



December 12, 2009



2009 Try-Go-Athon: Swim, Run, Paddle

Swim .5m at Richardson's, Run 3.2m to Prince Kuhio Kalaniani'ole Park, Launch into Reed's Bay to Paddle 2.4 or 4.6m

Race morning registration and check-in for numbering at Richardson's starting at 7:30 A.M. Race starts at 9:30 A.M.

Finish Line, Lunch and Awards will be held at Hilo Bay Front Kamehameha Canoe Club Halau

Relay Team or Lolo Solo Divisions

Choose your craft for Paddling

OC1, OC2, Surf Ski, Va'a, Kayak, Experienced Paddlers – Long course 4.6 miles

Stand Up, Paddleboard, Junior racers, Others upon request – Short course 2.4 miles



Special award division for relay teams qualified to compete in the "multi-generation" category. Team Members must be in approximate child, parent and grandparent age spreads (at least 15 years between each).

Registration & fees if paid by 11/30/09

Lolo Solo 2009 ACA member - \$45

Lolo Solo non-ACA member - \$55

Each Relay Leg 2009 ACA member - \$25

Each Relay Leg non-ACA member - \$35

Non-members - extra \$10 is for American Canoe Assoc. one-day insurance

Late registration after 11/30/09 will have an additional \$5 fee per participant.

Forms & Information Contact

Try-Go-Athon

c/o Sheila Cadaoas

517 Puloku Street

Hilo, HI 96720

email: TryGoAthon@hawaii.rr.com

Phone: 936-8058

Lunch provided for all participants. T-shirts for the first 100 fully registered. Additional Lunch Tickets can be purchased for \$5.00

Race proceeds will help to defray the medical costs of Kamehameha Canoe Club Head Coach John Kekua

If you would like to help John, but not enter the race: Direct donations can be made out to "Friends of John Kekua"

Play HARD

Have FUN

Help a FRIEND