



Aloha Athletes,

The North Shore Triathlon starts at 6:30am this Sunday, August 25th, 2024 at Mokuleia Beach Park. We are following the weather closely and our number one priority is athlete safety. At this time we expect zero chance of weather interference.

We hope you are as excited as we are that The North Shore Triathlon is just a few days away! We have some final instructions and information to help you have your best experience on race day, please read through and reach out to us with any questions. Feel free to call me, Ben Williams, at 808-333-1151.

Thank you to all of the volunteers and sponsors of the event, Hawaii Triathlon Center Club and OrthoSport!

**Packet Pickup:**

The Bike Shop King Street:

Saturday, August 24 12pm to 5pm

The Bike Shop is located at 1149 S. King Street, Honolulu, HI, 96814

**Race Morning Schedule:**

Sunday, August 25th, 2024 at Mokuleia Beach Park

Transition opens at 5:00AM

Race meeting at 6:00am

1st Wave: 6:30AM Youth Triathletes (USAT age 7 to 14) **YELLOW CAPS**

2nd Wave: 6:35AM - Adult Male Triathletes (USAT age 15 and over) **GREEN CAPS**

3rd Wave: 6:40AM - Adult Female Triathletes (USAT age 15 and over) & Relays **PINK CAPS**

Awards will be at approximately 8:30am



### **Important Reminders:**

- Please to not park inside of Mokuleia Beach Park or in front of the entrance and exit to transition, please use the ample shoulder parking beyond the boundaries of the transition area.
- Before you enter transition you will need to get body marked, pick up your timing chip, and show us your helmet. Please have your bib and helmet out and shoulders and calf exposed for marking before entering the line. Please wait to apply sunscreen until after you have been marked.
- Transition is open racking, rack your bike wherever you'd like.
- Race morning transition entrance will be at "BIKE IN" transition gate. Please do not enter the transition area any other way.
- As much as possible, we request that only athletes enter the transition area. Exceptions for youth athletes and special circumstances.
- Once the youth race starts at 6:30AM, only relay participants are allowed inside transition. No exceptions!
- Please use caution when racing. This is a very beginner friendly event. There will be youth athletes on the course starting first. Please be careful when overtaking and be supportive of the up and coming athletes.
- Parents are allowed to accompany youth athletes on the course when necessary. Please check in with Ben Williams first if you would like to do this.
- This is a USA Triathlon sanctioned event. USAT's age group structure places you in categories based on your age on December 31, 2024. You might find yourself in the next older age group. This is why.



### Swim Course:

- It takes about 5 minutes to walk from transition to the swim entrance.
- Please only enter and exit the water at the marked swim course entrance. There is very sharp, slippery reef along the beach between transition and the swim entrance.
- Please use caution if warming up to swim. There is extremely sharp and shallow reef in front of Mokuleia Beach Park. Please enter and exit the water about 200 meters towards Ka'ena Point at the "Daystar" channel. This will be the marked entrance and exit of the swim course.
- The start will be an "IN WATER" start. There is shallow reef with a small sandy area to enter, we will have everyone carefully walk into the water before starting.
- Youth athletes will complete their swim and exit the water before the adults will start.
- The swim course will be an out and back for the juniors and a triangle for the adults.
- Everyone will start in the water, adults swim parallel to the beach towards Waialua, turn left at the first buoy, head out to sea to the next buoy, turn left again and return back to the swim entrance/exit. Use caution along this section back to shore, the Ka'ena Point side of the course (right side as you return to shore) gets very shallow very quickly.
- There is a 200m run through deep sand and some prickly grass to get to your bike. There is room to stash slippers off to the side if you would like, just please do not forget them.





### **Bike Course:**

- I use the same template every year for this athlete letter, and this year I get to delete the section about the rough roads! The roads are epically, buttery smooth! The only caution on the road surface are some speed bumps as you get close to the school.
- Anytime you are riding your bike on race day you must have a buckled helmet on your head, this includes warming up and riding to the car after the race. Anytime you are handling your bike during the race you must have a buckled helmet in place on your head. Get in the habit of buckling your helmet before touching your bike, and waiting until your bike is racked before unbuckling your helmet.
- There is no drafting on the bike course. This means that you can not ride your bike with less than 12 meters between you and the bike in front of you. The only exception is when passing. You have 30 seconds to complete a pass. No riding side by side except when briefly passing. Once passed you must immediately make progress out of the draft zone. You have 30 seconds to exit the draft zone.
- The bike course: run out of transition, you may mount as soon as you are on Farrington Highway. Turn right and head out towards Ka'ena Point to the barrel turn around. Safely make the u-turn and head back past transition towards Waialua High School. The youth turn around will be 1.5 miles past transition, adult turn around will be about 3 miles past transition near Wailua High School. Safely make your u-turn and ride back to transition. Dismount before leaving Farrington Highway and run with your bike to your rack.
- Be careful you will have to lift your bike over a curb to enter and exit the transition area.





**Run Course:**

- Please run with your race bib number clearly visible in front of you.
- The transition run exit will have you crossing the road then running two ways along the mauka side of Ferrington highway. Please use caution when running along the highway and when passing other athletes.
- There will be one aid station at the transition exit and one at the run u-turn.
- The run course: exit transition, safely cross Ferrington Highway, then proceed along the mauka side shoulder to the turn around. Youth athletes will run about .75 miles out and back for 1.5 total miles, adults will run 1.5 miles out and back for 3 miles total.

Mahalo to our sponsors Hawaii Triathlon Center Club, and Orthosport.

Please feel free to reach out with any questions and we'll see you soon!

Mahalo,

Ben and the North Shore Triathlon Race Crew

