

NAVAL SPECIAL WARFARE SUPERFROG XXXII & SUPERSEAL III TRIATHLONS SUNDAY, APRIL 11, 2010 7:00 & 9:00 AM



WELCOME

Welcome to the Naval Special Warfare 32nd Annual SUPERFROG Triathlon and the 3rd Annual SUPERSEAL Triathlon. All Proceeds from this year's triathlons will go directly towards the Naval Special Warfare Foundation.

SUPERFROG COURSE

This circuit-style course is not a course for the faint of heart. SUPERFROG starts with a 1.2mile ocean swim in the "brisk" April waters, followed by a flat and fast 56mile bike ride. Lastly, it will be topped off with a 13.1mile run, mostly sand run.

SUPERSEAL COURSE

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

RELAY TEAMS

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

RACE FEATURES

The 2010 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 will be given to the top 10 individual finishers in the division categories.

PRIZE PURSE

This year's event will feature a total prize purse of \$10,000. The prize purse breakdown is as follows:

<u>SUPERFROG</u>	
1ST OVERALL MALE: \$1,250	1ST OVERALL FEMALE: \$1,250
2ND OVERALL MALE: \$750	2ND OVERALL FEMALE: \$750
3RD OVERALL MALE: \$500	3RD OVERALL FEMALE: \$500
1ST RELAY TEAM: \$1000	
1ST SEAL/NSW: \$1000	

<u>SUPERSEAL</u>	
1ST OVERALL MALE: \$600	1ST OVERALL FEMALE: \$600
2ND OVERALL MALE: \$400	2ND OVERALL FEMALE: \$400
3RD OVERALL MALE: \$250	3RD OVERALL FEMALE: \$250
1ST SEAL/NSW: \$500	



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 31,2010.

MAIL BACK OPTION:

For a fee of \$15.00- Receive your race materials, except for your timing chip and t-shirt, in the mail at least 5 days prior to the race. Due to the large number of timing chips that were not returned to us, you will not receive your timing chip in the mail. **YOU WILL NEED TO PICK UP YOUR TIMING CHIP AT THE VIP BOOTH ON RACE MORNING.** 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 24, 2010. **NO EXCEPTIONS!!**

VIP CHECK-IN

For a fee of \$30.00-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

Current TCSD members and active duty Military receive discounted entry fees. Military E-6 and below receive additional discounts to entry fees via mail-in registration only. If you register for any of the above discounts you will be required to show proof of current TCSD membership or active duty military ID at registration at the pre-race expo.

PRE-RACE EXPO

The mandatory pre-race expo will be on Saturday, April 10, 2010 from 10:00 am to 3:00 pm. The expo will be held at Loew's Coronado Bay Resort. The Loew's Coronado Bay Resort is located directly across HWY 75 from Silver Strand State Beach. Race numbers, T-shirts, timing chips, and swim

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:

HEADING SOUTH:

On I-5 From San Diego: Take the 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.

HEADING NORTH:

On I-5 From Mexico: Take 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.

REFUND & TRANSFER POLICY

Partial refunds and transfers are available. Cancel by February 1 and receive a refund, minus a \$10 cancellation fee. Cancel from February 2 to March 31 and receive a refund, minus a \$25 cancellation fee. **There will be no refunds or transfers after March 31, 2010.** You may transfer your entry to the 2011 SUPERFROG or SUPERSEAL event or you may transfer it to another person. To transfer your entry to the 2011 event or to another person you must download a San Diego Triathlon Series transfer form. Transfer form must be received or post-marked by the deadline. There is a \$20 fee for all transfers.

INFORMATION

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

SUPERFROG and SUPERSEAL Triathlon

(Please print and fill out form completely, OK to photocopy)

Official Entry Form

Mail entry with check payable to SUPERFROG Triathlon, c/o KOZ Enterprises, P.O. Box 421052, San Diego, CA 92142

[Grid for Name]											
FIRST NAME (Individual or Relay Team Captain)					LAST NAME						
[] []	[]	[] [] [] []	-	[] [] [] []	-	[] [] [] []	S	M	L	XL	XXL
AGE on race day		SEX	DAY TIME PHONE NUMBER		T-SHIRT SIZE						
[Grid for Address]											
ADDRESS											
[Grid for City, State, ZIP Code]											
CITY			STATE			ZIP CODE					
[Grid for Email Address]											
EMAIL ADDRESS											
[Grid for Relay Team Name]											
RELAY TEAM NAME											
[Grid for Relay Team Member Name]										[]	[] []
RELAY TEAM MEMBER NAME										SEX	AGE
[Grid for Relay Team Member Name]										[]	[] []
RELAY TEAM MEMBER NAME										SEX	AGE

Select Race and Race Category (check only one)

SUPERFROG

AGE DIVISION **OR**
(Ten year age increments)

SPECIAL DIVISION **OR**
 Clydesdale
 Disabled

RELAYS (combined ages)

- | | |
|--|--|
| <input type="checkbox"/> Mens 99 or less | <input type="checkbox"/> Mens Disabled |
| <input type="checkbox"/> Mens 100-119 | <input type="checkbox"/> Womens Disabled |
| <input type="checkbox"/> Mens 120-179 | <input type="checkbox"/> Womens 180+ |
| <input type="checkbox"/> Women any age | <input type="checkbox"/> Frogmen |
| <input type="checkbox"/> Mixed any age | |

SUPERSEAL

AGE DIVISION **OR**
(Five year age increments)

SPECIAL DIVISION **OR**
(check your division)

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> Elite | <input type="checkbox"/> Clydesdale |
| <input type="checkbox"/> Military | <input type="checkbox"/> Clydesdale 40+ |
| <input type="checkbox"/> Disabled | |

RELAYS

- | | |
|--------------------------------|-----------------------------------|
| <input type="checkbox"/> Men | <input type="checkbox"/> 120+ |
| <input type="checkbox"/> Women | <input type="checkbox"/> Military |
| <input type="checkbox"/> Mixed | |

Entry Fees

SUPERFROG

- | |
|---|
| <input type="checkbox"/> Military or TCSD...\$125 |
| <input type="checkbox"/> General Public ...\$150 |
| <input type="checkbox"/> RACE WEEKEND...\$200 |

SUPERFROG RELAYS

- | |
|--|
| <input type="checkbox"/> Military or TCSD...\$175 |
| <input type="checkbox"/> General Public\$185 |
| <input type="checkbox"/> RACE WEEKEND.....\$225 |

SUPERSEAL

- | |
|---|
| <input type="checkbox"/> Military or TCSD...\$ 90 |
| <input type="checkbox"/> General Public\$ 100 |
| <input type="checkbox"/> RACE WEEKEND...\$125 |

SUPERSEAL RELAYS

- | |
|--|
| <input type="checkbox"/> Military or TCSD...\$125 |
| <input type="checkbox"/> General Public\$135 |
| <input type="checkbox"/> RACE WEEKEND...\$175 |

Entry Fee \$ _____

VIP Check-In: Add \$30 \$ _____

Mail Back Option: Add \$15 \$ _____

Military E-6 & Below (-\$20) \$ _____

SUPERFROG add \$25 after 2/1 \$ _____

SUPERSEAL add \$10 after 2/1 \$ _____

TOTAL Enclosed \$ _____