



TINMAN 2016

DUATHLON

Sunday March 6

RUN → 2 Miles SWIM → 800 meters RUN → 2 Miles

Time: 7:00 am start at Ala Moana Regional Park

Distance: 2 mile run, 800 meter swim, 2 mile run

Entry Fee: Entry fees are non-refundable and non-transferable. The right to reject any entry is reserved. Entry fee includes race shirt, refreshments, a chance to win awards, prizes and free entries into 2016 Tinman Triathlon. Cash or check only, no credit card will be accepted.

Deadline: UPS postmarked by March 01, 2016. Deadline for Active.com applications and late entries at The Bike Shop is 8:00 PM on Friday March 04, 2016.

Race Day Sign-Up: We will accept race day registration from 6:00 am until 6:30 am; however we cannot guarantee availability of race t-shirt for same day entrants. Cash or check only, no credit card will be accepted.

Timing: TIMELINE Hawaii will distribute timing chip to participants race morning.

T-shirt: Participants can pick up their race t-shirt after event at our designated officials tent.

Aid station: Official aid stations will be provided.

Awards: Each finisher will receive a commemorative award on race day. Awards will go to the top three male and female finishers in all divisions.

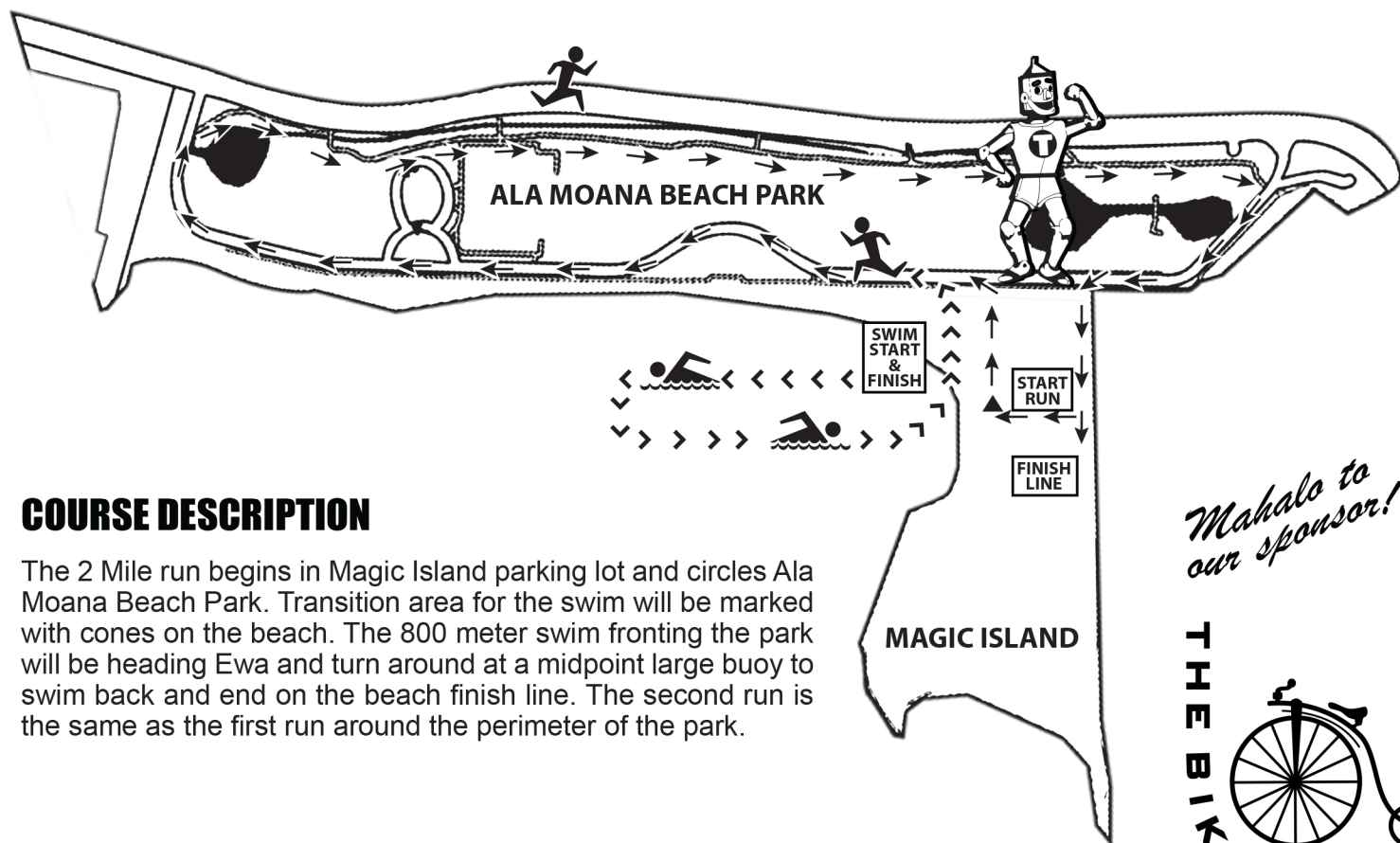
Divisions:

Individual Male and Female Age Divisions: 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Team Divisions: Male, Female, Co-Ed (Each team must have 2 individuals) 26-34, 35-54, 55-74, 75-94, 95-114, 115 and over

For Information: Olga Caldwell (808)202-1065 or The Bike Shop (808)596-0588

Website: <http://www.tinmanhawaii.com> Email: tintrihawaii@gmail.com



COURSE DESCRIPTION

The 2 Mile run begins in Magic Island parking lot and circles Ala Moana Beach Park. Transition area for the swim will be marked with cones on the beach. The 800 meter swim fronting the park will be heading Ewa and turn around at a midpoint large buoy to swim back and end on the beach finish line. The second run is the same as the first run around the perimeter of the park.

*Mahalo to
our sponsor!*



www.bikeshophawaii.com