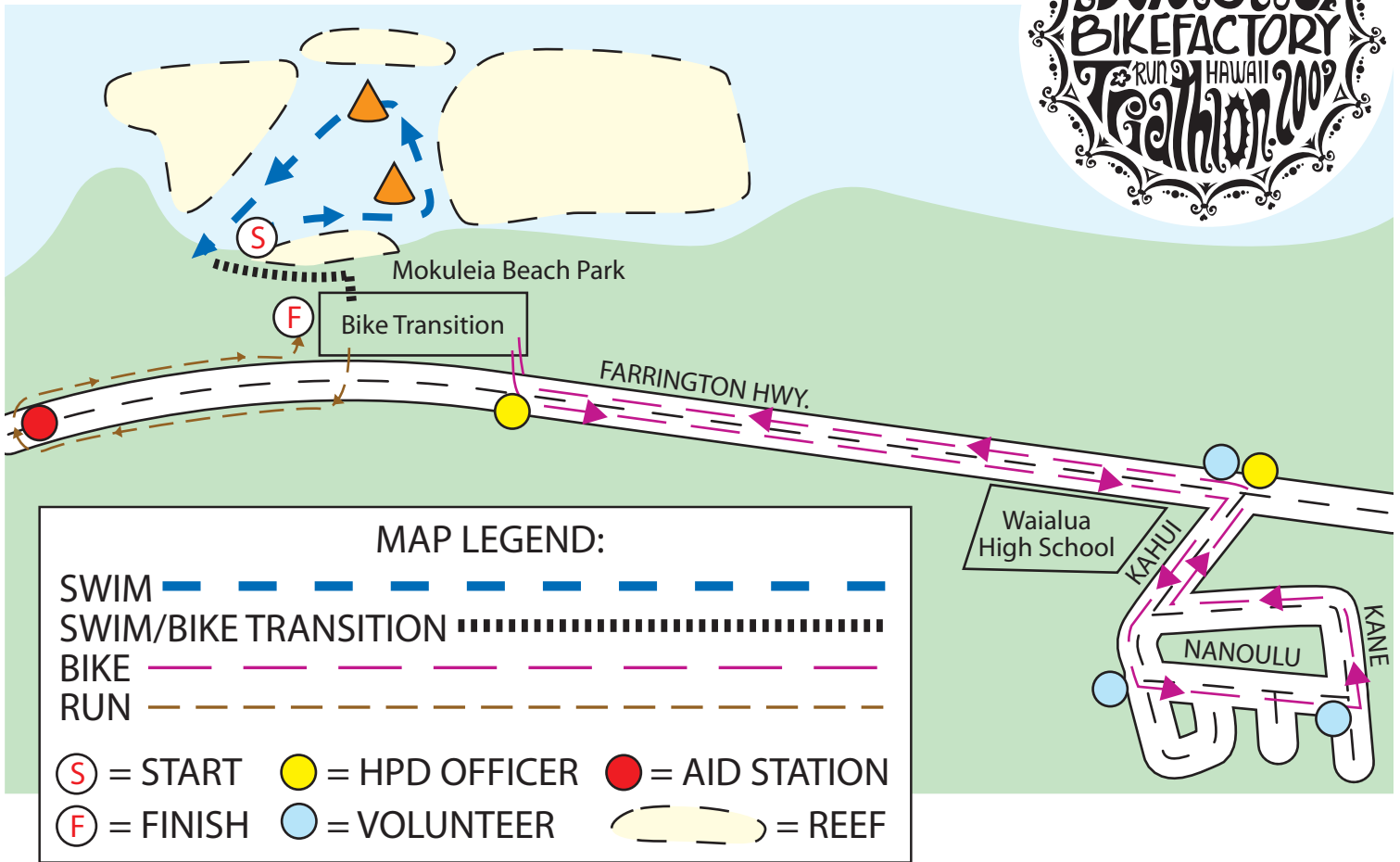


# BIKEFACTORY North Shore Triathlon Course Map & Directions



## SWIM COURSE:

- Swim is an out and back course, counter clockwise, with 2 buoys. Keep buoys to your left.
- Water start at sandy point just west of the beach park.
- Do not walk or cross the reef in front of the beach park.
- After swim run along beach to first beach park right of way. Do not run on the reef. It is extremely slippery!
- Follow flags and caution tape to transition area.

## BIKE COURSE:

- Exit Transition area at Mokuleia Beach Park. Turn left toward Waialua Town on Farrington Highway.
- Pass Waialua High School on Farrington Highway.
- Turn right on Kahui at the end of Farrington Highway. Bike up a short hill on Kahui.
- Turn left on Nanoulu.
- Turn left on Kane.
- Turn right on Kahui.
- Turn left on Farrington Highway, going west back to Mokuleia Beach Park.
- No riding in the transition area. Walk your bike across the road. Follow directions of HPD officer and clip in on other side of street.
- Follow HPD instructions on crossing Farrington Highway from Kahui.
- We do not have exclusive use of city & county/state roads, follow traffic laws and abide by HPD & volunteer directions.

## RUN COURSE:

- Exit Mokuleia Beach Park, crossing Farrington Highway and going west towards Kaena Point.
- Run on road shoulder, facing traffic.
- Turnaround point is 1.5 miles west on Farrington Highway.
- Stay off the road. We must share the road with vehicles.
- Aid station at Turnaround.
- Finish is back at Mokuleia Beach Park.
- Finish line is sharp left hand turn right after bridge. Be careful!

## **BIKEFACTORY NORTH SHORE TRIATHLON RULES**

Aloha and welcome to the 2010 Bikefactory North Shore Triathlon!

Please read the rules and try to check out the race course before race day. The Bikefactory North Shore Triathlon is a no drafting race, please follow the rules and understand what constitutes violations especially drafting.

### **Violations**

- Blocking
- Passing on the right
- Riding on the left side of the lane with out passing
- Drafting
- Chin strap not being secured (automatic DQ)
- Nudity (automatic DQ)
- Littering
- Ridding or running with I-Pod,

### **Swim**

Swim Check in, chip pick up and body marking is 4:30am

Swim start is at the Sandy point to the west of the Beach Park, Do not walk or cross the reef in order to enter the Ocean, the reef is sharp, you will get hurt!

1. Swim start is a water start, Men, Men's Teams, Military Mens, Mixed Teams 1<sup>st</sup>, Women's, Women's Teams, Women's Military 2<sup>nd</sup> 5 minutes between waves, (order of start is subject to change if conditions so dictate).
2. No fins, paddles, wetsuits or floatation suits, Tri style suits are OK as long as they are sleeveless and without legs
3. Swim is a triangle course going counter clockwise, 2 buoys, keep them on your' left
4. No public nudity
5. Swim course closes after 45 minutes of last wave
6. Timing Chip is worn on the left ankle
7. If you have any trouble call out for assistance and waive your hands
8. Swimmers who receive help to the beach or are provided forward motion will not be able to keep racing,
9. Once you are done with the swim, proceed down the beach to T1, do not walk or run on the reef!

### **Bike**

#### **Course Length – 10 miles**

1. No tandems, recumbent bikes, fairings, or front disc wheels allowed
2. CPSC approved helmets required. Chin strap must be fastened before leaving T1
3. No drafting, racers must ride single file on the right except when passing, no side by side riding
4. Passed riders may pass on the left up to 20 seconds but must move to the shoulder after passing or if pass attempt fails

5. Passed riders must keep 3 bike lengths back until they can attempt to pass the rider who just passed them
  6. 3 strikes your out: 5minutes time penalty first infraction, 2<sup>nd</sup> time 10 more minutes, 3<sup>rd</sup> time no finish
  7. All Violations can count to 3 strikes example: 1. drafting 2. nudity, 3 littering and you are done
  8. No outside help with bike repair, athletes are required to repair and maintain their bike
  9. You can walk your bike if need be, but you can not abandon the bike and still finish the race
  10. Racers must follow directions of all race officials and HPD, failure to do so will result in a DQ
  11. There is NO aid station on the bike, racers must provide hydration, nutrition and electrolytes for themselves
  12. Race must follow traffic laws and are responsible for knowing the course
- Drafting
- Please keep 3 Bike Lengths between yourself and the cyclist in front of you
  - Ride on the right side of the street
  - Pass on the left of the cyclist you are overtaking
  - Complete you pass within 20 seconds, when being passed drop back 3 bike lengths before trying to re-pass
13. No I-Pods or headphones of any type on the Bike or Run
  14. For Bike course please see map

### **Run**

1. Racers must wear race number on the front of their jersey/shorts
2. No help from outside sources, non contestants, friends, family etc
3. No escorts on the run
4. An aid station is at the half way point of the run
5. Run on the Mauka, (Mountain) side of the road out (against traffic flow)
6. Run on the Makai (Ocean) side of the road back (against traffic flow)
7. Turn into the park for the finish line, be careful it is a Sharp turn after the bridge
8. No I-Pods or headphones of any type on the run

Have a great day and be safe!

Race Directors: Chris Gardner and Beverly Long

Race Committee: Raul Boca, Steve Dewald and Chris Moore

Water Safety: John Hogsteden, Mark Dombrowski

Administration Director: Linda Moran

Timing: Sam Time Line Hawaii

Training: Boca Hawaii

Volunteer coordinator: Bonnie Lee

Mahalo to *Bikefactory, Aqua Sphere, Boca Hawaii, Menehune Water, Steve's Gardening Service*