



Important Information

1. Directions:

a. *From the Valley:*

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

b. *From Los Angeles:*

Take the 10 west to PCH north. The Zuma Beach Parking Lot is on your left hand side approximately $\frac{3}{4}$ miles north of Kanan Road.

2. Parking & Shuttle:

- a. Parking is extremely limited; we strongly suggest arriving before 6:00am and carpooling.
- b. The Zuma Beach parking lot will open at 4:30am and will be **\$5.00** for race participants entering before 7:00am, but no exit allowed until after 10:30am. **Please have exact change.**
- c. 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.**
- d. There is NO parking in the following areas (**cars will be towed**):
 - i. On PCH
 - ii. On the beach side of Westward Beach Road
- e. 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 and end at 12:30 pm.
- f. 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.

3. Packet Pickup:

- a. Packet pickup on Saturday will begin at 1:00pm and conclude at 5:00pm at Zuma Beach.
- b. 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! **We strongly recommend picking your packet up on Saturday.**
- c. 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!**

- d. NEW! Bike drop off will begin at 1:30pm on Saturday and will close at 5:00pm. Overnight security will be present. While you are there, be sure to check out the sponsor expo!
 - e. **You must bring a photo ID to check in.**
 - f. If you are an annual member of USAT, you must show your USAT card when checking in to avoid paying a \$10 one-day membership.
 - g. **You may NOT pick up another person's packet nor may someone pick up your packet on your behalf.**
 - h. 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.
4. **Wristband**: 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.
5. **NEW! Bike Drop**: Athletes participating in Sunday's Classic Distance Race may rack their bikes in the transition area beginning Saturday at 1:30pm – 5:00pm. Overnight security will be present.
6. **Timing & Disqualifications**:
- a. 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.
 - b. Each team will have one chip that will be passed from relay team member to member for each leg of the race. The relay team's bike must be on the rack until the swimmer tags the biker, and you must trade the chip at your team's position on the bike rack.
 - c. 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.
7. **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.
8. **Course**:
- a. ½-mile swim parallel to the coast. The water temperature in general is in the mid 60's and we strongly recommend wetsuits.
 - b. 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.**
 - c. The run is a 4-mile out and back run, stay to your LEFT, water and Accelerade will be available every mile.
9. **Finisher Medals**: A finisher medal will be provided to everyone on a relay team. Each team member should go to the finish line to retrieve their medal.

10. Swim Clinic: A free ocean swim clinic will be held at Zuma Beach on Sunday, September 10th at 10:30am. 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.**

11. 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. Registration is \$20 and all proceeds go directly to Children's Hospital Los Angeles. Entry includes a Nautica t-shirt, race bib, finisher medal, and goody bag. Sign up now by visiting <http://nauticamalibutri.kintera.org>.

12. Fun Zone: The Nautica Malibu Triathlon Fun Zone 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!

Schedule of Events

Saturday, September 17

11:00am Sand Castle Demonstration Begins

1:00pm Packet Pickup Opens
Body Marking
Sponsor Expo Opens

Please note:

- All participants must bring a photo ID to check in.
- All USAT members must bring their USAT license to check in.
- All members of a relay team do NOT have to check in together. Separate packets will be given to each member of the relay team.
- **NEW! Bike drop off will begin at 1:30pm.** Overnight security will be present.
- Please note that there is a **\$5** parking fee if you park in the Zuma Beach parking lot to pick up your packet on Saturday. Please have exact change.
- We **HIGHLY RECOMMEND** that you check in on Saturday to avoid long lines Sunday morning.

1:00 – 4:00pm Swim, Bike, Run, & Nutrition clinics

5:00 pm Sand Castle Demo Ends
Packet Pickup Closes

Sunday, September 18

4:30am Zuma Beach Parking Lot Opens

- Please note that there is a **\$5** parking fee if you park in the Zuma Beach parking lot Sunday. **Please have exact change.**

5:15am	Packet Pickup Opens Body Marking Begins Transition Area Opens
6:45am	Packet Pickup 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	Classic Distance Race Start! Sponsor Expo Opens
8:00am	Donor Brunch Opens Fun Zone Opens Nautica Kids Run and Tot Trot Registrations Available (if not sold out)
9:45am	Nautica Kids Run and Tot Trot Start at Main Stage
10:00am	Presentation to Children’s Hospital Los Angeles Celebrity Division Awards Ceremony Transition Area Re-Opens
10:30am	Competitor Awards Ceremony
10:55am	All Bikers off Bike Course
12:00pm	Fun Zone Closes Donor Brunch Closes