

XXX SUPERFROG TRIATHLON & I SUPERSEAL TRIATHLON

SUNDAY, APRIL 6, 2008 7:00 A.M.

WELCOME

Welcome to the 30th Annual SUPERFROG Triathlon and the First Annual SUPERSEAL Triathlon. All Proceeds from this years Triathlons will go directly towards the Naval Apecial Warfare Foundation.

SUPERFROG COURSE

This course is not a course for the faint of heart. The course will start with a 1.2 mile ocean swim in the "brisk" April waters. Next a flat and fast 56 mile bike ride. Lastly, it will be topped off with a 13.1 mile run, mostly in the sand.

SUPERSEAL COURSE

Just like the evolution of Frogmen into SEALs, the SUPERSEAL has been developed into an International distance course that will take all you can give and ask for more. A fast 1,500 meter bay swim, a flat 40K bike course on HWY 75, and a flat, fast 10k run on pavement and hard packed trail.

RELAY TEAMS

Join together with friends and family to complete either the SUPERFROG or SUPERSEAL course.

RACE FEATURES

The 2008 race will feature chip timing and a post-race party with refreshments, beer garden, live entertainment and an awards ceremony. All participants will receive a colorful T-shirt. Awards will be given to the top three finishers in each category. Points for the San Diego Triathlon Series to the top 10 individual finishers in the division categories.

REGISTRATION

Online: Enter online at www.kozenterprises.com or www.superfrogtriathlon.com.

Mail: Mail a completed entry form and check to:

SUPERFROG TRIATHLON, P.O. Box 421052, San Diego, Ca 92142. Do not mail entries after March 26,2008



In Person: Register in person at Nytro Bikes and receive a \$5 discount off the entry fee. Nytro is located at 940 South Coast Highway 101 in Encinitas. Final day to register at Nytro is March 26, 2008.

MAIL BACK OPTION:

For a fee of \$15- Receive your race materials in the mail at least 5 days prior to the race. You DO NOT need to attend the pre-race check in. You will need to return a signed waiver by mail and pick up your t-shirt at the finish line. Entries must be received by March 19, 2008. 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 a reserved bike area with their names in the transition area.

DISCOUNT

TCSD Members, and Active Duty Military pay entry fees that are less than the general public. If you register and receive that discount, you will be asked to show proof that you are a TCSD member or Active Duty Military.

PRE-RACE EXPO

The mandatory pre-race expo will located at Silver Strand State Beach on Saturday, April 5, 2008 from 10:00 am to 3:00 pm. Race numbers, T-shirts, timing chips, and swim caps will be available for pick-up here.

BENEFICIARY:

All SUPERFROG and SUPERSEAL proceeds, less costs, go to the Naval Special Warfare Foundation, a non-profit (501c) organization established to honor all who have served in the sea commando services from WWII to today's Seal Teams. The Naval Special Warfare Foundation's focus is on their families by providing educational and motivational support, promoting health and welfare program and to the Naval Special Warfare Community by perpetuating the history and heritage of U.S. Naval Commandos.

DIRECTIONS:

FROM THE NORTH:

Take I-5 south to Hwy 75/Palm Ave (Exit 5A). Go west on Palm Ave to Silver Strand Blvd (Hwy 75). Head north on Hwy 75 to the Silver Strand State Beach located across from Coronado Cays Turn left into beach parking lot.

FROM THE SOUTH:

Take I-5 North to Coronado Bay Bridge, Go West on Coronado Bay Bridge to Orange Avenue, Turn left on Orange Avenue, Head South onto HWY 75. Silver Strand State Beach will be approximately 5 miles down on the right-hand side.

REFUND & TRANSFER POLICY

There will be no refunds after March 15th, 2008, only transfers will be allowed after this date. You may transfer your entry to the 2009 SUPERFROG or SUPERSEAL event or you may transfer it to another person. Person-to-person transfers will not be allowed after March 28 2008. THERE WILL BE NO EXCEPTIONS.

INFORMATION

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



SUPERFROG AND SUPERSEAL TRIATHLON (please print clearly)

Mail check payable to SUPERFROG TRIATHLON, c/o KOZ Enterprises, P.O. Box 421052, San Diego, Ca 92142

FIRST NAME										LAST NAME									

AGE	SEX	T-SHIRT SIZE: S M L XL				PHONE NUMBER					

ADDRESS																			

CITY										STATE					ZIP CODE				

EMAIL ADDRESS																			

TEAM MEMBER #2										AGE	SEX

TEAM MEMBER #3										AGE	SEX

Select Race

SUPERFROG

- Military E-6 and below \$100
- Military E-7 and above \$125
- TCSD Members \$125
- General Public (until 2/1) \$125
- General Public (until 3/31) \$150
- General Public (after 3/31) \$200

SUPERFROG RELAYS

- Military/TCSD \$175
- General Public (thru 2/1) \$175
- General Public (until 3/31) \$200
- General Public (after 3/31) \$225

SUPERSEAL

- Military E-6 and below \$75
- Military E-7 and above \$90
- TCSD Members \$90
- General Public (until 2/1) \$90
- General Public (until 3/31) \$100
- General Public (after 3/31) \$125

SUPERSEAL RELAYS

- Military/TCSD \$125
- General Public (thru 2/1) \$125
- General Public (until 3/31) \$150
- General Public (after 3/31) \$175



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