XTERRA WETSUIT'S
MISSION BAY TRIATHLON
SUNDAY, OCTOBER 3, 2010 6:45 AM

WELCOME
The first triathlon in history, the Mission Bay Triathlon, was held in 1974 as a run-bike-swim-run event on Fiesta Island by the San Diego Track Club. The race consisted of over 5 miles of running, 5 miles of cycling and 600 yards of swimming. In 2009, 1600 competitors will return to Mission Bay and celebrate triathlon. The Xterra Wetsuits Mission Bay Triathlon celebrates the birthplace of the sport. Come out and enjoy the last race of the San Diego Triathlon Series season on Sunday, October 3, 2010.

TRIATHLON:
500 Meter Swim, 15K Bike, 5K Run

THE COURSE:
The race starts at Ski Beach with a 500 meter point-to-point swim in a protected calm area of Mission Bay. Water temperature is approx. 64-68 degrees. Wetsuits are recommended. Flat and fast 15K single loop bike around Fiesta Island. Last, athletes will run a flat and fast 5K along the walkway near Paradise Point Resort and the model boat pond returning to Ski Beach.

RACE FEATURES
The 2010 race features 5 split chip timing, post-race party with refreshments, a beer garden, live entertainment and awards ceremony.

All participants receive a colorful T-shirt. Awards to the top three & five finishers in each category. Points for the San Diego Triathlon Series to the top 10 individual finishers in division categories.

MANDATORY PRE-RACE CHECK-IN/ EXPO
All athletes must attend the pre-race check-in to pick up their own race materials. Athletes will sign the waiver and pick up their timing chip, race numbers, swim cap and T-shirt. Check-in is at Paradowski's Swim & Sport on Saturday, October 2, 2010 from 10:00 am - 3:00 pm.

If you are unable to attend the pre-race check-in, choose the mail back option or VIP check-in.

MAIL BACK OPTION
For a fee of $15- Receive your race materials in the mail, EXCEPT FOR YOUR TIMING CHIP AND T-SHIRT, at least 5 days prior to the race. You **do not** need to attend the pre-race check in. Your timing chip will be available for you at the VIP booth on race morning. You will need to return a signed waiver by mail and pick up your t-shirt at the finish. Entries must be received by September 5, NO EXCEPTIONS!

VIP CHECK-IN
For a fee of $30- Your race numbers, swim cap, goodie-bag and T-shirt will be ready for you on race morning at the VIP check-in table. You **do not** need to attend the pre-race check-in. VIP athletes have reserved bike racks with their names in the transition area.

REGISTRATION

Online: Register at **www.kozenterprises.com**.

Mail: Mail entry and check payable to: Mission Bay Triathlon c/o KOZ Enterprises, P.O. Box 421052 San Diego, CA 92142. This race will SELL OUT. Please do not mail entries after September 3.

In Person: Register in person at Nytro Bikes and receive a $5 discount off the entry fee. Nytro is located at 940 S. Coast Hwy 101 in Encinitas. Registration will be available at Nytro until the race sells out.

ENTRY FEES	Individual	Relay
Until July 1	$80	$90
July 2 - Sell Out	$90	$100
Late Registration	$100	$110 (If Available)

DISCOUNT
A $5 discount is available to Triathlon Club Members, Active Military, Students 19 & Under and Seniors 60+. This discount is valid with mail-in registration only. Mail a printed entry form with proof of discount to KOZ Enterprises.

REFUND & TRANSFER POLICY
Partial Refunds and transfers are available Cancel by July 1 and receive a refund, minus a $10 cancellation fee. After July 2 receive a refund minus a $25 cancellation fee. Once the race sells out, refunds will not be offered. You may transfer your entry to the 2011 event or to another person until September 21st. To transfer your entry to the 2011 or to another person, you must download a San Diego Triathlon Series Transfer Form. Transfer from must be received or postmarked by the deadline. There is a $20 transfer fee for all transfers.

INFORMATION
For more information please visit us online at **www.kozenterprises**.com or call (858) 268-1250.

BREAKAWAY TRAINING www.breakaway-training.com · BAR CLIF · raceplace MAGAZINE · HAMMER NUTRITION ENDURANCE FUELS · RICHARD DUQUETTE 911Law.com BICYCLE INJURY LAWYER · CASSIDY'S MASSAGE CLINIC · Opix Photography · BRIAN LONG www.thisisbrian.com · Challenged Athletes Foundation · FRS healthy energy · THE FIREHOUSE BREWING CO. · Rehab United Physical Therapy & Sports Performance Center

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Mission Bay Triathlon (Please print and fill out form completely and LEGIBLY, OK to photocopy)

Official Entry Form Mail entry with check payable to Mission Bay Triathlon, c/o KOZ Enterprises, P.O. Box 421052, San Diego, CA 92142

FIRST NAME | LAST NAME

AGE on race day | SEX | DAY TIME PHONE NUMBER – – | T-SHIRT SIZE S M L XL XXL

ADDRESS

CITY | STATE | ZIP CODE

EMAIL ADDRESS

RELAY TEAM NAME

RELAY TEAM MEMBER NAME | SEX | AGE | T-SHIRT

RELAY TEAM MEMBER NAME | SEX | AGE | T-SHIRT

Select Race
☐ Triathlon

Race Category (check only one)
☐ AGE DIVISION (five year age increments) **OR**

☐ SPECIAL DIVISION (check your division) **OR**
- ☐ Elite
- ☐ Military
- ☐ Challenged
- ☐ Clydesdale
- ☐ Clydesdale 40+

☐ RELAYS
- ☐ Men
- ☐ Women
- ☐ Mixed
- ☐ 120+
- ☐ Military

XTERRA WETSUITS

Entry Fees

Individual	$80 until 7/1 $90 until sell out
Relay	$90 until 7/1 $100 until sell out
Late Reg: **If Available**	$100 Individual $110 Relay

Entry Fee $_____
VIP Check-In:
Add $30 $_____
Mail Back Option:
Add $15 $_____
Less Discount $_____

Total Enclosed $_____