



HALEIWA TRIATHLON Rules

Aloha, Welcome to the Haleiwa Triathlon presented by the Runners Hi

Start Time: 6:30 am

Mandatory Meeting at 6:15 am

Race Numbers/ Timing Chips: Timing chips must be picked up by 6:15 am race morning. Body Mark race number on upper arm, chip goes on left ankle, race number is for the run, you must have it on the front of you run shirt or shorts.

Registration: 4:30 am-5: 30 am

Late Registration: (if available) Opens at 4:30 am and closes at 5:30 am No guarantee of T-Shirt for late entries

Course: 400-meter swim, 12-mile bike (3 loops of Haleiwa Town), 3 mile run. Do not go on the run course prior to the race, you will be trespassing and we could lose our permit!

NOTE: Participants in the Haleiwa Triathlon should have trained adequately, be in excellent health and be properly prepared for the race. Participants must complete the entire course in order to be eligible for awards and finish times.

SWIM

- No Nudity, please change in the restrooms at the West side of the park.
- Swim caps are not required!
- The swim will ONE WAVE, Men & Women & Teams start together
- Beach Start
- Clockwise course with two buoys, keep this on your Right Shoulder.
- Please seed yourself in the back if you are not a strong swimmer!
- No Fins, paddles, snorkel or wet suits allowed, speed suits are OK
- Swimmers who have received assistance in completing the course or have gained forward progress with help are not allowed to continue the race.
- Emergencies: A swimmer who is having trouble should raise their arms, waive and call out to water patrol for assistance.
- Swim starts and finishes across from 'Haleiwa Beach House' restaurant, former Jameson By the Sea Restaurant. Beach start; follow buoys in a clockwise direction keeping buoys on your right. Exit water following flags, orange cones & crime scene tape down the beach and across the park to the bike corral for ride segment.

BIKE

- You Must Have a Helmet!
- IMPORTANT!: There are 8 'expansion joints' on the bridges on the Joseph P Leong by-pass road. These joints can cause 'pinch flats'. Make sure to have your tires filled to the specified rating & 'unweight' when you ride over these! We ride over these expansion joints weekly & rarely get a flat tire. But, be aware & treat these like any slight variation so that you do not flat!
- Walk your bike out of transition and cross Kamehameha Hwy only direction of HPD & volunteers. Do night ride in transition.
- DRAFTING ZONE: There is no drafting allowed during the Bike Segment of the Haleiwa Triathlon. The drafting zone is a rectangular area 7 meters long 2 meters wide surrounding each bike. Passing must be completed in a reasonable time or a drafting penalty will be called. A 4-minute penalty will result if drafting is spotted. No iPods, walkmans, mp3s or headphones on Bike segment.
- Helmets: Approved Ansi, Snell, Consumer Products Safety Commission approved helmets are required, no exceptions. The chinstrap must be strapped before leaving the bike corral for the ride. All bikes must have working brakes for both wheels; we reserve the right to deny un-safe bicycles in this race. No recumbent bikes, 3 wheelers, unicycles, windshields or trailers attached to bikes, please.
- PROPULSION: All bicycles should be propelled by human force only, if your bike brakes down you can carry or push the complete bike course, as long as you do not impede or endanger other riders or yourself.
- There is no aid station on the bike course, please bring adequate hydration, littering of any kind during the any portion of this race, especially the bike is prohibited, this is a D.Q.
- COURSE KNOWLEDGE: It is your responsibility to know the course of the Haleiwa Triathlon.
- Note: Haleiwa town has 2 areas of "No Passing Zone" The first area is at the Waiialua Bridge, just passed the 7-11 mini mart, the next area is at the Haleiwa Bridge through the Haleiwa Beach Park and the transition area. Please be careful while going through the Haleiwa Bridge it is tight, no passing. Any one caught passing will be issued a time penalty of 4 minutes.

- **NOTE:** If you hear “On Your Left” this means a cyclist is preparing to pass on your left side, Do Not Change positions, hold your line of progress until that person is safely past you.
- **BIKE COURSE:** Walking your bike, follow H.P.D. &Volunteers directions out of bike corral to cross Kamehameha Highway. The East Bound Lane will be closed for Bike Transition. Stay to the left until you blend in with riders who are passing the Transition area.
- The Bus is not scheduled to run eastbound during the Haleiwa Triathlon.
- Cars are not supposed to be on the bike course but there is still a possibility of random vehicles on the course.
- Once you are on Kamehameha Highway or any city or state roads you must obey all traffic laws unless otherwise directed by a uniformed police officer! We do not have exclusive use of the Streets!
- Please stay, as close to the shoulder as possible while on the Bike Route. Stay to the right while passing the park/transition area, single file, No Passing! Going east follow Kamehameha Highway to the Joseph P. Leong by-pass road. Turn right following signs and course marshal’s directions. This is a passing zone so carefully take advantage of this area for safe passing. Follow the by-pass road and turn right at the traffic light staying to the far right continuing to follow Kamehameha Highway through “Weed Junction” into Haleiwa Town. Kamehameha Highway will be closed to vehicular traffic from 6:30 am –7:30 am east bound lane only. Please be cautious, as cars still might be able to slip into that lane. Cars will still be able to cross over to the westbound lanes so watch for crossing vehicles! **NO IPODS ON BIKE COURSE!**

BIKE TO RUN TRANSITION:

Once you have completed the bike legs and are approaching the Beach Park Stay to left, bikers continuing on their loops will stay to the right. Please let HPD & race officials know you are finished with your loops and need to cross into the transition area. (Stay to the Left for Transition back to the park!) You must dismount and wait for HPD’ OK before crossing Kamehameha Highway and entering the Bike Corral. Racers must keep track of loops completed; the timer will have an accurate accounting but will not be able to relate this information to each rider! Any one not completing three (3) loops of the course will be disqualified from the race.

RUN

After you complete 3 loops of Haleiwa and have racked your bike follow cones to exit Haleiwa Beach Park on the east side, follow cones & volunteers across Kahalewai access road to run course. Make sure you have your’ run number on the front of shirt/shorts. IPods are OK on the run but keep volume at a level so you can hear officials.

- Follow caution tape, cones & arrows on the path for the out-bound part of the run. Follow caution tape, cones & arrows on the path for the return part of the run. We will stay near the ocean for the first part & return on the same course. An aid station will be near the half waypoint. The finish is on the grass at the beach park near the bike corral. Enter the park at the east end approximately where the run started. This is an out & back course so please stay to the right of the cones so you do not run into other participants!
- The run course for the Haleiwa Triathlon is well marked, there will be limited marshals to direct racers, and you are responsible for following directions and completing the entire route.

Teams

- Teams shall “tag” by handing the next participant their timing chip at the bike corral, please stay out of the way of other racers, once the “tag” is made please leave the corral. Please turn in your timing chip; no chip no time & no prizes!

Thank you and have a great race. Chris, Steve, Steve Paziienza, Dennis, Water Patrol Inc. & the Haleiwa Triathlon team
Mahalo to our sponsors Runners Hi, Aqua Sphere, Boca Hawaii Boca Hawaii, Menehune Water, Ken Young GP Roadway, Aqua Sphere, North Shore Chamber of Commerce, Steve’s Gardening, Ray Woo, Runners Hi, Kamehameha Schools, Kalani Fronda, Marcy Fleming

