



**WELCOME to the 8th Annual
JACO REHAB / JAMBA JUICE LANIKAI TRIATHLON 2009**
Kailua Beach Park Sunday, April 19



LOCATION: Kailua Beach Park (Kailua, Island of Oahu)

Directions: From Waikiki and Downtown-- H-1 freeway West to Pali Highway (61)—Pali Highway into Kailua Town. Continue on Kuulei Road (0.6 mi). Turn right at S. Kalaheo Street (0.6 mi). Follow to over bridge to Kailua Beach Park on your left across from Buzz's restaurant.

COURSE – Approximately 500 meters swim, 20K bike, 5.5K run

RACE START TIME: (Mandatory Pre-race meeting 6:00am in transition area) There will be TWO heats:

- 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 beach park 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/races.php#lanikai>)
- 4) Position your run gear

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. Time cards (splits, overall time, etc...) will be available for post-race printing at www.finishercards.com

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. Pins (available at packet pick-up) or a race belt may be used. RUN numbers must face FRONT and be clearly visible at all times.

SWIM CAPS: Please bring & wear a swim cap race morning

FINISH LINE: Post-race refreshments by JAMBA JUICE and Agnes Portuguese Bake Shop

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

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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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 More USAT Guidelines](#) in your race packet and at www.bocahawaii.com. See "RACES" and click on "USAT Rules" under the Lanikai Triathlon info

Raul Boca Torres
Race Director



A Warm Mahalo goes out to all the sponsors that help make the
2009 JACO REHAB / JAMBA JUICE LANIKAI TRIATHLON a great success!