

NAUTICA

MALIBU TRIATHLON

Presented by:

BANK OF AMERICA 

Classic Distance Race – Relay/Duathlon 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 ¾ 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 ¾ 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 & Shuttle Information:

- a. Parking is extremely limited; we strongly suggest arriving before 5:00 am and carpooling if possible! If you are riding with Uber or Lyft, you should be dropped off at Morning View Drive.
- b. The Zuma Beach parking lot will open at 4:00 am, but NO EXIT allowed until AFTER 10:30 am.
- c. Please note, the Zuma Beach parking lot is extremely dark in the morning. Please turn off your high beams to assist our parking staff. **For your safety, do NOT ride your bikes and bring a headlamp and/or flashlight.**
- d. There is NO parking in the following areas (**cars will be towed**):
 - i. On PCH West of Busch (both Northbound and Southbound PCH)
 - ii. Beach Side of Westward Beach Road
- e. There is no drop-off inside Zuma Beach Parking lots! Once you enter Zuma you will NOT BE ALLOWED TO LEAVE. Please drop off at Morning View Drive.
- f. Once the main Zuma lot is full, staff will direct cars to park at Point Dume Parking Lot. 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 Parking Lot to the main event site and the last shuttle will leave at 6:45 am. Shuttles back to Point Dume Parking Lot from the main event site will begin at 10:30 am and end at 12:30 pm. Shuttles will drop off and pick up South of Registration along PCH near the maintenance building.
- g. There is also extremely limited overflow event parking available in the staff lots at Malibu High School, located at 30215 Morning View Drive.
- h. For the athlete parking map please [click here](#).
- i. For the spectator parking map please [click here](#).

3. Packet Pickup:

- a. Early Packet pickup on Saturday will begin at 1:00 pm PST and conclude at 5:00 pm PST at Zuma Beach.
- b. We highly recommend checking in Saturday to avoid long lines and a long wait on event day.
- c. **There will be a \$25 charge if you need to pick up your race packet on event day (Sunday, Sept. 15)**
- d. **You must bring a photo ID to check in.**
- 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 YELLOW wristband in 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 on BEFORE you enter the transition area.

5. Bike Drop Off:

Athletes participating in Sunday's Classic Distance Race may rack their bikes in the transition area on Saturday from 1:00 pm – 5:00 pm. Overnight security will be present. We strongly encourage bike drop off on Saturday, it will make for a more enjoyable race day!

6. Pets:

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

Important Race Information

7. 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 inside your race 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, headphones or MP3 players will be allowed.

8. Pre – Race Meeting:

At 6:45 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 6:30 am to 10:00 am.

9. **Wave Start:**

The race will start in waves based on division. Please see the full wave schedule below.

Please note, while your wave might start later, you may not arrive later. The transition area will close at 6:30 am and no one will be allowed to access the transition area after this time.

Wave	Time	Division	Cap Color
1	7:00 AM	Pro /Elite	Gold (white imprint)
		Male 25-29	
2	7:05 AM	Male 14-17	Royal Blue (black imprint)
		Male 18-24	
		Fundraisers over \$2,500	
3	7:10 AM	Celebrity Division	Neon Green (black imprint)
		VIP's	
		ParaTriathletes	
4	7:15 AM	Male 30-34	Red (black imprint)
5	7:20 AM	Male 35-39	Powder Blue (black imprint)
6	7:25 AM	Thunderthighs	Purple (white imprint)
		Female 14-17	
		Female 18-24	
		Athena	
		Male Mountain bike	
		Male Relay	
7	7:30 AM	Mixed Relay	Silver (black imprint)
8	7:35 AM	Female 25-29	Fluorescent Pink (black imprint)
9	7:40 AM	Male 40-44	White (black imprint)
10	7:45 AM	Male 45-49	Navy (white imprint)
11	7:50 AM	Male 50-54	Gold (black imprint)
		Clydesdale 225+	
12	7:55 AM	Male 55+	Royal Blue (white imprint)
13	8:00 AM	Female 30-34	Red (white imprint)
		Female Mountain Bike	
14	8:05 AM	Clydesdale 220-224	Silver (white imprint)
		Female 35-39	
15	8:10 AM	Female 40-44	Fluorescent Pink (white imprint)
		Duathlon	
		Female Relay	
16	8:15 AM	Female 45+	Yellow (black imprint)

10. Course:

- a. ½-mile swim parallel to the coast. The water temperature is generally in the mid 60's and we strongly recommend wetsuits. XTERRA WETSUITS is offering 60% off wetsuit purchases! Use the discount code: R-NAUTICA at check out.
- b. A beautiful 17-mile bike course through rolling hills along PCH. Ansi/snell approved Helmets are required. Please comply with LA County Sheriffs and proceed with caution. **All bikes must be north of Trancas Canyon Rd. by 9:30 am.**
- c. The run is a 4-mile out and back run, stay to your LEFT.
- d. **Classic Distance Cutoff Times below:**
 - i. **Swim Finish Cut off** – 9:05 am. Enforced at the Swim Finish.
 - ii. **Bike Finish Cut off** – 10:45 am. Enforced at the entrance to TA.
 - iii. **Run Start Cut off** – 10:55 am. Enforced at the Run Start Tower.

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, and finisher medal. Sign up at the CHLA booth on Sunday, Sept. 15 OR email triathlon@chla.usc.edu to register now.

12. Fun Zone:

Bring the whole family to the 2019 Nautica Malibu Tri! A Fun Zone will be available for all kids! The Fun Zone will include games, face painting, drawing and other fun activities!

13. Finisher Medal:

A finisher medal will be given to everyone on a relay team. Those members participating as a swimmer or biker can pick up their finisher medals in the transition area by the relay racks. Those competing as the runner will receive their finisher medals after crossing the finish line.

Schedule of Events

Saturday, September 14th:

1:00 pm Packet Pickup Opens
Body Marking Begins
Bike Drop Off Begins

Please Note:

- All participants must bring a photo ID to check in.
- All USAT members must bring their USAT license to check in.
- Bike Drop Off will begin at 1:00 pm. Overnight security will be present.
- Please note, there will be a parking fee if you park in the Zuma Beach parking lot.
- **We highly recommend checking in Saturday to avoid long lines and a long wait on event day.**
- **There will be a \$25 charge if you need to pick up your race packet on event day (Sunday, Sept. 15)**

2:00 pm Long Course Distance Award Ceremony

3:00 - 3:30pm Triathlon 101 with Level 3 USAT Certified Coach Ian Murray

5:00 pm Sandcastle Demo Ends
Packet Pickup Closes
Bike Drop off Ends

Sunday, September 15th

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

6:30 am Packet Pickup Closes
Transition Area Closes – All Athletes MUST Clear Transition Area, **NO EXCEPTIONS.**

6:45 am **Mandatory Pre-Race Meeting at the Main Stage**
National Anthem

7:00 am Classic Distance Race Start!
Sponsor Expo Opens

8:00 am Donor Brunch Opens
Fun Zone Opens
Nautica Kids Run and Tot Trot Registrations Available at CHLA booth (if not sold out)

9:45 am Nautica Kids Run and Tot Trot Start Main Stage

10:00 am Children's Hospital Los Angeles Check Presentation
Celebrity Division Awards Ceremony
Transition Area Re-Opens

10:30 am Recognize the Top 5 Females and Top 5 Males
Competitor Awards Ceremony

12:00 pm Fun Zone Closes


12:30 pm Donor Brunch Closes

On-Course Products



on-course hydration
what's in your cup?

Nuun Electrolytes utilizes the best in sports nutrition science to provide active individuals with the right amount of electrolytes and carbs. This perfect balance of minerals delivers efficient re-hydration and energy to athletes before, during and after their workouts.



- **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
- **Run Start**
 - 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
- **Run Mile 1**
 - Nuun Hydration
 - Water
 - Razz, Boston Cream Pie, Citrus, Mocha Clif Shot Energy Gels
- **Run Mile 2 and 3**
 - 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! While at the tent, grab some water or TapOut Splash to hydrate or cool down before or after the race. Be sure to come back later 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>XTRERRA 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>Seven Points CBD will be sampling & selling CBD products!</p>