



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:

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 10:40am. **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. These is NO parking in the following areas (**cars will be towed**):

i. On PCH

ii. On the beach side of Westward Beach Road

3. Packet Pickup:

a. Packet pickup on Friday will begin at 1:00pm and conclude at 6:00pm at Zuma Beach.

b. 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! **We strongly recommend picking your packet up on Friday.**

c. **You must bring a photo ID to check in.**

d. 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.

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

f. 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 an **ORANGE** branded wristband with the Nautica Malibu Triathlon logo on it with their packet at registration. Any racers not wearing this ORANGE wristband will not be allowed in the transition area at any time! Please put the wristband **BEFORE** you arrive at the event site. Please note, there is a non-branded orange wristband in your timing packet as well; this wristband is for your timing chip to go on your ankle.

5. 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. 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.

6. 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.

7. Course:

- a. 1.5K swim parallel to the coast. The water temperature in general is in the mid 60's and we strongly recommend wetsuits.
- b. 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.
- c. The run is a 10K out and back run; stay to your LEFT, water and Accelerade will be available every mile.

8. 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.**

Schedule of Events

Friday, September 16

1:00pm

Packet Pickup Opens

Body Marking

Please note:

- All participants must bring a photo ID to check in.
- All USAT members must bring their USAT license to check in.
- There will be no bike drop-off 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 on Friday. Please have exact change.
- We HIGHLY RECOMMEND that you check in on Friday to avoid long lines Saturday morning.

6:00 pm

Packet Pickup Closes

Saturday, September 17

- 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 on Saturday. **Please have exact change.**
- 5:00am Packet Pickup Opens
Body Marking Begins
Transition Area Opens
- 6:30am Packet Pickup Closes
Transition Area Closes
- 6:35am **Mandatory Pre-race meeting at main stage**
- 7:00am Herbalife International Distance Race Begins!
Sponsor Expo Opens
- 8:40 am **CUTOFF TIME**– Any swimmers who have not exited the water by 8:40am will not be allowed to continue the course.
- 9:52 am **CUTOFF TIME**– Any bikers not reaching the turnaround by 9:52am will not be allowed to continue on the course. They will be returned to the main event site.
- 10:00am Transition Area Re-Opens
- 10:50am **CUTOFF TIME**– Any bikers not in transition by 10:50am will not be allowed to continue.
- 11:00 am Competitor Awards Ceremony
Sand Castle Demonstration Begins
CUTOFF TIME– Run Start will close, no runners will be allowed to begin the run course after this time.
- 1:00 – 4:00pm Swim, Bike, Run, & Nutrition clinics