



# 2009 Loggerhead Triathlon

Saturday, August 8<sup>th</sup> • 7:00am • Carlin Park, Jupiter, FL



The **Loggerhead Triathlon** is one of the longest enduring triathlons in the state of Florida. Dating back to 1985, triathletes have made the trip to Jupiter year after year to enjoy the magnificent Oceanside setting, the family-friendly atmosphere, and the competition. Jointly sponsored by the *Triathlon Club of the Palm Beaches* and the *Northern Palm Beach County Chamber of Commerce*, the event has become a "must do" on the southeast race circuit and has spawned some of the top triathletes in the United States.

## RACE INFORMATION

The Loggerhead Triathlon will be held on **Saturday, August 8<sup>th</sup>** beginning at **7:00am at Carlin Park in Jupiter, FL**. The race course consists of a **3/8 mile ocean swim, 13 mile bike and flat 3.1 mile run**. Awards will be given to the top 3 overall in each division. Divisions include:

### Age Groups

14 & Under	25-29	40-44	55-59	70-74
15-19	30-34	45-49	60-64	75-79
20-24	35-39	50-54	65-69	80 & above

### Clydesdale

15-39 & 189-199 weight  
 40 & above & 189-199 weight  
 15-39 & 200+ weight  
 40 & above & 200+weight

### Relays

Male  
 Female  
 Coed

### Mountain Bike

Athena (145 & above)

First Timers

This is a USAT Sanctioned Event. All athletes must provide their current USAT identification card at check-in. All non-USAT Members must pay the additional \$10 (*cash only*) Race Day Registration fee and fill out the Registration Form at Packet Pick Up.

## PACKET PICK UP AND SPORTS AND FITNESS EXPO

The Packet Pick Up for all race registrants will be on **Friday, August 7, 2009** from **3:00pm – 8:00pm** at the **Jupiter Beach Resort and Spa** (*located at 5 NA1A, Jupiter, FL 33477*). All athletes must show a photo ID in order to receive their packet. Relay teams must have all members present to receive their packet.

The **Sports and Fitness Expo** will feature over 20 local businesses that offer products specific to triathletes. Be sure to stick around during packet pick up to check out all the exhibitors have to offer!

The **First Timers Seminar** is mandatory for all Loggerhead Triathlon First Timers. It will be held during packet pick up on Friday, August 7<sup>th</sup> from 6:30pm – 7:30pm at the Jupiter Beach Resort.

The **Host Hotel** is the Jupiter Beach Resort and Spa. The hotel is offering a group rate for all athletes. For reservations, call 800.228.8810 and mention the code LOGG to receive the discounted rate.

# RACE RULES

## Pre-Race

Body Marking: Have your arms and legs marked with your race number by a volunteer. This will start in Carlin Park at 5:45am.  
Timing chip: Pick up your timing chip race morning.  
Only race participants allowed in transition area.  
FIRST TIMERS: Wear the wristband provided in your race packet in order to receive a medal at the finish line.

## Swim

The race begins at 7:00am on the beach. Line up in the appropriate wave. The race will start in 5 waves with 5 minutes between each wave. Wet Suits will not be allowed.

WAVE ORDER AND CAP COLOR:

1<sup>st</sup> wave: Male 20-44 GREEN

2<sup>nd</sup> wave: Female 20-44 YELLOW

3<sup>rd</sup> wave: Female 19 and under, 45 and above and Athena PURPLE

4<sup>th</sup> wave: Clydesdale, male 19 and under, male 45 and above RED

5<sup>th</sup> wave: All relay teams and mountain bike BLACK. Male and female first timers WHITE

## Bike

Helmets must be fastened before leaving the transition area. An ANSI approved bike helmet is mandatory.

Bikes must be walked in and out of the transition area.

No drafting. Keep 3 bike lengths away from other riders. Draft marshals will be on the course.

THERE ARE 2 LAPS ON THE BIKE COURSE: Exit park and head south (left) on A1A to Loggerhead Park. Turn around and repeat. Return to transition area from the south entrance to Carlin Park.

## Run

Exit park and head north (right) to Jupiter Beach Blvd. Head east (right) and follow signs and volunteers to turnaround. Return to Carlin Park and the finish line from the north entrance. I-PODS and MP3 Players are not permitted.

## Relays

All relay team members must be body marked.

Swimmer wears the swim cap. Runner wears the run race number. Biker has race number on his/her bike. Teammates remain at the bike rack marked "relays" waiting for a team member to pass the timing chip before starting the next leg.

# REGISTRATION INFORMATION

Registration will be available beginning Monday, April 20, 2009 at 9:00am. Registrations will be taken in the order in which they are received and the race is capped at 600 registrants – so be sure to **REGISTER EARLY!** Online registration is available at [www.altavistasports.com](http://www.altavistasports.com) only.

Registration Fees are based on the time the registration is received and there is **NO RACE DAY REGISTRATION:**

<i>Early Registration July 1<sup>st</sup></i>	INDIVIDUALS - \$60	RELAYS - \$80
<i>July 2<sup>nd</sup> – 17<sup>th</sup></i>	INDIVIDUALS - \$70	RELAYS - \$85
<i>July 18<sup>th</sup> – August 6<sup>th</sup></i>	INDIVIDUALS - \$80	RELAYS - \$95

For questions regarding the race or registration, please contact the Northern PBC Chamber of Commerce at 561.746.7111.

## SPONSORED BY:

