

JANUARY TO SEPTEMBER 2008 CALENDAR OF EVENTS

ATHLETES HI

| | | | | |
|--------|------|------|---------------------------|-------|
| LEGEND | Oahu | Maui | Big Island | Kauai |
| Run | Bike | Swim | TRI/BI Triathlon/Biathlon | |

| | DATE | TIME | EVENT | LOCATION / DISTANCE | INFORMATION |
|-----------|------------|---------|---|---|--|
| | Jan 1 | 7:00 am | Bosetti 10k | Hawaii Kai, 10k | www.mprrc.com |
| | Jan 6 | 7:00 am | Bob and Ron's 5k | Kapi'olani Park, 5k | www.mprrc.com |
| | Jan 13 | 6:50 am | The Maui 15k and 5k | Napili, 15k / 5k | www.maui15k.com |
| BI | Jan 13 | 7:00 am | Magic Island Biathlon | Ala Moana Beach Park, 2.5 mile run, 800m swim | www.hawaiiswim.com |
| | Jan 19-26 | 5:00 pm | Hawaii Running Cruise | Group runs on 3 different islands | www.run-hawaii.com |
| BI | Jan 21 | 8:00 am | Aluminum Man | Wailea Beach Park, 0.5M swim, 3.5M run | (808) 878-2949 |
| | Jan 22 | 7:30 pm | HBL Full Moon Ride | Corner of Kalakaua and Paki/Diamond Head Road, 45 mins | www.hbl.org |
| | Jan 26 | 7:30 am | Runners Paradise Fun Run | Keopuolani Park, Wailuku | www.runnersparadise.net |
| MU LTI | Jan 27 | 7:00 am | Sharons Ride/Run/Walk | Kapi'olani Community College, 10-100k ride, 5/10k run, 1M walk | (808) 528-3058 |
| | Jan 28 | 9:00 am | Polar Bear Swim | South Maluaka Maui Prince, 1.2M fin swim | (808) 298-3269 |
| | Feb 2 | 7:30 am | Seabees 5k | Pearl Harbor Naval Base, 5k | www.active.com |
| | Feb 2 | 7:00 am | St. Michael's School Sugar Shark Run | St. Michael's School, Goodale Ave, Waiialua | (808) 637-7772 |
| | Feb 3 | 7:00 am | Harold Chapson 8k | Kapi'olani Park, 8k | www.mprrc.com |
| | Feb 3 | TBA | Run-Isiah Academy Sweetheart | TBA, 5k | (808) 243-8700 |
| TRI | Feb 4 | 8:00 am | Team Mango Spring Time Triathlon | Kailua-Kona Pier, 0.5 mile swim, 15 mile bike, 6 mile run | www.teammangoraces.com |
| | Feb 9 | 6:30 am | Run for the Whales | Polo Beach, Wailea, 2k, 5k, half marathon | www.pacificwhale.org |
| BI | Feb 10 | 7:00 am | Valentines Biathlon | Ala Moana Beach Park, 2.5 mile run, 800m swim | www.hawaiiswim.com |
| | Feb 18 | 7:00 am | Great Aloha Run | Aloha Tower, 8.15 mile | www.greataloharun.com |
| | Feb 23 | 7:00 am | 14 th Annual CSSG-3 Swamp Romp | Marine Corps Base, Kaneohe Bay, 6 person relay | www.mccshawaii.com/cgfit.htm |
| | Feb 23 | 7:00 am | Captain Cook Caper Run | Waimea Plantation Cottages, 10k | www.wkbpa.org |
| | Feb 24 | 8:00 am | Run For Darfur | Kaka'ako Waterfront Park, 1 mile run/walk | www.hawaii4darfur.org |
| TRI | Feb 25 | 8:00 am | Team Mango 15 th Annual Sprint Triathlon | Kailua-Kona Pier, 0.3 mile swim, 14 mile bike, 2 mile run | www.teammangoraces.com |
| BI | Mar 1 | 8:30 am | 2 nd Annual Lava Lava Biathlon | Kailua, Lanikai Park | www.lanikaicanoecub.org |
| BI | Mar 8 | 7:00 am | 10 th Annual Fort DeRussy Biathlon | Fort DeRussy, 5k run, 1k swim / 2.5k run, 500m swim | (808) 995-9151 |
| | Mar 9 | 6:00 am | Johnny Faerber 10k | Kapi'olani Park, 10k | www.mprrc.com |
| | Mar 11 | 8:00 am | Pedal 2 Pauls TT | Kailua-Kona Pier, 5 mile uphill time trial | www.teammangoraces.com |
| | Mar 15 | 4:30 am | Run to the Sun | Maui Mall, Kahului, Ultramarathon | www.virr.com |
| TRI | Mar 29- 30 | 7:00 am | Iroquois Point Adult & Keiki Triathlon | Iroquois Point, 750m swim, 13 mile bike, 3.5 mile run | www.pacificsportevents.com |
| | Apr 5 | 7:00 am | Ford Island Bridge Run | Admiral Bernard 'Chick' Clarey Bridge, 10k | (808) 473-0784 |
| TRI | Apr 6 | TBA | Lavaman Triathlon | Waikoloa Beach Resort | www.lavamantriathlon.com |
| TRI | Apr 13 | 6:15 am | Lanikai Triathlon | Kailua Beach, 500m swim, 20k bike, 5k run | www.active.com |
| BI | Apr 17 | TBA | Dash & Splash Biathlon | Lanikai Boat Ramp, 2.8 mile run, 800 m swim | (808) 864-0392 |
| | Apr 27 | TBA | John B. Kelley Haleiwa Metric Century Ride | Kaiaka Beach Park Haleiwa, 25/50/100k | www.hbl.org |
| TRI | Apr 29 | 8:00 am | Captain Cook Challenge Triathlon | Kealakekua Bay, 1 mile swim, 2 mile trail run, 28 mile bike, 4 mile run | www.teammangoraces.com |
| | May 4 | 9:00 am | Lilac Bloomsday Run | Downtown Spokane Washington, 7.46 miles | www.bloomsdayrun.org |
| | May 10 | 7:00 am | 33 rd Annual Pineapple Run | Wahiawa, 10k | (808) 653-9530 |
| | May 11 | 8:00 am | The Popoia Swim | Kailua Beach Park, 1.6 miles | www.kailuamasters.org |
| | May 11 | 7:00 am | Pearl Harbor Bike Path 10k | Lehua School, 10k | www.mprrc.com |

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|  |  | May 17 | 7:00 am | 30 th Anniversary Visitor Industry Charity Walk | McCoy Pavilion, Ala Moana Beach Park | www.hawaiihotels.org |
| TRI |  | May 17 | 7:00 am | Honolulu Kids Triathlon | Kapi'olani Park, 50/100m swim, 3k/6k bike, 800m run | www.honolulutriathlon.com |
| TRI |  | May 18 | 6:00 am | Honolulu Triathlon | Ala Moana Park, 1.5k swim, 40k bike, 10k run | www.honolulutriathlon.com |
|  |  | Jun 7 | 7:00 am | Haena to Hanalei | Hanalei Pier, 8 mile / 5k run | www.hanaleicanoeclub.com |
|  |  | Sep 13 | 8:00 am | Maui Tacos 5k | Whalers Village, Kaanapali Resort, 5k | www.mauimarathon.com |
|  |  | Sep 14 | 5:30 am | Maui Marathon | Queen Ka'ahumanu Center, Kahului, marathon or half marathon | www.mauimarathon.com |
| - SPECIAL EVENTS - | | | | | | |
| TRI |  | Jan 27 – Feb 1 | | Hawaii Triathlon Camp | Kailua-Kona | www.playtri.com |
|  |  | Feb 23-24 | | Running Clinic with Dr. Romanov | Clinic; also free lectures on pose running technique at the Great Aloha Run Expo | (808) 779-8613 |
| - WEEKLY RUNS, RIDES & SWIMS - | | | | | | |
|  |  | Mon | 9:00 am | HBL Start the week off right ride | Kahala to Sandy beach and back, 15-20 miles | www.hbl.org |
| |  | Tue | 6:00 pm | Bike Repair Clinic - by appointment | Momentum Multisport (3520 Waiialae) | (808) 737-4474 |
|  |  | Tue | 5:30 pm | Runners HI weekly run, 4 – 7 miles | Aiea, Next to Dixie Grill, refreshments afterwards | www.runnershi.org |
|  |  | Tue | 5:30 pm | Runners Paradise Weekly Run | Runners Paradise, Kahului Mall, Maui | www.runnersparadise.net |
|  |  | Wed | 4:00 pm | Mountain Bike Ride | Momentum Multisport (3520 Waiialae) | www.MomentumHI.com |
|  |  | Wed | 6:00 pm | Fleet Feet Weekly Run, 3 – 7 miles | Kailua, 17 Aulike St | www.fleetfeetkailua.com |
|  |  | Wed | 6:00 pm | Niketown Weekly Run, 2 – 7 miles | Niketown, King Kalakau Plaza | (808) 943-6453 |
|  |  | Wed | 4:30 pm | IT&B Weekly Ride | IT&B, 569 Kapahulu, Hawaii Kai and back | www.itbhawaii.com |
|  |  | Thu | 7:00 am | HBL Breakfast Ride to Kailua | Kahala Community Center (Pahoa & Moa Streets, behind Kahala Elementary, 50 miles | www.hbl.org |
|  |  | Thu | 5:30 pm | Runners Paradise Weekly Run | Runners Paradise, Kahului Mall, Maui | www.runnersparadise.net |
|  |  | Fri | 7:00 am | Fleet Feet Sunrise Run | Kailua, 17 Aulike St | www.fleetfeetkailua.com |
|  |  | Sat | 6:00 pm | Niketown Weekly Run | Niketown, King Kalakau Plaza | (808) 943-6453 |
|  |  | Sun | 00 am | Road Bike Ride | Momentum MultiSport in Kaimuki between 10th & 11th | MMHawaii@gmail.com |
|  |  | Sun (Mar-Dec) | 7:30 am | Honolulu Marathon Clinic | 3833 Paki Ave., across from Paki Hale, Kapi'olani Park | honolulumarathonclinic.org |