

# Athlete Package Pick up Information

## 2008 Ventura Splash N Dash Series

**Package pick up for Sept race:** Saturday Sept 13, 2008 2:00 – 6:00 pm

Athlete package pick up will be at Inside Track Multi Sport store located at:  
38 W. Main St. Ventura, CA 93001 **phone # 805-643-1104**

Please bring your current USAT membership card with you and a photo id. If you have lost your washed yours you can go online and print a copy of your card. If you do not have a current USAT membership you will be charged for a one day USAT membership of \$10. **Cash or Checks only on Package pick up day.**

**Can I register for the race at package pick up?** Yes! Cash or Checks only.

**Can I register online and pick up my goodie bag and timing chip on race day?**

Yes, we encourage everyone to sign up online so that we make sure to have enough food for everyone. We want you to leave with a full meal and a smile.

### **Directions:**

<http://www.mapquest.com/maps/38+West+Main+st++Ventura++ca+93001>

Take the 101 fwy to the California Exit. Turn left on Main Street. You will come to the intersection of Main and Ventura Ave, just past that intersection you will see Inside track to your left. It's just across the street from the burger king.

### **Some Race day info:**

Park gates open at 7:00 a.m. parking is \$7.00 with coupon in your goodie bag

Transition area opens at 8:00 a.m.

Pre race meeting and course overview starts at 8:30 a.m.

Race starts at 9:00 a.m. Long course first and then the sprint course.

Awards and swag raffle start at 10:30 a.m.

### **Course Conditions:**

**Water temp:** it's usually a little chilly, around 55 to 65 ish degrees in June and gets a little warmer in July, August. Wet suits are highly recommended for this swim. We will have a team of professional life guards on duty and in the water during each race for your protection.

**The Run:** flat and fast! Water stations are at about every  $\frac{3}{4}$  of a mile. Sprint course is one loop and the long course is two loops. We will have water and Gatorade at each station.

### **The expo:**

**The food:** Great food from Aloha Steak house for athletes after the race, Noah's Bagels, Banana's, FRS Drinks, Kerns Nectar, Fluid Recovery Drink, Think Energy Bars, and a variety of healthy products from Whole Foods.

**The other cool stuff:** DHP Elite Training and triathlon gear, 2XU wetsuits, Etonic Shoes, Trek Bikes, Inside Track Multi Sport and others coming soon.