



**CLASH**  
ENDURANCE

# ATHLETE GUIDE

**MIDDLE DISTANCE**

DEC 1-3 2023

UPDATED AS OF 11/17/23



## A NOTE FROM OUR CEO

Dear Athletes,

Welcome to the **2023 CLASH Endurance DAYTONA Event!** We are excited to have you here at one of the most iconic speedways in the world, the Daytona International Speedway (insert Registered mark). We hope you are ready for a weekend filled with endurance, community and most importantly, fun! The entire CLASH Team is celebrating the double-digit growth in recent years and continues to work diligently to create an unforgettable experience for your friends and family. We are also thrilled to serve as the host venue for USA Triathlon's Long Course National Multisport Championship! This will draw thousands of athletes from around the globe to compete in one of the aquabike, duathlon or triathlon events with a goal of qualifying for the World Triathlon Multisport Championships, taking place in Townsville, Australia on August 15-25, 2024.

In 2018, we introduced new innovation through a professional format called "Daytona Distance," allowing you the opportunity to get close to your favorite pro triathletes. After hearing from many of you last year, we utilized your feedback for 2023 and have added movie night, a Jingle Jog 5K costume contest and cycling-specific events like Redline Relay and Test Track... You talk, we listen = a **CLASH Endurance** specialty.

One of my favorite aspects of the race is the community that gathers in our Expo Village known as the "Fan Zone" as well as the Tent Camping/RV lots. These areas offer the chance for you to get to know other participants, make this an interactive weekend for you and those you've traveled with in addition to enjoying live music, various food selections, games and the free beer & wine garden.

Unlike other event venues, the NASCAR facilities and **CLASH Endurance** festival weekends offer unique perks including convenient parking, multiple shower/restroom locations and carpet to make your transitions faster and more comfortable. Lastly, our viewing areas get your family up close and personal so they can cheer you on many times during the race! (Don't forget about being able to follow your favorite athlete online via our race app.)

**CLASH Endurance DAYTONA** was voted "Editor's Choice" 2021 by Triathlete Magazine as well as "BEST NEW RACE in 2018." These accolades are rewarding, yet drive us to continue providing the safest and most memorable events possible. We're delighted to welcome athletes from around the globe and allow me to take this opportunity to thank you all for your ongoing support of **CLASH Endurance DAYTONA** and the **CLASH Endurance** Event Series.

Lastly, CLASH Endurance will offer qualifying slots for the **CHALLENGEFAMILY "THECHAMPIONSHIP"** (the Challenge Family World Championship) in all age group categories, which will take place at the scenic "X-Bionic Sphere Resort." Here's hoping you have an amazing race; enjoy this one-of-a-kind course at the Daytona International Speedway finish line!

**BILL CHRISTY**  
**CLASH ENDURANCE CEO**



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# EVENT SCHEDULE

## THURSDAY, NOVEMBER 30, 2023

TIME	ACTIVITY	LOCATION
2:00-5:00P	RV & TENT CAMPING CHECK-IN	NORTH OF LAKE LLOYD LOT

## FRIDAY, DECEMBER 1, 2023

TIME	ACTIVITY	LOCATION
11:00A-4:00P	EXPO VILLAGE/FREE BEER & WINE GARDEN OPEN	FANZONE
11:00A-4:00P	REGISTRATION & PACKET PICK-UP ALL EVENTS	DAYTONA 500 CLUB
12:00-7:00P	RV & TENT CAMPING CHECK-IN	NORTH OF LAKE LLOYD LOT
1:00-3:00P	<b>PRACTICE SWIM*</b>	SWIM START
2:00-4:00P	VIP - TRACK BIKE WARM-UP	ROLEX ARCH @FANZONE
3:30P	ATHLETE BRIEFING (ALL RACES)	VICTORY LANE

*\*MUST HAVE COMPLETED PACKET PICK UP, WEARING ATHLETE WRISTBAND & TIMING CHIP. NO CHIP, NO DIP!*

## SATURDAY, DECEMBER 2, 2023

TIME	ACTIVITY	LOCATION
8:00A-4:00P	EXPO VILLAGE/FREE BEER & WINE GARDEN OPEN	FANZONE
8:00-3:30P	PACKET PICK UP (MIDDLE DISTANCE & KIDS)	DAYTONA 500 CLUB
9:00A-4:00P	VIP LOUNGE OPEN	DAYTONA 500 CLUB (UPSTAIRS)
1:00-4:00P	MIDDLE DISTANCE BIKE CHECK IN	TRANSITION
1:00-4:00P	DRY BAG DROP OFF (MIDDLE DISTANCE)	YELLOW GARAGES
2:00-5:00P	RV & TENT CAMPING CHECK-IN/OUT	NORTH OF LAKE LLOYD LOT
3:00P	ATHLETE BRIEFING (MIDDLE DISTANCE ONLY)	VICTORY LANE
6:00P	MOVIE NIGHT	BOARDWALK CLUB PARKING

## SUNDAY, DECEMBER 3, 2023

TIME	ACTIVITY	LOCATION
5:15-6:45A	TRANSITION OPEN/BIKE CHECK IN (MIDDLE DISTANCE)	TRANSITION
5:30-6:15A	DRY BAG DROP OFF (MIDDLE DISTANCE)	YELLOW GARAGES
6:00-6:30A	LATE PACKET PICK UP (MIDDLE DISTANCE)	DAYTONA 500 CLUB
6:30A	SWIM STAGING MIDDLE DISTANCE	SWIM START
7:00A	MIDDLE DISTANCE TRIATHLON START	SWIM START
7:10A	MIDDLE DISTANCE DUATHLON START	SWIM START
8:00A-4:00P	EXPO VILLAGE/FREE BEER & WINE GARDEN OPEN	FANZONE
9:00A-4:00P	VIP LOUNGE OPEN	DAYTONA 500 CLUB (UPSTAIRS)
11:00A-4:00P	MIDDLE DISTANCE ATHLETE FOOD OPEN	YELLOW INSPECTION BAY
1:30-7:00P	RV & TENT CAMPING OUT	
3:00P	MIDDLE DISTANCE AWARDS CEREMONY	VICTORY LANE

***\*ALL CAMPERS MUST BE OFF PROPERTY BY  
MONDAY, DECEMBER 4, 2023 @10A***



## INTRODUCTION & RULES

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

The most important parts are:

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

**All Long Course Nationals participants are required to be a USAT ANNUAL member.**

**One day passes are not valid for Long Course Nationals.**

**If you need to purchase an annual membership, you can do so at**

**<https://www.usatriathlon.org/membership>**

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



## SWIM COURSE RULES

- Compulsory gear includes a swim cap (cap provided) and swim/tri suit. 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 will be mandatory if the water temperature on race day is 60.6 F and below. Wetsuits are only allowed (but not required) if the water temperature on race day is 76.1 to 60.7F. Wetsuits will be forbidden if the water temperature on race day is 84 F or higher.
  - No fins or paddles are permitted.
  - **As of 2023 snorkels are prohibited at USA Triathlon sanctioned races.**
  - Approved uninflated flotation safety devices are allowed and should be checked by the Head official before use and approved by the Swim Course Director.
- Swim goggles or face masks (unless the full-face mask is integrated with a snorkel) may be worn but are not required.
  - Competitors can hold onto a buoy, boat, rope, floating object, etc., but such assistance may not result in the athlete making forward progress. Any assistance required during the swim, including aiding in making forward progress, may result in disqualification.
  - The swim course will be closed 1 hour and 10 minutes after the last swimmer enters the water for the middle-distance triathlon/aquabike.
  - **Practice Swim - There will NOT be a swim warm up prior to the start of the race. There WILL be a practice swim on Friday, Dec. 1 from 1-3pm. You must have completed the packet pickup process and have your chip and your athlete wristband on for the practice swim. You will only be allowed to swim the specified course and direction as instructed by the Swim Course Director. \*The Swim Course Director and Race Management reserves the right to remove any athlete from the practice swim.**
  - 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), considering the weather, water temperature, and general water conditions.

# BIKE COURSE RULES

- No drafting is permitted. The bicycle draft zone for the Middle-distance race will be 12 meters long (6 bike lengths of clear space) measured from the leading edge of the front wheel. An age group athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 25 seconds for the Middle-Distance race will be allowed to pass through the zone of another athlete.
- The draft zone behind motorcycles shall be 15m long and 35m long for all other motorized vehicles.
- 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, except for the official technical support crew.
- Each participant is responsible for the state or repair of his/her own bike. Bikes must be in a safe and roadworthy condition, including meeting the bar end requirement set by USAT.
- Cyclists are expected to heed the directions and instructions of all race officials and public authorities. Participants may run/walk with their bike if necessary.
- **The use of a personal audio device is prohibited 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.
- **NOTE: While on the speedway, riders will ride to the left and pass on the right. This will be the case for the entire duration of the kids, sprint, and middle races!**
- The penalty for drafting, dangerous riding or unsportsmanlike conduct will be determined by the race official and may result in a disqualification.
- Event organizers have the right to change the location of the bike course or the distance of the bike course (at their absolute discretion) considering the weather and course conditions.





## RUN COURSE RULES

- 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. Outside assistance may result in either a time penalty or disqualification.
- **The use of personal audio devices is prohibited 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 considering the weather and course conditions.

The USA Triathlon Multisport Competition Rules and the most up to date rules information can be found at <https://www.usatriathlon.org/multisport/rules>

## COURSE CUT-OFF TIMES

### **Middle Distance Triathlon / Duathlon / Relay**

Each competitor will have 1hr 10 minutes to complete the swim.

11:00am Must Start Lap #2 of Bike Course

Middle Distance Bike Finish: 5hr 30 minutes total time from last swimmer starting.

Total time = swim + bike time

Bike has a cut-off due to DOT permits for road closures off property.

The run course is contained on Daytona International Speedway Property and hence does not have a firm cut-off\*.

\*CLASH Endurance staff reserve the right to remove any athlete from the course. This includes removing athletes if it is not possible to complete the discipline in the allotted time. Athletes may also be removed from the course if CLASH Endurance staff determine it is no longer safe for the athlete to continue.





## MESSAGE FROM THE HEAD REFEREE

Welcome to this USA Triathlon sanctioned event. At CLASH Endurance Daytona Age Group Races, you are racing under the USA Triathlon Multisport Competition Rules.

### Clash Age Group Races Rules and Reminders

Please keep in mind that you are racing in a USA Triathlon sanctioned event and there are USAT certified officials on the course to ensure fairness in the competition. A triathlon is an individual event, and you must take personal responsibility to understand the rules and avoid penalties. Penalized athletes will be notified of penalties on course via the international standard blue card/yellow card system.

- **Penalties:** For bike course violations, athletes will serve their penalty in a penalty area and as stand downs elsewhere on the course. Blue Card for Drafting 5:00 Minutes for Middle Distance and 1:00 for the Sprint distance. Yellow Card penalties are 10 seconds for the Sprint race and :30 seconds for the Middle-Distance race. Yellow cards may be used to issue warnings and for all other violations other than Disqualification.
- **Disqualification:** Receiving two or more Blue Cards in the Sprint Distance race and three or more Blue Cards in the Middle-distance race shall result in Disqualification. Failure to stop and serve all penalties as required prior to crossing the finish line shall result in Disqualification.
- **Penalty Notification:** When and if safe to do so, athletes will be shown the appropriate card for the violation, identified by their race number, and instructed to stop at the penalty tent. Penalties will be called into the penalty tent to be recorded on the penalty board. It is the athlete's responsibility to check the penalty board.
- **Draft Zone Distances:** The bicycle draft zone for the Sprint race will be 10 meters long (5 bike lengths of clear space) measured from the leading edge of the front wheel. The bicycle draft zone for the Middle-distance race will be 12 meters long (6 bike lengths of clear space) measured from the leading edge of the front wheel. An age group athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 20 seconds for the Sprint race and 25 seconds for the Middle-Distance race will be allowed to pass through the zone of another athlete.

### A Few Final Notes:

- Please ensure that your helmet meets or exceeds the safety standard of your national federation.
- While in possession of your bike your helmet must be on with the chinstrap securely fastened.
- The use of personal audio devices, including bone conducting headphones, is prohibited.
- Remember to treat other athletes, volunteers, and officials with courtesy and consideration.

**The USA Triathlon Multisport Competition Rules and the most up to date rules information can be found at <https://www.usatriathlon.org/multisport/rules>**

# EVENT INFORMATION - ACCOMMODATIONS

## Accommodations

Near 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: offering RV and tent camping in the infield!

<https://clashendurance.com/pages/rv-camp>



Our host hotels listed below are the most conveniently located options, located just across the street from the Daytona International Speedway.

### **Fairfield Inn and Suites Daytona Beach Speedway/ Airport**

1820 Checkered Flag Blvd.  
Daytona Beach, FL 32114

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1680721633916&key=GRP&app=resvlink>

### **The Daytona, Autograph Collection**

1870 Victory Circle  
Daytona Beach, FL 31114

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1680721633916&key=GRP&app=resvlink>

### **The Bahama House**

2001 S Atlantic Ave  
Daytona Beach, FL 32118

**Call 1-800-571-2001**

Tell them you are with CLASH Endurance  
for group rate

**\*\*\*OUR GROUP RATES EXPIRE 10/27/2023\*\*\***



# EVENT INFORMATION - TRAVEL

## 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

The address of Gate 40 is 257 South Williamson Boulevard, Daytona Beach, FL 32114

### Parking

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

Friday: 10:30am-5:00pm

Saturday: 4:30am-6:00pm

Sunday: 4:30am-5:00pm

### 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>



# EXPO VILLAGE

The Clash Endurance Daytona Expo Village Expo is situated at the FanZone of Daytona International Motor Speedway.

## Hours of Operation

Friday	11:00 AM – 4:00 PM
Saturday	8:00 AM – 4:00 PM
Sunday	8:00 AM – 4:00 PM

## Food and drinks

In the Clash Endurance Daytona Expo Village, food trucks are available as well as free beer and wine at the Daytona Beverage Beer & Wine Garden. Athlete Food will be available in the Yellow Inspection Bay during specified hours as noted on the schedule.

## Massage

After the finish of your race, massages are available thanks to Advent Health to relieve your muscle pain.

## Medical care/ hospital information

Race day medical care will be graciously provided by Advent Health 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 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 mobile EMT units patrolling the bike course.





## **Pools**

Cypress Aquatic Center  
981 George W. Engram Blvd  
Daytona Beach, FL 32114  
386-671-8392

### **Open swim hours**

Monday- Friday from 1pm-5:30pm  
Saturday 1-4:30pm  
Sunday CLOSED  
\$3 per person



## **Open Water**

Sun Splash Park  
611 S Atlantic Ave.  
Daytona Beach, FL 32118

- This is a beautiful outdoor park on the ocean adjacent to lifeguard headquarters.
- We recommend downloading the Volusia Beaches app for information on access ramp availability and to always swim in front of a staffed lifeguard tower. <https://www.volusia.org/services/public-protection/beach-safety/beach-navigator.shtml>
- We do not recommend you leave your belongings unattended on the beach while you swim.



## **Biking**

Ormond Scenic Loop and Trail

-  
<http://www.ormondscenicloopandtrail.com/>

# REGISTRATION & GEAR

**At Packet Pick Up you must present PHOTO ID & USAT Card to pick up your packet**

## Race Gear Content

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

1. Helmet race number sticker, to adhere to the front of your helmet.
2. Tattoos: stickers with your bib number which need to be placed on your upper arms.
3. An athlete wristband that gives you access to participants' areas, to be worn around the wrist.
4. Bike Sticker to be placed prominently on your bike frame.
5. Race number to be worn on the front of you during the run.
6. Timing Chip
7. Swim cap to be worn during the swim.
8. Some cool swag!

Please check to ensure that all these items are present. In case of deviations, please report this to the solutions table inside registration.

## Post Race Gear Drop Off

NEW this year, we are offering a post-race dry bag. These bags will be available at packet pickup upon request and at the drop off location. You will need to label the bag with your athlete number and drop it off at the Yellow Garages during the specified times below, depending on your race.

Your bag will be available for pickup after you finish your race for pickup in the Yellow Garages near athlete food.

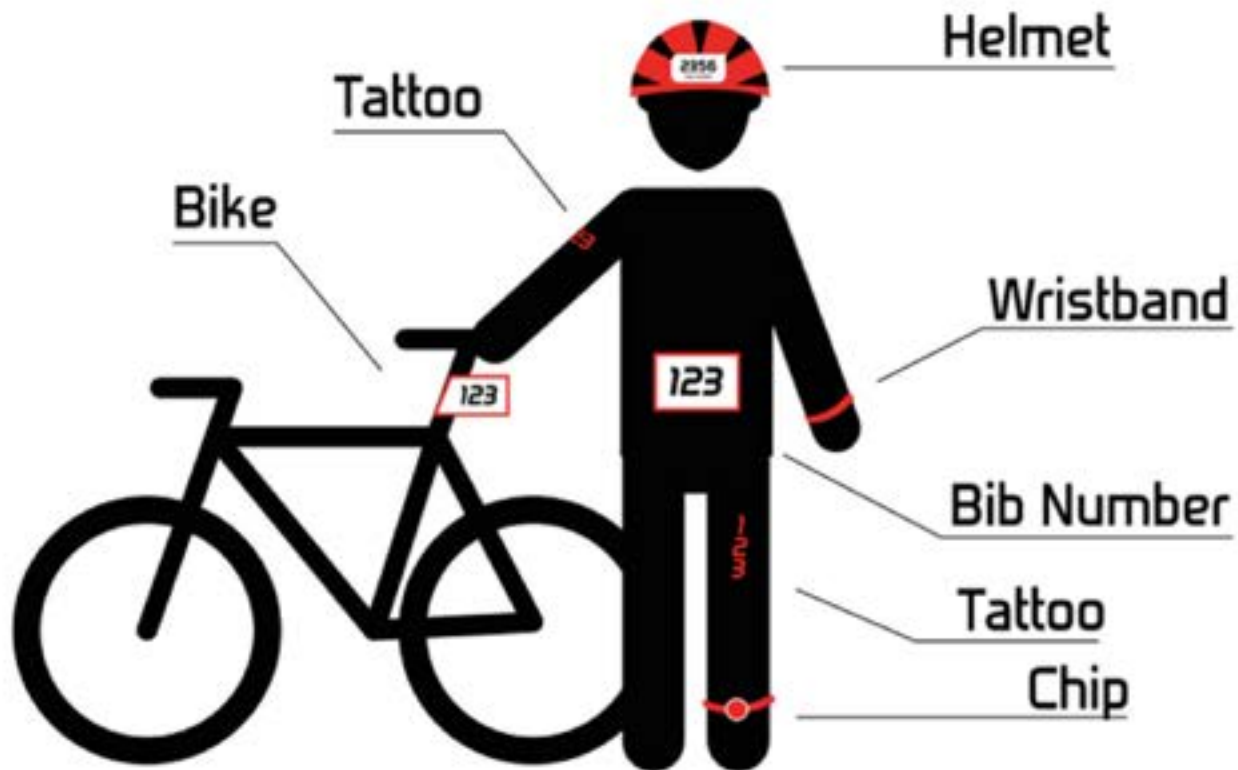
TIME	ACTIVITY	LOCATION
FRIDAY, DEC 1 11:00A-4:00P	REGISTRATION OPEN (ALL RACES)	DAYTONA 500 CLUB
SATURDAY, DEC 2 8:00A-3:30P	PACKET PICK UP MIDDLE AND KIDS	DAYTONA 500 CLUB
SATURDAY, DEC 2 1:00-4:00P	DRY BAG DROP OFF MIDDLE DISTANCE	YELLOW GARAGES
SUNDAY, DEC 3 5:30-6:15A	DRY BAG DROP OFF MIDDLE DISTANCE	YELLOW GARAGES
SUNDAY, DEC 3 6:00-6:30A	LATE PACKET PICK-UP MIDDLE DISTANCE	DAYTONA 500 CLUB

# TIMING

The progress of your race is tracked by a SportStats transponder attached to a soft rubber band with Velcro, your "timing chip". 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 tracked/timed correctly during the race.

All timing chips accidentally brought home can be mailed to the following address:

SportStats USA  
112 54th Street SW  
Wyoming, MI 49548



## Bike Check-in

The bike check-in is located at transition, adjacent to Lake Lloyd and west of Boardwalk Club.

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 handlebars.
2. Your bike number is affixed to your frame and is clearly visible.
3. Your helmet sticker is placed on your helmet. Place the sticker on the front of your helmet as it will help to identify you in photos.
4. On race morning, make sure you have your run bib number as it must be worn during the run portion of the event.
5. Make sure everything is placed in the area close to your bike so it's not blocking other athletes' equipment.





# MIDDLE DISTANCE TRIATHLON

This year we are proud to be hosting USA Triathlon Long Course National Multisport Championships!

Please take the time to review the rules section as well as the awards addendum of this document to ensure you are aware of any changes. Once you review those, if you still have questions you may contact us at [info@clash-usa.com](mailto:info@clash-usa.com)

## 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 in the mid 60s, but can vary greatly due to weather. Water temperatures will be posted on our social media starting Tuesday of event week. Swim cut off is 1hr 10 minutes.



# MIDDLE DISTANCE

## Bike Course

After a quick transition, you'll enjoy an unprecedented opportunity to race a counter clockwise lap around Daytona International Speedway by bike. Next, you'll exit the track after turn two will travel an additional 5 miles before hitting the two-loop section of the course on Highway US 92. The loop portion of US 92 is 11 miles in each direction for a total of 22 miles per loop. After completing two loops, you will return to the Daytona International Speedway to complete the 56 mile bike and begin the run. **All Middle Distance athletes are required to begin lap two by 11:00am.** All participants must complete the bike with a total time (swim and bike) of 5 hours and 30 minutes from the time the last swimmer enters the water. We expect this time will be around a little after 1:00pm



# MIDDLE DISTANCE

## Run Course

Finally, it's time for a half marathon run that takes you on 3 excitement-filled, spectator friendly laps of the track—running where NASCAR history is made. You'll finish in the FanZone, 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 family, friends and spectators. It's also sure to be an experience you'll never forget!



# MIDDLE DISTANCE DUATHLON RUN 1

The Middle distance duathlon will complete a 5km run to start the event. The run will be a two loop out and back run and will start at 7:10am once the middle distance swim is underway. The 1st run portion is on the map below. The remainder of the event will follow the bike and run portions of the middle distance triathlon as described above.



# AID STATIONS

## Bike Course

On the Middle-Distance bike course (Triathlon and Duathlon), you'll find one aid station that you'll pass 4 times on the two-loop section of the course. The aid station is located at roughly mile 20, 30, 40 and 50 and is on the left side.

The on-course nutrition will include:

- Water
- Bananas
- Gatorade
- BASE Energy gels

## 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
- Cola products
- Gatorade
- BASE Energy gels

## Trash Zone

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



## 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 staff behind the finish line.

Massages are available nearby as you make your way into Athlete Food. Be sure to check out the Free Beer & Wine Garden sponsored by Daytona Beverage and the Recovery Zone in Expo Village where you'll find a variety of services and products to help you recover from your race. If you dropped off an after race dry bag, be sure to retrieve that from the yellow garage.

## 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 required 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 required to pick up their bike, helmet, and other transition equipment. If you have trash near your bike, please place it in a trash receptacle. Check-out is soon after you finish and is open until one hour after the start of the Award Ceremony.

## Non-Finishers

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.



# ATHENA & CLYDESDALE CATEGORIES

This category is only available for middle distance course races, following USA Triathlon guidelines.

**Clydesdales** (males) must be 220 pounds or greater on race morning. **Athena's** (females) must be 165 pounds or greater on race morning

## **Weigh In**

Weigh-in is mandatory and should be completed race morning. USAT officials will be available as you exit transition to complete this process. The participant's signature will be required next to their name and weight to verify their weight was calculated correctly.

When completing this process, participants should be wearing only the clothing they will be racing in, including but not limited to triathlon kit, watches and shoes. Other items such as race belts, nutrition belts, water reservoirs, or items that are easy to remove should not be part of the weight.

If the participant does not meet the prescribed weight for their category OR they do not weigh-in on race morning, they are not eligible for Clydesdale and Athena awards.

# AQUABIKE

Aquabike finish line will be 50 meters before the dismount line. All Aquabike athletes are required to dismount at the dismount line. Your Aquabike finisher medal can be retrieved from the race officials tent inside transition.

Once you retrieve your medal you have the opportunity to make your way to the finish chute for a FinisherPix photo, or you can choose to go directly to the Athlete Food area where massages and the Recovery Zone are available.



## AWARDS

**FRIDAY, DECEMBER 1, 2023**

6:15 PM JINGLE JOG COSTUME CONTEST AWARDS

*LOCATION: Victory Circle at ONEDaytona*

**SATURDAY, DECEMBER 2, 2023**

11:00 AM SPRINT DISTANCE AWARDS CEREMONY

*LOCATION: Victory Lane*

1:00 PM KIDS AWARDS CEREMONY

*LOCATION: Victory Lane*

5:45 PM REDLINE RELAY AWARDS CEREMONY

*LOCATION: Victory Lane*

**SUNDAY, DECEMBER 3, 2023**

3:00 PM MIDDLE DISTANCE AWARDS CEREMONY

*LOCATION: Victory Lane*

*Please be available to receive your award during your designated ceremony. Awards cannot be shipped.*







# AWARDS CATEGORIES

**USA TRIATHLON**  
NATIONAL CHAMPIONSHIPS  
2023 LONG COURSE

## AWARDS CATEGORIES

MIDDLE TRIATHLON    AQUABIKE    MIDDLE DUATHLON


**TOP 3 OVERALL**



**TOP 3 BY AGE GROUP**


17-19

20-24    25-29    30-34    35-39

40-44    45-49    50-54    55-59

60-64    65-69    70-74    75-79



NON-BINARY    80-84    PC    RELAY

\*16 years of age or younger may participate, but they will not be eligible for national championship awards  
\*\*Overall champions will remain in their respective age group.

**USA TRIATHLON**  
NATIONAL CHAMPIONSHIPS  
2023 LONG COURSE

## AWARDS CATEGORIES

MIDDLE TRIATHLON    AQUABIKE    MIDDLE DUATHLON


**TOP 3 BY AGE GROUP**


**ATHENA**    **CLYDESDALE**

39 & UNDER    39 & UNDER

40-54    40-59

55+    60+

\*Athletes in these categories can still place in their respective five-year increment age group as to qualify for Age Group Nationals and be eligible for USAT annual rankings. Participants must weigh in within 24 hours of their race; Males 220lbs or greater and Females must be 165lbs or greater.

# AWARDS CATEGORIES

## Additional Awards

### Para-Triathlon/Duathlon

A special Para-triathlon category is present for the top 3 male and female athletes who fall into that category.

### Relay - Middle Distance

Top 3 overall Relay regardless of gender and age.



# SUPPORTERS

## Access

Entry to the Daytona International Speedway is at Gate 40.

The address is: 1801 W International Speedway Blvd

**There is no fee for spectators for parking** for the Clash Endurance Daytona weekend - December 1-3, 2023. There will be entertainment, food, beer/wine garden and a game area.

It's 15 minutes to get from Gate 40 to the Fan Zone.





## LIVE RESULTS

<https://www.sportstats.us>

After the race, results can be found here :

<https://clashendurance.com/pages/results-and-photos>

## PHOTOS

<https://clashendurance.com/pages/photos> or

<https://www.finisherpix.com/en/>

The CLASH Endurance team would like to wish all the athletes a fantastic race!



# DOWNLOAD THE APP



The CLASH Endurance Tracker App provides real-time athlete tracking and other services for athletes and spectators for all CLASH endurance races and events.



iOS



Android

An aerial photograph of a coastal city, likely Miami Beach, showing a wide sandy beach, turquoise ocean waves, and various buildings including hotels and a large arena. A long pier extends into the water in the foreground. The text "Fill your life with adventures, not things." is overlaid in white, bold, sans-serif font.

Fill your life  
with adventures,  
not things.

FINNISH PROVERB

