

NAUTICA

MALIBU TRIATHLON

Presented by:

BANK OF AMERICA

Olympic Distance Race – Individual Confirmation

Important Pre-Race Information

1. Directions:

a. *From the Valley:*

Take the 101 Freeway to Kanan Road and go south 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. You can turn into the parking lot from the left turn lane or from the right lane via the tunnel underneath PCH.

b. *From Los Angeles:*

Take the 10 wests to PCH north. Follow the PCH for 20 miles and the Zuma Beach Parking Lot is on your left-hand side, approximately $\frac{3}{4}$ miles north of Kanan Road. You can turn into the parking lot from the left turn lane or from the right lane via the tunnel underneath PCH.

2. Parking Information:

- a. Parking info to come in a separate email.

3. Packet Pickup:

- a. Early Packet Pickup will take place on Friday, Sept. 13th at Zuma Beach from 1:00 pm PST - 6:00 pm PST.
- b. Packet pickup and body marking will be available at the race site from 5:00 am – 6:20 am 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. **There will be a \$25 charge if you need to pick up your race packet on event day (Saturday, Sept. 14)**
- e. Please bring your annual USAT membership card if you have one.
- f. **You may NOT pick up another person's packet nor may someone pick up your packet on your behalf.**
- g. Bib pick up - You will receive an email from Active with your QR code. You are required to bring this email (hard copy or smartphone) to packet pick up.

4. Wristband:

All racers will be given a **WHITE** wristband in their packet at registration. Any racers not wearing a **WHITE** wristband will not be allowed in the transition area at any time! Please put the wristband on **BEFORE** you enter the transition area.

5. **Pets:**

Please note that pets will NOT be allowed on the beach during event day.

Important Race Information

6. **Timing & Disqualifications:**

- a. This is a chip-timed race! Your chip must be worn on your left ankle always, with NO EXCEPTIONS! Failure to do so will result in immediate disqualification and you will not be timed. Chips will be in your athlete packet. Chips will be collected at the finish line.
- 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, MP3 players, or headphones will be allowed.

7. **Pre – Race Meeting:**

At 6:20 am, a mandatory pre-race meeting will be held at the main stage to discuss race procedure/safety. The transition area will be closed from 6:20 am to 10:00 am.

8. Wave Start:

The race will start in waves based on division. Please see the wave start schedule on the next page. **Please note, while your wave might start later, you may not arrive later. The transition area will close at 6:20 am and no one will be allowed to access the transition area after this time.**

Wave	Time	Division	Cap Color
1	7:10 AM	Pro /Elite	Silver (black imprint)
		Male 14-17	
		Male 18-24	
		Male 25-29	
		Clydesdale 220-224	
2	7:15 AM	Male 30-34	Powder Blue (black imprint)
		Clydesdale 225+	
3	7:20 AM	Male 35-39	Gold (black imprint)
		Aquabike Male	
		Male Mountain bike	
		Thunderthighs	
		ParaTriathletes	
	Male Relay		
4	7:25 AM	Male 40-44	Red (black imprint)
5	7:30 AM	Male 45-49	Royal Blue (White imprint)
		Male 50-54	
6	7:35 AM	Male 55-59	Neon Green (black imprint)
		Male 60+	
		Female Relay	
7	7:40 AM	Mixed Relay	Purple (white imprint)
		Female 14-17	
		Female 25-29	
		Female 30-34	
		Aquabike Female	
8	7:45 AM	Female Mountain Bike	Yellow (black imprint)
		Athena	
		Female 35-39	
		Female 40-44	
		Female 45+	

9. 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. Please note, for safety concerns, cyclists may be required to stop. Due to USA Triathlon Regulations, no time allowances will be made if a stop is required. **Use caution on the bike and go slowly during narrow sections on the North End of the course.**
- The run is a 10K out along Zuma Beach and Westwood Beach Road.
- **Olympic Distance Cutoff Times below:**
 - **Swim Finish Cut off** – 8:55 am. Enforced at the Swim Finish.
 - **Bike Start Cut off** – 9:05 am. Enforced at the Bike Start Tower.
 - **Bike Turnaround Cut off** – 10:05 am. Enforced at the Bike Course Turnaround North of Deer Creek.
 - **Bike Finish Cut off** – 11:00 am. Enforced at the entrance to TA.
 - **Run Start Cut off** – 11:10 am. Enforced at the Run Start Tower.

Note: Aquabike Participants will pick up their finisher medal in the transition area by the relay racks.

Schedule of Events

Friday, September 13th

1:00 pm Packet Pickup opens for the Olympic and Long Course Distance Races

Please Note:

- All participants must bring a photo ID to check in.
- All USAT members must bring their USAT license to check in.
- Please note, there will be a parking fee if you park in the Zuma Beach Parking lot.
- **While packet pickup is available on Saturday, we HIGHLY RECOMMEND that you check in on Friday to avoid long lines Saturday morning.**
- **There will be a \$25 charge if you need to pick up your race packet on event day (Saturday, Sept. 14)**

2:00 - 2:30 pm Course Talks at Main Stage with Announcer Dave Downey

4:00 - 4:30 pm Course Talks at Main Stage with Announcer Dave Downey

6:00 pm Packet Pickup Closes

Saturday, September 14th

4:00 am Zuma Beach Parking Lot Opens

5:00 am Packet Pickup Opens (**\$25 Race Day Packet Pickup Charge**)

Body Marking inside the Transition Area Begins

Transition Area Opens

6:20 am Packet Pickup Closes

Transition Area Closes – All Athletes MUST Clear Transition Area, **NO EXCEPTIONS.**

Mandatory Pre-Race Meeting at the Main Stage

National Anthem

6:50 am Long Course Distance Race Start!

7:00 am Sponsor Expo Opens

7:10 am Olympic Distance Race Start!

10:00 am Transition Area Re-Opens

11:00 pm **Olympic Distance Awards** - Recognize the Top 5 Females and Top 5 Males

Competitor Awards Ceremony

Sandcastle Demonstration Begins

2:00 pm Long Course Awards - Recognize the Top 5 Females and Top 5 Males

Competitor Awards Ceremony

On Course Products



- **Swim Finish**
 - Nuun Hydration
 - Water
 - Razz, Boston Cream Pie, Citrus, Mocha Clif Shot Energy Gels
 - Mountain Berry, Citrus, Black Cherry, Salted Watermelon, Ginger Ale Clif Blok Energy Chews
- **Bike Aid Station (Mile 12.6):**
 - Water
 - Nuun
 - Razz, Boston Cream Pie, Citrus, Mocha Clif Shot Energy Gels
 - Mountain Berry, Citrus, Black Cherry, Salted Watermelon, Ginger Ale Clif Blok Energy Chews
- **Run Mile 1**
 - Nuun Hydration
 - Water
 - Razz, Vanilla, Citrus and Mocha Clif Shot Energy Gels
- **Run Mile 2 and 3**
 - Nuun Hydration
 - Water
- **Run Mile 4**
 - Nuun Hydration
 - Water
 - Razz, Vanilla, Citrus and Mocha Clif Shot Energy Gels
- **Run Mile 5 & 6**
 - Nuun Hydration
 - Water

Cannondale Bike Raffle



CANNONDALE BIKE RAFFLE

**ENTER FOR YOUR CHANCE TO WIN A 2019
CANNONDALE SYNAPSE 105
*Head to the CHLA Booth to ENTER***



**1 ticket for \$10
5 tickets for \$40
10 tickets for \$80**

All proceeds will go directly to CHLA.

Do not need to be present to win.

Winner will be selected and notified after the event.

cannondale



Sponsor Expo

	<p>Stop by the Nautica tent to shop exclusive Tri Kits, tees, and other great Nautica gear! Be sure to come by before or after your race to relax with a pre or post-race stretch and massage!</p>
	<p>Volunteers will be giving away Bank of America tradeshow bags with sunscreen, stadium cups, key chains, etc!!</p>
	<p>CHLA will take donations, register Tot Trot participants, hand out fundraising incentive prizes, bike raffle, photo op, and thank you signing banner.</p>
	<p>Stop by the Clif Bar booth to sample NEW Products and flavors!!</p>
	<p>Stop by the Cannondale tent to learn about their latest products. Need any last-minute advice or gear? They've got everything to get you race ready.</p>
	<p>XTERRA WETSUITS will be displaying wetsuits and swim accessories for sale at their booth!</p>
	<p>Vintage Grocers will supply food for all the athletes after the race!</p>
	<p>Stop by the Newbury Park Bike Shop tent and check out their retail bicycle products and services!</p>
	<p>Nuun will offer all the hydration on-course!</p>
	<p>Stop by the Qure booth for water to stay HYDRATED! Qure water will also be passed out at the finish line to all athletes.</p>
	<p>Stop by the Zevia booth on race day for a refreshing zero calorie soda!</p>
	<p>7 Points CBD will be sampling & selling CBD products!</p>