



TINMAN UNLIMITED presents 2007 TINMAN TRIATHLON
Swim-Bike-Run Honolulu, Hawaii Sunday, July 29, 2007



Time: 5:30 am start at Queen's Beach, Sunday, July 29, 2007. Finish at Kapiolani Park.
Distance: 800 meter swim, 40 kilometer bike, 10 kilometer run (distances are approximate).
Age requirement: Participants must be 15 years of age or older on July 29, 2007.
Entry Fee: Entry fees are non-refundable (except if limit is reached). The right to reject any entry is reserved. Accepted applications are non-transferrable! You may not transfer or sell your place. Entry fee includes crew-neck T- shirt and awards for each finisher.
Deadline: Postmarked by July 16, 2007, or the first 1200 paid applicants. No race day sign-up.
Confirmation: Cancelled check confirms acceptance. Notification of official acceptance will be mailed by June 25, 2007. For earlier confirmation, send stamped, self-addressed envelope with entry form. We are not responsible for entries lost in the mail.
Optional Tinman Finisher Dri-Fit Shirt: If desired, add cost of \$20 to entry fee. Finisher shirts can be picked up after your completion of the 27th Tinman Triathlon. We cannot guarantee availability for entrants after 6/18.
Aid station: Official aid stations will be provided on the course. Individual support teams will not be allowed.
Awards: Each finisher will receive a commemorative award on race day. All awards will be presented on race day at a ceremony at approximately 11:00 am at Kapiolani Park Pavillion. Age group divisions awards will go to the top three male and female finishers.
Divisions: To qualify to compete in the Elite Division, the athlete must submit official documentation that he/she will be able to complete the entire race within 2 hours for men and 2 hours and 20 minutes for women. Race officials will have final decision in selecting Elite Division participants.

The top five (5) finishers of Elite men and Elite women will receive overall awards. All other finishers will go into age group divisions.

Individual Male and Female Age Divisions: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49
50-59, 60-64, 65-69, 70-74, 75-79, 80 and over

Team Divisions: Male, Female, Co-Ed (Each team must have 3 individuals)

For Information: Olga Caldwell (808)595-5317 or The Bike Shop (808)596-0588

Website: <http://www.tinmanhawaii.com> **Email:** tinmanhawaii@hawaii.rr.com

COURSE DESCRIPTION

OCEAN SWIM – 800 Meters

Start at Queen's Beach pier, swim east around the large buoy and head west to a buoy in the front of the swim finish transition area.

BIKE COURSE – 40 Kilometers

Bike course will start from the transition area in Kapiolani Park. Cyclist will head out onto Kalakaua Ave. and ride up Diamond Head Rd. and Kahala Ave. Turn left on Kealaolu St., go right and merge onto Kalaniana'ole Hwy. eastbound till Lunalilo Home Rd. Make left turn, stay on Lunalilo Home Rd till cyclist makes a right turn onto Hawaii Kai Dr. At the corner of Hawaii Kai Dr. and Kealahou St, cyclist will make a u-turn and head back. Turn left at corner of Hawaii Kai Dr and Lunalilo Home Rd., turn right on Wailua, turn left onto Keahole St, then turn right to merge onto Kalaniana'ole Hwy west bound. Take right exit at Kilauea Ave. exit ramp, turn left onto Kilauea Ave.. Turn left on Elepaio, turn right on Kahala Ave., ride up Diamond Head Rd., and turn left on Kalakaua Ave. back to the transition area at Kapiolani Park.

RUN COURSE – 10 Kilometers

Start at Run Exit west/ocean end of transition area. Head toward Kapahulu Ave. (Honolulu Zoo), turn right on Paki. Cross street at corner of Paki and Monsarrat Ave. and run up Monsarrat Ave and turn left on 18th Ave. Turn right on Kilauea Ave., turn right on Elepaio St., turn right on Kahala Ave., head up Diamond Head Rd., turn left onto Kalakaua Ave. toward the transition area and Finish Line.

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