



TINMAN UNLIMITED presents
Swim-Bike-Run Honolulu, Hawaii

2004 TINMAN TRIATHLON
Sunday, July 18, 2004

Aloha Triathlete: We welcome you to our 24th Annual Tinman Triathlon! We take pride in nurturing and presenting Honolulu's "People's Triathlon". With the help of many sponsors, coordinators, volunteers and the communities, we hope that this year's Tinman Triathlon will provide an athletic challenge you will truly enjoy..... Good Luck and Safe Training!

Time: 5:20 am start at Ala Moana Beach Park, Sunday, July 18, 2004. Finish at Kapiolani Park.

Distance: 800 meter swim, 40 kilometer bike, 10 kilometer run.

Age requirements: Participants must be 15 years of age or older on race day.

Entry fee: Entry fees are non-refundable (except if limit is reached). The right to reject any entry is reserved. Accepted applications are non-transferable! You may not transfer or sell your place. Entry fee includes tank shirt and awards for each finisher.

Deadline: Postmarked by Friday, June 4, 2004, or the first 1200 paid applicants.

Confirmation: Cancelled check confirms acceptance. Notification of official acceptance will be mailed by June 14, 2004. For earlier confirmation, send stamped, self-addressed envelope with entry form. We are not responsible for entries lost in the mail.

Optional Tinman Finisher Crewneck T-shirt: If desired, add cost of \$15 to entry fee and indicate size (S,M,L or XL) on Entry Form. Finisher T-shirts can be picked up **after** completion of the race.

Aid stations: 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 Bandstand. The number of awards will be determined by the number of athletes competing in each age group division.

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 20 minutes for women. Race officials will have final decision in selecting Elite Division participants. Elite participants are not eligible for Age Group awards.

Male and Female Age Divisions: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over

Military Division: Active military participants will also be eligible for awards for male and female military entrants.

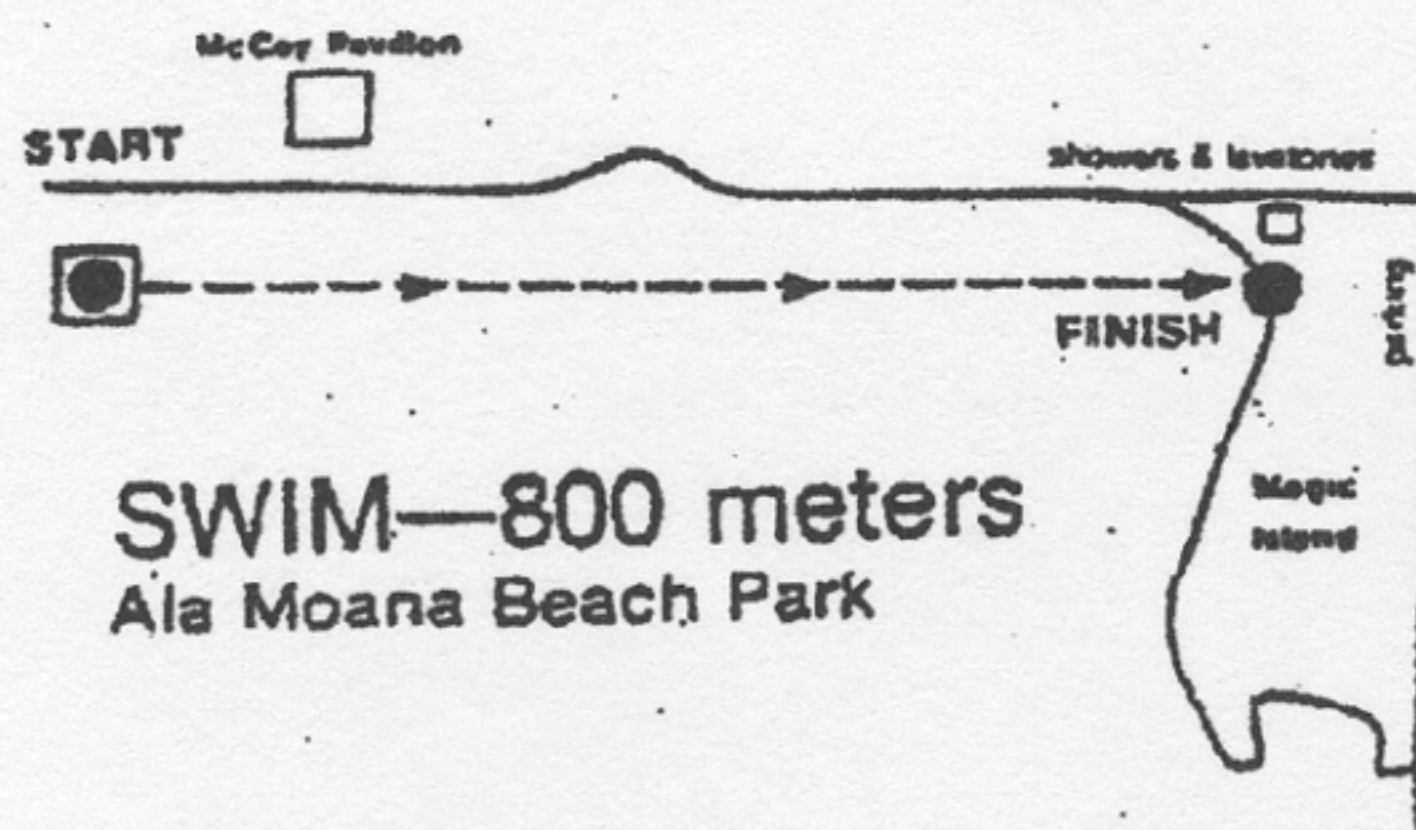
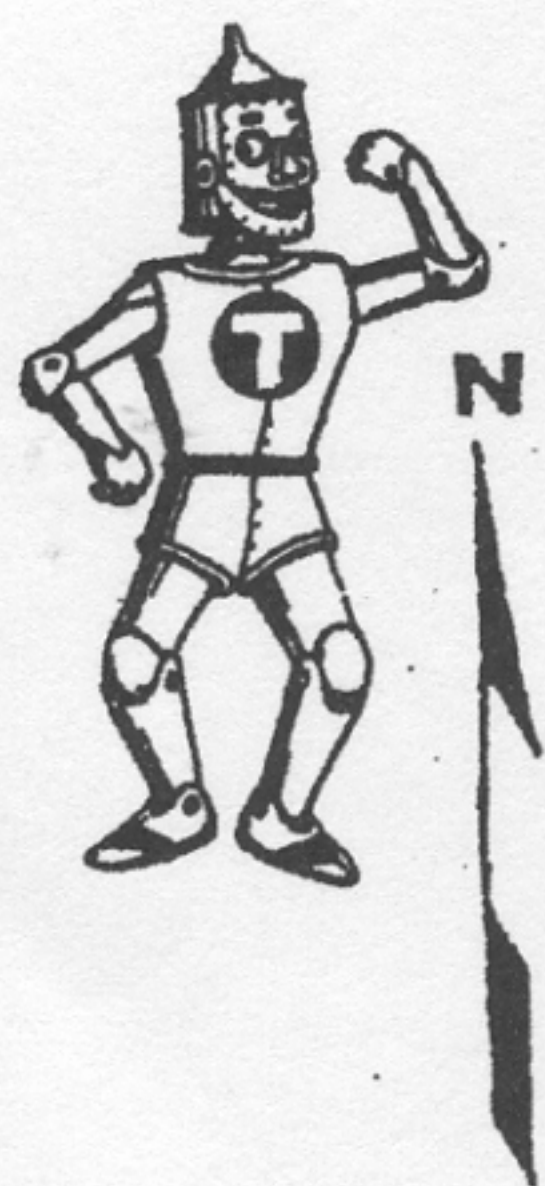
Clydsdale Division: Male 220 pounds and above and female 160 pounds and above will be eligible. *Weigh in on packet pick up day.*

For Information: Olga Caldwell (808)595-5317
Faye Saiki (808)596-0588

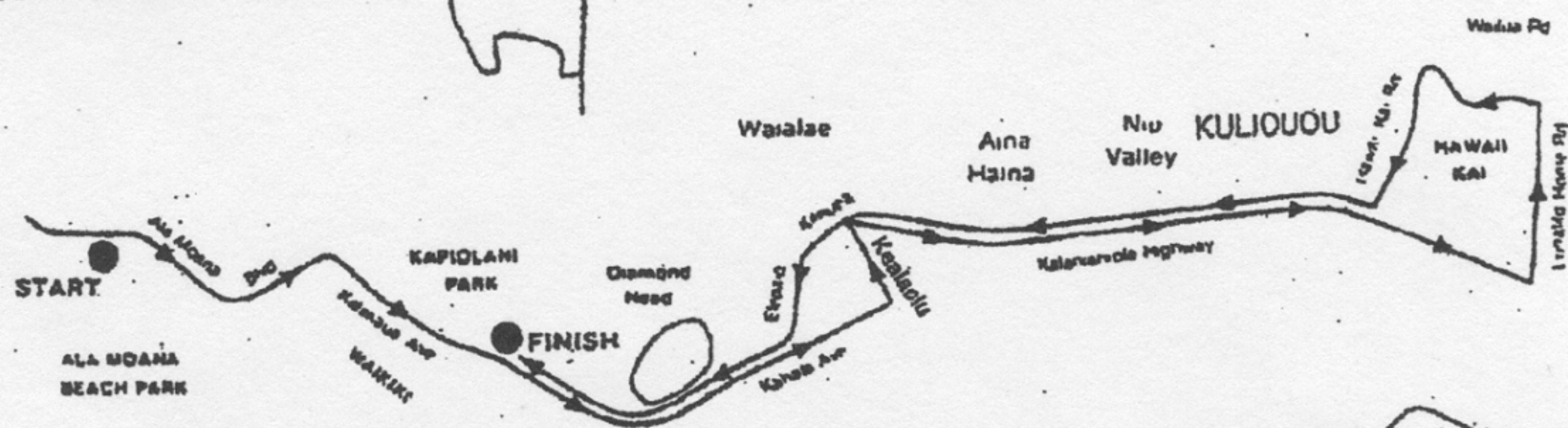
Mailing Address: Tinman Unlimited
c/o The Bike Shop
1149 S. King Street
Honolulu, HI 96814

Website: <http://www.tinmanhawaii.com>

Email: tinmanhawaii@hawaii.rr.com



BIKE—40km
Ala Moana, Waikiki, Diamond Head,
Kahala, Hawaii Kai areas



Map of Routes
(all distances approximate)

RUN—10km

