



Dear Triathlete,

Congratulations! You are entered in the 2008 Nautica South Beach Triathlon presented by Toyota. This event will take place on Sunday, April 13, 2008 in Miami Beach, Florida, and a portion of the proceeds will benefit St. Jude Children’s Research Center. Please read the following information carefully.

Schedule of Events

Saturday, April 12th

10:00am	Sand Castle Demo Begins
1:00pm	Packet Pickup and Body Marking Opens
	Participants must bring a photo ID to check in
	USAT annual license members must bring license to check in
	WE HIGHLY RECOMMEND THAT YOU CHECK IN ON SATURDAY!!
	SPONSOR EXPO BEGINS – on the Beach at 5 th Street in Miami Beach
1:00pm	Triathlon Clinic conducted by BodyZen USAT Certified Coach Dara Wittenberg
2:00pm	Bike clinic conducted by K-Swiss sponsored professional triathlete, Chris Lieto
3:00pm	Triathlon clinic conducted by K-Swiss sponsored professional triathletes, Katya Meyers and Ben Collins
4:00pm	Swim clinic conducted by BodyZen USAT Certified Coach Dara Wittenberg (Instructional Clinic Only, No Swimming will take place)
5:00pm	Packet Pickup Closes
5:00pm	Athlete Welcome Pasta Dinner hosted by Chris “Macca” McCormack

Sunday, April 13th

5:30am	Transition Area Open, all participants must have yellow Wristband to enter – no spectators are allowed
5:30 am	Limited packet pick up, expect delays when checking in
6:45am	Registration closes
6:55am	Transition Area closes for pre-race meeting
7:00am	Mandatory Pre-Race Meeting at the main event stage – on the Beach
7:15am	Race Start
	Sand Castle on display
8:00am	FunZone opens
	Nautica Kids Run and Tot Trot sign-ups available
8:30am	Donor Brunch opens
9:45am	Elite Division Awards Ceremony
	Presentation to St. Jude Children’s Research Center
	Celebrity Division and Challenged Athlete Awards Ceremony
10:00am	Nautica Kids Run and Tot Trot Start
10:15am	Competitor Awards Ceremony
12:00pm	FunZone closes

1. **Registration: RACE NUMBER AND PACKET PICK UP ON SATURDAY AT THE RACE SITE IS STRONGLY RECOMMENDED!** Saturday Registration will be available **on the beach** at 5th Street, in the event expo. Body marking will take place at the registration tent on Saturday. The race will start at 7:15am sharp! All racers are required to sign a waiver at registration. Please remember: 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 \$10 fee will be charged to all racers who do not turn in their chips.
2. **IMPORTANT: 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 on BEFORE you arrive at the event site**
3. **You must bring a photo ID to check in.**
4. **Pre Race Meeting:** At 7:00am, a mandatory pre race meeting will be held at the stage to discuss race procedures /safety. You will be required to leave the transition area by 6:55am to attend this meeting.
5. **Swim Course:** The Nautica South Beach Triathlon will feature a beautiful, warm (expected water temperature is 78 degrees) Ocean Swim that will run parallel to world famous South Beach. USAT rules stipulate that each age group participant shall be permitted to wear a wetsuit without penalty in any sanctioned event up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however that participants who wear a wetsuit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wetsuits in water temperatures equal to or greater than 84 degrees Fahrenheit. The water temperature will be taken on the morning of the event by USAT officials and the temperature will be announced all morning from the main stage.
6. **Bike Course:** The bike course will be a relatively flat course crossing over Miami Beach's famous Causeways with scenic views of the Intracoastal Waterway, downtown Miami and Miami Beach. Ansi/snell approved helmets are required. **There will be two cut off points for the bike course. All bikers must reach 2nd Avenue by 9:00 AM, and 36th Street by 9:10 AM or your race number will be recorded and you will be turned around and directed to ride back to the main event site.**
7. **Run Course:** The run will be a very flat out and back course, alongside Miami Beach's Art Deco District, finishing on the white sands of South Beach.
8. **Important Rules:** We suggest that you go to http://www.usatriathlon.org/upload/pdfs/usat_rules_download.pdf to read the rules - here are some highlights
 - **No Glass in Transition Area**
 - **Bar End Plugs – All bikes must have Bar End Plugs – you will not be permitted to race without these**
 - **Helmet must be worn and fastened at all time during the bike**
 - **It is the Athletes responsibility to know the course – check the maps at www.southbeachtri.com**
 - **No Riding Bikes in Transition Area – transition area is on grass and bike must be walked to the bike mount zone**
 - **Dismount Zone – you must stop and get off your bike BEFORE the transition and walk it back to your bike rack**
 - **Drafting is not allowed on the bike course – see http://www.usatriathlon.org/upload/pdfs/usat_rules_download.pdf for drafting rule details**
 - **Please double check to make sure that you are starting in the appropriate wave**

9. **Nautica Tot Trot and Kids Run:** 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. The fee is \$20 and all proceeds go directly to St. Jude Children's Research Hospital. Sign up on site on Saturday or Sunday and receive a free Nautica t-shirt and medal, as well as goodies from all of our sponsors!
10. **Fun Zone:** Don't miss the Fun Zone! The Fun Zone will host a variety of activities for children of all ages. There will be snacks, games and prizes. Plus you can create unique crafts and have some treasure to take home.

11. **Directions to Event Site:**

From Miami

Take I-95 North

Take the I-395 Exit, exit 2D toward Miami Beach

Merge onto I-395 East (MacArthur Causeway/US-41 E.)

Keep Right at the fork to go onto 5th St./FL-A1A East

Stay Straight on 5th until you reach Lummus Park at 5th and Ocean

From North Miami

Take I-95 South

Take the I-395 Exit, exit 2D toward Miami Beach

Merge onto I-395 East (MacArthur Causeway/US-41 E.)

Keep Right at the fork to go onto 5th St./FL-A1A East

Stay Straight on 5th until you reach Lummus Park at 5th and Ocean

12. **Parking:**

All parking garages and lots will charge a fee. It is recommended that you have cash and credit cards available to pay for parking on Saturday for packet pick up and the morning of the race.

PARKING GARAGES

7th Street and Collins Avenue Garage - The entrance to the garage is located on 7th Street

12th Street and Drexel Avenue Garage

13th Street and Collins Avenue Garage - located one block west of Ocean Drive. The entrance is located on 13th Street

17th Street Garage - adjacent to the Theater of the Performing Arts. The facility's main entrance is on 17th Street across from Convention Center Drive. The garage is five stories in height and can hold over 1000 cars. The facility's main entrance is on 17th Street across from Convention Center Drive.

16th Street & Collins Ave. Anchor Shops Garage

Pelican Garage - 1041 Collins Ave

Associated Parking Systems - 555 Washington Ave

PARKING LOTS

The City of Miami Beach operates and maintains 64 surface parking lots. A majority of the parking lots are equipped with central pay stations. These stations accept the following form of payments: cash, credit cards, debit cards, and parking meter cards. Space in these locations is limited and the City of Miami Beach tickets aggressively.

From 15th Street to Dade Boulevard

Convention Center-Jackie Gleason-City Hall-Lincoln Road

- Washington & 17th - Enter at Drexel or Pennsylvania
- Lenox and Lincoln Lane N - 1 block south of 17th
- Michigan and Lincoln Lane N - 1 block south of 17th

