

KALAPAWAI LANIKAI TRIATHLON 2023

RACE DAY INFO

LOCATION: Kailua Beach Park

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

RACE START TIME - ATTENTION to your 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)

BEACH START: Athletes will line up on the beach and enter the water when the start siren for their heat goes off.

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

RACE MORNING: If you have picked up your race number at packet pick-up, you do not need to check in at the registration table.

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. IMPORTANT: Make sure handle bar BAR ENDS are in place—see “Bar End Plugs” rule at

<http://bocahawaii.com/wp-content/uploads/2016/07/USATBarEnds.pdf>

4) POSITION 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 - 5:55am

T-SHIRTS: Event shirts will be given to participants at packet pick up. Late registrants are not guaranteed a shirt, but we do our best to order extra and accommodate everyone. Please understand. No size changing unless sizes available after event.

TIMING: Timing will be provided by Pacific Sport Events: <https://pseresults.com/>.

Race results will be posted near awards/finish area and available later at

www.pseresults.com -- Wear your timing chip! No chip, no time.

(Chips will be collected after you cross finish line)

MEDICAL: Lifeguards 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)

FINISH LINE REFRESHMENTS will be provided by KALAPAWAI MARKET.

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 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: Please provide your own swim cap. Save & recycle

AWARD CATEGORIES: 3 overall athletes, male/female + Age groups (5 yr increments) top 3, male/female + Challenged athletes, male/female + Relay teams (men/wom/mix)

ATTN: USAT **RACING AGE IS AS OF 12/31/2023** (used for awards categories)

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!

KALAPAWAI LANIKAI TRIATHLON

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REGULATIONS: This is a USA Triathlon sanctioned race. We ask for your cooperation in 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 at

www.usatriathlon.org/about-multisport/rulebook/most-common-violations.aspx

Raul Boca

Race Director