

KALAPAWAI LANIKAI TRIATHLON 2026

RACE 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: 6:10am – 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 the 2 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.
- 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.

SWIM CAPS: Swim caps for the event will be provided.

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 (Hydrate sports drink & 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 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)

AWARD CATEGORIES: 3 overall athletes, male/female + Age groups (5 yr increments) top 3, male/female + 1st Challenged athlete, male/female + Relay teams (men/wom/mix)
ATTN: USAT RACING AGE IS AS OF 12/31/26

MASSAGE: Post event recovery massage will be provided by JACO REHAB

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!