keep you hydrated throughout the race. But once you achieve the basic needs, more is not necessarily better—and in some cases, it is detrimental.

# SPINE WAVE

# Aid Stations

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## Bike Course

On the Middle Distance bike course (Aquabike, Duathlon and Triathlon), you'll find aid stations approximately every 15 miles. The on-course nutrition will include:

- Water
- Bananas
- Oranges
- Ice
- Base Performance Products

\*There is no Bike Aid Station for the Sprint Distance.

## Run Course

On the run course for all events you'll find aid stations approximately every mile. The on-course nutrition will include:

- Water
- Bananas
- Oranges
- Ice
- Coke products or gingerale
- Base Performance Products

## Trash Zone

Please note that littering along the course is forbidden. You are allowed to throw away your trash only in the designated 200 meters before and after each aid station. If you are spotted littering elsewhere—including tossing cups, sponges, drink bottles, or energy gel/bar wrappers—you risk a penalty. This rule is enforced on both the bike and the run course.

## After the Race

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### Finish Line Support

Our volunteers are ready to assist you after you finish. First, you'll receive your medal. If you require immediate medical assistance, our volunteers will help you get to the medical facilities behind the finish line. In the after-race area, all sorts of refreshments are available for athletes as well.

The red transition bag (as prepared before the race) is available in the after-race area. Please make sure you have attached the sticker with your bib number on the bag, in order to retrieve it. Make sure you've retrieved this bag before the start of the Award Ceremony.

Showers and massages are available nearby. When exiting the after-race area, you can quickly reunite with your friends and relatives.

### Bike Check-Out

The bike check-out is located from the side of the Transition Area at Lake Lloyd. After the race, all athletes are requested to retrieve their bikes from the Transition Area. The TA is only accessible by athletes wearing a participant bracelet. Checkout of the bike is only possible when the athlete can show his or her bib number.

Upon check-out, athletes are requested to pick up their bike, helmet, and other transition equipment. Check-out is possible right after you finish and is open until one hour after the start of the Award Ceremony.

### Dropouts

In case you have failed to complete the race for any reason, please notify someone from the organization or an official as soon as possible.

## Award Ceremony

The Top 3 of Pro male and female athletes overall on the Middle Distance will have a flower ceremony at the finish on the race day itself. This flower ceremony will be held as soon as the fastest three men and women have finished.

The official Award Ceremony celebrates the achievements of all PROs and Agegroupers on the different distances. These Award Ceremonies are scheduled as such:

### Saturday December 14th, 2019

Time	Activity	Location
11:00am	Award Ceremony: Triathlon & Duathlon Sprint	Victory Lane

### Sunday December 15th, 2019

Time	Activity	Location
11:00am	Award Ceremony: Triathlon & Duathlon Sprint	Victory Lane
3:00pm	The Championship Roll Down	Victory Lane

Please be available to receive your award during this ceremony.

#### Sprint & Middle Distance Triathlon

Prizes will be awarded 3-deep in each male and female age category as follows:

< 23, 24-39, 40 and further per 5 year category.

A special Para-triathlon category is present for athletes who fall into that category.

#### Aquabike & Duathlon

Prizes will be awarded to the top 3 overall male and top 3 overall female finishers per race.

#### Junior Challenge

Medals will be awarded to all finishers for top three in each age group

#### 5K/10K Run/Walk

Medals will be awarded to all finishers.

## Prize Money

#### Professional Prize Money Daytona Distance Triathlon

**CHALLENGEDAYTONA** will have a total prize purse of \$20,500 dollars paid five deep:

Men	Women
\$5,000	\$5,000
\$2,500	\$2,500
\$1,500	\$1,500
\$750	\$750
\$500	\$500

#### CHALLENGEFAMILY World Bonus

Pro athletes who finish in the top 6 also gain points in order to contend for the end-of-season bonus of **CHALLENGEFAMILY** (for 2019 and for 2020).

**CHALLENGEDAYTONA** marks the final opportunity for professional athletes to earn points toward the **CHALLENGEFAMILY** World Bonus ranking and \$165,000 end-of-season bonus. Based on ranking, the \$165,000 bonus will pay five deep across both men and women, with the top ranked pro winning \$30,000, second \$20,000, third \$15,000, fourth \$12,000, and fifth \$5,000. Ranking will be decided through a points system based on placings earned.

## For Supporters

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### Access

Entry to the Daytona International Speedway is at Gate 40. The address is: 257 South Williamson Boulevard  
There is no fee for spectators for the Challenge Daytona weekend - December 13-15, 2019. There will be entertainment, food, kids area and much more.

All athletes and visitors **MUST SIGN** a waiver of the Daytona International Speedway (DIS) before entering the venue. This is an obligation from DIS policy. When entering from GATE 40 there is staff ready to provide this documentation and register everyone that will entering the venue.

It's 15 minutes to get from Gate 40 to the Fan Zone. For people arriving by taxi or other drop-off there is a shuttle service from Gate 40 to the Fan Zone.

### App

The "Challenge Family" app is available in the Google Play Store for Android Phones and the App Store for Apple iDevices. This app will provide live timing of **CHALLENGEDAYTONA** events.

### LIVE Results

The "Challenge Family" app is available in the Google Play Store for Android Phones and the App Store for Apple iDevices. This app will provide live timing of **CHALLENGEDAYTONA** events. Please also be sure to follow **CHALLENGEDAYTONA** on [Twitter](#), [Facebook](#), and [Instagram](#) for regular onsite updates throughout the event weekend.

Or go to [www.challenge-family.com/now/](http://www.challenge-family.com/now/)

### End

The organization of **CHALLENGEDAYTONA** would like to wish all the athletes a fantastic race with many (personal) bests.

See you at the finishline!





EVENT	RACE DISTANCE	COUNTRY	<input checked="" type="checkbox"/>	MONTH	DATE	YEAR
CHALLENGE TURKU	MIDDLE	FINLAND	<input type="checkbox"/>	AUGUST	11	2019
CHALLENGE ALMERE AMSTERDAM	MIDDLE/LONG	NETHERLANDS	<input type="checkbox"/>	SEPTEMBER	14	2019
CHALLENGE DAVOS	MIDDLE	SWITZERLAND	<input type="checkbox"/>	SEPTEMBER	14	2019
CHALLENGE MADRID	MIDDLE/LONG	SPAIN	<input type="checkbox"/>	SEPTEMBER	22	2019
CHALLENGE PEGUERA MALLORCA	MIDDLE	SPAIN	<input type="checkbox"/>	OCTOBER	19	2019
CHALLENGE ANHUI	MIDDLE/LONG	CHINA	<input type="checkbox"/>	OCTOBER	20	2019
CHALLENGE SALVADOR	MIDDLE	BRAZIL	<input type="checkbox"/>	OCTOBER	27	2019
CHALLENGE CAPE TOWN	MIDDLE	SOUTH AFRICA	<input type="checkbox"/>	NOVEMBER	10	2019
CHALLENGE ISKANDAR PUTERI	MIDDLE	MALAYSIA	<input type="checkbox"/>	NOVEMBER	24	2019
CHALLENGE DAYTONA	MIDDLE	USA	<input type="checkbox"/>	DECEMBER	15	2019
CHALLENGE WANAKA	MIDDLE	NEW ZEALAND	<input type="checkbox"/>	FEBRUARY	15	2020
CHALLENGE SALOU	MIDDLE	SPAIN	<input type="checkbox"/>	MARCH	29	2020
CHALLENGE TAIWAN	MIDDLE/LONG	TAIWAN	<input type="checkbox"/>	APRIL	26	2020
CHALLENGE MOGAN GRAN CANARIA	MIDDLE	SPAIN	<input type="checkbox"/>	APRIL	25	2020
CHALLENGE CANCUN	MIDDLE	MEXICO	<input type="checkbox"/>	APRIL	26	2020
CHALLENGE RICCIONE	MIDDLE	ITALY	<input type="checkbox"/>	MAY	10	2020
CHALLENGE LISBOA	MIDDLE	PORTUGAL	<input type="checkbox"/>	MAY	TBC	2020
CHALLENGE BLEĐ - SLOVENIA	MIDDLE	SLOVENIA	<input type="checkbox"/>	MAY	17	2020
CHALLENGE ST. PÖLTEN	MIDDLE	AUSTRIA	<input type="checkbox"/>	MAY	24	2020
THE CHAMPIONSHIP	MIDDLE	SLOVAKIA	<input type="checkbox"/>	MAY	31	2020
CHALLENGE GERAARDSBERGEN	MIDDLE	BELGIUM	<input type="checkbox"/>	JUNE	7	2020
CHALLENGE HERNING	MIDDLE	DENMARK	<input type="checkbox"/>	JUNE	13	2020
CHALLENGE HEILBRONN	MIDDLE	GERMANY	<input type="checkbox"/>	JUNE	21	2020
CHALLENGE KAISERWINKL-WALCHSEE	MIDDLE	AUSTRIA	<input type="checkbox"/>	JUNE	28	2020
CHALLENGE GUNSAN - SAEMANGEUM	MIDDLE	KOREA	<input type="checkbox"/>	JUNE	TBC	2020
CHALLENGE ROTH	LONG	GERMANY	<input type="checkbox"/>	JULY	5	2020
CHALLENGE SAN GIL	MIDDLE	MEXICO	<input type="checkbox"/>	JULY	TBC	2020
CHALLENGE VIETNAM	MIDDLE	VIETNAM	<input type="checkbox"/>	JULY	TBC	2020
CHALLENGE PRAGUE	MIDDLE	CZECH REPUBLIC	<input type="checkbox"/>	JULY	TBC	2020

[www.challenge-family.com](http://www.challenge-family.com)



# The Championship

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## Welcome to The Championship

The middle distance (1.9/90/21.1) Championship event will take place at the incredible x-bionic® sphere in Samorin, Slovakia on May 30, 2020. For professional athletes, The Championship 2020 will carry a minimum €150,000 professional prize purse. A unique professional qualifying system will firstly see professional athletes able to qualify for The Championship 2020 via **CHALLENGEFAMILY** events worldwide.

Age group athletes will have the opportunity to qualify with a top six age group finish at any **CHALLENGEFAMILY** event worldwide during the qualification period. Top 6 teams in the male, female and mixed categories in relay events will qualify for The Championship at **CHALLENGEFAMILY** events.

Samorin is a small town on the Danube river with 800 years worth of history and a rich tradition of sport. It is a great location to take trips to Western Slovakia, Austria or Hungary – by bike, horse, boat or car.

x-bionic® sphere is a unique multipurpose complex with an area of over 100 hectares, offering excellent conditions for professional and amateur sports, relaxation, entertainment and congressional tourism. It is one of the most remarkable facilities of its kind in Europe and the whole world. A new hotel, restaurants, parks and sports venues including x-bionic® aquatic sphere (50m outdoor and 25m indoor pools, 3 pools for children, 4 water slides, wellness, x-bionic® equestor sphere, a paradise for horses and horse lovers, gym, athletics stadium, multifunctional indoor hall, gymnastics hall... It is the ideal place for fantastic sports performances, exclusive events and active relaxation. To find out more about THECHAMPIONSHIP, including qualifying information and event slot allocation visit [www.thechampionship.de](http://www.thechampionship.de)





x-bionic® sphere

the universe of sports, leisure  
and innovation



**CHALLENGE**  
**FAMILY**  
wearetriathlon!

# QUALIFY NOW!

THE CHAMPIONSHIP  
SAMORIN - SLOVAKIA



SPONSORED BY

ENERGOCHEMICA

**Race Date: May 31, 2020**

**[www.thechampionship.de](http://www.thechampionship.de)**

## Partners

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### Join the Bike Law After-Party

Make sure to stick around after a fun filled weekend of racing at Challenge Daytona for Bike Law's end of season after party in the Fan Zone! Bring the fam and swing through on Sunday, December 15th from 4-7PM for a special concert by Billboard's #1 reggae dancehall band, The Dubplates, and lots of rad giveaways! Stop by the Bike Law tent at the expo during race week/weekend and enter your name into a raffle for a premium tri package including a BlueSeventy wetsuit, Garmin 935XT, Cycliq Fly 6 and Fly 12 camera lights, Bike Law Wattie Ink kit, free Zipp Race Day wheels rental, Roka goggles, Hoka One One shoes, and more! Ain't no party like a Bike Law party! See you soon! #RIDEPROUD







TOYOTA



Morgan Stanley

