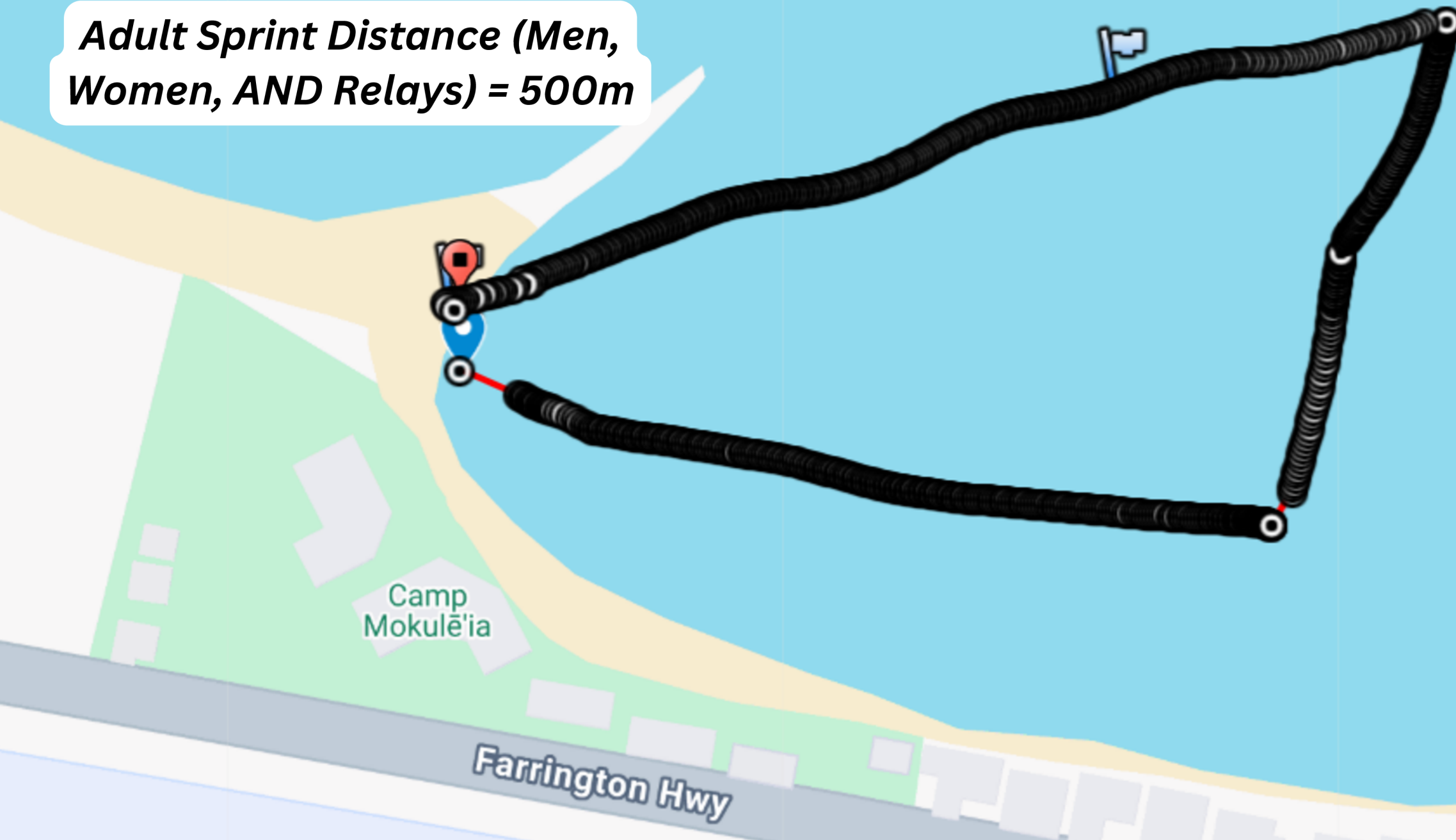


SWIM COURSE

*Adult Sprint Distance (Men,
Women, AND Relays) = 500m*



Save Route

Heatmaps (1) x

Segments v

My Routes

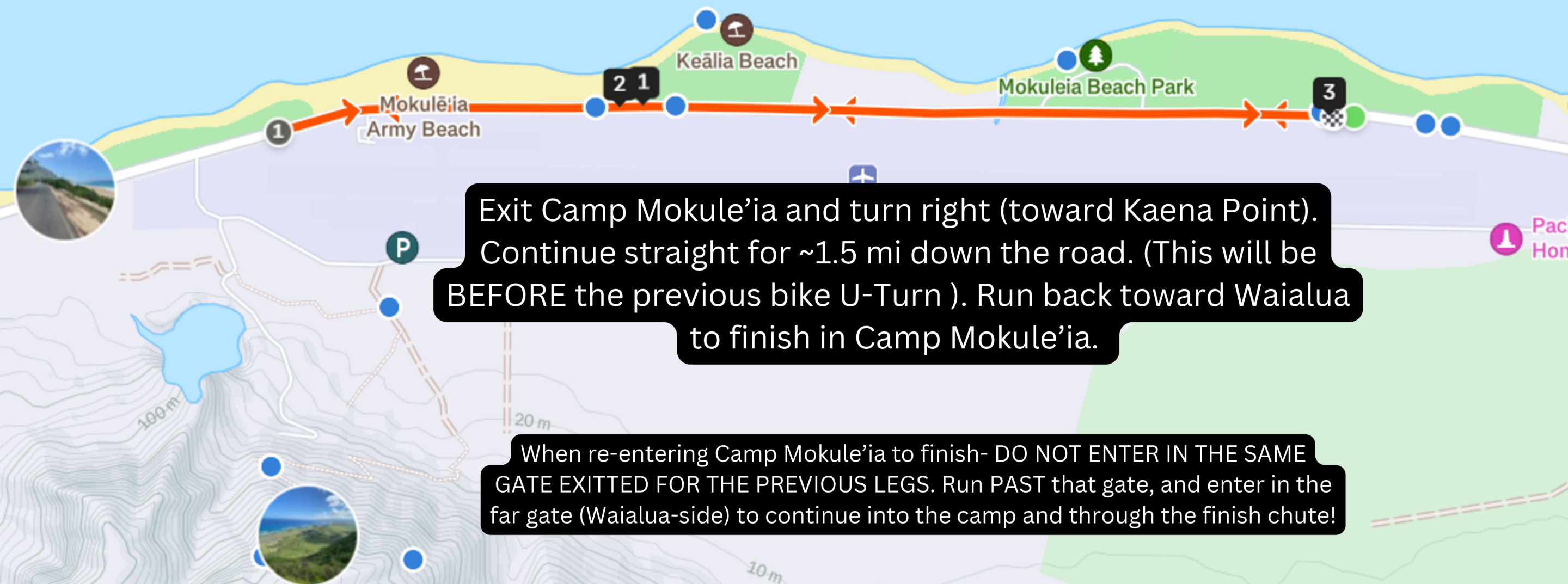
BIKE COURSE

Adult Sprint Distance (Women, Relays, and Men) = 11 mi

Exit Camp Mokule'ia and turn right (toward Kaena Point). Continue straight to the entrance gate of Ka'ena Point State Park. U-Turn and proceed past Camp Mokuleia, continuing towards Waialua High School. U-turn in front of Waialua High School and return to Camp Mokuleia and T2.

***Adult Sprint Distance (Men, Women,
AND Relays) = 3 mi***

RUN COURSE



Exit Camp Mokule'ia and turn right (toward Kaena Point). Continue straight for ~1.5 mi down the road. (This will be BEFORE the previous bike U-Turn). Run back toward Waialua to finish in Camp Mokule'ia.

When re-entering Camp Mokule'ia to finish- DO NOT ENTER IN THE SAME GATE EXITED FOR THE PREVIOUS LEGS. Run PAST that gate, and enter in the far gate (Waialua-side) to continue into the camp and through the finish chute!

Transition Area Race Start/Finish

KEY

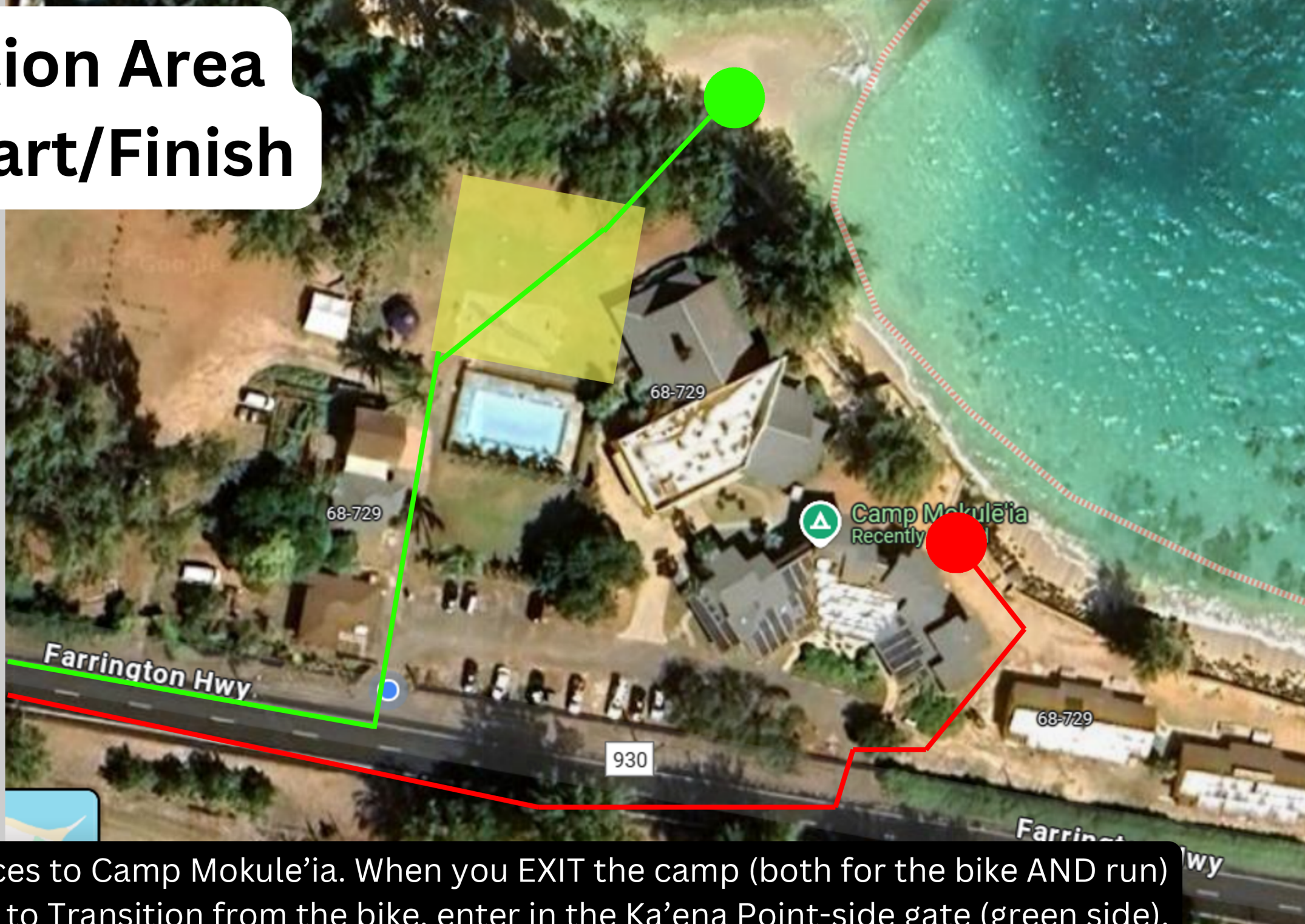
Transition Area



Race Start



Race Finish



There are two entrances to Camp Mokule'ia. When you EXIT the camp (both for the bike AND run) AND when you return to Transition from the bike, enter in the Ka'ena Point-side gate (green side). When you are FINISHING THE RACE (after the run leg), enter in the Waialua-side gate (red side).