



**JACO**



**Jamba Juice.**

# Lanikai Triathlon 2010

**Sunday April 18 • 6:15AM • Kailua Beach Park**

500 m swim parallel to the beach - 20K bike course on to Kaneohe Marine Corps Base - 5K run on Lanikai Loop

**Great practice  
race for the  
Honolulu  
Triathlon!**

*Triathlon fun is back in Kailua! The 9th Annual Lanikai race will add forward motion to the upcoming triathlon season. This quality race brought to island athletes by BOCA Hawaii will challenge the experienced and thrill the novice participants. The sprint distance course is a beautiful, fast, safe course--great for first time triathletes. Come join this terrific event with its awesome team of race organizers and active sponsors.*

**More info at [www.bocahawaii.com](http://www.bocahawaii.com)**



**Register at [www.bocahawaii.com](http://www.bocahawaii.com) --Race sold out in '04 - '09, so sign up early!**

## JACO REHAB - JAMBA JUICE LANIKAI TRIATHLON 2010

### ENTRY FEES

Regular Entry by March 30th  
(After Mar 30, add \$10 late fee)

Individual \$90  
Team \$100

Late fee \$10  
(after 3/30/10)

USAT one-day license  
\$10 per athlete  
(Annual USAT members do not pay  
\$10 fee, but must present license  
at packet pick up)



TOTAL  
ENCLOSED = \$ \_\_\_\_\_

Fill out form & mail with check to:

**BOCA HAWAII - 330 Cooke Street  
Honolulu, HI 96813**



### INDIVIDUAL ATHLETE :

Last name \_\_\_\_\_ first name \_\_\_\_\_  
Address \_\_\_\_\_ T-shirt (circle) S M L X  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
Gender: M F USAT race age (as of 12/31/10): \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### RELAY TEAM :

CIRCLE:	MEN	WOMEN	MIXED	T-shirt sizes
SWIMMER	_____	_____	_____	S M L X (circle)
BIKER	_____	_____	_____	S M L X (circle)
RUNNER	_____	_____	_____	S M L X (circle)

TEAM CAPTAIN: Address: \_\_\_\_\_  
 swimmer  
 biker Phone: \_\_\_\_\_ email: \_\_\_\_\_  
 runner

*I AGREE to sign the USA Triathlon waiver AND Kaneohe Marine Corps Base waiver at packet pick-up. I understand that without signing the waiver form(s), I may not participate in this race. (Parent or guardian must sign if entrant is under 18 years old)*

### signature(s):

INDIVIDUAL or 1st relay athlete \_\_\_\_\_ DATE \_\_\_\_\_  
2nd relay athlete \_\_\_\_\_ DATE \_\_\_\_\_  
3rd relay athlete \_\_\_\_\_ DATE \_\_\_\_\_  
PARENT /LEGAL GUARDIAN (if under 18) \_\_\_\_\_ DATE \_\_\_\_\_