



OFFICIAL RACE INSTRUCTIONS

ALOHA!

Welcome to the 2014 Big Kahuna Triathlon, AquaBike, Splash & Dash and Open Water Swim taking place September 8th in scenic Santa Cruz, CA. Thank you for registering to take part in our ninth annual event.

The Big Kahuna weekend was created to offer a unique athletic experience on California's beautiful coast. The Hawaiian theme was chosen to bring the "Spirit of Aloha" to Santa Cruz. We hope you will embrace this spirit by enjoying the picturesque scenery throughout the course and by encouraging your fellow competitors.

The Big Kahuna Triathlon, AquaBike, Splash & Dash and Open Water Swim are USAT sanctioned in order to provide a safe and fair race environment, and will feature state-of-the-art chip timing to offer fast, reliable results on site and online.

A very special "thank you" to all the race staff and volunteers who help make this event possible. Everyone will be working hard to make your racing experience safe and enjoyable. Please respect the local community on race day and throughout your stay in Santa Cruz.

The remainder of this race packet provides the official rules and instructions for the 2014 Big Kahuna Events. Please read them thoroughly as you alone are responsible for knowing them. For questions not covered here, email info@firstwave-events.com.

MAHALO!

Firstwave Events

SCHEDULE OF EVENTS

BIG KAHUNA EXPO

Saturday, September 13th 10am-6pm

Depot Park

119 Center Street

Santa Cruz, CA 95060

EVERY REGISTERED ATHLETE MUST PICK UP HIS OR HER OWN RACE PACKET AT THE BIG KAHUNA EXPO. NO RACE DAY PACKET PICK-UP.

The Big Kahuna Expo is an island-style open-air bazaar. See the latest in multi-sport equipment from the best in the business, and spend the rest of the day visiting the Santa Cruz Wharf, soaking up some sun and riding the rides at the Santa Cruz Beach Boardwalk.

RACE DAY!

Sunday, September 14th

**5:00am – 6:30am: Transition Area Open (Depot Park)
Body Marking**

6:45am: Transition Area Closes - All participants must be out of the transition area. Failure to clear transition by 6:45am will be cause for penalties or DQ.

6:45am: Mandatory Athlete Meeting at Swim Start Line

7:00am - 7:40am: Wave Starts

Official wave start divisions will be posted at the Big Kahuna Expo. Please check your swim cap color to be sure it matches your designated age division and wave start.

Wave Starts:

7:00: Men 34 & Under/Elite

7:05: Men 35-45

7:10: Women 39 & under

7:15: Women 40 and above

7:20: Men 45 and above

7:25: Athena / Clydesdales / Relays/AquaBike
Splash & Dash/Open Water Swim

- 9:00am:** **Swim Course Closed. All swimmers out of the water**
- 10:30am:** **Splash & Dash/Open Water Swim Awards: We will have the awards as soon as we have all the results for both events**
- 12:00pm:** **Post Race Celebration Begins with Food & Live Music at the Beach Boardwalk Summer Bandstand**
- 1:00pm:** **Bike Course Closed. All cyclists must clear the bike course. Cyclist returning to the transition after the 1pm bike cut-off will not be allowed on to the run course.**
- 2:30pm:** **Awards Ceremony**
- 4:00pm:** **Run Course Closed
Event Concludes
Transition Area Closed: All bikes must be removed from the transition area.**

RACE PACKETS

AGAIN, EVERY REGISTERED ATHLETE MUST PICK UP HIS OR HER OWN RACE PACKET AT THE BIG KAHUNA EXPO. NO RACE DAY PACKET PICK-UP WITHOUT REGISTERING FOR RACE DAY PICK UP.

YOUR RACE PACKET WILL CONTAIN:

Triathlon & AquaBike Packet

- One timing chip with strap.
- One commemorative Big Kahuna T-Shirt
- One Big Kahuna Swim Cap (color coded for your wave start)
- One adhesive bike number. Numbers must be displayed on bike frames. Bikes without numbers will not be allowed into the transition area or on the course.
- One adhesive helmet numbers. Helmet numbers must be displayed on each side of your bike helmet.
- One bib number that must be displayed on the front of the body at or above the waistline during the run segment.

Splash & Dash Packet

- One timing chip with strap.
- One commemorative Big Kahuna T-Shirt
- One Big Kahuna Swim Cap (color coded for your wave start)
- One bib number that must be displayed on the front of the body at or above the waistline during the run segment.

Open Water Swim Packet

- One timing chip with strap. Please verify the information on your race packet. Errors can be corrected at the Expo.
- One commemorative Big Kahuna T-Shirt
- One Big Kahuna Swim Cap (color coded for your wave start)

PLACE ALL YOUR RACE NUMBERS THE NIGHT BEFORE, DON'T FORGET YOUR TIMING CHIP, AND PLAN TO ARRIVE 1-2 HOURS PRIOR TO RACE START... IT'S IMPORTANT!

RULES AND INSTRUCTIONS

USA TRIATHLON

All athletes will be required to have a one-day USAT membership or an annual USAT membership to be able to race the Big Kahuna Triathlon. Many athletes have pre-purchased a one-day USAT membership. If you still need a one-day USAT membership, it can be purchased for \$12.00 at the Big Kahuna Expo. **If you have an annual USAT membership, you must bring your membership card with you to the Expo. If you purchased an annual membership online with USA Triathlon or at a prior race and don't yet have your card, you must bring your confirmation or your receipt with you!** To purchase an annual USAT membership online, please visit www.usatriathlon.org. **We will not process annual USAT memberships at the Expo.**

GENERAL GUIDANCE

- You may not receive outside help or assistance during the race at any time. If you need to drop out of the competition, you may receive whatever assistance you need. If you do drop out, please contact a race official as soon as possible.
- Should you need any assistance during the swim segment, raise one arm or yell to a lifeguard for assistance.
- A bike segment cut off time will be in effect. Cyclists must be back in the transition zone no later than 1pm regardless of start time. Athletes will not be allowed to begin the run after 1pm
- If you wish to lodge a protest, it must be made to the race and USAT officials immediately after finishing. All decisions of race and USAT officials are final.
- **Headphones or ear buds are prohibited at any time during the race.**

SWIM SEGMENT

A mandatory athlete meeting will take place at the Swim Start promptly at 6:45am. Final race instructions will be given at this time. ALL ATHLETES MUST ATTEND!

The Swim Segment is a 1.2-mile open ocean swim clockwise around the Santa Cruz Wharf. The start line is on the beach to the east side of the Santa Cruz Wharf at the Westbrook Ramp. Competitors must pass to the

right of the swim buoys. Upon exiting the water, it's a short run across the beach and a continued run down Pacific Ave. to the transition zone at Depot Park.

Wave starts will begin at 7am and no warm-up in the water will be allowed after this time. It is mandatory that you start only at your designated time. All swimmers must wear the official race cap of appropriate color provided.

Wetsuits are highly recommended but not required. The average water temperature is typically 60 degrees Fahrenheit. No swim or flotation devices may be used (this includes swim booties). **Do not dive into shallow water.**

Splash and Dash will transition at Depot Park. We will have tables set up in transition for you to set-up on

Open water Swim will end at the Swim out Arch

BIKE SEGMENT

The Bike Segment is a 56-mile scenic tour of the California coastline beginning at Depot Park and across the West Cliff Bridge. The course travels north on Hwy 1 to the turnaround near Pigeon Point Lighthouse and returns back the same route to the Depot Park transition zone.

There is a mandatory mount and dismount zone just outside the transition zone. Upon leaving the transition zone, riders must walk their bikes out of the transition zone and mount in the designated zone. Upon returning, riders must dismount in the designated zone and walk their bike back into the transition zone.

Athletes MUST return to the transition zone from the bike segment no later than 1pm regardless of start time. No athletes will be allowed to begin the run after the 1pm cut-off time.

There are three aid stations on the bike course. Mile 12 will offer fresh water bottles and HEED Sports drink. Mile 27 located before the turnaround at Pigeon Point will offer fresh water bottles, Hammer Gel and bananas. Mile 44 at Davenport on the return will offer fresh water bottles.

Participants are strongly advised to carry food sufficient for the distance. If you discard an empty water bottle at the exchange, please use

the designated area. Your bottle will not be returned to you. No private vehicles or assistance to riders will be allowed on the bike course, including Hwy 1. Failure to comply is grounds for disqualification.

Cyclists are required to wear a CPSC approved bike helmet. **Helmets must be fastened at all times, even in the transition area. All handle bar ends must be capped to compete.**

The bike course is partially closed to vehicular traffic. However, HWY 1 is NOT closed to vehicular traffic. The California Highway Patrol will manage the intersections on HWY 1 including the turnaround at Pigeon Point. Cyclist should be aware of vehicular traffic and stay in the available bike lanes at all times. Be aware that blocking vehicular traffic by riding abreast is illegal. Please follow any instruction from police or race officials.

Drafting

Drafting is not allowed at any time and will be monitored by USAT officials. Failure to comply is grounds for time penalties or disqualification. Cyclists may not ride within 2 bike lengths of the rider in front of them or within three feet of a rider to the side. Cyclists have 15 seconds to complete a pass through this drafting zone or must back off two bike lengths if not successful. A cyclist must back off two bike lengths as soon as the front wheel of the passing rider moves ahead.

RUN SEGMENT

The Run Segment is a 13.1-mile out and back beginning at Depot Park from the transition zone and heading across the West Cliff Bridge to the West Cliff Path. From there it's a coastal run along the foot path of West Cliff Drive, past Natural Bridges to an access path leading to the ocean bluffs in Wilder Ranch State Park for the "Tiki Turnaround." That's right...he's a 5 foot tiki...you can't miss him! Runners will then return the same route to a dramatic finish on the beach in front of the Santa Cruz Beach Boardwalk.

The run course is NOT A CLOSED COURSE. The majority of the run takes place on the pedestrian/ bike path on West Cliff Drive. Runners must remain on the path at all times and keep to the right. REMAIN ON THE PATH AND DO NOT RUN IN THE STREET. Be aware of pedestrians and bicycles and pass other runners to the left when it's

clear. Areas on the course past Natural Bridges will be primarily void of other traffic.

Water, fluids and food will be provided at 10 aid stations during the run:

1. Start Zone at Depot Park (Water, HEED)
2. Mile 1.2 @ Lighthouse Field (Water)
3. Mile 2.6 @ West Cliff (Water, HEED)
4. Mile 4 @ Shaffer (Water, HAMMER Gel, Bananas)
5. Mile 5.5 @ Wilder Ranch (Water, HEED)
6. Mile 7.5 @ Wilder Ranch (Water, HEED)
7. Mile 9 @ Shaffer (Water, HAMMER Gel, Bananas)
8. Mile 2.6 @ West Cliff (Water, HEED)
9. Mile 11.8 @ Lighthouse Field (Water)
10. Finish on the Beach (Water, HEED, Food)

NUMBERS

Only numbered athletes will be allowed in the transition area. Body marking will take place race morning near the transition area. Athletes must wear their race number on their upper arm, upper right leg, and race categories will be on the right calf. Please identify all equipment, such as your wetsuit, with your name and or race number. Only numbered athletes will be allowed to remove bikes from the transition area. Bikes must have number tags and runners must wear their race bib. **Race staff and sponsors are not responsible for lost or stolen equipment.**

MEDICAL

One ambulance with advanced life support will be stationed near the beach during the swim segment and near the finish line after 9am. Medical staff will be located at the swim exit, T1 and the finish line medical tent. Basic first aid and radio contact with medical personnel will be available at each of the aid stations. The Medical headquarters will be located at the finish line.

TIMING

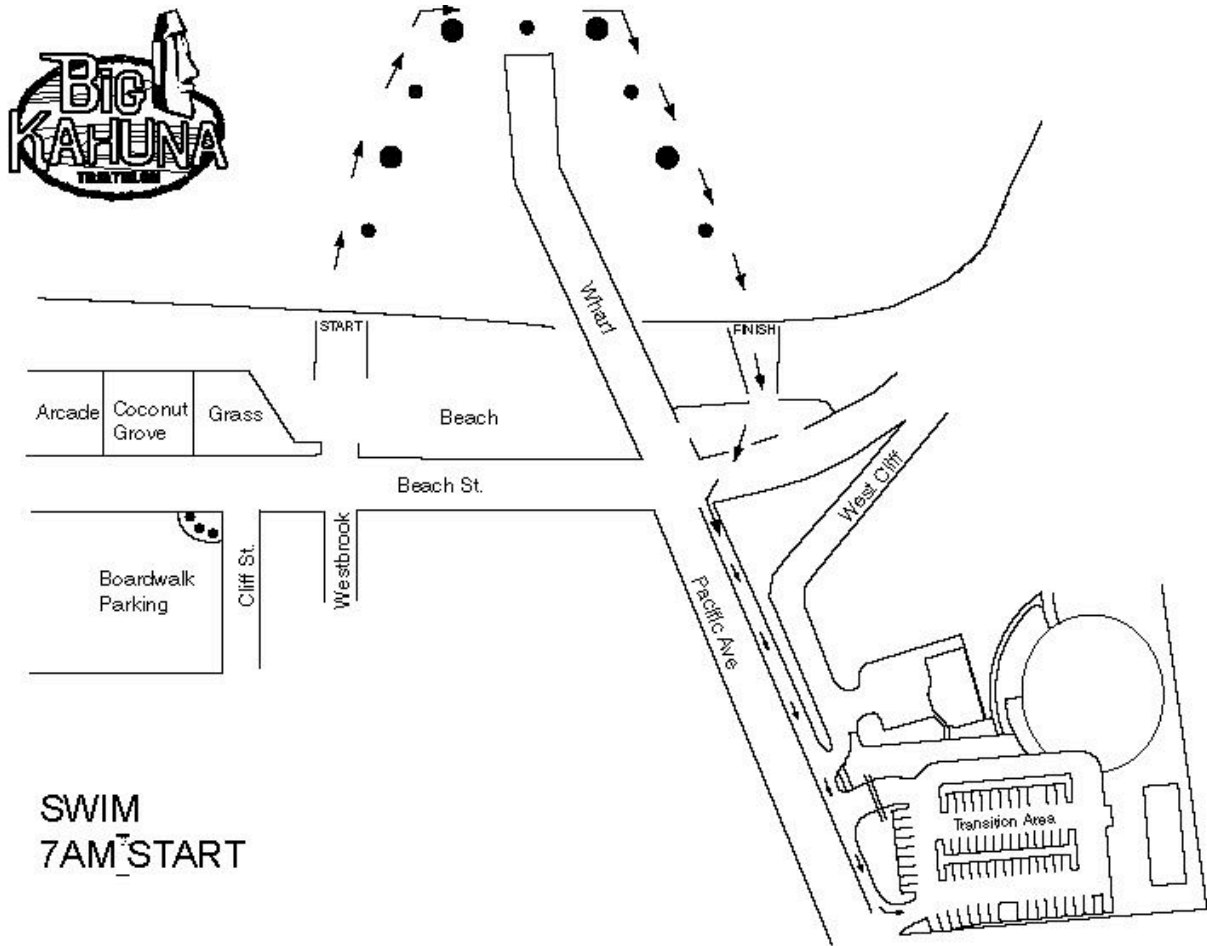
The Big Kahuna Triathlon will feature state-of-the-art chip timing that will show your split times in each of the three race segments as well as transition time. Results will be posted near the finish line and online from

the Results page at www.firstwave-events.com. Results will be posted to the web site as soon as possible... remember, just because you have finished the race dose not mean we are done with the race cleaning up!

AWARDS

Every finisher will receive a truly unique Big Kahuna tribal necklace. The post-race celebration will take place at the Beach Boardwalk Summer Bandstand near the finish line, and the award ceremony will take place around 10:30am for the Splash & Dash and Open Water swim with the Triathlon awards beginning around 2:30pm. Don't miss the age-group winners and all the fun, Hawaiian-style entertainment!

SWIM COURSE MAP (All swim events)



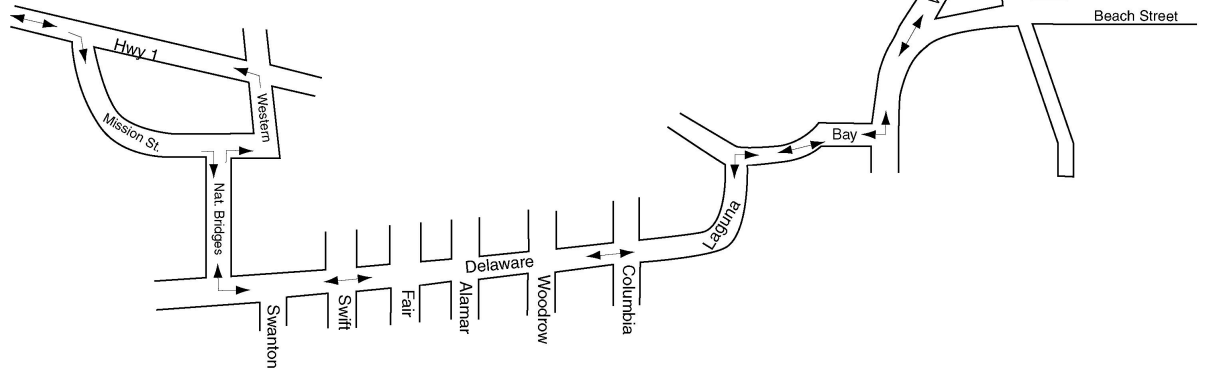
(Splash & Dash will transition to the run at Depot Park. Open Water swim will finish at swim exit.)

BIKE COURSE MAP

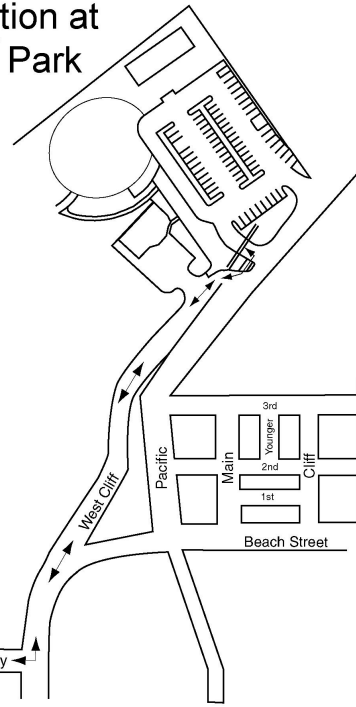


Bike Course: 56 Miles

Bike travels out & back on Hwy 1
Turn around at approx. Pigeon Pt.



Transition at
Depot Park

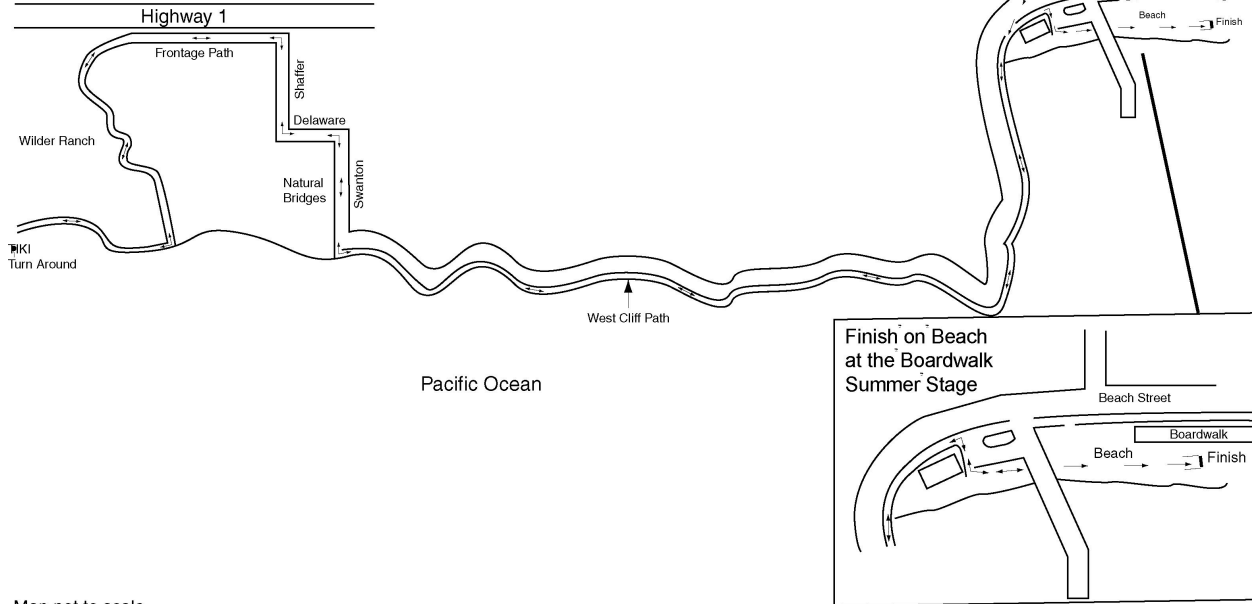


Map not to scale

RUN COURSE MAP



Run Course: 13.1 Miles



Map not to scale

(Splash & Dash Run will turn around at West Cliff and Swanton Blvd)

BIG KAHUNA SPLASH & DASH/OPEN WATER SWIM

SWIM SEGMENT

A mandatory athlete meeting will take place at the Swim Start promptly at 6:45am. Final race instructions will be given at this time. ALL ATHLETES MUST ATTEND!

The Swim Segment is a 1.2-mile open ocean swim clockwise around the Santa Cruz Wharf. The start line is on the beach to the east side of the Santa Cruz Wharf at the Westbrook Ramp. Competitors must pass to the right of the swim buoys. Upon exiting the water, it's a short run across the beach and a continued run down Pacific Ave. to the transition zone at Depot Park. We will have tables set up in transition for you to set-up on

Wave starts will begin at 7am and no warm-up in the water will be allowed after this time. It is mandatory that you start only at your designated time. All swimmers must wear the official race cap of appropriate color provided.

Wetsuits are highly recommended but not required. The average water temperature is typically 60 degrees Fahrenheit. No swim or flotation devices may be used (this includes swim booties). **Do not dive into shallow water.**

Open water Swim will end at the Swim out Arch

RUN SEGMENT

The Run Segment is a 6.2-mile out and back beginning at Depot Park from the transition zone and heading across the West Cliff Bridge to the West Cliff Path. From there it's a coastal run along the foot path of West Cliff Drive. The turn around will be located at the end of West Cliff Drive at Swanton. Runners will then return the same route to a dramatic finish on the beach in front of the Santa Cruz Beach Boardwalk.

The run course is NOT A CLOSED COURSE. The majority of the run takes place on the pedestrian/ bike path on West Cliff Drive. Runners must remain on the path at all times and keep to the right. REMAIN ON THE PATH AND DO NOT RUN IN THE STREET. Be aware of pedestrians and bicycles and pass other runners to the left when it's clear.

Water and fluids will be provided at 2 Self Serve aid stations during the run:

1. Start Zone at Depot Park (Water, HEED)
2. Mile 1.2 @ Lighthouse Field (Water)

Rum Course - [Map](#)

DIRECTIONS TO THE EVENT

The Big Kahuna Triathlon Expo is located at Depot Park 119 Center Street. The Big Kahuna Triathlon and Splash and Dash Transition is located at Depot Park at 119 Center Street.

Expo Directions to Depot Park

- From Hwy 1 or Hwy 17
- Exit at Ocean Street heading south
- Right onto Broadway
- Left onto Center Street

Race Day Directions to Boardwalk Parking

- From Hwy 1 or Hwy 17
- Exit at Ocean Street heading south
- Right on San Lorenzo Blvd.
- Left on Riverside Ave.
- Follow signs to Boardwalk parking areas

Race Day Directions to Depot Park

- From Hwy 1 or Hwy 17
- Exit at Ocean Street heading south
- Right onto Broadway
- Left onto Center Street

FOR DOOR-TO-DOOR DRIVING DIRECTIONS TO THE EVENT, VISIT THE DIRECTIONS PAGE AT WWW.FIRSTWAVE-EVENTS.COM

Parking

There is no parking available at Depot Park on race day. The Santa Cruz Beach Boardwalk has several public lots and the daily parking fee is \$12. All lots will be open and accessible on Saturday, September 8th and on Sunday September 8th, race participants can park in the Beach Boardwalk lot or near Depot Park. Metered parking is also available on city streets both days.

Race Day Parking Passes

There is no parking available at Depot Park on race day. The Santa Cruz Beach Boardwalk has several public lots and the daily parking fee is \$15.