



# WELCOME TO THE 25<sup>TH</sup> ANNUAL NAUTICA MALIBU TRIATHLON

## HERABLIFE INTERNATIONAL DISTANCE RACE

SATURDAY, SEPTEMBER 17

1.5K SWIM, 40K BIKE, 10K RUN

## CLASSIC DISTANCE RACE

SUNDAY, SEPTEMBER 18

½ MILE SWIM, 18 MILE BIKE, 4 MILE RUN

The 25<sup>th</sup> Annual Nautica Malibu Triathlon welcomes athletes and spectators alike to join us on the spectacular shores of Malibu, California for this highly sought after event. Triathletes from around the country, corporate teams, professional athletes, Hollywood celebrities, and challenged athletes gather to race on one of the most beautiful race courses in the sport of triathlon all while supporting Children's Hospital Los Angeles. Whether you are a novice triathlete or a seasoned veteran, a weekend warrior or a fan of one, join us for a beautiful day at the beach!

## AT THE EVENT

### SPONSORS

As the title sponsor and official apparel of the Nautica Malibu Triathlon, stop by the **Nautica** booth to pick up men's and women's event customized Nautica apparel. Commemorate your time at the event and wear it all year long. Visit the stylists in the **Paul Mitchell** booth and get a much needed hair cut; a \$15 donation to the Challenged Athletes Foundation will have you looking good! **Herbalife** is providing nutrition for the 24 hour athlete. Stop by the Herbalife booth today to learn how to use their products as part of a healthy training regimen! Come welcome **Longo Toyota**, the newest event sponsor to the Nautica Malibu Triathlon. While you are there, check out the Toyota Prius, the Lexus CT 200h, and the Scion iQ. Stop by the **Men's Health** booth for a post-race stretch and massage. While you are there, pick up the latest issue of Men's Health & Women's Health Magazine.



**K-Swiss** wants you to try out the latest in technical footwear at their booth! **Kaiser Permanente** will be at the Herbalife International Distance Race offering complementary health screenings out of their Mobile Health Van. Come sample the latest additions to the **Accelerade** product line including Hydro - the hydration beverage that will be available on the course. Whether you are in the market for a new bike or just need help fixing your flat tire, stop by the **Cannondale** booth for the latest in bicycle performance. In need of a little pick-me-up? Stop by the **Clif Bar** booth to sample their Gels, Bloks, Shots, and Bars. The Pacific Ocean certainly does not feature the warm waters of the Caribbean. Don't fear, **Xterra Wetsuits** has you covered! Stop by the booth to check out the latest styles and technologies.

# CHILDREN'S HOSPITAL LOS ANGELES



The Nautica Malibu Triathlon is proud to have partnered with Children's Hospital Los Angeles for the past five years. All fundraising initiatives target pediatric cancer research and we have raised nearly \$5 million to date! The majority of our fundraising comes from corporations competing both on and off the course for the fastest race times and the most money raised in the Corporate Challenge and the Entertainment Industry Challenge. Entertainment Industry teams include: Disney, DreamWorks, Fox, Lionsgate, NBC Universal, Paramount, Sony, Summit Entertainment, and Warner Brothers. Corporate teams include: Amgen, Children's Hospital Los Angeles, Johnson & Johnson, Longo Toyota/Scion/Lexus, Nestle, Paul Mitchell and River Way Ranch Camp. From CHLA and the children it treats, thank you fundraisers for your dedication! We encourage every athlete and spectator to visit any of the sponsor booths to sign their well-wishes to the kid's at CHLA on the posters outside the booth.

**PAUL MITCHELL**

**NBCUniversal**



**LONGO**  
TOYOTA • SCION • LEXUS



**Johnson & Johnson**

**River Way Ranch Camp**  
Memories and friendships to last a lifetime.



**LIONSGATE**  
TEAM TRIATHLON

## FUN ZONE

The Nautica Malibu Triathlon is fun for the whole family! Bring your tykes to the Fun Zone where we will have face painters, air brush artists, caricaturists, crafts, games, and more! Plus, you can commemorate your time at the event in our photo booth where you can dress up like your favorite triathlete or hula dancer.



## TOT TROT



Do you have a future triathlete on your hands? Register him or her for the Nautica Kid's Run & Tot Trot. All kids 7 years of age and younger are invited to participate in the 50 yard dash and kids 8-12 in the 100 yard dash! Registration is \$20 and includes a race bib, finisher medal, t-shirt, goody bag, and a proud parent. All proceeds benefit Children's Hospital Los Angeles and its pediatric cancer research program. Register at the Children's Hospital Los Angeles booth - race begins on Sunday, September 18<sup>th</sup> at 9:45 am at the main stage.

## FOOD

Spectators, we respectfully ask that you leave the food in the refreshments tent for the athletes. Children's Hospital Los Angeles fundraisers that raised over \$225 are welcome to join us in the Donor Brunch located just north of the main event site under the large white tent. Please have your blue wristband that was given in your racer packet; replacement wristbands will not be given if lost.



## WHERE TO WATCH THE ACTION

There are bleachers located at lifeguard tower 14 on the boardwalk which is directly behind the transition area. Athletes will pass through the transition area as they transition from the swim portion to the bike portion and again from the bike portion to the run portion. There are bleachers located at the finish line as well! **GO RACERS!**



## CELEBRITY PARTICIPANTS

Is your favorite Hollywood celebrity competing in this year's Nautica Malibu Triathlon Celebrity Division? Past celebrity participants have included Jennifer Lopez, Matthew McConaughey, David Duchovny, Mario Lopez, Julie Bowen, Teri Hatcher, William H. Macy, Will Farrell, Jennifer Garner, Robin Williams, Jon Cryer, Anna Kournikova, Felicity Huffman, and many, many more! For a complete list of this year's celebrity participants, please visit the four-sided whiteboard in the main event site.



# RACE WEEKEND SCHEDULE

## Friday - September 16, 2011

- 1:00 pm Herbalife International Distance Race Packet pickup and Body marking begins
- 6:00 pm Packet pickup and Body marking ends at Zuma Beach

## Saturday - September 17, 2011

- 4:30 am Parking opens at Zuma Beach
- 5:00 am Packet pickup, body marking, transition area opens
- 6:30 am Packet pickup and transition area closes
- 6:35 am Pre-race meeting at stage
- 7:00 am Herbalife International Distance race begins
- Sponsor expo opens
- 10:00 am Transition area re-opens
- 11:00 am Sand castle demonstration begins
- 11:00 am Competitor awards ceremony
- 1:00 pm Packet pickup and body marking for Sunday race begins
- 1 - 4:00pm Swim, bike, triathlon and nutrition clinics at the main stage
- 5:00 pm Sand castle demonstration ends
- 5:00 pm Pre-race packet pickup ends
- Sponsor expo ends

## Sunday - September 18, 2011

- 4:30 am Parking opens at Zuma Beach.
- 5:15 am Packet pickup, body marking, transition area opens
- 6:45 am Packet pickup closes
- 6:55am Transition area closes
- 7:00 am Pre-race meeting at stage
- 7:15 am Classic Distance race begins
- Sponsor expo opens
- 8:00 am Fun Zone opens, Nautica Kids Run and Tot Trot registrations at CHLA booth
- 9:45 am Nautica Kids Run and Tot Trot start
- 10:00 am Celebrity division awards ceremony
- 10:00 am Transition area re-opens
- 10:30 am Competitor awards ceremony

# DIRECTIONS TO THE EVENT

## ***From the Valley:***

1. Take the 101 Freeway to Kanan Rd.
2. Go west to Pacific Coast Highway (12 miles).
3. Turn Right on PCH.
4. The Zuma Beach Parking Lot is approximately  $\frac{3}{4}$  miles North on your left hand side.

## ***From Los Angeles:***

1. Take the 10 west
2. Go on PCH north.
3. The Zuma Beach Parking Lot is on your left hand side.

# PARKING FOR RACE DAY

Parking will be available in the Zuma Beach parking lot for cars entering before 7:00am, but no exit will be allowed until after 10:40am.

- Please note, the Zuma Beach parking lot is extremely dark in the morning. For your safety, do NOT ride your bikes and bring a headlamp and/or flash light. Please beware of speed bumps.
- We strongly suggest arriving before 6:00am and carpooling if possible.
- For Saturday's Herbalife International Distance Race, the Zuma Beach parking lot likely not reach capacity.
- For Sunday's Classic Distance Race, the Zuma Beach parking lot will likely reach capacity by 5:30am.
  - Once the main Zuma lot is full staff will direct cars to park at Point Dume. From there participants have the option of riding their bike to the site or taking the shuttle that will be provided. The shuttle will run beginning at 5:00 am from Point Dume to the main event site and the last shuttle will leave at 7:00 am. Shuttles back to Point Dume from the main event site will begin at 10:30am am and end at 12:30 pm.
  - There is also EXTREMELY LIMITED overflow event parking available in the staff lots at Malibu High School, located at 30215 Morning View Road, as well as parking behind the school in the upper lots.
- For both races, no parking is allowed on (cars will be towed):
  - PCH
  - The shopping center at the corner of PCH and Trancas across from Zuma Beach
  - The beach side of Westward Beach Road

## FREQUENTLY ASKED QUESTIONS:

Q: What wave do I start in?

A: Wave starts will be posted on the four-sided white board in the main event site.

Q: Where do I find my results?

A: On the four-sided whiteboard in the main event site

Q: I don't see my race time. Who should I speak with?

A: Visit the timing tent located in the white peak-top tent just south of the finish chute.

Q: Will results be posted online?

A: Yes, results will be posted by the early afternoon.

Q: Where do I pickup my Nautica incentive prizes?

A: At the CHLA booth

Q: Where are restrooms?

A: Located just north of the registration tent

Q: Where does the swim start?

A: The Classic Distance begins between Lifeguard Tower #12 and 13  
The Herbalife International Distance begins near Lifeguard Tower #9

Q: What hydration products are provided on the course?

A: Accelerade Hydro and Clif Bar Gels & Bloks will be provided

Q: How many awards are given?

A: Awards will be granted 5 deep in each category.

Q: Where is lost and found?

A: At the main stage

Q: Where is medical located?

A: Next to the registration tent in the parking lot

Q: How is the Corporate Challenge / Entertainment Industry Challenge scored?

A: The total of the top three individual females, top three individual males, top all-female relay, top all-male relay, and top mixed relay is added together. The fastest time wins!