



**WELCOME to the**  
**17<sup>th</sup> Annual**  
**TEAM JAMBA LANIKAI TRIATHLON**  
 Kailua Beach Park  
 6am • Sunday April 15, 2018



**LOCATION:** Kailua Beach Park

**COURSE** – Approximately 500 meters swim, 10 miles bike, 3.5 miles run

**ATTENTION to your RACE START TIME:**

[Mandatory Pre-race meeting 6am in transition area] There will be **TWO** heats.  
 IF YOU ARE IN THE INCORRECT HEAT, YOU WILL NOT HAVE AN ACCURATE FINISH TIME:

- **FIRST HEAT** estimated start time: 6:15am – ALL MEN
- **SECOND HEAT** start time: THREE minutes later – ALL WOMEN & RELAY TEAM SWIMMERS

**(Please listen carefully to any additional instruction or changes during the pre-race meeting)**

**PARKING:** Public parking is limited. Carpooling is a great idea, or park and ride safely to start. Parking is available at the 2 beach park parking lots and on the street.

**RACE MORNING:** THERE IS NO RACE DAY REGISTRATION – race is closed. If you have picked up your race number and packet at packet pick-up, you do not need to check in at the registration table on race morning. Instead, please proceed to the TRANSITION AREA to:

- 1) Pick up **TIMING CHIP**
- 2) Be body marked with your race number
- 3) Rack your bike. Make sure bar ends are in place—see “Bar End Plugs” rule at <http://bocahawaii.com/wp-content/uploads/2016/07/USATBarEnds.pdf>
- 4) Position your run gear in the transition area

**TRANSITION AREA:** There is only one transition area. It will be used for the swim/bike transition as well as the bike/run transition. Athletes will be able to set up their race equipment (bike, helmet, shoes, run attire...) the morning of the race from 4:45am - 6:00am

**T-SHIRTS:** Event shirts will be given to participants at packet pick up. No size changing unless sizes available after event.

**TIMING:** Timing will be provided by Pacific Sport Events. Race results will be posted near awards/finish area and available later at [www.pseresults.com](http://www.pseresults.com) - Wear your timing chip! No chip, no time. (Chips will be collected after you cross finish line)

**MEDICAL:** Hawaiian Water Safety will be present at Kailua Beach Park. Nearest Hospital: Castle Medical Center.

**AID STATIONS:** Bike course – There will be no aid station on the bike course. Run course – Two aid stations will be available on the run course, one at the beginning transition area and one on the course (Gatorade & water)

**RACE NUMBERS & BODY MARKING:** Participants will be body marked with their race number on race day as they enter the transition area to set up their race gear (Note for Relay Teams: the swimmer and biker must be body marked with the team race number) A physical number is enclosed in your race packet and must be worn on the bike and run.

**A RACE BELT IS RECOMMENDED** (cut down on safety pin use), or pins are available at packet pick-up. RUN numbers must face FRONT and be clearly visible at all times—especially across finish line (back-up to timing chip)

**SWIM CAPS:** Thank you to AQUA SPHERE for your wonderful swim cap. Please save & recycle!

**FINISH LINE:** Post-race refreshments by JAMBA JUICE and KALAPAWAI MARKET

**AWARD CATEGORIES:** 3 overall athletes, male/female + Age groups (5 yr increments) top 3, male/female + Challenged athletes, male/female + Relay teams (men/women/mix) top 3 **ATTN: USAT RACING AGE IS AS OF 12/31/18**

**The Loyalty Award**– Any race participant, spectator, or volunteer spotted on the course who is wearing a race T-shirt from a past Lanikai Triathlon can be chosen to win a special award!

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## JAMBA JUICE LANIKAI TRIATHLON 2018

**REGULATIONS:** This is a USA Triathlon sanctioned race. We ask for your cooperation in following the swim-bike-run race regulations:

### SWIM GUIDELINES:

- ▶ PLEASE SEED YOURSELF ACCORDING TO YOUR SWIMMING ABILITY; fast in front, slower in back
- ▶ No flotation devices, fins, paddles, snorkels, etc...

### BIKE GUIDELINES:

- ▶ Participants **MUST WEAR A HELMET** which must be buckled before leaving the transition area
- ▶ It is recommended to wear a bike jersey, gloves, bike shorts, and eye protection (clear lens preferably, if it is a cloudy day)
- ▶ Riding your bike in the transition area is prohibited
- ▶ When passing other bikers please pass on the left and yell "on your left". Please pass safely.
- ▶ If you need to stop on the bike course or need to walk your bike in some areas, please stay on the far right side of the road
- ▶ All competitors are required to follow the prescribed course and to stay within all directed areas. Cutting the course is an obvious violation and going outside the course is a safety issue
- ▶ Carry a spare tube, pump or CO2 cartridges, tire levers and "drink" (i.e. water, sports drink, etc...)

### RUN GUIDELINES:

- ▶ All runners are required to wear race numbers at all times during the run
- ▶ Numbers must face the front and be clearly visible at all times, or you may receive a time penalty
- ▶ Barefoot running is not allowed; proper shoes must be worn

### REMINDERS:

- ▶ Do not leave any equipment or personal gear on the race course
- ▶ Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA triathlon officials, volunteers, spectators, or fellow athletes is forbidden.

Thank you for your cooperation, Have a safe and enjoyable race... Good luck!

++ [REVIEW USAT Guidelines](http://www.usatriathlon.org/about-multisport/rulebook/most-common-violations.aspx) at [www.usatriathlon.org/about-multisport/rulebook/most-common-violations.aspx](http://www.usatriathlon.org/about-multisport/rulebook/most-common-violations.aspx)

Raul Boca Torres  
Race Director



A Warm Mahalo goes out to all the sponsors that help make the  
2018 TEAM JAMBA LANIKAI TRIATHLON a great success!

