



Schedule of Events

Saturday, September 11

- 10:00am Sand Castle Demo Begins
1:00pm Packet pick-up and body marking opens
(All participants must bring a photo ID to check in)

All USAT members must bring their USAT license to check in

WE HIGHLY RECOMMEND THAT YOU CHECK IN SATURDAY!!

No bike drop off will be allowed on Saturday.

SPONSOR EXPO BEGINS

**Please note that there is a \$10 parking fee if you park in the Zuma Beach parking lot to pick up your packet.

- 1:00pm Nutrition Clinic at the Main Stage
2:00pm Bike Clinic at the Main Stage
3:00pm Triathlon clinic at the Main Stage
4:00pm Swim Clinic at the Main Stage
5:00 pm Sand Castle Demo Ends
5:00pm Packet Pick-up Closes

Sunday, September 12

- 4:30am Parking lot opens
5:15am Packet pick-up and Body Marking/Transition Area Open
6:45am Packet pick-up closes
6:55am Transition Area closes – All athletes MUST clear transition area, NO EXCEPTIONS.

7:00am	Mandatory Pre-Race Meeting at the Main Stage
7:15am	RACE START!
8:00am	Donor Brunch opens FunZone opens Nautica Kids Run and Tot Trot sign-ups available (if not sold out)
9:45am	Nautica Kids Run and Tot Trot Start
10:00am	Presentation to Childrens Hospital Los Angeles Professional/Elite Division Awards Ceremony Celebrity Division Awards Ceremony Transition Area re-opens
10:30am	Competitor Awards Ceremony
12:00pm	FunZone closes Donor Brunch closes

1. **Directions:** Take 101 Freeway to Kanan Rd and go west to Pacific Coast Highway. Turn Right on PCH - Zuma Beach is approximately ¾ miles north. Parking will be FREE for race participants in the Zuma lot for cars entering before 7:00am, but no exit allowed until after 10:30am. Please beware of speed bumps. We strongly suggest carpooling if possible. **Parking will not be allowed on PCH (cars will be towed!) There is NO PARKING at the shopping center at the corner of PCH and Trancas across from Zuma Beach. All cars parked in that parking lot will be towed. 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.** There is no parking on the beach side of Westward Beach Road. 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. **Again, we strongly suggest arriving before 6:00am and carpooling if possible.**

2. **Registration:** **RACE NUMBER AND PACKET PICK UP ON SATURDAY AT THE RACE SITE IS STRONGLY RECOMMENDED!** Friday packet pick up is exclusively for the Saturday Herbalife International Distance athletes. **YOU WILL NOT BE ABLE TO PICK UP YOUR PACKET ON FRIDAY!** Packet pick-up and body marking will be available at the race site from 5:15am – 6:45am on Sunday, but expect to wait in line! The race will start at 7:15am sharp! All racers are required to sign a waiver at packet pick-up. Please remember: This is a chip-timed race! Your chip must be worn on your ankle at ALL times, with NO EXCEPTIONS! Failure to do so will result in immediate disqualification and you will not be timed. Chips will be collected at the finish line. A \$30 fee will be charged to all racers who do not turn in their chips.

3. **Photo ID: You must bring a photo ID to check in.**

4. **USAT Card: If you are a member of USAT you must show your USAT card to check in.**

5. **Packets**: You may NOT pick up another person's packet nor may someone pick up your packet on your behalf.
6. **Waiver**: CHECK IN WILL BE BY BIB NUMBER. PLEASE LOOK UP YOUR BIB NUMBER BY LAST NAME AND SIGN A WAIVER BEFORE COMING TO THE REGISTRATION TABLE.
7. **Carpool**: We strongly encourage all athletes to carpool as parking is limited.
8. **Wristband**: IMPORTANT: All racers will be given a YELLOW wristband with their packet at registration. Any racers not wearing a YELLOW wristband will not be allowed in the transition area at any time! Please put the wristband BEFORE you arrive at the event site.
9. **Pre Race Meeting**: At 7:00am, a mandatory pre race meeting will be held at the stage to discuss race procedures/safety. The transition area will be closed from 6:55am to 10:00am. Some common disqualifications are: Glass in the transition area, helmet chinstrap not buckled, missing bar-end plugs, starting in the wrong wave (please double-check to make sure you are starting in the appropriate wave!) and drafting. No iPods or MP3 players will be allowed.
10. **Course**: ½-mile swim parallel to the coast. The water temperature in general is in the mid 60's and we strongly recommend wetsuits. 18-mile bike through rolling hills along PCH. Ansi/snell approved helmets are required. Use caution on the bike and go slowly over speed bumps to avoid flats. The run is a 4-mile out and back run, stay to your LEFT, water and Accelerade will be available every mile.
11. **Swim Clinic**: A free ocean swim clinic will be held at Zuma Beach on Sunday, August 29th at 9:00am. Meet LA county lifeguards at Tower 9 and be prepared to swim. There will be a \$10 USAT one-day permit fee for insurance on this clinic. USAT annual license holders will not need to pay the fee if they present their current USAT card. Visit www.nauticamalibutri.com for more details. Please RSVP to info@nauticamalibutri.com.
12. **Nautica Kids Run and Tot Trot**: We strongly encourage all parents to bring their kids along, because this is going to be some great fun in the sun! All kids 12 and under are invited to participate in the 50-100 yard beach dash - the Nautica Tot Trot. The fee is \$20 and all proceeds go directly to Childrens Hospital Los Angeles. Sign up now by emailing us at info@nauticamalibutri.com to receive a free Nautica t-shirt and medal, as well as goodies from all of our sponsors!
13. **FunZone**: The Nautica Malibu Triathlon FunZone will be excitement and inspiration for children of all ages. Enjoy endless fun while you get your picture drawn by a professional caricaturist, have your face painted and get a dazzling airbrushed tattoo. Enjoy the chance to win prizes during numerous thrilling games and activities. Express your imagination and creativity by making various crafts to take home!