

25TH ANNUAL ROTARY PINEAPPLE MAN™ TRIATHLON SILVER ANNIVERSARY



EVENT DATE
Sunday, June 6, 2010

EVENT TIME
07:00 AM

SOLD OUT !



2007 SOLD OUT – 2008 – SOLD OUT – 2009 SOLD OUT

Rotary Pineapple Man™ home page

<http://rotarypineappleman.org/>

View Registration List

<http://www.Multirace.com/>

USA Triathlon

<http://www.usatriathlon.org/>

Race Day Schedule:

5:00 – 6:30 am Packet Pickup {Arriving after 6:30 a.m. may cause you to miss the race}

- Body Marking Outside Community Center
- Timing Chip Pickup At Timing Trailer

5:00 Transition Area Open Race Number & Body Marked for entry

7:00 am First Wave Starts 5 minute intervals

- Refreshments - Giveaways - Prize Drawings – post race by the Community Center.
- Awards will be presented immediately after results have been tallied.

Distance:

.3 mile swim (triangle course around the historic Melbourne Beach pier in the Indian River Lagoon)

15 mile bike (out and back, includes 5.5 mile straight-away, follows string of ocean side parks and wildlife preserves south on A1A – long, straight, flat, fast)

3.3 mile run (peaceful residential beachside neighborhoods)

Registration: **CLOSED – SOLD OUT January 16th**

No Race Day Registrations!!!

Request to be Wait Listed by email: racedirector@rotarypineappleman.org

To view registration list go to: <http://www.Multirace.com/>

Fees:

NO REFUNDS - NO TRANSFERS – NO SUBSTITUTIONS

Receipt of registrant's cancellation notice before 4/1/2010 will receive a \$30 credit toward registration fees for the 2011 event.

Race Shirt will be mailed to you if cancel notification is made prior to June 1, 2010.

	12/16/2009 - 03/31/2010	04/01/2010 - 06/05/2010
Individuals	\$60	\$ 90
Relays	\$90	\$120



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USAT requirements:

Participants that do not have an annual USAT license must buy a \$10 – One-Day License. We highly recommend that all participants purchase an annual USAT license rather than a One-Day License. The cost is \$ 39 and provides the holder with insurance for all USAT sanctioned events for an entire year. It also comes with many other benefits and coupons for online purchases. See www.usatriathlon.org for more information. Fees from a single One-Day license may be applied to the purchase of an annual license, so keep your receipt.

Race Categories:

Please note that you can only be registered under one of the categories below. For example, you cannot register for Clydesdale and age group at the same time. Participants must select their category when they register. Changes cannot be made to categories once the race starts. It would not be fair to other participants if we let people change groups once the results have been posted and they had a chance to see in which category would result in a higher standing.

Age groups for both male and female start at 10-14 and go in 5 year increments to 80+ (10-14, 15-19, 20-24,....., 70-74, 75-79, 80+). By USAT rules, athletes' age groups are determined by their age on December 31st of that year. **You age up, not down.** This is so that you don't change age groups in the middle of the year.

Clydesdale & Athena Category

Clydesdale 185 Under 40 (Men under 40 years old weighing 185 to 199 lbs.),
Clydesdale 185 40+ (Men 40 years old and over weighing 185 to 199 lbs.),
Clydesdale 200 Under 40 (Men under 40 years old weighing 200 to 224 lbs.),
Clydesdale 200 40+ (Men 40 years old and over weighing 200 to 224 lbs.),
Clydesdale 225 Under 40 (Men under 40 years old weighing 225 lbs. and more),
Clydesdale 225 40+ (Men 40 years old and over weighing 225 lbs. and more),
Athena Under 40 (Women over 150 lbs.)
Athena 40+ (Women over 150 lbs.)

Fat Tire

This category is for those competing on bikes with wide tires and is intended for beginners who have not yet made the investment in a competition bike.

There are Male Fat Tire and Female Fat Tire categories.

Relay (2 or 3 person teams):

Male Relay, Female Relay, Coed Relay

Packet Pickup:

We recommend that you pick up your packets before Sunday to avoid lines on race day.

PER USAT RULES – YOU MUST PICK UP YOUR OWN PACKET – NO EXCEPTIONS

Thursday & Friday Packet Pickup - **June 3 & 4** 10:00 am until 6:30 pm

Address for Pickup: **Running Zone, 3680 N Wickham Road, Melbourne, FL 32935**
{ located between Post Road and Parkway Road just south of the King Center }

Saturday Packet Pickup - **June 5** 10:00 am until 5:00 pm

Race Day Packet Pickup - **June 6** 5:00 am until 6:30 am

Address for Pickup: **Melbourne Beach Community Center**
509 Ocean Avenue, Melbourne Beach, FL 32951

You must present a Photo ID and your Annual USAT license or fill out the One-Day USAT form and pay \$10 for a One-Day License.



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Packet Pickup Directions:

Take I-95 to 192 exit (Melbourne). Go East across Indian River to Hwy. A1A. Turn south and go several blocks to the next stop light where you will turn right, west on Ocean Avenue. The Community Center is the pink building with a semi-circle drive and will be on your left, south side.

Race Day Directions:

Take I-95 to 192 exit (Melbourne). Go East across Indian River to Hwy. A1A. Turn south and go several blocks to the next stop light where you will turn right, west on Ocean Avenue. The transition area will be in Ryckman Park next to the Indian River Lagoon just west of the Melbourne Beach Town Complex Community Center at 509 Ocean Avenue.

Finish Medals & Place Awards produced by **The Highland Mint**
1ST Place Overall Awards from **Williamsburg Marketplace**
1st, 2nd, 3rd Places Overall & Masters Winners
Prizes provided by **Running Zone**
All 1st Place receive pineapples from **Downtown Produce**

Hotel Information:

Hilton Melbourne Beach Oceanfront hotel 6 miles north of the event and
Doubletree Guest Suites Melbourne Beach Oceanfront suites 5 miles north.
<http://www.melbournebeachcoastfrontsuites.doubletree.com/> (321) 777-5000

B&B, Port D’ Hiver Seaside retreat just east up the street from race finish line.
<http://www.portdhiver.com/> (866) 621-7678

Sea View Resort Motel Classic Florida beach front motel 3.5 miles south of the event.
<http://www.seaviewmelbourne.com/> (321) 723-0566

Tuckaway Shores Resort Small beachfront hotel about a mile north from the event site.
<http://www.tuckawayshores.com/> (800) 820-1441

Course Description:

The swim takes place in the Indian River Lagoon at the historic Melbourne Beach Pier next to Ryckman Park on Ocean Avenue. Athletes will enter the water in waves, and from a standing start, swim the triangle course around the end of the pier. Participants will then advance from the pier to the transition area in Ryckman Park.

The bike course begins as participants exit the east end of the transition area and proceed through the neighboring residential area to a long, straight, flat, and fast out and back segment south on A1A along ocean-side parks, nature preserves and the beach. Riders will u-turn (police supervised) at the southern end point, Indian Landings and retrace the course north returning to the Ryckman Park transition area.

Participants will exit the west end of the transition area to start the run course which takes the runners north beside the Indian River Lagoon and loops through quiet, residential neighborhoods. Finishing on Ocean Avenue in front of the transition area and the historic Ryckman House.



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Volunteers:

We have many fun opportunities to help with the race. Fun support includes everything from participant registration or body marking to manning aid stations and course safety positions, or organizing cheering groups to encourage the race participants. Just let us know by emailing at racedirector@rotarypineappleman.org or calling 321-258-7291 to sign up. Volunteers will get T-shirts.

2010 ROTARY PINEAPPLE MAN™ TRIATHLON RACE MAPS

3 Mile Swim

- Wave start
- Loop around pier
- Keep buoys on your left

Indian River
Melbourne Beach
Ryckman Park

15 Mile Bike

- Out and back
- 5.5 mile straight-away
- Follows string of ocean side parks and wildlife preserves South on A1A
- Long, straight, flat, *fast*

Indian River
Atlantic Ocean
Indian Landing

3.3 Mile Run

- Loop through quiet, residential streets
- Start and finish at park next to swim course

Melbourne Beach
Transition



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