



Swim-Bike-Run

Kalaheo, Hawaii

Sunday, June 28, 2009

Time: 6:00 am start at NIMITZ Beach, Sunday, June 28, 2009. Finish at NIMITZ Beach.

Distance: 500 meter swim, 13.4 mile bike, 5 kilometer run (distances are approximate).

Age requirement: Participants must be 12 years of age or older on June 28, 2009.

COURSE DESCRIPTION

OCEAN SWIM – 500 Meters

Start at Nimitz's Beach, swim south turning left around the large buoy. Swim east turning left around the second large buoy and head north to the swim finish transition area.

BIKE COURSE – 11.4 Miles

Start at Nimitz Beach, Coral Sea Rd North to Vinson. Right turn on Vinson to Philippine Sea, turn left. Proceed to Roosevelt Rd turn Left, proceed on Roosevelt Rd to the end and turn left on Boxer Rd. Boxer to Midway St, Midway to Langley, turn left. Langley to Enterprise turn Right. Enterprise to Saratoga turn right. Saratoga to Midway St. turn left. Midways St. to Roosevelt Rd turn right. Roosevelt Rd. to Coral Sea Rd. turn right. Coral Sea Rd. to Nimitz Beach

RUN COURSE – 5 Kilometers

Start at Run Exiting the transition area on Coral Sea Ave. Head east on Coral Sea. Turn right on Tripoli St and proceed to the turnaround. Return to Nimitz Beach/Finish line via the same route.

Transition Area opens at 4:45 am

All participants will be required to check in the morning of the race for chip pick-up and body marking.

The race will have two waves 3 minutes apart.

Wave 1 All individual men

Wave 2 All female and relays

Military Division. To be eligible for the Military Division, you must be active duty. The top 3 military will be taken out of their age group for award purposes. All remaining Military will be eligible for age group awards.