

# SUPERFROG TRIATHLON



www.mwrtoday.com

**Saturday, September 14, 2002**  
**7:30 a.m. - NAS North Island, Coronado**

1.2 Mile Swim (2 laps)  
 56-Mile Bike Ride (5 laps)  
 13.2 Mile Run (6 laps)  
 (circuit style)

**No Race-day Registration**  
**No entries accepted after COB on 09.12.02**  
**All bicycles must be checked at**  
**Holland's Bicycles and Mission Cyclery**  
**For more information, e-mail suprfrog@san.rr.com,**  
**Franken.Corey@ns.cnrsw.navy.mil, or call 619.556.8576.**

## Schedule of Events

Date	Time	Event
Friday, Sept. 13	... 6:30 p.m.	Spaghetti Dinner
Saturday, Sept 14	... 5:30 a.m.	Check-in opens at Bldg. 710 Race packet pickup
Saturday, Sept 14	... 6:45 a.m.	Briefing - All participants attend
Saturday, Sept 14	... 7:00 a.m.	Wheelchair start
Saturday, Sept 14	... 7:15 a.m.	Relay course briefing
Saturday, Sept 14	... 7:30 a.m.	Individual start
Saturday, Sept 14	... 8:00 a.m.	Relay start
Saturday, Sept 14	... 2:30 p.m.	Awards ceremony
Saturday, Sept 14	... 3:00 p.m.	Course Closes

## Race Divisions

Individual	Relay
Men 18-29	Men 99 years or less combined ages
Men 30-39	Men 100-119 combined ages
Men 40-49	Men 120-179 combined ages
Men 50+	Men 180 years + combined ages
Women 18-29	Women any age combined
Women 30+	Mixed any age combined
Men's Wheelchair	Men's Wheelchair
Women's Wheelchair	Women's Wheelchair

**NOTE:** Members competing for the Naval Special Warfare team trophy must be from the same command. See General Rule 9 for more information.

## Race Division Awards

Awards will be presented to the top finishers in each division. The number of awards presented will vary and will be determined prior to race day.

## General Rules

1. This is an endurance race. Completing and finishing is a feat in itself. Use the honor system and follow the course and race officials' direction. Don't cheat, know your limitations, and have a good race.
2. The repetitive laps could cause some confusion during the heat of competition. Please don't argue with the officials, take that extra lap, then take up the situation with the SUPERFROG Committee after the race.
3. Any competitor not completing the course should notify the nearest official.
4. There will be aid stations in the transition area, bike and run courses. Water will be available at all aid stations and fruit and

replacement fluids will be available at the transition area aid station. If bringing your own support team, crew must be stationed in designated spot south of the transition area.

5. No pacers or personal support vehicles will be allowed on the course. **ONLY RACERS AND OFFICIALS ALLOWED IN TRANSITION AREA.**
6. Maps will be provided, but the course could change as late as the morning of the race. The course will be clearly marked.
7. A medical crew will be provided for the race.
8. Absolutely **NO** substitutions without the race director's approval.
9. Team Trophy competition for NSW commands will be determined by the five fastest times to include no more than three relay team times. All relay team members must be from the same NSW command.
10. While 2-person teams are allowed, no single-person team is allowed in the relay division.
11. The relay runner and bike rider can be dressed and ready in the relay box of the transition area. All tags must be clean and in the relay box.
12. Race numbers must be visible to the race officials. Numbers for bike riders must be on the racer's back. Numbers for runners must be on the front.
13. Racers must call out their numbers at transition area/turnaround or when asked.
14. The SUPERFROG course may be adjusted by the Race Director if conditions arise (i.e. fog, last minute construction, etc.).

## Swim Course Rules

1. The swim is 1.2 miles in the open ocean. Swim is two 1,000-yard laps separated by a 200-yard beach run.
2. **BRIGHT SWIM CAPS ARE MANDATORY** and will be provided. Tri-suits are recommended.
3. The BUD/S IBS and kayak/paddleboarders will provide swimmer safety. A kayak will lead the swim.
4. **IF IN NEED OF ASSISTANCE, WAVE HANDS OVER HEAD OR YELL.**
5. The swim will start at the starting flag in front of Building 710. Buoys will mark the course. The swim finish flag will mark the end of the swim laps.
6. Dangers include hypothermia, fog, high surf, stingrays, kelp, and rip currents.
7. Swim course closes one hour after actual individuals and teams swim event start times.
8. Failure to complete the swim is cause for disqualification.
9. Inform the nearest race official if you are unable to complete the swim.

## Bike Course Rules

1. Suggested bike course at time of rules publication is five 11.2-mile laps and 56 miles long. Flat and fast! Each lap has turns and at least one set of railroad tracks.
2. The SUPERFROG bicycle course is a combination of smooth and rough pavement. Many flats have occurred. **BE PREPARED WITH HEAVY DUTY TIRES.**
3. The racer's bicycle must be in good condition and must have a bike inspection tag prior to race day from Holland's Bike Shop at 10th and Orange Avenue in Coronado. There will be a bike inspection station on race day. **YOU WILL NOT BE ALLOWED TO RACE WITHOUT A BIKE INSPECTION TAG.**
4. **ABSOLUTELY NO DRAFTING.** Drafting is defined as following directly behind another bicycle or other vehicle so as to gain an advantage. Following within 20 feet could be construed as drafting. Pass all slower riders with a five-foot margin. The second warning will be cause for disqualification.
5. **RIGID, SAFETY-CERTIFIED BICYCLE HELMETS REQUIRED.** A BICYCLE CHECK CHUTE WILL BE IN THE TRANSITION AREA. PLEASE SLOW DOWN TO BE COUNTED. **ONE BIKE AT A TIME THROUGH THE CHUTE.**
6. Call out your BIB number at all checkpoints.
7. All bicycle repair, undressing and dressing must be accomplished by the racer.
8. No complete wheel or bike changes except in the transition area.

*Continued on reverse*

## Race Divisions

*Please check one*

### INDIVIDUAL

- I Men 18-29
- II Men 30-39
- III Men 40-49
- IV Men 50+
- V Women 18-29
- VI Women 30+
- VII Men's Wheelchair
- VIII Women's Wheelchair

### RELAY

- IX Men 99 years or less combined ages
- X Men 100-119 combined ages
- XI Men 120-179 combined ages
- XII Men 180 years + combined ages
- XIII Women any age combined
- XIV Mixed any age combined
- XV Men's Wheelchair
- XVI Women's Wheelchair

## Race Fees

*Fees include T-Shirt for each racer*

Military Fees . . Individual \$60 . . Relay \$120 . . \_\_\_\_\_

Civilian Fees . . Individual \$75 . . Relay \$150 . . \_\_\_\_\_

Additional T-shirts . . . . . \$15 each . . . . . \_\_\_\_\_

Indicate quantity beside size (*please circle*)

S      M      L      XL      XXL

Spaghetti Dinner . . . . . \$ . . . . . \_\_\_\_\_

**Total Enclosed** . . . . . \_\_\_\_\_

## Make Checks Payable to MWR

Mail this entry form with payment:  
 SUPERFROG Triathlon,  
 c/o Outdoor Adventure Center  
 2375 Recreation Way, SD, CA 92136-5518  
 Entries must be received by COB 09/12/02.  
**No refunds after COB 09/12/02**

## Waiver

*(All participants must sign)*

### IMPORTANT: THIS IS A LEGAL DOCUMENT

Please read and understand this document before signing. If you have any questions, please ask us or consult an attorney.

The Commander Navy Region Southwest (CNRSW) Morale Welfare and Recreation (MWR), Naval Air Station North Island (NASNI), Naval Special Warfare Command (NSWC) has done everything possible to assure that our racers' experience is a rewarding one. We wish to inform our racers that the SUPERFROG TRIATHLON is not risk free. The same elements that contribute to the unique character and fun of the SUPERFROG TRIATHLON such as the physical exertion can cause loss or damage to equipment, injury, illness, or in extreme cases, permanent trauma or death. This list is not an exclusive or exhaustive list of possible injuries, trauma or accidents that may occur while participating in the SUPERFROG TRIATHLON. Most of these injuries are rare and you are not likely to encounter them, however they have occurred and you need to know about them and other possible injuries not mentioned below. These injuries occur more often when the participants are using drugs or alcohol or not physically able to undertake the activity. We do not want to heighten or reduce your enthusiasm for the experience, but we do want you to know in advance what to expect, and to be aware of some of the possible risks. All racers must read and sign this prior to participating.

### CONTRACT, WAIVER, RELEASE AND INDEMNIFICATION

I certify that I am fully capable of participating in the SUPERFROG TRIATHLON. I state that I have read the above statement regarding some of the possible risks in this activity. Therefore, I assume full responsibility for myself for bodily injury, death, loss of personal property and any expenses as a result of my negligence, negligence of my family, or the negligence of the CNRSW MWR NASNI NSWC. I also understand that the CNRSW MWR NASNI NSWC reserves the right to refuse any person it

judges to be incapable of meeting the rigors and requirements of participating in the SUPERFROG TRIATHLON. I am in good physical condition and able to undertake this activity.

I agree to indemnify and hold harmless the CNRSW MWR NASNI NSWC, their agents and employees, and the Navy from all claims, damages, losses, injuries and expenses arising out of or resulting from my participation in these activities. I further agree to release, acquit and covenant not to sue the CNRSW MWR NASNI NSWC, their agents and employees, and the Navy for all actions, causes of actions, claims or damages, damages in law or remedies in equity of whatever kind, including the negligence of the CNRSW MWR NASNI NSWC or my family, myself, or my heirs, against the CNRSW MWR NASNI NSWC arising out of participation in this program. In short, I cannot sue the CNRSW MWR NASNI NSWC and if I do I cannot collect any money.

I agree to the site of any lawsuit and the law governing any such lawsuit shall be California and governed by Federal law. The terms of this agreement shall continue and be in effect after the SUPERFROG TRIATHLON has ended.

As liquidated damages, I hereby agree that if the CNRSW MWR NASNI NSWC is forced to defend any action, lawsuit or litigation by myself, my executors, or my heirs, on my behalf, my heirs or executors and I agree to pay the CNRSW MWR NASNI NSWC's costs and attorney fees if they successfully defend such action, lawsuit or litigation. Should a court of competent jurisdiction declare any paragraph or part of this agreement unenforceable, the remaining parts or paragraphs shall remain in full force and effect. A copy of this release can be used as if it was an original.

All Participants must be 18 years and over.

**I further certify that I have read the rules and agree to abide by them.**

Individual Racer Signature \_\_\_\_\_ Date \_\_\_\_\_

Relay Biker Signature \_\_\_\_\_ Date \_\_\_\_\_

Relay Swimmer Signature \_\_\_\_\_ Date \_\_\_\_\_

Relay Runner Signature \_\_\_\_\_ Date \_\_\_\_\_

**\*Use an asterisk to indicate the relay team captain** (if this form is photocopied, be sure to include the reverse side of this page)

# SUPERFROG TRIATHLON



## Individual Entry Form

Name	Military Rank/Rate
Division	E-mail Address
Age Day of Race	Sex: M F
Address	
City	State/Zip
Command/Club/or Town	
Home Phone	Work Phone
Emergency Name/Phone	Relationship to Racer
Name/date of last 1/2 Ironman or longer distance triathlon completed	
T-shirt Size: S M L XL XXL	
Date	Place/Time

Please check if you will be attending Spaghetti Dinner on Friday September. 13 at 6:30 pm  \$ \_\_\_\_\_

## Relay Team Entry Form

Relay Team Name	Combined Ages
Command	Division
Swimmer's Name	Military Rank/Rate
Address	
City/State/Zip	
E-mail	
Emergency Name/Phone	Relationship to Racer
Age Day of Race	Sex: M F
T-shirt Size: S M L XL XXL	
Command	
Biker's Name	Military Rank/Rate
Address	
City/State/Zip	
E-mail	
Emergency Name/Phone	Relationship to Racer
Age Day of Race	Sex: M F
T-shirt Size: S M L XL XXL	
Command	
Runner's Name	Military Rank/Rate
Address	
City/State/Zip	
E-mail	
Emergency Name/Phone	Relationship to Racer
Age Day of Race	Sex: M F
T-shirt Size: S M L XL XXL	

\*Use an asterisk to indicate the relay team captain (if this form is photocopied, be sure to include the reverse side of this page)

- Most of the course may have vehicular traffic, but security and safety vehicles will be on the road. There will be two sag-wagons on the course.
- If a problem develops on the course, stay on the road. Do not venture off the road. There will be two sag-wagons on the course.
- The bike course closes at 4 hours after individuals and teams actual swim start times.
- Bike courses may differ from suggested course.
- ABSOLUTELY NO ONE BUT RACERS ALLOWED IN THE BIKE TRANSITION AREA.
- Failure to complete the bike course is cause for disqualification.
- Inform the nearest race official if you are unable to complete the bike course.

## Run Course Rules

- The run course is six 2.2-mile laps and is 13.2 miles long. The run is on soft and hard-packed sand and hard pavement.
- Check in with timekeeper at transition area PRIOR to start of run. Racers must change into running gear by themselves.
- ALL PAVEMENT RUNNING WILL BE DONE ON THE ROAD SHOULDER, AGAINST TRAFFIC.
- DO NOT RUN ON ICEPLANTS NEAR THE CORONADO BEACH FENCE.
- Call out your BIB number at both Building 710 and other run designated checkpoints.
- The run course will close 7 hours after individuals and teams actual swim start times.
- STAY AHEAD OF YOUR WATER NEEDS.
- Failure to complete the entire run course is cause for disqualification.
- Inform officials if you do not complete the run course.

## Additional Information

Up-to-date information is available by emailing [suprfrog@san.rr.com](mailto:suprfrog@san.rr.com), [Franken.Corey@ns.cnrsw.navy.mil](mailto:Franken.Corey@ns.cnrsw.navy.mil), or calling 619/556-8576. After 09/06/02, please email for confirmation.

Log onto [www.mwrtday.com](http://www.mwrtday.com) and [www.sdbeachlife.com](http://www.sdbeachlife.com) for map and more entry forms.

## Directions

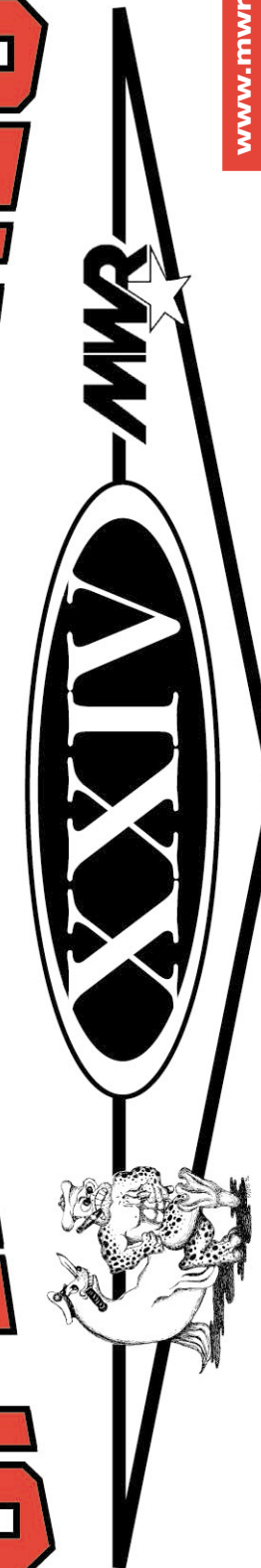
Take the Coronado Bridge/Hwy 75 exit off I-5 north or south. Road becomes 3rd Avenue. Go straight through Orange Avenue. Turn left on Alameda Ave. (3rd Ave. dead ends on Alameda Ave.). Turn right on 4th Ave. Go straight through the Main Gate at Naval Air Station North Island (NASNI). Tell the guard you are going to the SUPERFROG. Pass theater/church on left, turn left on Rogers Rd. Turn left on "L" Road, drive to Bldg. 710 (Navy Band Bldg.) and park in the dirt parking lot behind the transition area. Race check-in is on the patio at the south-east corner of the building. Follow the SUPERFROG signs.

*Naval Air Station North Island sincerely thanks and appreciates the sponsor of this event. However, neither the Navy, MWR, nor any other part of the Federal Government officially endorses any company, sponsor, or their products or services.*

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logos

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1.2 Mile Swim (2 laps) • 56-Mile Bike Ride (5 laps) • 13.2 Mile Run (6 laps) (circuit style)

NAVAL SPECIAL WARFARE COMMAND • NAVAL SPECIAL WARFARE CENTER

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