



Presents the 11th Annual

# Na Wahine SPRINT TRIATHLON DUATHLON



**Sunday / August 30, 2009  
6:30 AM Start**

**PRE-RACE CARBO LOAD PARTY  
FRIDAY, AUG. 28, 6-9 PM  
AT STRAUB CAFE • FREE PARKING**

**C**ome and join us at Kapiolani Park in beautiful Waikiki for the eleventh annual all women's triathlon• duathlon. It is exciting to have a choice this year. In a fun and supportive environment, choose to either swim 500m + bike 12 miles + run 5k or run 1 mile + bike 12 miles + run 5k. You can race individually or as a team with other women.

**RULES & INFORMATION**

The Na Wahine Sprint Triathlon is a USA Triathlon-sanctioned race. A one-day (\$10) or annual license is required for each athlete.

**FEES & DEADLINES**

**Regular entry, postmarked by August 8:**  
\$75, Individual; \$110, Relay Team. Late entry, including day-of-race: \$85, Individual; \$120, Relay Team. (Note: Finisher's t-shirt is not guaranteed for late entries. No refunds.)

**PACKET PICK-UP**

Location: Kahala Mall, between Macy's and Paperie.  
Saturday, August 22, 2009 from 10:00 am - 2:00 pm.  
Wednesday, August 26, 2009 from 5:00 - 8:00 pm.

**AWARDS & PRIZES**

Awards ceremony to follow the race. Prizes awarded to the top 3 finisher's, the top 3 finisher's in each age group, starting at age 14 and top 3 active military females. Relay division prizes awarded to top 3 finisher's of combined age group categories.

**Join the Na Wahine Triathlon/Duathlon Training 2009 and let Try Fitness help you prepare for your triathlon experience.**

**8 week training program  
July 14 - Sept.5, 2009  
Tue/Thur. 5:30 - 7:30 pm and  
Saturday, 7:00 - 9:00 am**

**Cost \$300 + tax (\$190 + tax for weekends only)**

**ORIENTATION MEETING  
July 11 / 9:00 am  
IT&B on Kapahulu Ave.**

**Random drawing**  
for a **Felt FW4 Road Bike** fit for women  
Must be present to win. (\$750 value) Courtesy of IT&B



To volunteer or for more information: **TRY FITNESS 946-0346** [TryFitness@hawaii.rr.com](mailto:TryFitness@hawaii.rr.com) or [www.tryfitnesshawaii.com](http://www.tryfitnesshawaii.com)

INDIVIDUAL TRIATHLETE OR RELAY SWIMMER: Register online at **active.com**<sup>™</sup>  
part of the **activenetwork**

**TRIATHLON**       **DUATHLON**

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Ph (day) \_\_\_\_\_ Ph (eve) \_\_\_\_\_ **Email** \_\_\_\_\_  
(Required for confirmation)

TEAM NAME: \_\_\_\_\_

PLEASE USE INK & PRINT CLEARLY:

Age on 8/30/09 \_\_\_\_\_

Date of birth \_\_\_\_\_

T-shirt size (circle): S M L XL

**I hereby agree to sign the USA Triathlon waiver at packet pick-up (parent or guardian must sign if entrant is under 18). Try Fitness reserves the right to use any images, quotes or other material acquired from the Na Wahine Sprint Triathlon/Duathlon, for promotional purposes without notification or written consent from the participants.**

SIGNATURE - Parent or guardian must sign if entrant is under 18 years old. \_\_\_\_\_ Date \_\_\_\_\_

RELAY BICYCLIST - Print name and sign \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_ Shirt size \_\_\_\_\_

RELAY RUNNER - Print name and sign \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_ Shirt size \_\_\_\_\_

**ENTRY FEE** (includes finisher's t-shirt):

- \$70, Active Military (by 8/8)
- \$75, individual (by 8/8)
- \$110, team (by 8/8)
- + \$10, late entry (after 8/8)
- USA Triathlon one-day license

(Annual USA Triathlon members do not pay \$10 fee, but must present license at packet pick-up)

Lisc# \_\_\_\_\_

**TOTAL FEE ENCLOSED:** \_\_\_\_\_

Make check payable & mail to:

**TRY FITNESS**  
PO Box 22422  
Honolulu, HI 96823