

4th Annual Hawaiian Ocean Triathlon

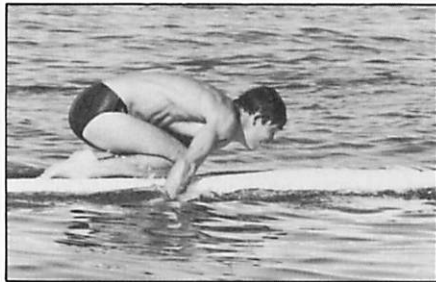
By Ian Emberson

Outrigger will sponsor the 4th annual Hawaiian Ocean Triathlon Championships on Saturday, March 21, at 8 a.m. at Kaimana Beach, next door to the Club.

The event will include individual events as well as a relay team competition.

This exciting event was first held in February, 1984. It is patterned after the surf contests in South Africa and Australia but is open to both men and women in our version.

The Hawaiian Ocean Triathlon (It's HOT) consists of three events performed consecutively by each contestant or each member of a relay team



participates in only one.

The three legs consist of a one-mile swim, two-mile paddleboard race and a four-mile kayak leg, plus a short 50-yard run between each event.

This year, starting at the same time as the Ironman, the contestants may

choose to also enter a two-mile swim or a five-mile kayak race. This is to give other members of the relay team a chance to compete if they do not feel up to doing the Ironman race.

All participants will receive a t-shirt and winners will receive prizes from Dale Hope of Hawaiian Style T-Shirts, Keone Downing of Downing, Hawaii. Refreshments will be provided by OCC.

Race details are posted on the swimming bulletin board in the Tunnel and race applications are available at the Front Desk. Sign up by March 16 to reserve a t-shirt.

The event is open to the public. ☺