



PRE-RACE BRIEFING

Please read carefully and pay attention to details.
It is YOUR responsibility to know the course.



JAPAN AIRLINES



THANK YOU
for participating in the
13TH Annual Honolulu
Triathlon



JAPAN AIRLINES



General Course Map



CVSTOS
 THE TIME KEEPER
TRIATHLON
 International Festival of Sports



Map key

| | | | | | |
|-------------|---------------|----------------|--|-------------------------|--------------|
| H2O - water | Bike Mechanic | 5km Kilometers | Finisher Medal | Olympic Swim 1500m | Swim - 1500m |
| Gatorade | Refreshments | Turnaround | Chip Check Mat (Athletes must cross ALL timing mats including mid-course timing mats) | Sprint/Junior Swim 750m | Bike - 40k |
| Medical Aid | Restrooms | | | Youth Swim 400m | Run - 10k |



SECURITY ANNOUNCEMENT

Security is uppermost on our minds. We will be following a security protocol in asking athletes and spectators not to bring **BACKPACKS or BAGS** larger than 14 x10 x 8 inches to the Start Line, Transition, Finish Line and Festival Areas. This includes during packet pickup. **Leave your bags in the car.**

RACE DAY: TRI-bags or bags carrying your equipment are allowed inside the transition area next to your bike however; only athletes are allowed in the Transition Area....**PERIOD!**

Smaller purses or bags may be subject to search upon entry to the event area. Please be understanding if security personnel ask you not to bring a bag into the area, or ask to look in your bag - our No. 1 concern is the safety of all our athletes, volunteers, spectators and sponsors.

Thank you for your understanding.

The Honolulu Triathlon Race Organization.

CAUTION

The **Bike & Run Courses** have potholes and steel plates which can be slippery.

Watch for uneven surfaces.

Please use **CAUTION** when competing in this event.

Honolulu Triathlon Race Organization

IMPORTANT

SOUVENIR WRISTBANDS ON 10K RUN COURSE

The 10K Run Course has 2 Loops. So that you and our course marshals know which one you're on, you will be given a wristband as you enter the **2ND LOOP.**

Please place on your **RIGHT...RIGHT** arm/wrist.

Sample Wristband



PACKET PICKUP



FRIDAY
Ala Moana Beach Park
Magic Island
3:00pm - 6:00pm

SATURDAY
Ala Moana Beach Park
Magic Island
10:30am - 5:00pm

1. Attend Pre-Race Briefing Or have signed affidavit that you read the briefing on-line.
2. Get in line - Alphabetically by last name.
3. Receive packet:
 - BIB #, Bike Number, Pins, Wristband, Swim Cap, T-shirt
 - > No changing of T-shirt sizes until after the race.
 - > Late registrations will receive a shirt IF they are available AFTER the event.

ALL Triathletes participating in the Honolulu Triathlon International Festival of Sports must attend one of the pre-race briefings OR read the briefing on-line from the website prior to picking up their race packet. Athletes will be required to show a valid Government issued photo identification card, as well as a valid USAT membership card or pay the one-day membership fee to pick up their packet.

No one is allowed to pick-up another athlete's packet except for parents of kids ages 7-10, Relay Teams or with special electronic permission from the Event Organizer. One member from each team will be allowed to pick-up the Team Packet. On race morning the rest of the team members must be Body Stamped.

The pre-race briefings will be held the Saturday before the race. The pre-race briefings will take place at Magic Island in Ala Moana Beach Park, located at 1201 Ala Moana Blvd. See the event schedule for times.

After attending the pre-race briefing, athletes will be receive a competitors wristband and be directed to packet pick-up.



No Pre-Race Racking of Bikes. Ride and Arrive Early.

COLOR CODED RACE COURSE

This course is color coded to make it easier for you to navigate.
It is your responsibility to know the course as stated in the
USAT Rules.

- At Packet Pickup, you will receive a wristband for your event.
 - Place it on your LEFT LEFT wrist.

- **CONE COLORS**

-  ORANGE - Olympic TRI, Olympic Relays, 10K Run
-  GREEN - Sprint TRI, Sprint Relays, Juniors
-  BLUE - Youth, Kids

- When on the BIKE & RUN course, Color Cones will direct you at critical points.
- This wristband MUST be worn at all times. ON THE LEFT WRIST.
No wristband, No timing chip, No food...NO RACE!!!!

RACE DAY EVENT PARKING

A limited amount of event parking will be available.

First Come, First Served

MAGIC ISLAND - ONLY

IF you do not get a parking pass you **MUST** park outside the park in the surrounding areas.

You may pick up a event parking pass for when you pickup your race packet.

RACE DAY SCHEDULE



| | |
|---|-------------|
| Transition Area Opens | 4:00 - 5:30 |
| Swim Course Open For Warm-Ups | 5:00 - 5:30 |
| Blessing, National Anthem, National Anthem of Hawaii (Hawai'i Pono'i) | 5:40 |

Olympic TRI - SWIM STARTS

| | | |
|--------|--------------------------|------|
| Wave 1 | ELITES | 5:45 |
| Wave 2 | Male 34 & under | 5:48 |
| Wave 3 | Male 35 - 39 | 5:51 |
| Wave 4 | Female 39 & under | 5:54 |
| Wave 5 | Male 40 - 49 | 5:57 |
| Wave 6 | Female 40 & over, Relays | 6:00 |
| Wave 7 | Male 50 & Over | 6:03 |

SPRINT TRI - SWIM STARTS

| | |
|-----------------|-------|
| MEN | 6:45 |
| WOMEN / Relays | 6:48 |
| Juniors (16-19) | 6:51 |
| Youth (11-15) | 7:00 |
| 10K Run | 7:30 |
| Kids TRI (7-10) | 10:00 |

YOU WILL NOT BE ABLE TO REMOVE YOUR BIKE FROM THE TRANSITION AREA UNTIL AFTER THE KIDS TRI IS COMPLETED.



RACE DAY

- TRANSITION AREA: opens at 4:00am and close at 5:30am.
 - **NO EXCEPTIONS**
- **BODY MARKING:** Your race number tattooed on your **LEFT & RIGHT** upper arms. This is for safety and identification for each athlete.
- Make last minute adjustments and drop off personal items such as: helmets, towels, running shoes, etc.
- In the Transition Area you will find bike support.
- You will be directed to the Starting Area by volunteers and the announcer. Please follow their instructions.



RACE DAY

- Report to the Timing Chip distribution area. Each athlete will be checked for their Wristband to ensure they receive the correct timing chip.
- Once you have your Timing Chip, move to the starting line and wait for your start.
- At the Start area you will find:
 - Aid Station complete with water
 - Timing Chip Distribution
 - Emergency Medical Assistance
 - Portable Restroom facilities



RACE DAY

- Wetsuits are allowed in competition IF the water temps are below 78 degrees. If the water is above 78 degrees, athletes may wear wetsuits but they will not be eligible for awards.
- Before the start of the race, the following will take place:
 - Blessing
 - The USA National Anthem
 - National Anthem of Hawaii (Hawai'i Pono'i)
 - Final Announcements

**Please be respectful during the playing of both
Anthems and listen to the race announcer.**

OLYMPIC SWIM - 1500 meters
SPRINT/JUNIOR SWIM - 750 meters
YOUTH SWIM - 400 meters

SWIM COURSE - SINGLE LOOP



- To stay on course, you must follow the string of YELLOW buoy's and remember to keep the buoy's on the left side of your body at all times.
- As you reach your TURN BUOY you will be met by lifeguards on rescue surfboards signifying that a course change is approaching.
- The swim course will be monitored by Ocean Certified Life Guards on rescue surf boards, and jet skis.

SWIM START CORAL

1. Do not enter the Swim Coral until your wave is called.
2. Follow the instructions from the starter.
3. Once inside the coral you can not leave for any reason.
4. Only participants are allowed inside the coral.





LEAVING THE SWIM COURSE

- You will leave the water and run through the swim exit chute.
- If you dropped off any personal items prior to the start, pick them up at this time.
 - You will be directed to the transition area by volunteers.
 - The run to the transition area is approximately 200 feet. This run will be lined with cones and volunteers directing you.
 - This area is for athletes **ONLY!** Family members and friends will NOT be allowed into the transition area.



TRANSITIONING

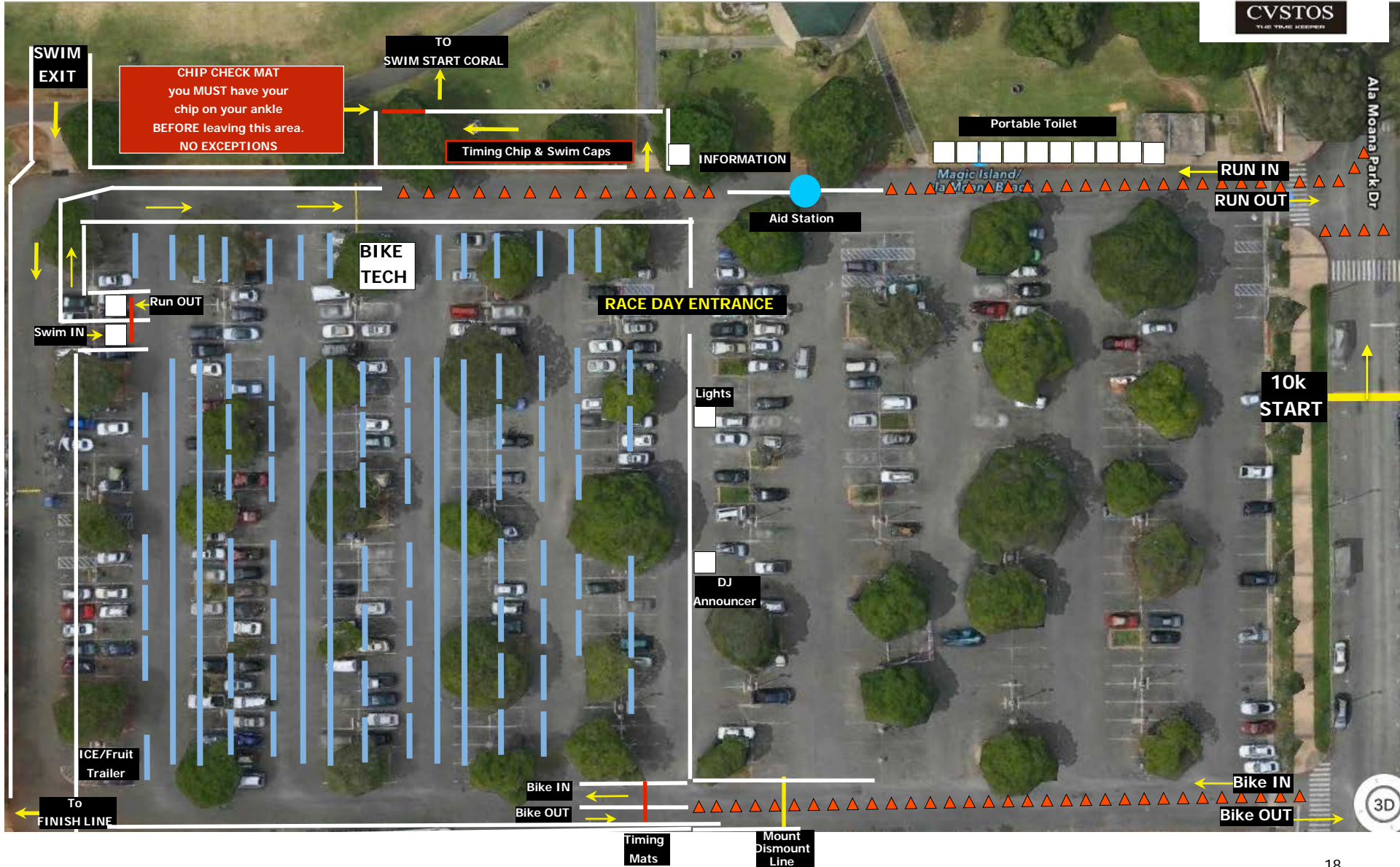
- When you arrive in the transition area following the swim you will be instructed by volunteers to go to your bike at it's numbered position.
- Once your helmet is on, you can take your bike from the bike rack and run or walk to the bike exit of the transition area.
- At the exit to transition, you will be directed to the mount / dismount line outside of the transition area. Once you've crossed the MOUNT line you will be able to get onto your bike and begin the bike course.
- IF you are a RELAY TEAM member. Your hand-off is at your teams bike.

TRANSITION AREA - MAGIC ISLAND Ala Moana Beach Park



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TRI-AGE TRIATHLON



MODIFIED BIKE COURSE

**PLEASE PAY ATTENTION TO THE BIKE COURSE CHANGE
FOR THE OLYMPIC DISTANCE**

**Because of construction on Nimetz Hwy in front of Pearl Harbor
we had to modify the olympic bike course.**

Riders will make three (3) 180 turns under the viaduct just pass Lagoon Drive.

PAY ATTENTION TO THE CONING AND SIGNS

**STUDY THE COURSE MAPS
It is YOUR responsibility to know the course.**

COURSE UPDATE

Olympic Turnaround

← outbound →
Mauka/West Bound side of Nimitz

← inbound →
Makai/East Bound side of Nimitz

Olympic Triathlon



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Map key

H2O - water

Bike Mechanic

5km Kilometers

Finisher Medal

Olympic Swim 1500m

Swim - 1500m

Gatorade

Refreshments

Turnaround

Chip Check Mat
(Athletes must cross ALL timing mats including mid-course timing mats)

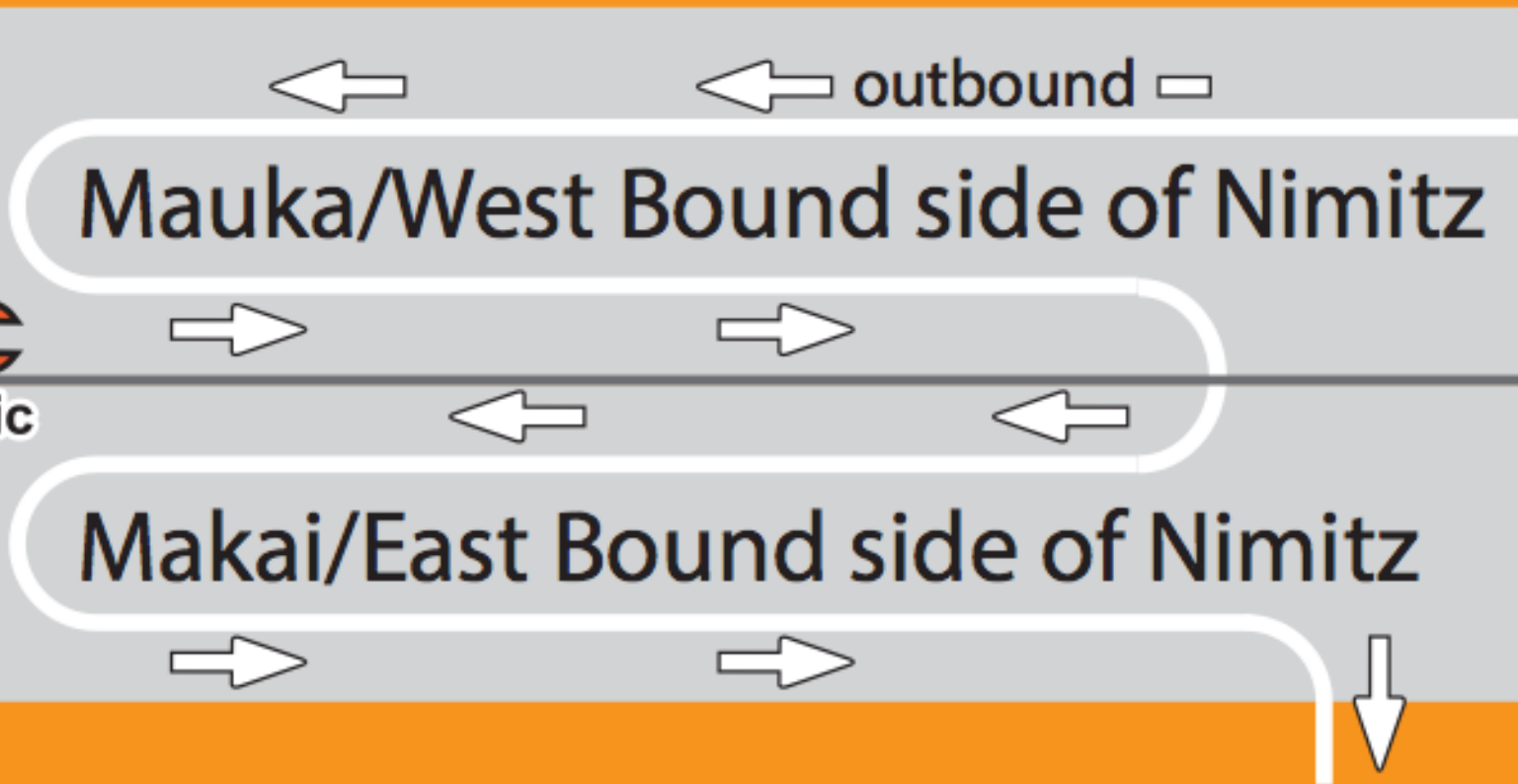
Bike - 40k

Medical Aid

Restrooms

Run - 10k

Olympic Turnaround



BIKE COURSE OLYMPIC (40K - 24 MILES)



STUDY THE COURSE MAPS
It is YOUR responsibility to know the course.

- The bike course proceeds onto Ala Moana Blvd. heading WEST to Nimitz Highway.
- Take Nimitz Highway under the viaduct. Follow the coning. There will be (3) 180 Turns underneath the viaduct. Pay Attention and **SLOW DOWN** on the turns.
- Once the (3) 180 turns are completed you will turn **RIGHT** onto Lagoon Drive.
- You will ride out to the end of Lagoon Drive, make a 180 turn and comeback along the eastern side of Lagoon Drive.
- Remember as you reach transition, get off your bike **BEFORE** you cross the DISMOUNT line.



KEY POINTS

- **CAUTION:** There are several Speed Bumps in the park on the Bike and Run. (DO NOT GO AROUND THEM). Slow down and exercise caution when going over the Speed Bumps.
- Watch for different road surfaces on the bike and run. There are some curbs so watch where your step.
- Aid is available on the Bike, Run and in the Race Venue Area.
- There are 3 Bike Mechanical Support Stations on the course:
 - Magic Island – Transition Area
 - Under the Viaduct at the 180 Technical Turns.
 - End of Laguna Drive - Turn Around

BIKE COURSE SPRINT/JUNIOR (20K - 12.4 MILES)



STUDY THE COURSE MAPS
It is YOUR responsibility to know the course.

- The 20K bike course proceeds along Ala Moana Blvd. to the Nimitz Highway.
- Take the Nimitz Highway under the viaduct to Lagoon Drive.
- You make a U-TURN and head back to Ala Moana Beach Park and transition.
- Remember as you reach transition, get off your bike BEFORE you cross the DISMOUNT line.

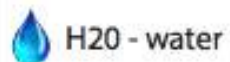
Sprint / Junior Triathlon



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Map key



H2O - water



Bike Mechanic



5km Kilometers



Sprint/Junior
Swim 750m

Swim 750m



Gatorade



Refreshments



3mi Miles



Finisher
Medal

Bike - 20k



Medical Aid



Restrooms



Turnaround

Run - 5k

BIKE COURSE YOUTH (10K - 6.2 MILES)



STUDY THE COURSE MAPS
It is YOUR responsibility to know the course.

- The 10K bike course proceeds along Ala Moana Blvd. to a intersection (Nimitz and Alakawa St.)
- You will make a U-TURN at this intersection.
- You need to SLOW DOWN and watch for other bikers and follow the instructions of the Course Monitors.
- Remember as you reach transition, get off your bike BEFORE you cross the DISMOUNT line.

Youth Triathlon



Map key

H2O - water

Bike Mechanic

5km Kilometers

Youth Swim 400m

Swim 400m

Gatorade

Refreshments

3mi Miles

Finisher Medal

Bike - 10k

Medical Aid

Restrooms

Turnaround

Run - 2.5k

Kids Triathlon



Map Key - ages 7-8

Swim - 50m



Bike - 1 lap



Run - 1k



Map Key - ages 9-10

Swim - 100m



Bike - 2 laps



Run - 1k



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Map key



H2O - water



Medical Aid



Refreshments



Gatorade



Restrooms



Finisher Medal

RUN COURSE

10K - (6.2 Miles)



STUDY THE COURSE MAPS
It is YOUR responsibility to know the course.

The run begins at the Transition Area – Magic Island. Make your way through the park to the WEST entrance. At that entrance you will take a RIGHT onto a short path.

At the first bridge make a RIGHT cross over then make a LEFT running on the inside path heading towards the EAST entrance.

At the (White Arch) bridge, take a RIGHT. At the beach road take a LEFT and run around the lagoon. Once you are heading back towards the (White Arch) bridge you will make a short right then left onto the outside path which goes along Ala Moana Blvd.

Watch for signs and cones directing you to cross a bridge to begin your second loop make a LEFT and pick up your wristband. Run the loop again. At the end of the path re-join the beach road heading back towards Magic Island and the finish line. You pass the transition area and make a loop around Magic Island and head towards the finish line.

Study the maps and course. Signs, Coning, and Course Marshals will be provided.
There are 3 aid stations on the run course.

BE SURE TO PICKUP YOUR WRISTBAND ON THE 2nd LOOP

10K Run



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Map key



H2O - water



Gatorade



Refreshments



Medical Aid



Restrooms



Chip Check Mat
(Athletes must cross ALL timing mats including mid-course timing mats)



Kilometers



Finisher Medal

WATER AID STATIONS



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Map key

- | | | |
|--------------|-------------|------------|
| H2O - water | Medical Aid | Kilometers |
| Gatorade | Restrooms | Miles |
| Refreshments | | |



THINGS TO REMEMBER

- No Pre-Race racking of bikes. Bring them race morning.
- Transition opens at 4:00 am. Make sure you arrive EARLY!
- Race start times have been adjusted. Study the Schedule of Events.
- Make sure you apply your Tattoo number BEFORE coming to the event.
- No Nudity.
- This is a Non-Drafting event. Study the USAT Rules.
- Make sure you start in the correct wave!!
- Study the maps. It is YOUR responsibility to Know The Course.
- IF you are NOT a member of USA Triathlon you are required to pay the one day licensing fee. \$15.00 Adults, \$10 for Youth (17 & under).
- Timing Chip and Strap must be returned or you will be charged \$40.00 USD!!!!



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DROPPING OUT OF THE RACE

READ VERY CAREFULLY!!!

If you quit this event once you have the TIMING CHIP,
please check-in with any race official immediately and surrender your chip.

**WE NEED TO KNOW
IF YOU HAVE DROPPED OUT!**

We rather not spend days looking for you.

THANK YOU!



RULES

- This is a USA Triathlon Sanctioned Event.
- The USA Triathlon Competitive Rules are in effect and will be enforced throughout the event.
- Review the most current USA Triathlon Competitive Rules at: <http://triathlon.teamusa.org>

The Most Commonly Violated Rules and Penalties

HELMETS:

- Wear helmets approved by U.S. Consumer Product Safety Commission (CPSC).
- Helmets MUST be worn while anytime on the bike, with chin straps buckled.
- No Outside Assistance Allowed in the transition area or on the race course. Only athletes with color wristbands will be allowed in the transition area. NO EXCEPTIONS!

TRANSITION AREA:

- Equipment must be placed in your designated area. Other athlete's equipment must not be interfered with. This means moving or relocating other athlete's bike / equipment.
- Handle Bar End Plugs must be solidly plugged. Check the ends of your handle bars.
- No Glass (water bottles, coffee cups, etc...) in the transition area. NO EXCEPTIONS!



RULES

- **DRAFTING:** Keep at least 3 bike length of clear space between you and the cyclist in front. If you move into the drafting zone, pass within 15 seconds.
- **POSITION:** Keep to the right hand side of the lane of travel unless passing.
- **BLOCKING:** Riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.
- **OVERTAKING:** Once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.
- **Unsportsmanlike Conduct:** Foul Language or other unsportsmanlike conduct directed at race officials, USA Triathlon Officials, volunteers, spectators and athletes is forbidden.
- **NO** headphones, headsets, iPods, mp3 players, cell phones **NO EXCEPTIONS!**
- **Race Numbers:** must be worn so that it is visible during the run.
- **Abandonment of Equipment:** No littering of any equipment or garbage on the course.



YOUTH 11-12

- **Why a Youth Race?**

Youth / Junior races provide young athletes the opportunity to develop their skills for National and International racing.

- **DRAFTING:** This is NOT a draft legal race.

- **BIKES:** Road bikes only. **HELMETS:** Must be worn when riding the bike with chin straps buckled.

- **AEROBARS:**

Straight forward clip-on handlebars must be bridged with a solid material, and must not carry forward facing brake levers; bars must be capped and present a continuous loop.

- **POSITION:** Keep to the right hand side of the lane at all times. Pass on the left of a cyclist.

- **BLOCKING:**

Riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

- **RACE NUMBERS:**

If you have an ITU suit with name on the front and back; race numbers are not required.

- **ABANDONMENT OF EQUIPMENT:**

You may not leave any equipment or garbage on the course.



2016

To pickup your race packet you MUST bring this signed affidavit confirming that you have read and understand the briefing.

I have read the Race Briefing On-Line, I understand the information that I read. I agree to adhere to all rules, instructions and safety warnings set forth by the race committee and this event.

I do understand and accept that there will be a FAA registered UAS (or lightweight drone) operated by a FAA approved aerial company safely operating within the parameters of activity set forth by the FAA. This drone will be flying on an mutually agreed upon safe, and legal, flight path in accordance with the event coordinators. Also, I do understand and accept that any footage, by this sanctioned drone, may be used for event promotional purposes.

PRINT Name

Sign Name

Parent or Guardian IF athlete is under
18 years of age.

Date