

# BIKEFACTORY

## North Shore Triathlon

### SUNDAY, MAY 30, 2010 • 6:00 AM



**MOKULEIA BEACH PARK**  
**400 METER SWIM • 10 MILE BIKE • 3 MILE RUN**  
**INDIVIDUAL & RELAY**

### COURSE

**400 meter swim, 10 mile bike, 3 mile run**  
 The swim begins and ends at Mokuleia Beach Park. The bike transition is at the west end of the park. Turn left on to Farrington Hwy. and ride north to a turnaround point above the Waialua High School. Return to the beach park where the run begins and goes west to a turnaround point 1.5 miles out.

Go to [hawaiiswim.com](http://hawaiiswim.com) to see course map.

### DIVISIONS/AWARDS

**INDIVIDUAL:** Elite, all standard 5 year age groups and military; men & women. **RELAY TEAMS:** Men, women & mixed. Classic beverage stein awards to top three finishers in each individual division & mugs to members of top three teams in each division.  
 — PLUS KILLER SNACKS! —

### ENTRY FEE/DEADLINE

Individual: \$80, Teams: \$120.  
 Includes finisher shirt. Entry fee is non-refundable. Entries must be postmarked by MAY 21, 2010 [No T-shirt guarantees after MAY 21].  
 Make checks payable to: North Shore Triathlon, Mail to: North Shore Tri, Attn: Linda Moran, 94-463 Alapine St., Waipahu, HI 96797-4515.

### LATE ENTRIES

Add \$10 day of race & at packet pickup.

### RACE NUMBER PICK UP

Thursday, May 27 at BOCA HAWAII behind Bikefactory 2:00 pm to closing. Friday, May 28 at BIKEFACTORY WAIPIO 12:00 pm to 5 pm. No packet pick up on the North Shore. Please make every effort to come to packet pick-up: there will be a \$5 charge to pick up packets on race day!

### CHECK-IN & RACE MARKING

Race morning from 4:30 am to 5:45 am.

### INFORMATION

372-8884 or email: [seamonkey60@yahoo.com](mailto:seamonkey60@yahoo.com) or on the web at: [www.hawaiiswim.com](http://www.hawaiiswim.com)



FIRST NAME		LAST NAME		M	F	AGE	DATE OF BIRTH	S	M	L	XL
STREET ADDRESS		CITY		STATE		ZIP	PHONE				
EMAIL ADDRESS @											
RELAY TEAM MEMBER - FIRST NAME		LAST NAME		M	F	AGE	DATE OF BIRTH	S	M	L	XL
RELAY TEAM MEMBER - FIRST NAME		LAST NAME		M	F	AGE	DATE OF BIRTH	S	M	L	XL

I have read and understand the waiver below. Signature(s) \_\_\_\_\_

Date \_\_\_\_\_

CHECK HERE IF MILITARY

Parent's signature if entrant under 18 of age \_\_\_\_\_

Date \_\_\_\_\_

**WAIVER & RELEASE:** I agree to comply with the rules, regulations and event instructions of the North Shore Triathlon. I know that competing in a triathlon may be hazardous. I am aware of and assume all risks with participating in this event. In consideration of this application being accepted, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against race officials, volunteers, sponsors, the City & County of Honolulu and the State of Hawaii resulting from my involvement in this event. I will additionally permit the free use of my name, photograph and interviews in association with this event in broadcast, telecast, advertisements, films, videotapes of any reproduction thereof.

INDIVIDUAL ENTRY (by May 21, '10)	\$80.00
TEAM ENTRY (by May 21, '10)	\$120.00
LATE ENTRY/ RACE DAY ENTRY	ADD \$10.00
TOTAL ENCLOSED	_____