



# SUNSET 5K & SPRINT TRIATHLON

Aloha athletes, thank you so much for racing! We are so grateful to host this event at Kualaka'i Beach (Nimitz Beach) and looking forward to having you all there. Our intent is for this weekend to be fun, inviting and inclusive - Especially to first time athletes! You can expect a safe, fun, grassroots event. The 5k on Friday night will have pizza, beer, and live music while the sun sets behind the finish line. For Saturday's triathlon we get full use of the private beach park pavilions. The swim course will be super fun, hopefully with a little surf. The bike course is mostly on quiet roads with brand new pavement, and the run course will be a flat, fast out and back with plenty of opportunities to see your friends on the course. We hope you enjoy racing as much as we're enjoying putting the event together.

## IMPORTANT INFORMATION:

### Weekend Schedule

**Venue:** Intersection of Nimitz Street and Coral Sea Road near USCG Barber's Point

#### **Friday Sunset 5k and Packet Pickup (9/15):**

- 10:00am to 6:00pm: Packet pickup at the race venue. This will be the only packet pick up time for this year's event. If you are not able to collect your packet during this time please contact [info@flpregrister.com](mailto:info@flpregrister.com)
- 5:15pm: Race meeting for 5k run participants
- 5:30pm: Sunset 5k start
- 5:50pm: First 5k finisher expected, stick around for beer, pizza, and live music at the finish line!

#### **Saturday Kualaka'i Triathlon (9/16):**

- 4:45am: Transition opens
- 5:45am: Athlete meeting in transition area
- 6:15am: Youth wave
- 6:20am: (Or as soon as all youth are out of the water): Adult men\*
- 6:25am: Adult women + relays\*
- 6:40am: First youth expected to finish
- 7:20am: First adults expected to finish
- 8:30am: Award ceremony as soon as possible

\*If you are an experienced female and prefer to start with adult men, please email [info@flpregrister.com](mailto:info@flpregrister.com) by Wednesday, September 13 to have your wave adjusted. DO NOT start in any other wave without notifying the registration company. If you do not contact them by Wednesday we can not accommodate any changes. Anyone found not starting in their correct wave will be given a 10-minute penalty.

USA Triathlon: We are required to have all triathlon participants registered with USA Triathlon. Waivers MUST be signed at packet pickup.

#### **Kualaka'i Triathlon, September 16, Race Morning:**

Transition opens at 4:45am. Please be prepared to get your body marked (Timing chips are inside the packets) . You'll get your race number on each arm and your racing age on your calf (Please remind the volunteers, if they forget). Remember that your racing age is your age on December 31 of this year. To enter transition you'll need to have your race number handy, your TIMING CHIP around your ANKLE, your helmet, and your bike ready to rack.

Once you get marked, you are welcome to rack your bike anywhere you'd like. Swim-in and run-out will be on the west side of transition, bike-out/bike-in will be on the Diamond Head side of transition.

We'll be making announcements throughout the morning on any last minute updates, and the official athlete meeting will be at 5:45am. As soon as we finish the national anthem and Hawaii Pono'i we'll head down to the swim start. Youth athletes will start at 6:15am, as soon as they are all out of the water we'll start the adults. Sunrise is at 6:19am, but we'll have plenty of light by 6:00am. High tide is at 5:06am so we'll have plenty of water and shouldn't have much current.

## **Here are the rules**

### **Adults:**

**Swim:** Start and finish on the beach between the cones. Round all buoys to the right. There will be two of them, you'll swim an upside-down triangle starting and finishing in the same place. You may not interfere with another athlete's progress during the swim. If you experience another athlete grabbing, hitting, or otherwise interfering with your progress, please note their race number and let us know after the finish. We'd like to talk to them. PLEASE DO NOT FORGET TO WEAR THE SWIM CAP (it's inside your packet)!

**Bike:** Safety first! The bike leg is the most dangerous portion of the event. Please pay attention at all times, and please be careful. You must have your helmet on and buckled FIRST, before touching your bike on the transition rack. Once your helmet is on and buckled you have to run with your bike out of transition until you pass the "mount/dismount" line. This will be out on Coral Sea Road. You may not ride your bike on the transition side of that line. During the bike leg, please stay as far right as possible at all times.

Do not cross the centerline on the bike course, imaginary or painted. Last year we had some issues with folks crossing the centerline and creating a serious safety issue for folks coming in the other direction. There is two-way bike traffic on the bike course, please stay on your side of the road at all times.

You are not allowed to draft on the bike leg. Drafting is when you are following too closely to the bike in front of you. Athletes are required to stay 6 bike lengths behind and 1 bike length to the side of another rider at all times. You may only enter that box if actively passing another rider. Once you enter that box, you have 25 seconds to complete your pass. If you are being passed, you must allow the other rider to pass you, and you have 25 seconds to slow out of the draft box. You are being passed because the other rider is going faster. Sometimes this is frustrating to experience, but these are the rules. Please be respectful of your fellow athletes out there and allow safe and fair passes to take place. Lastly, no littering and no disrespectful conduct to your fellow athletes. If you experience this happening please take note of the race number and let us know at the finish. Of course, you have to complete the course. No shortcuts. Look for and follow course markings.

**Run:** Have fun! The run course is a flat out-and-back. No littering, complete the course, and be friendly to your fellow competitors. When you come back you'll turn the corner for a little uphill finish facing the ocean between two palm trees. It should be gorgeous.

**Volunteers:** If you are volunteering for the event, thank you! Please find me at the PA system and flood light at 4:00am. If you would like to volunteer please call or text me this week, there are still plenty of job openings and we'd appreciate your help!

I'm your race director, Ben Williams. My cell is 808-333-1151, feel free to call me with any questions between now and race morning. On race morning I'll be a little busy and might not answer the phone but you can find me near the PA system making announcements periodically.

Your registration director is Manuel Shelley, he can be reached at: [info@flpregister.com](mailto:info@flpregister.com). Feel free to reach out to him with any registration questions.

Again, thank you so much for coming out to support our little event. We hope you all have a great time and can't wait to see you at the finish line.

Aloha,

Ben Williams

Race Director

[hitriseries.com](http://hitriseries.com)

Register HERE: <https://flpregister.com/620>