

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, 60-64, 65+
Fire/Rescue/Police: Top Male and Female
Lifeguards: Top Male and Female
Clydesdale/Athena: Top Male and Female
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*

GREAT AMENITIES!

Competitor T-Shirt
Water Bottle
Swim Cap
Full Course Breakfast Buffet

DIRECTIONS

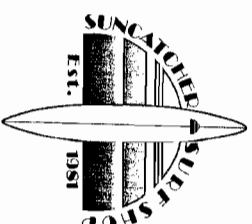
Stone Harbor is located 30 miles south of Atlantic City.

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:

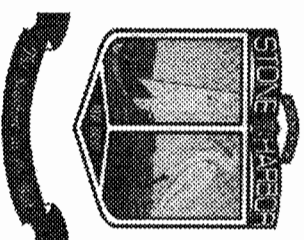
It is advised to arrive early for parking on adjacent streets. Additional parking is available at Municipal Pier/Marina on 81st and the BAY.

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



11th Annual

Stone Harbor Triathlon



SUNDAY, JULY 19, 2009

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 Vero, Spore and Beyond.™

Stone Harbor Triathlon

Schedule of Events

Official Race Rules

Saturday, July 18

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

Sunday, July 19

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

Buffer 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.

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

Contact Information:
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