

SUPERFROGXXIII -RegistrationandRules **SUPERFROGXXIIITRIATHLON**

SATURDAY,NOVEMBER3,2001
7:30 AM..... NASNorthIsland,Coronado,CA

1.2MileSwim (2laps)
56MileBikeRide (5laps)
13.2MileRun (6laps)

**RaceWithThe
USNavySEALS**



NODAYOFRACEREGISTRATION
NOENTRIESACCEPTEDAFTERC.O.B.ON11/1/2001
ALLBICYCLES MUST BE CHECKED AT HOLLAND'S BICYCLES
Formoreinformatione -Mail: SprFrog@aol.com

ScheduleofEvents

Time	Event
5:00am	CheckinopensatBuilding710 Racepacketpickup.
6:45am	Briefing -Allparticipantsattend
7:00am	Wheelchairstart
7:15am	Relaycoursebriefing
7:30am	Individualstart
8:00am	Relaystart
2:30pm	Awardsceremony
3:00PM	Coursecloses

Sponsors

UDT -SEALAssociation

NavalSpecialWarfareCommand

NAS, NorthIsland

CoronadoOptimistsClub





San Diego Beachlife
Magazine



Race Divisions

INDIVIDUAL		RELAY	
I	Men 18 -29(5)	IX	Men 99 years or less combined(3)
II	Men 30 -39(4)	X	Men 100 years or more combined(3)
III	Men 40 -49(3)	XI	Women any age combined(2)
IV	Men 50+(2)	XII	Mixed any age combined(2)
V	Women 18 -29(3)	XIII	Men's Wheelchair(1)
VI	Women 30+(3)	XIV	Women's Wheelchair(1)
VII	Men's Wheelchair(1)	XV	180 years+(1)
VIII	Women's Wheelchair(1)		

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 - see number in parenthesis above.

General Rules

1. This is an endurance race. Completing and finishing is a feat in itself. Use the honors system and follow the course and race officials' direction. Don't cheat, know your limitations, and have a good race.
2. There 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 spots 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. **No single person team is allowed in the relay division.**
11. **The relay runner and biker 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 biker 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. Tri -suits are recommended.**
3. **The BUD/SIBS and kayak/paddleboarders will provide swimmers safety. A kayak will lead the swim.**
4. **Wave hands over head or yell for assistance.**
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, rip currents, and man -eating-mancheets.**

7. **Swim course closes one hour after actual individuals and team 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.**
6. **A bicycle lap - check chute will be in the transition area. Please slow down to be counted. One bike at a time through the chute.**
7. **Call out your BIB number at all checkpoints.**
8. **All bicycle repair, undressing and dressing must be accomplished by the racer.**
9. **No complete wheel or bike changes except in the transition area.**
10. **Most of the course may have vehicular traffic, but security and safety vehicles will be on the road to help direct traffic.**
11. **If a problem develops on the course, stay on the road. Do not venture off of the road. There will be two sag - wagons on the course.**
12. **The bike course closes at 4 1/2 hours after individuals and teams actual swim start times.**
13. **Bike courses may differ from suggested course.**
14. **Absolutely no one but racers allowed in the bike transition area.**

15. **Failure to complete the bikerun is cause for disqualification.**
16. **Inform the nearest race official if you are unable to complete the bikerun.**

Run Course Rules

1. **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.**
2. **Check in with timekeeper at transition area PRIOR to start of run.**
3. **Racers must change into running gear by themselves.**
4. **All pavement running will be done on the road shoulder, against traffic.**
5. **DONOT RUN ON ICE - PLANTS NEAR THE CORONADO BEACH FENCE.**
6. **Call out your BIB number at both Building 710 and the other run designated check points.**
7. **The run course will close 7 1/2 hours after individuals and teams actual swim start times.**
8. **Stay ahead of your water needs.**
9. **Failure to complete the entire run course is cause for disqualification.**
10. **Inform officials if you do not complete the run course.**

Additional Information

**Up-to-date information is available by e-mailing SprFrog@aol.com.
After 10/25/01, please email for confirmation.
Log onto www.sdbeachlife.com for map & more entry forms.**

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

Directions

Take the Coronado Bridge/Hwy 75 exit off I-5 north or south. Bridgetoll is \$1 or free if you carpool. Stay in the far right lane for free lane. After toll booth, go straight. Road becomes 3rd Avenue. Go straight through Orange Avenue. Turn left on Alameda Ave. (3rd Ave. dead end 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 the 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 southeast 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 nor any other part of the Federal Government officially endorses any company, sponsor or their products or services.