Florida Double ANVIL Race Guide



anvil-ultratri.com/2027-florida-anvil

At a glance

Race Date: February 26 to 27, 2027,

Location: Lake Louisa State Park in Clermont, Florida:

Race Distance: 4.8 mile swim, 224 mile bike and 52.4 mile run with a 36 hour cap,

Race Start Time: starting at 7:00 a.m. Friday.

Format: Lapped Course: 12 swim loops (644m/704y), 37 bike loops (6.0 mi), 52 run loops (1.01 mi)

Course

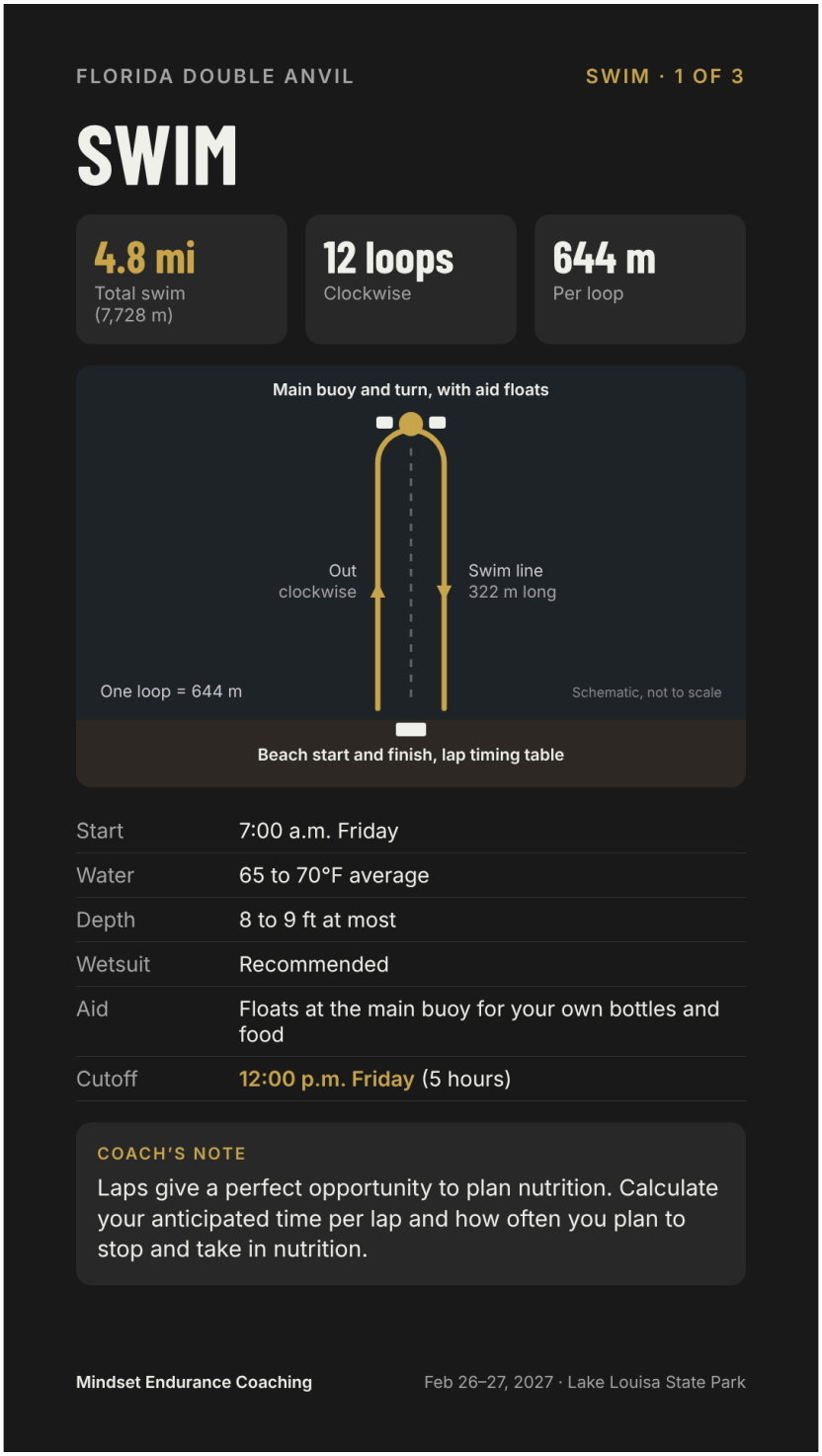
All three legs are short loops inside the park, so athletes pass the race village on every lap.

Swim, 12 loops. A 644 m clockwise out and back around a swim line, starting off the beach on Lake Louisa. Timers sit at a table on shore and track each lap by the colored cap issued at check-in.

Bike, 37 laps plus a short first lap. A 6.0 mi out and back from the village to a turnaround just before the campground. On the first lap only, Double athletes turn at the sign 0.826 mi out, ride back through timing, then start their 37 laps. The loop is mostly flat with two medium hills and a few small rollers. Watch for cars at the campground turnaround.

Run, 52 loops. A 1.01 mi loop on asphalt road through the village.

The course is measured with a Jones counter. GPS watches drift over this many laps, so trust the lap count.



FLORIDA DOUBLE ANVIL

BIKE · 2 OF 3

BIKE

224 mi	37 laps	6.0 mi
Total bike	Plus a 1.65 mi first-lap add-on	Per lap

One lap = 6.0 mi



Double first lap only:
turn here at 0.826 mi

Mostly flat, with two medium hills and a few small rollers
(hill locations not shown)

Schematic, not to scale

Terrain	Mostly flat, two medium hills
After dark	White front light, red rear flasher, headlamp suggested
Drafting	Not allowed
Distance	Course is wheel-measured, so trust lap count over your watch
Cutoff	**9:00 a.m. Saturday** (26 hours)

COACH'S NOTE

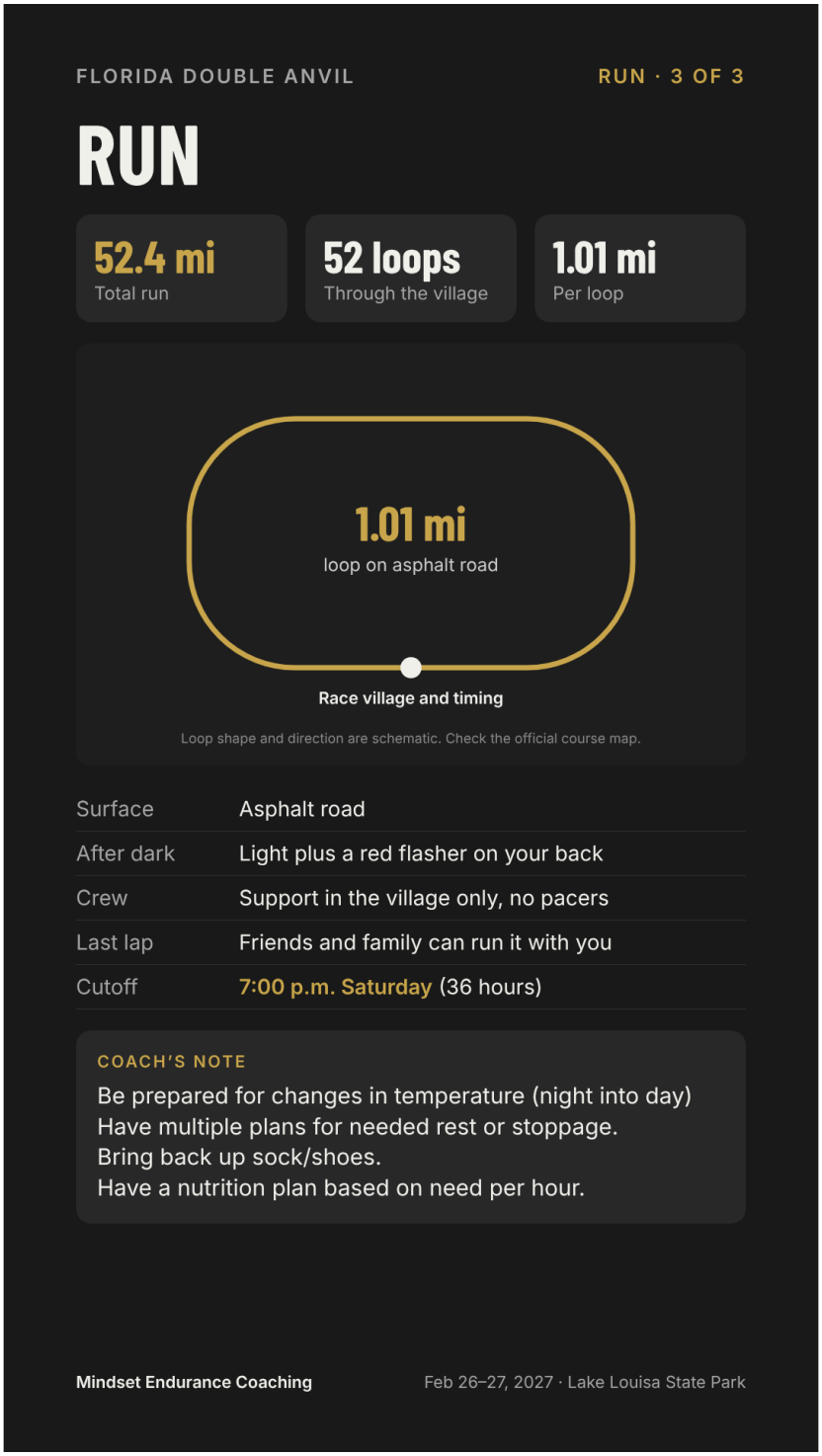
37 laps = 37 passing aid station/crew. A lot of time can be lost at aid stations. Try to avoid unnecessary stops. If you need something, ask your crew to have it ready by the time you come around the next loop.

Have a nutrition/hydration plan based on need per hour.

Prepare for the need to add layers when riding into the night.

Prepare for potential kit/bib changes if needed.

Mindset Endurance Coaching Feb 26–27, 2027 · Lake Louisa State Park



Schedule and cutoffs

Double athletes must be out of the water by noon Friday, off the bike by 9:00 a.m. Saturday and finished by 7:00 p.m. Saturday.

Day and time	Event	Hours from start
Fri, Feb 26, 7:00 a.m.	Race start (worked out from the cutoffs)	0
Fri, Feb 26, 12:00 p.m.	Swim cutoff	5
Sat, Feb 27, 9:00 a.m.	Bike cutoff	26
Sat, Feb 27, 7:00 p.m.	Run cutoff and race finish	36

The race clock never stops. Athletes may rest anywhere, but that time counts. Packet pickup, check-in and briefing times are not yet posted.

Aid stations

Self-supported, crewed race: the race village is the aid station for every bike and run lap, and the swim has athlete-stocked floats.

Location	When you pass it	What's there	Crew access
Swim aid floats, main buoy and turn	Every swim loop	Two floats with cup holes for your own bottles and food	No. Athletes stock them, so crew don't need to wade out
Race village	Every bike lap (6.0 mi) and run loop (1.01 mi)	Your crew and supplies; electricity for charging light batteries	Yes, all support happens here

Crew access

Crew work only from the race village. They cannot support athletes anywhere on the bike or run course.

- **Swim:** crew can hand off at the beach, but the buoy floats let athletes feed themselves mid-loop.
- **Bike and run:** all handoffs happen in the village, once per lap.
- **Pacing:** crew may not pace on the run. Friends and family can join only for the final run lap.
- **Transport:** no outside transportation of athletes at any point.

- **Phones:** athletes may carry one, but cannot use it to communicate. No headphones.

Weather

Typical late February conditions are mild days in the low 70s °F and cool nights near 50°F. Check the National Weather Service forecast for Clermont 7 to 10 days before the race.

Window	Time	Typical temperature	Light
Friday day	7:00 a.m. to about 6:26 p.m.	Rising to a high near 73°F	Race starts just after sunrise (about 6:53 a.m.)
Friday night	About 6:26 p.m. to 6:53 a.m.	Falling to a low near 50°F	About 12.5 hours of darkness, mostly on the bike
Saturday day	About 6:53 a.m. to 7:00 p.m.	Rising to a high near 73°F	Final cutoff comes about 30 minutes after sunset

Wind: winter winds in Clermont average about 8 mph. A reliable prevailing direction for late February wasn't found, so check the forecast closer to race day. On the out and back bike course, any steady wind means a headwind on one leg of every lap.

Gear choices: the coldest hours land overnight Friday, deep into the bike, after 15 or more hours of racing. Plan for arm warmers, a wind layer and gloves from sunset onward. Daytime calls for sun protection and normal hydration.

Swim conditions

Wetsuits legal and are recommended: typical water temp of 65 to 70°F

Item	Detail
Water	Lake Louisa, shallow, no deeper than 8 to 9 ft anywhere
Typical temperature	65 to 70°F average for this race, per the organizer
Wetsuit legal	Yes

Item	Detail
Required	Must wear the colored Mammoth cap issued at check-in; timers use it to count laps

Gear checklist

Pack for 36 hours of self-supported racing, a night near 50°F, and full lighting on both the bike and run. Items marked (required by race) come from the race rules.

Paperwork and race kit

- [ ] Single-day USAT pass (required by race)
- [ ] Photo ID and race confirmation
- [ ] Watch or bike computer, charging cables, power bank
- [ ] Nutrition and hydration for the full 36 hours, plus 20% spare
- [ ] Electrolytes or salt tabs
- [ ] Anti-chafe, sunscreen, lip balm, anti-nausea/antacid medications, personal medications

Swim

- [ ] Wetsuit,
- [ ] Body glide/Lube for the neck
- [ ] Two pairs of goggles
- [ ] Colored Mammoth cap, issued at check-in (required by race)
- [ ] Labeled bottles and food for the buoy aid floats
- [ ] Warm clothes and a towel for the swim exit (+/- shoes to walk to T1)

Bike

- [ ] Bike (preferably tuned and checked prior to race)
- [ ] Optional second bike (allowed)
- [ ] Helmet
- [ ] Sunglasses
- [ ] Cycling shoes

- [ ] Spare Kit (bibs, jersey, socks)
- [ ] Anti-chafe lube
- [ ] White front light that reaches 10 ft or more (required by race after dark)
- [ ] Red flashing rear light (required by race after dark)
- [ ] Helmet-mounted headlamp (strongly suggested by race)
- [ ] Spare batteries for the full night; charging is available in the village
- [ ] Flat kit, multitool, spare tubes and tires, floor pump
- [ ] Cycling shoes, bottles and cages,

Run

- [ ] Two pairs of run shoes and several pairs of socks
- [ ] Flashlight or headlamp (required by race after dark)
- [ ] Red flashing light on your back (required by race after dark)
- [ ] Hat or visor for daytime
- [ ] Blister kit: tape, lube, needle, alcohol wipes

Night and cold (Friday night low near 50°F)

- [ ] Arm warmers and knee or leg warmers
- [ ] Wind vest or jacket for the bike
- [ ] Light gloves, ear cover or buff
- [ ] Full dry clothing change for the transition to the run
- [ ] Warm drink plan in the village (thermos or camp stove if allowed)

Crew and village

- [ ] Crew instruction sheet: what to hand over each lap, by time of day
- [ ] Cooler and ice
- [ ] Folding chairs and a table
- [ ] Labeled bins: swim, bike, run, night, medical
- [ ] Real food options and a caffeine plan for the overnight hours
- [ ] Extension cord and chargers for lights and devices
- [ ] Rain jackets and ziplock bags in case of rain showers