

TWENTY THIRD ANNUAL DAVID HANCOCK TRIATHLON

**SUNDAY
AUGUST 2, 2009**

**LONG BEACH
CALIFORNIA**

SWIM BIKE

RUN

REGISTRATION

Check-In: 6:00 A.M.
Race Starts: 6:45 A.M.
\$40 per person entry fee
Please reply by July 19TH

ENTRY INCLUDES

Official race T-shirt
Drinks & snacks
3 H₂O stations on run
1 H₂O station on bike
Volunteer support team
Post-race brunch
Awards for top three class finishers

- Men
- Women
- Teams

LOCATION

Bayshore Ave & Ocean Blvd
in Long Beach
Course travels through coastal regions of LA and Orange Counties

INFORMATION

David Hancock
258 Roycroft Avenue
Long Beach, CA 90803
(562) 221-5946
dht2009@davidhancocktriathlon.com

Scott Crawford
P.O. Box 19768
Stanford, CA
94309-9768
(650) 326-4337 (eves)
wsc@stanford.edu

COURSE INFO

SWIM - 1000 Meter Out and Back through Alamitos Bay
BIKE - 28 Mile Coastal Out and Back
RUN - 6.55 Mile Loop (1/4 Ironman Distances)

Cycling helmets required
Roads not closed for event
Water temperature 66-70
Wetsuits allowed
Please observe all traffic laws
No cycle drafting
BE SAFE
Course is FLAT and FAST
New Volunteers Welcome
- Please contact us

1 KM SWIM 28 MI BIKE 6.55 MI RUN
WWW.DAVIDHANCOCKTRIATHLON.COM

Swim - 0.62 mile / 1 km

The swim course is a dog-legged out-and-back, 500 meters in each direction. It starts on the east side of the swimming pier at Ocean Boulevard and 54th Place, follows the swimming area marker buoys north to turnaround buoy under the Second Street bridge, and returns to the east side of the same pier. Athletes must swim to the shoreward side of the swimming area marker buoys. The starting line is on the beach, about 50 feet from the shoreline. The swim finish line is upon exiting of the water east of the pier. The water temperature is expected to be 66-70 degrees. Although there is no surf, mild winds and currents are common.

Bike - 28 mile / 45 km

The bike course begins at the swim finish. The bike course starts with a 1km out-and-back on the peninsula, giving competitors a clear view of their nearest competition. From there it heads south/east out of Long Beach, then proceeds south on flat Pacific Coast Highway for just under 14 miles to the turnaround point at Magnolia Avenue in Huntington Beach. The finish line is at David Hancock's house at 258 Roycroft Avenue in Long Beach. Air temperatures are expected to be in the 60's or 70's. Mild winds are typical. A water station is provided at the turnaround.

Run - 6.5 mile / 10.5 km

The run course begins at David Hancock's house in Long Beach, and continues around a mostly flat, double-V shaped loop through Belmont Heights. The course takes an out-and-back route from the 3-2/3 to 5-1/3 mile marks, providing a clear view of the competition for the final miles of the race. The finish line is back at David's house. There are three water stations in addition to the facilities at the start/finish line.

23RD

EVENT RECORDS

Men 2:02:15

Sven Haug (2000)

Women 2:19:00

Beth Hibbard (2005)

Team 2:06:20

Swim Nick Saunders

Bike.. John Allen

Run .. Joe Carlson (2004)

ANNUAL

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HANCOCK

TRIATHLON

* Course has been the same since 1995

www.davidhancocktriathlon.com