

# NAUTICA

## MALIBU TRIATHLON

Presented by:

**BANK OF AMERICA**

### NEW Long Course 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. 13<sup>th</sup> at Zuma Beach from 1:00 pm PST - 6:00 pm PST.
- b. MANDATORY BIKE DROP OFF ON FRIDAY, SEPT. 13**
- c. 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.**
- d. **You must bring a photo ID to check in.**
- e. **There will be a \$25 charge if you need to pick up your race packet on event day (Saturday, Sept. 14)**
- f. Please bring your annual USAT membership card if you have one.
- g. **You may NOT pick up another person's packet nor may someone pick up your packet on your behalf.**
- h. 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 **BLACK** wristband in their packet at registration. Any racers not wearing a BLACK 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
<b>1</b>	6:50 AM	Pro /Elite	Navy (white imprint)
		Male 14-17	
		Male 18-24	
		Male 25-29	
		Male 30-34	
		ParaTriathletes	
		Male 35-39	
		Clydesdale 225+	
		Thunderthighs	
		Mountain Bike	
<b>2</b>	6:55 AM	Male 40-44	Red (white imprint)
		Male 45-49	
		Male 50-54	
		Female 14-17	
		Female 18-24	
		Male Relay	
<b>3</b>	7:00 AM	Mixed Relay	Gold (black imprint)
		Male 55-59	
		Male 60+	
		Clydesdale 220-224	
		Female Relay	
		Female 25-29	
		Female 30-34	
		Female 35-39	
		Female 40-44	
		Athena	
Female 45+			

## 9. Course:

- 1.2M swim parallel to the coast. The water temperature in general is in the mid 60's and we strongly recommend wetsuits.
- 56M bike on the coastal rolling hills of Malibu and fast flat farmlands of Ventura County. 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.
- 13.1M fast flat run alongside the Pacific Ocean.

### **Long Course Distance Cutoff Times below:**

- **Swim Finish Cutoff** – 8:25 am. Enforced at the Swim Finish.
- **Bike Start Cutoff** – 8:35 am. Enforced at the Bike Start Tower.
- **Intermediate Bike Cutoff** - 10:30 am at Mile 28 (Aid Station 2)
- **Bike Finish Cutoff** – 12:30 pm. Enforced at the entrance to TA.
- **Run Start Cutoff** – 12:40 pm. Enforced at the Run Start Tower.
- **Run Course Closes** – 3:30 pm.

# Schedule of Events

## Friday, September 13<sup>th</sup>

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

Please Note:

- **MANDATORY BIKE DROP OFF - Available from 1pm - 6pm**
- 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 14<sup>th</sup>

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
- **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
- **Bike Aid 1 (12.6):**
  - 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 2 (mile 28)**
  - 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 3 (mile 44)**
  - 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 2/7/8/13**
  - Nuun Hydration
  - Water
  
- **Run Mile 3/9**
  - Nuun Hydration
  - Water
  - Razz, Boston Cream Pie, Citrus, Mocha Clif Shot Energy Gels
  
- **Run Mile 4/10**
  - Nuun Hydration
  - Water
  
- **Run Mile 5/11**
  - Nuun Hydration
  - Water
  - Razz, Boston Cream Pie, Citrus, Mocha Clif Shot Energy Gels
  
- **Run Mile 6/12**
  - 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>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 &amp; selling CBD products!</p>