














# ATHLETES HI

## MARCH TO NOVEMBER 2008 CALENDAR OF EVENTS

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

	DATE	TIME	EVENT	LOCATION / DISTANCE	INFORMATION
 	Mar 1	7:30 am	Isaiah Academy 5K Fun Run & Walk	Keopuolani Park near YMCA	<a href="http://www.virr.com">www.virr.com</a>
BI 	Mar 1	8:30 am	Lava Lava Biathlon	Lanikai Park, 3 mile run & 3 mile OC-1/OC-2	<a href="http://www.lanikaicanoclub.org">www.lanikaicanoclub.org</a>
 	Mar 2	8:30 am	Swim for your Heart	Wailea Beach, 1 mile	<a href="http://www.virr.com">www.virr.com</a>
BI 	Mar 8	7:00 am	10 <sup>th</sup> Annual Fort DeRussy Biathlon	Fort DeRussy, 5k run, 1k swim / 2.5k run, 500m swim	(808) 955-9151
 	Mar 8	8:00 am	Bike Works presents Run for Hops	Kona Brewing Co, 5k, 10k	<a href="http://www.konabrewersfestival.com">www.konabrewersfestival.com</a>
 	Mar 9	6:00 am	Johnny Faerber 10k	Kapi'olani Park, 10k	<a href="http://www.mprcc.com">www.mprcc.com</a>
 	Mar 9	8:00 am	Bike Works Time Trial Two	Anaehoomalu Bay, 15 miles	<a href="mailto:dawn@dawnhenry.net">dawn@dawnhenry.net</a>
 	Mar 11	8:00 am	Pedal 2 Pauls TT	Kailua-Kona Pier, 5 mile uphill time trial	<a href="http://www.teamangoraces.com">www.teamangoraces.com</a>
 	Mar 14	5:00 pm	Friendship 5k	Coconut Island, Hilo, 5k	<a href="http://www.bigislandroadrunners.org">www.bigislandroadrunners.org</a>
 	Mar 15	4:30 am	Run to the Sun	Maui Mall, Kahului, Ultramarathon	<a href="http://www.virr.com">www.virr.com</a>
 	Mar 16	6:00 am	Big Island International Marathon	Pepeekeo, Hilo, Marathon / 10.8 mile / 3.1 mile walk	<a href="http://www.bigislandroadrunners.org">www.bigislandroadrunners.org</a>
 	Mar 22	7:00 am	27 <sup>th</sup> Annual Mac-A-Thon	City of Refuge, 5km / 10km	<a href="http://www.keouacanoclub.com">www.keouacanoclub.com</a>
TRI 	Mar 29- 30	7:00 am	Iroquois Point Adult & Keiki Triathlon	Iroquois Point, 750m swim, 13 mile bike, 3.5 mile run	<a href="http://www.pacificsportevents.com">www.pacificsportevents.com</a>
 	Mar 29	TBA	HQBN Surf & Turf	MCBH K-Bay Officers Club, 5k	<a href="http://www.mccshawaii.com/cgfit.htm">www.mccshawaii.com/cgfit.htm</a>
TRI 	Mar 30	8:00 am	Aluminum Man	Polo Beach, Wailea, 0.5 mile swim, 4 mile run	<a href="http://www.virr.com">www.virr.com</a>
 	Apr 5	7:00 am	Ford Island Bridge Run	Admiral Bernard 'Chick' Clarey Bridge, 10k	(808) 473-0784
 	Apr 5	7:00 am	Central Valley 10K Run	Home Depot, Wailuka	<a href="http://www.runnersparadise.net">www.runnersparadise.net</a>
TRI 	Apr 6	TBA	Lavaman Triathlon	Waikoloa Beach Resort	<a href="http://www.lavamantriathlon.com">www.lavamantriathlon.com</a>
 	Apr 6	5:30 am	Tantalus Time Trial	Makiki Nursery, 4.5 miles	(808) 593-8079
 	Apr 11	5:00 pm	2 <sup>nd</sup> Annual Emily Wedeman Memorial	Coconut Island, 5 miles	<a href="http://www.bigislandroadrunners.org">www.bigislandroadrunners.org</a>
 	Apr 12	7:30 am	YMCA Healthy kids day	YMCA Kahului, 5k / 1 mile kids	<a href="http://www.virr.com">www.virr.com</a>
 	Apr 12	TBA	Fin Swim	Ala Moana Beach Park, 1 km or 2 km	<a href="http://www.hawaiiswim.com">www.hawaiiswim.com</a>
TRI 	Apr 13	6:15 am	Lanikai Triathlon	Kailua Beach, 500m swim, 20k bike, 5k run	<a href="http://www.active.com">www.active.com</a>
BI 	Apr 17	TBA	Dash & Splash Biathlon	Lanikai Boat Ramp, 2.8 mile run, 800 m swim	(808) 864-0392
 	Apr 20	6:30 am	Metric Century Ride	Haycraft Park, Maalaea, 30 miles / 60 miles	<a href="http://www.stirflux.com/smb/">http://www.stirflux.com/smb/</a>
 	Apr 20	9:00 am	AIDS Walk for Life	Kapi'olani Park, 5k	<a href="http://www.aidswalkhawaii.org">www.aidswalkhawaii.org</a>
 	Apr 26	7:00 am	3D Marines 10k Run	MCBH K-Bay, 10k	<a href="http://www.mccshawaii.com/cgfit.htm">www.mccshawaii.com/cgfit.htm</a>
 	Apr 26	7:30 am	Walk America	Kapi'olani Park, 5 miles	<a href="http://www.marchofdimes.com/hawaii">www.marchofdimes.com/hawaii</a>
 	Apr 27	7:30 am	John B. Kelley Haleiwa Metric Century Ride	Kaiaka Beach Park Haleiwa, 25/50/100k	<a href="http://www.hbl.org">www.hbl.org</a>
TRI 	Apr 30	8:00 am	Captain Cook Challenge Triathlon	Kealakekua Bay, 1 mile swim, 2.5 mile trail run (1500 ft climb), 28 mile bike (hilly), 4 mile run	<a href="http://www.teamangoraces.com">www.teamangoraces.com</a>
	May 4	9:00 am	Lilac Bloomsday Run	Downtown Spokane Washington, 7.46 miles	<a href="http://www.bloomsdayrun.org">www.bloomsdayrun.org</a>
 	May 10	7:00 am	33 <sup>rd</sup> Annual Pineapple Run	Wahiawa, 10k	(808) 653-9530
 	May 11	8:00 am	The Popoia Swim	Kailua Beach Park, 1.6 miles	<a href="http://www.kailuamasters.org">www.kailuamasters.org</a>
 	May 11	7:00 am	Pearl Harbor Bike Path 10k	Lehua School, 10k	<a href="http://www.mprcc.com">www.mprcc.com</a>
 	May 17	7:00 am	30 <sup>th</sup> Anniversary Visitor Industry Charity Walk	McCoy Pavilion, Ala Moana Beach Park	<a href="http://www.hawaiihotels.org">www.hawaiihotels.org</a>
TRI 	May 17	7:00 am	Honolulu Kids Triathlon	Kapi'olani Park, 50/100m swim, 3k/6k bike, 800m run	<a href="http://www.honolulutriathlon.com">www.honolulutriathlon.com</a>
TRI 	May 18	6:00 am	Honolulu Triathlon	Ala Moana Park, 1.5k swim, 40k bike, 10k run	<a href="http://www.honolulutriathlon.com">www.honolulutriathlon.com</a>
BI 	Jun 5	4:30 pm	Welcome Biathlon to Samoa Apia Run's Guests	Funway Rental, Matautu, Apia, Samoa	<a href="mailto:samoapiarun@hotmail.com">samoapiarun@hotmail.com</a>
	Jun 7	5:00 am	1 <sup>st</sup> Annual Samoa Marathon	Funway Rental, Matautu, Apia, Samoa, Marathon, Half Marathon, 5k, 3k	<a href="mailto:samoapiarun@hotmail.com">samoapiarun@hotmail.com</a>
 	Jun 7	7:00 am	Haena to Hanalei	Hanalei Pier, 8 mile / 5k run	<a href="http://www.hanaleicanoclub.com">www.hanaleicanoclub.com</a>



























## ATHLETES HI MARCH TO NOVEMBER 2008 CALENDAR OF EVENTS

		Jun 22	7:00 am	Aloha State Games	Kapi'olani Park, 10k	(808) 955-0902
		Jun 29	5:30 am	Kona Marathon	Outrigger Keauhou Beach Resort, Kona, Marathon, ½ Marathon, 10k, 5k	<a href="http://www.konamarathon.com">www.konamarathon.com</a>
		July 4	TBA	Epilepsy Foundation Freedom Run	Kailua High School, 5k / 10k	(808) 225-2965
		Aug 24	7:00 am	10 <sup>th</sup> Annual Rosie Wall Memorial	Kailua Recreation Center, 5k	<a href="http://www.rosiewallmemorial.com">www.rosiewallmemorial.com</a>
		Sep 13	8:00 am	Maui Tacos 5k	Whalers Village, Kaanapali Resort, 5k	<a href="http://www.mauimarathon.com">www.mauimarathon.com</a>
		Sep 14	5:30 am	Maui Marathon	Queen Ka'ahumanu Center, Kahului, marathon or half marathon	<a href="http://www.mauimarathon.com">www.mauimarathon.com</a>
		Nov 16	7:00 am	Hawaii Senior Olympics	Kapi'olani Park, 10k	(808) 955-0902
		Nov 16	TBA	Friends of Kailua	Kailua High School, 5k / 10k	(808) 225-2965

### - SPECIAL EVENTS -

	Mar 8 & 9			Hawaii Total Well Being Expo	Honolulu Convention Center	<a href="http://www.totalwellbeingexpo.com">www.totalwellbeingexpo.com</a>
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### - WEEKLY RUNS, RIDES & SWIMS -

		Mon	9:00 am	HBL Start the week off right ride	Kahala to Sandy beach and back, 15-20 miles	<a href="http://www.hbl.org">www.hbl.org</a>
		Mon	5:30 pm	Runners Route	1322 Kapiolani Ave, Honolulu	(808) 941-3111
		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	<a href="http://www.runnershi.org">www.runnershi.org</a>
		Tue	5:30 pm	Runners Paradise Weekly Run	Runners Paradise, Kahului Mall, Maui	<a href="http://www.runnersparadise.net">www.runnersparadise.net</a>
		Wed	4:00 pm	Mountain Bike Ride	Momentum Multisport (3520 Waiialae)	<a href="http://www.MomentumHI.com">www.MomentumHI.com</a>
		Wed	6:00 pm	Fleet Feet Weekly Run, 3 – 7 miles	Kailua, 17 Aulike St	<a href="http://www.fleetfeetkailua.com">www.fleetfeetkailua.com</a>
		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	<a href="http://www.itbhawaii.com">www.itbhawaii.com</a>
		Thu	7:00 am	HBL Breakfast Ride to Kailua	Kahala Community Center (Pahoa & Moa Streets, behind Kahala Elementary, 50 miles	<a href="http://www.hbl.org">www.hbl.org</a>
		Thu	5:30 pm	Runners Paradise Weekly Run	Runners Paradise, Kahului Mall, Maui	<a href="http://www.runnersparadise.net">www.runnersparadise.net</a>
		Fri	7:00 am	Fleet Feet Sunrise Run	Kailua, 17 Aulike St	<a href="http://www.fleetfeetkailua.com">www.fleetfeetkailua.com</a>
		Sat	9:00 am	Niketown Weekly Run	Niketown, King Kalakau Plaza	(808) 943-6453
		Sun	7:00 am	Road Bike Ride	Momentum MultiSport in Kaimuki between 10th & 11th	<a href="mailto:MMHawaii@gmail.com">MMHawaii@gmail.com</a>
		Sun (Mar-Dec)	7:30 am	Honolulu Marathon Clinic	3833 Paki Ave., across from Paki Hale, Kapi'olani Park	<a href="http://www.honolulumarathonclinic.org">www.honolulumarathonclinic.org</a>