



TriKauai Triathlon & 5K Fun Run

A 2010 Koloa Plantation Days Event

Sunday, July 25th, 2010

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.
All triathlon entrants under 14 years of age must be accompanied by a responsible adult.
 Not ready for the triathlon? Try our 5K Fun Run/Walk!

Registration Fees	Race Details
Individuals ~ \$70 (\$65 w/military ID)	5:30am ~ Officials Area Opens
Teams of 2 or 3 ~ \$100	7:00am ~ Triathlon Race Start
Fun Run/Walk ~ \$30	7:30am ~ Fun Run/Walk Race Start

Have Questions or Need More Information?

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

For other 2010 Koloa Plantation Days Celebration events & activities see www.KoloaPlantationDays.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, Kauai Kids On Bikes.