

# Pale Kai Outrigger Pineapple Express 2009 Iron Outrigger Race

Saturday, June 20<sup>st</sup>



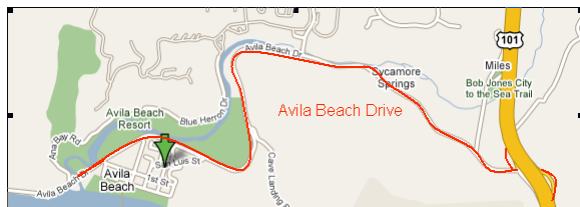
## Location & Race Course

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.

## Directions



From Hwy 101 Northbound:

Take the "**Avila Beach Dr.**" exit.

From Hwy 101 Southbound:

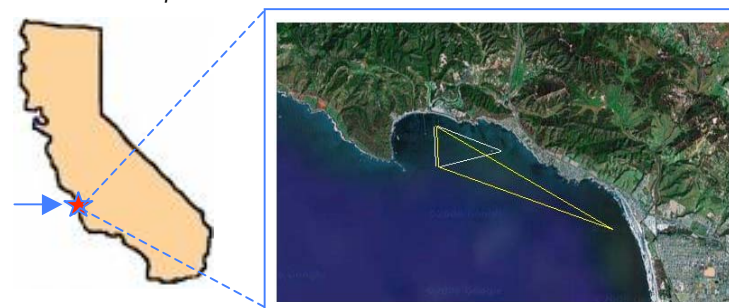
Take the first Avila exit that says, "Avila Beach, San Luis Bay Drive".

Or take the following exit that says, "**Avila Beach Dr.**"

Follow Avila Beach Drive approximately 2 miles to the town of Avila Beach.

**NCOCA Please note:** NCOCA crews must provide proof of insurance.

## Avila Beach, CA



## 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

## For More Information

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

Call Pale Kai Outrigger Club President:

Mike Shandroff 805-541-3503

## Race Site

### **Parking**

**Friday night:** trailers park on the west side of Avila Beach Drive (orange line on map). No parking on golf course Friday night.

**Saturday:** Parking on the Golf Course--\$5 per car, trailers free. Please park in the area provided on the golf course parking lot, to lessen the impact of our event on the streets of Avila Beach (yellow area on map). Parking permit can be downloaded from website. Cars must be moved off of the golf course by 9pm or will get 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 we can hold this event in future years).

## Food, T-shirts, Raffle, etc.

Breakfast: coffee, tea, fruit, muffins, juice, breakfast burritos.

Lunch: Wraps, Vegetarian meals available

Raffle (prizes include tropical art, fitness equipment and much more).

Race T-shirts will be available for sale.

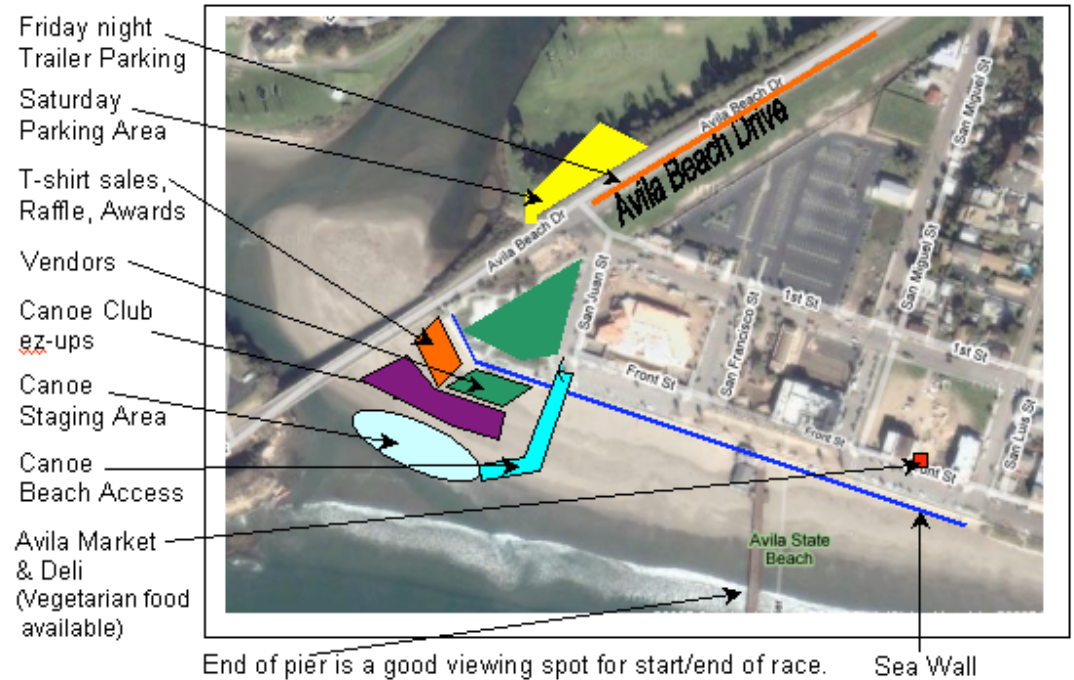
Showers (cold) are available on the beach.

## Lodging

Reserve a room now! Check our website, [www.palekai.org](http://www.palekai.org) for lodging options.

The Pismo Beach Car Show is happening this weekend and rooms will be hard to find.

Pale Kai Outrigger has reserved several rooms and campsites near Avila Beach including Avila Hot Springs camping. Call them at 805-595-2359 NOW and ask to be included in "the Pale Kai Reservation".



## Race Awards & Divisions

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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