



TriKauai Triathlons 2010

April 11th / July 18th / Nov 21st



Poipu Beach Park

500M – 750M
Ocean



14 Miles
On Road



5K
Loop



Sprint
Distance



The triathlon is open to individuals and teams. All levels and ages are welcome. Not ready for the triathlon? Try our 5K Fun Run/Walk!

Registration Fees	Race Details
Individuals ~ \$60 (\$55 w/military ID)	5:30am ~ Officials Area Opens
Teams of 2 or 3 ~ \$90	7:00am ~ Triathlon Race Start
Fun Run/Walk ~ \$30	7:30am ~ Fun Run/Walk Race Start

Registration Deadline is March 28th. Late registrations will be accepted. See website for details.

Have Questions or Need More Information?

- Call Brian Curll at (808) 635-6311
- Email us at TriKauai@puuwaioutriggercanooclub.org
- Visit our website at www.TriKauai.com



Pu'uwai Outrigger



The TriKauai Triathlon series is sponsored by Pu'uwai & Kukui'ula Outrigger Canoe Clubs. Your participation helps to fund our canoe clubs, with a portion of the proceeds going toward support of a local non-profit organization.