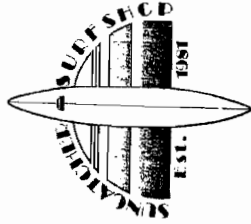
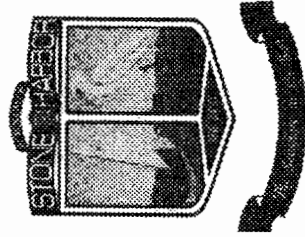




*Yacht Club of  
Stone Harbor*



*9<sup>th</sup> Annual  
Stone Harbor  
Triathlon*



**SUNDAY, JULY 15, 2007**

**Stone Harbor Yacht Club**

**Stone Harbor, NJ**

***SWIM: 1/4 Mile***

***BIKE: 11 Miles***

***RUN: 3.1 Miles***

**HARBOR BIKE & BEACH SHOP**



**The Seven Mile Island's Total Fitness Center**

*Rehabilitation Solutions In Work, Sports and Beyond.™*

# Stone Harbor Triathlon

## Schedule of Events

### Saturday, July 14

4:00-6:30pm Stone Harbor Yacht Club  
Packet Pick-up  
Bike Inspection (Optional)

### Sunday, July 15

6:00-7:00am Packet Pick-up (No Late Exceptions!)  
No Race Day Registration

7:20am Pre-Race Briefing

7:30am Race Starts

10:00am Course Closes

Buffet Breakfast courtesy of  
Stone Harbor Yacht Club

Award ceremony will start 15 minutes after the  
last finisher completes the race.

Race is held Rain or Shine.

## Course Description

Swim: Sheltered Lagoon Swim  
Bike: Fast, Flat 3 Loop Course  
Run: Scenic Ocean Block Run

Field is limited to first 350 entrants  
(Check for availability)

Proceeds from this event will be used to  
support the Stone Harbor Volunteer  
Fire and Rescue Squads.

## Official Race Rules

**SWIM** - Swimmers shall wear the official swim cap provided for safety and identification of the wave assignment. Swimmers who request assistance from race personnel will not be allowed to continue the race

**BIKE** - NO DRAFTING ALLOWED! You will be IMMEDIATELY DISQUALIFIED for an obvious drafting violation. All participants must obey all local traffic laws and the directions of race officials. Competitors will be biking on public roads and must ride on the shoulder.

ANSI or SNELL helmets are MANDATORY for all participants

**RUN** - The runner must stay on the course (road shoulder), and follow the directions of all race officials and volunteers.

Event promoters have the right to alter event if dictated by weather or other conditions.

Absolutely no entry fee, or portion of entry fee can be refunded, transferred or credited.

**PROFESSIONAL TIMING BY:**  
*CompuScore Computer Services*

*Race results will be posted online at:*  
[www.CompuScore.com](http://www.CompuScore.com)

**Contact Information:**  
Rob Hicks (RHREC1@aol.com)

## AWARDS

**Overall:** Top three (3) male and female finishers

**Age Groups:** Top three (3) male and female finishers in the following divisions:  
19 and Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 & 60+  
**Fire/Rescue/Police:** Top 3 males and females  
**Lifeguards:** Top 3 males and females  
**Clydesdale/Athena:** Top 3 males and females  
**Top S/B/R Splits:** Top male and female  
**Break Course Record!** \$200.00 Cash  
Male (49:56) Female (58:11)  
No duplication of awards

*Results will be posted online within  
24 hours at [www.CompuScore.com](http://www.CompuScore.com)*

## GREAT AMENITIES!

Competitor T-Shirt  
Water Bottle  
Swim Cap

**Full Course Breakfast Buffet**

## DIRECTIONS

Stone Harbor is located 30 miles south of Atlantic City.

Take Garden State Parkway to Exit 10 (Stone Harbor) and go 2.5 miles on Stone Harbor Blvd traveling over bridge onto 96th Street. At the first light take a LEFT onto 3rd Ave. Take a LEFT onto 89th Street and Stone Harbor Yacht Club is 1/4 mile ahead.

**Note on PARKING:**  
It is advised to arrive early for parking on adjacent streets. Additional parking is available at Municipal Pier/Marina on 81st and the BAY.

Lodging: Hy-Land Motor Inn 609-465-7305  
Offshore Motel 609-886-6400  
(Reserve Early!)