

2022 Turtle Bay Triathlon Athlete Guide

Date: Saturday, November 26, 2022

Start time: 6:45a

Location: Turtle Bay Resort Basecamp

Schedule:

Tuesday, November 22:

- Packet pickup 10a to 6p at Hawaii Triathlon Center 46-132 Kahuhipa Street, Kaneohe, HI 96744

Wednesday, November 23:

- Packet pickup 3p to 6p at Turtle Bay Resort, Surf House lawn 57-091 Kamehameha Hwy, Kahuku, HI 96731

Thursday, November 24:

- Join us for the Turtle Bay Turkey Trot, race day registration available
- No triathlon packet pickup today

Friday, November 25:

- Packet pickup 12p to 3p at Turtle Bay Resort, Surf House lawn 57-091 Kamehameha Hwy, Kahuku, HI 96731

Saturday, November 26:

- Race day!
- No race day packet pickup
- 5a event parking open, Turtle Bay Resort Stables
- 5a Transition open, Turtle Bay Resort Basecamp
- 6:15a athlete briefing, Transition area
- 6:30a transition closes, all athletes head to swim start at Kawela Beach
- 6:45a youth wave start, adult waves to follow in 5 minute increments
- **6:45a event parking area closes, all cars must be in the event parking area by this time see notes below**
- 7:15a first youth finishers expected, Turtle Bay Resort Stables
- 7:50a first adult finishers expected, Turtle Bay Resort Stables
- 8:30a bike course closes
- 9:00a award ceremony, finish line area Turtle Bay Resort Stables
- 9:30a course closed, transition closed

Race morning:

Participants will enter through the Turtle Bay Resort main entrance. Continue into the resort to the four-way stop sign intersection. You'll see signs to turn left for the Golf Shop and Beach Bungalows. Turn left here and continue straight on the paved road. You'll immediately pass the Golf Shop on the left and a little further, Beach Bungalows on the right. Continue straight through an open gate where the road will turn to gravel. Continue straight along this gravel road and you'll soon see the event parking ahead. You will be driving on the run course to get to event parking. All cars must be in the event parking area by 6:45am. If you arrive later than this, you'll miss your start! Spectators arriving later than this can park in the Turtle Bay Resort public parking area by turning right at the four-way stop sign. Cars will be open to leave at 8:30a. Please use caution when leaving as there still might be some athletes on the course as you exit.

***The race morning walk from parking to transition will take about 10 minutes and will have flood lights placed intermittently along the way. Please allow yourself enough time to make that walk. It will be very dark between the lights, we recommend that you bring a headlamp or flashlight to light your way.**

Course

Swim:

The swim course will be in Kawela Bay. This is a very special place for many reasons. One reason is that even when there is big North Shore winter surf, the bay remains calm. Another reason is that it is teeming with wildlife, including giant coral heads. The swim course will be carefully marked to avoid these coral heads, but please still use caution. If you swim off course you risk quickly swimming up on a large coral and potential injury. Please swim with caution. High tide is at 6:05a so we should have plenty of water. The Kawela Bay nature area is considered a secret spot to many residents. Please be considerate of this hidden gem while in the area.

Transition:

There will be one transition area located in a grassy field. The run from your swim exit to transition will be over mostly sand, grass, pine needles, and dirt, about 300 meters in length. The run from transition to the bike course will be along a smooth/soft gravel path with the last 10 meters in loose gravel. If you have reasonably strong feet this should be ok barefoot. If you are not used to walking barefoot you may want to consider running this section in shoes. You are welcome to leave shoes or slippers near the swim exit and wear them until you mount your bike. Please remember to collect your shoes and slippers after the event.

Bike:

The Kahuku and Koolauloa communities are very special, it is a privilege for us to ride through their neighborhoods. Please race with a spirit of aloha, patience, and gratitude. While we have volunteers and special duty officers helping, the roads are still open. Please show ho'ihi to residents by staying as far to the right as possible for vehicles to pass. Do not litter, and give an appreciative wave to residents as you pass through.

The bike course exits the Kawela Bay wilderness area and proceeds towards Kahuku for an out and back route. The pavement surface is pretty great along this section of highway. Youth athletes will turn around near the Romy's Shrimp entrance, adults will continue three more miles down the road to turn around in front of Laie Country Store. Riders will travel in the direction of traffic at all times.

Use caution when passing the main entrance of Turtle Bay Resort, when passing over speed bumps and through the traffic light at Kahuku School, at u-turns, and at all other times on the bike course. Please be careful out there!

Transition:

The second transition will be the same location of the first transition. Cyclists will enter where they exited from, and will run out of the swim entrance.

Run:

Runners will exit transition and proceed towards the stables. Run past the stables and past your finish line out towards the Golf Shop. Turn into the Golf Shop parking lot, run through the tunnel, then head out on the cart path towards Kahuku Point. After passing the public parking area the course will turn to soft surfaces offering a mix of harder dirt and pine forest floor, and hard and soft sand. Athletes will be directed along the course through a combination of volunteers, orange cones with arrows, and orange and blue ground marker flags. Athletes will be able to see two to three markings at all times on the course. The out and back loop course will be marked with orange "out" flags on the way out to the turn around, and blue "back" flags on the way back to the finish. There will be an aid station near the turn around. On the way back, athletes will exit the wilderness area as you run past the Paradise Helicopter Tours landing pad and continue back through the parking area, past the Golf Shop, Beach Bungalows, to the finish line. As athletes approach the finish area they will run past the finish line, make a u-turn in front of the stables, then merge back through the run course this time staying right to finish!

Stick around and join us to cheer on your fellow finishers and enjoy the beautiful Turtle Bay Resort property. Athletes can access their equipment in transition right away but please keep clear of athletes still racing. Please remove all equipment from transition by 9:30a. Mahalo for racing and we wish you all a happy thanksgiving!