

Pale Kai Outrigger

Saturday, June 21st

Pineapple Express 2008 Ironman Race



Location & Race Course

Avila Beach is a secluded cove located along the beautiful Central Coast, approximately halfway between San Francisco and Los Angeles, about 10 miles south of San Luis Obispo.

Open Race: The 12 mile race heads 1 mile out to sea, turns south to catch the swells, and heads back up the coast along the cliffs to finish at the Avila pier.

Novice Race: The 5 mile novice race heads 1 mile out to sea, turns on a buoy to catch swells to White Rock, and returns to the Avila pier.

Schedule Of Events

6:00 am	Unload Canoes
7:00 am	Registration, Breakfast
8:00 am	Registration closes
8:00 am	Event starts with Novice steersperson meeting
8:15 am	Puli (race blessing)
8:30 am	Novice Race begins
9:30 am	Steersperson Meeting: Women, Co-ed, Men
10:00 am	Women's / Co-ed Race begins
12:30-4:00 pm	Lunch
12:30 pm	Men's race begins
3:00- 4:00 pm	Awards and Raffle Give-away

Non-SCORA crews must provide proof of insurance.

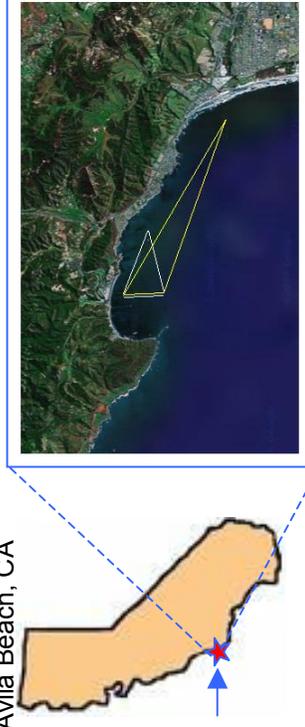
For More Information

Visit our web site: <http://www.palekai.org>

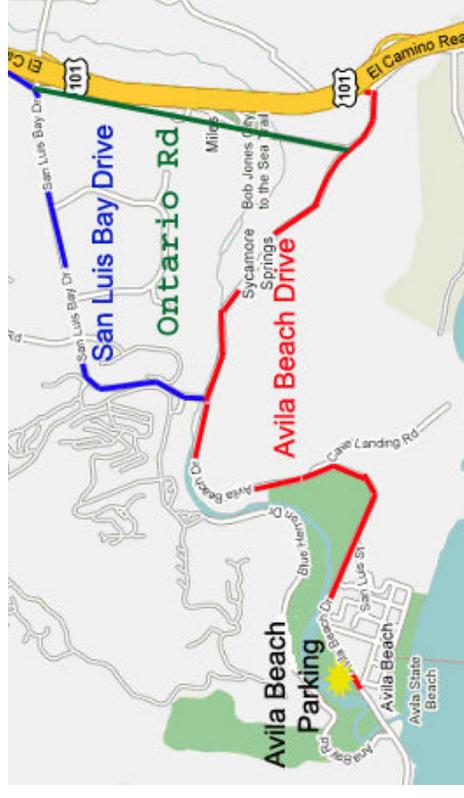
Call Pale Kai Outrigger Club Event Coordinator:

Lisa Molin sonicmonty2@aol.com (805) 710-0785

Avila Beach, CA



Directions



From Hwy 101 Northbound:

Cars and boat trailers: Take the "Avila Beach Dr." exit. Follow Avila Beach Drive approximately 2 miles to Avila Beach.

From Hwy 101 Southbound:

Vehicles pulling boat trailers:

After 4pm Friday: Take the 2nd exit labeled "Avila Beach Drive." (See above.)

Prior to 4pm Friday: Take the first Avila exit labeled "Avila Beach, San Luis Bay Drive." Proceed straight to Ontario Rd. Turn right on Avila Beach Drive.

Cars: Take the first Avila exit labeled "Avila Beach, San Luis Bay Drive." Turn right. After two miles turn right at the stoplight at the bridge onto Avila Beach Drive. Proceed 1 mile to the town of Avila Beach.

Race Site

Parking

Friday night: trailers park on the west side of Avila Beach Drive (orange line on map). Trailers must be moved to the golf course parking lot on Saturday morning.

Saturday: Signs on the side of the road will direct you to the car and trailer parking area, which will be on the golf course parking lot (yellow area on map). There is no parking on the lot on Friday night. Race attendees should park on the golf course parking lot to lessen the impact of our event on the Avila Beach community. \$5 per car, trailers free.

All vehicles must be moved off of the golf course by 6 p.m. Saturday or they will be towed.

Canoe offloading rigging/staging

Unload canoes at golf course (yellow area on map). Dolly canoes down San Juan Street to beach staging area.

Important

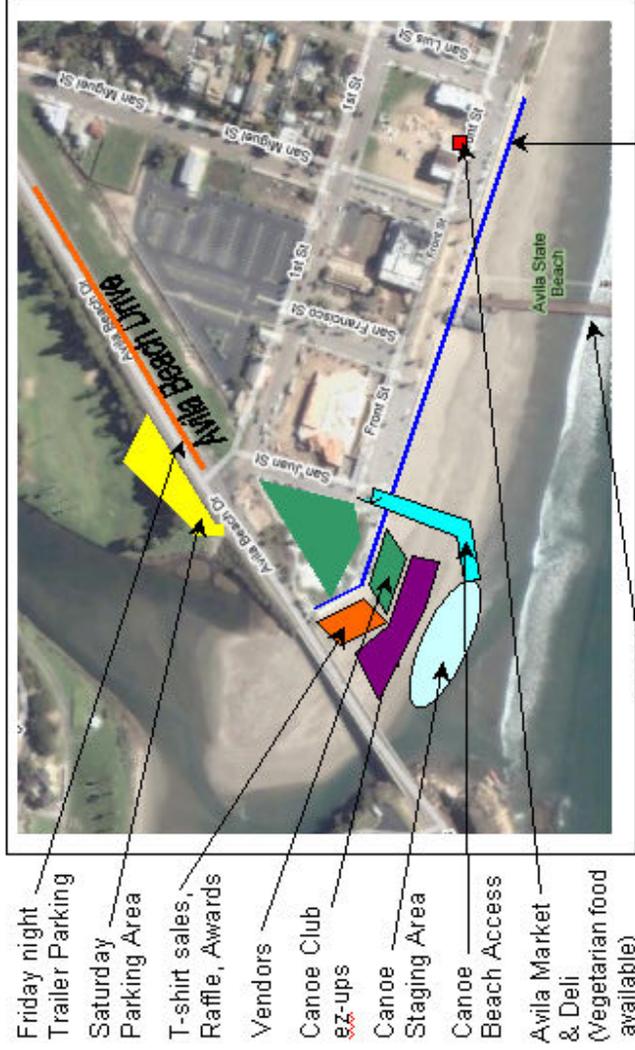
No glass and no dogs on the beach, no overnight camping in Avila Beach, absolutely no public consumption of alcohol (we want to keep our permit so that we may hold this event in future years).

Food, T-shirts, etc.

Breakfast: breakfast burritos, fruit, cereal, muffins, power bars, juice, coffee and other breakfast items.
Lunch: BBQ sandwiches, deli sandwiches/wraps (including a vegetarian option), fruit, chips, water, sodas.

Race T-shirts will be available for sale.

Showers (cold) are available on the beach.



End of pier is a good viewing spot for start/end of race. Sea Wall

Race Awards & Divisions

1st, 2nd, and 3rd place will be awarded for these divisions:
Novice Men, Women (SCORA Spec, Bradley)
Novice Coed
Open Men, Women (SCORA Spec, Bradley); Open Coed
Master Men, Women, Coed
Senior Master Men, Women
Golden Master Men, Women
19/under Men, Women (Short Course and Long Course)
16/under Girls, Boys

Raffle

Raffle: prizes include overnight stays at local resort hotels, award winning restaurant certificates, central coast wine tasting, coastal kayaking and much more to attract you back to this beautiful coastal community.