



# 30<sup>th</sup> Annual Honolulu TINMAN TRIATHLON

Swim-Bike-Run

Honolulu, Hawaii

Sunday, July 25, 2010



**Time:** 5:30 am start at Queen's Beach, Sunday, July 25, 2010. 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 25, 2010.

**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 14, 2010, or the first 1000 paid applicants. **No race day sign-up.**

**Confirmation:** Cancelled check confirms acceptance. Notification of official acceptance will be mailed by June 20, 2010. For earlier confirmation, send stamped, self-addressed envelope with entry form. We are not responsible for entries lost in the mail.

**Optional Tinman Finisher T-Shirt:** If desired, add cost of \$15 to entry fee. Finisher shirts can be picked up after your completion of the 30th Tinman Triathlon. We cannot guarantee availability for entrants after 7/14/10.

**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. **Awards will go to the top three male and female finishers in all divisions.**

**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.

**Individual Male and Female Age Divisions:** Elite, 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

**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](mailto: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 18<sup>th</sup> 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.

## MAHALO TO OUR SPONSORS



Tinman Unlimited



# 2010 TINMAN TRIATHLON ENTRY FORM (Please PRINT Clearly)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Birthdate \_\_\_\_ ~ \_\_\_\_ ~ \_\_\_\_ Age (on 7/25/10) \_\_\_\_ Sex (circle) M F How many Tinman Triathlon? \_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Country \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ email \_\_\_\_\_

Division (please circle selection): Elite or Age Group or Team or Wheelchair

For Team entrants, please circle one: Male or Female or Co-Ed

		<u>Individual</u>	<u>Team</u>
<b>Name of Team:</b> _____	<b>early bird fee:</b> <span style="border: 1px solid black; padding: 2px;">until 3-12-10</span>	\$80	\$110
<b>Teams:</b> Enclose separate entry forms for 3 members team in a <b>single envelope.</b>	<span style="border: 1px solid black; padding: 2px;">until 5-12-10</span>	\$90	\$130
<b>Tinman T-Shirt (included with fee, please circle size):</b>	<span style="border: 1px solid black; padding: 2px;">until 6-12-10</span>	\$95	\$140
<u>S</u> <u>M</u> <u>L</u> <u>XL</u> <u>XXL</u>	<span style="border: 1px solid black; padding: 2px;">until 7-14-10</span>	\$100	\$150
	Extra Optional Finisher T-shirt:	\$15	\$45

**Mail entry form and fee to:** Tinman Unlimited  
c/o The Bike Shop  
1149 South King Street  
Honolulu, HI 96814

(please circle size for optional t-shirt): S M L XL XL XXL

**Total amount enclosed \$** \_\_\_\_\_

**Or register online at Active.com**

**Make check or money order payable to:** Tinman Unlimited

**Please Read and Sign statement below:**

## ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletes, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize the liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned maintained or controlled by them or because of their possible liability without fault.

I certified that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter occurs to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: City and County of Honolulu, the State of Hawaii, Tinman Unlimited, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releasees or otherwise.

I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that at this event or related activities, I may be photographed, I agree to allow my photo, video or film likeness to be used for any legitimate purpose for the event holders, producers, sponsors, organizers and or assigns.

This Accident Waiver and Releases of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand its content.

PLEASE PRINT Participant's Name

Age

Signature of participant

Date

(if under 18 years old, parent or guardian must also sign; see below)

## PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years old)

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

PLEASE PRINT Parent or Guardian Name

Age

Signature of Parents or Guardian

Date