



# Na Wahine SUPER SPRINT TRIATHLON



*If you are feeling daunted by our Sprint triathlon, come get your feet wet in our 3rd annual Na Wahine Super Sprint Triathlon. It is half the distance of our famous sprint triathlon and just as much fun.*

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

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

*Come and join us at Kapiolani Park in beautiful Waikiki for the all women's super sprint triathlon. It is exciting to have a choice this year. In a fun and supportive environment, swim 250 m + bike 6 miles + run 1.5 miles. The event starts 20 minutes after the Na Wahine Sprint Triathlon/Duathlon and you will race on the same course.*

**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.

**RULES & INFORMATION**

The Na Wahine Super 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:**  
\$60, Individual. Late entry, including day-of-race: \$70, Individual. (Note: Finisher's t-shirt is not guaranteed for late entries. No refunds.)

**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 FOR SUPER SPRINT:

Register online at 

PLEASE USE INK & PRINT CLEARLY:

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

Age on 9/14/08 \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

Ph (day) \_\_\_\_\_ Ph (eve) \_\_\_\_\_ **Email** \_\_\_\_\_

(Required for confirmation)

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

- \$50, Active Military (by 8/8)
- \$60, Individual (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:** \_\_\_\_\_

**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 Super Sprint Triathlon, 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 \_\_\_\_\_

Make check payable & mail to:

\_\_\_\_\_  
ENTRANT - Print name and sign Age \_\_\_\_\_ Date \_\_\_\_\_ Shirt size \_\_\_\_\_



**TRY FITNESS**  
PO Box 22422  
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