



## Schedule of Events

### **Friday, September 10**

1:00pm Packet pick-up opens in Zuma Beach Parking Lot between Lifeguard Tower 13 and 14. (Participants must bring a photo ID to check in; if you are a member of USAT you must show your USAT card.)

**WE HIGHLY RECOMMEND THAT YOU CHECK IN FRIDAY!!**

No bike drop off will be allowed on Friday.

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

7:00pm Packet pick-up closes

### **Saturday, September 11**

4:30am Parking opens at Zuma Beach

5:00am Packet pick-up and Body marking/Transition area opens

6:30am Packet pick-up closes  
Transition Area Closes

6:35am **Mandatory Pre-race meeting at main stage**

7:00am Herbalife International Distance Race Begins  
Sponsor Expo Opens

8:45 am **CUTOFF TIME**– Any swimmers who have not exited the water by 8:45am will not be allowed to continue the course.

9:57 am **CUTOFF TIME**– Any bikers not reaching the turnaround by 9:57am will not be allowed to continue on the course. They will be returned to the main event site.

10:00am Sand Castle Demo Begins

10:00am Transition Area re-opens

10:55am **CUTOFF TIME**– Any bikers not in transition by 10:55am will not be allowed to

continue.

- 11:00 am Competitor Awards Ceremony
- 11:05 am **CUTOFF TIME**– Run Start will close, no runners will be allowed to begin the run course after this time.
- 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

1. Directions: Take 101 Freeway to Kanan Rd and go west to Pacific Coast Highway. Turn Right on PCH - Zuma Beach is approximately  $\frac{3}{4}$  miles north. Parking will be FREE for race participants in the Zuma lot for cars entering before 7:00am, but no exit will be allowed until after 10:40am. Please beware of speed bumps. We strongly suggest carpooling if possible. **Parking will not be allowed on PCH anywhere North of the entrance to Zuma Beach (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. Again, we strongly suggest arriving before 6:00am and carpooling if possible.**

2. Registration: **RACE NUMBER AND PACKET PICK-UP ON FRIDAY AT THE RACE SITE IS STRONGLY RECOMMENDED!** Packet pick-up and body marking will be available at the race site from 5:00am – 6:30am on Saturday, but expect to wait in line! The race will start at 7:00am 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. Waiver: **CHECK IN WILL BE BY BIB NUMBER; PLEASE LOOK UP YOUR BIB NUMBER AND SIGN A WAIVER BEFORE YOU COME TO THE REGISTRATION TABLE.**

6. Packets: **You may NOT pick up another person's packet nor may someone pick up your packet on your behalf.**

7. Carpool: **We strongly encourage all athletes to carpool as parking is limited.**

8. Wristband: **IMPORTANT: All racers will be given an ORANGE wristband with their packet at registration. Any racers not wearing an ORANGE wristband will not be allowed in the transition area**

**at any time! Please put the wristband on BEFORE you arrive at the event site.**

9. Pre-Race Meeting: At 6:35am, a mandatory pre-race meeting will be held at the stage to discuss race procedures /safety. The transition area will be closed from 6:30am 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: 1.5K swim parallel to the coast. The water temperature in general is in the mid 60's and we strongly recommend wetsuits. 40K 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. There will be Accelerade available at the bike turnaround. The run is a 10K 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](http://www.nauticamalibutri.com) for more details. Please RSVP to [info@nauticamalibutri.com](mailto:info@nauticamalibutri.com).