

Ironman Revisited Route: In the footsteps of legends!

Route created by John and Judy Collins, then revised and modernized by Chris Kostman and Jay Paul. Maps. Elevation profiles and 3D images produced by Paul Sparrow Hawk Biron.

SWIM

Starting at San Souci Beach, you will swim out through the reef channel to the first buoy. At the first buoy, you will turn right and head west, parallel to Waikiki Beach. There will be buoy markers along the swim course. The course will be monitored by water safety personnel. The finish is located at the beach inside the Hilton Lagoon.

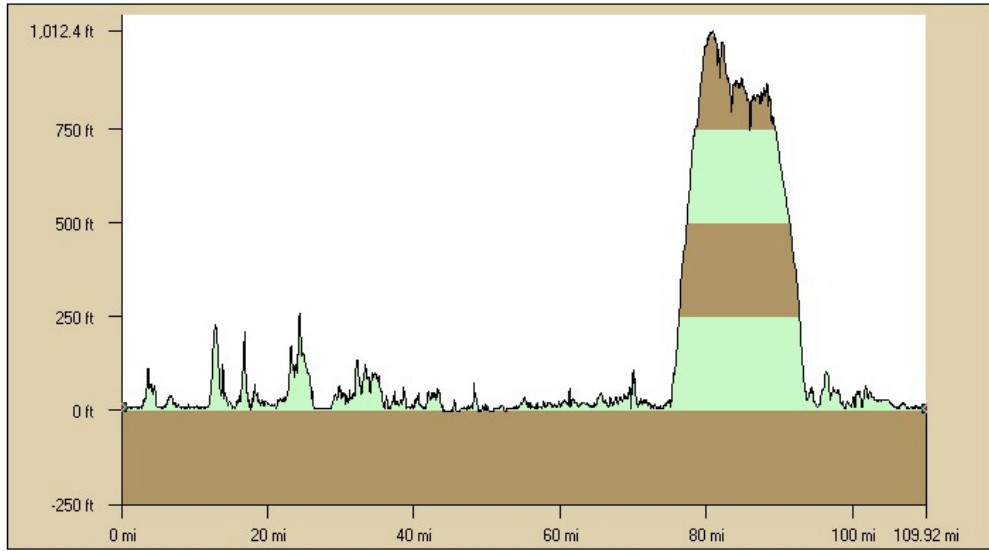
You will meet your support crew in the parking lot. The swim is approximately 2.4 miles.

BIKE

The bike will circumnavigate the main portion of the island in a counter-clockwise direction. You will exit the Hilton Lagoon and head east through Waikiki and past Diamond Head. You will ride through Hawaii Kai, Kaneohe, Laie, Haleiwa, Wahiawa, Pearl City and finish at the Aloha Tower. This is a bike ride. You must obey ALL traffic signals and stop signs. Your support crew will be able to attend to your nutritional, directional and mechanical needs throughout the ride. The ride is approximately 110.5 miles.



Bike Course Map: At the bottom of the map, we start at the black (right) dot at the Hilton Lagoon, ride counter-clockwise around the island, then finish at the red (left) dot at the Aloha Tower.



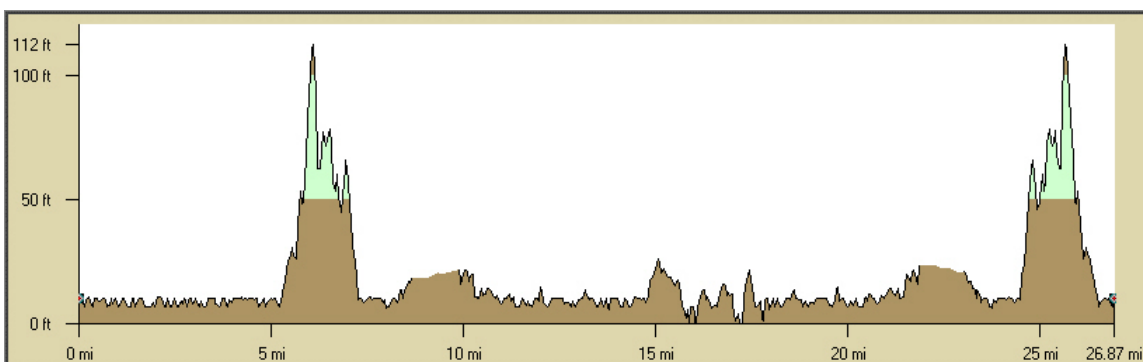
Bike Course Elevation Profile: Note the 1000' climb past the Dole Plantation on "Three Hanksy Hill."



Previous Page: Bike course Aerial 3D View: The start / finish is at the bottom. We ride counter-clockwise around the island. You see “three hanky hill” (though it looks pretty flat, it’s not!), where we leave the north shore to cross southbound over the island. “Robin’s Nest” from Magnum, p.i. is at the bottom right corner, just ashore from those two little islands.

RUN

The run will depart the parking lot in front of the Aloha Tower. You will run on the sidewalk through Waikiki and past Diamond Head and out to Hawaii Kai, similar to the bike ride. At Hawaii Kai, you will run through the residential area and return back over Diamond Head to the finish at San Souci Beach Park.



Run Course Elevation Profile: The big bump on the left and right is Diamond Head.



Ron Course Aerial 3D View: We start at the far left, go all the way out to the far right, do the small residential loop, then retrace our steps back towards the start. We finish at San Souci Beach where it says “finish” on the map.

FINISH

When you finish, check in with event headquarters. Have your support crew return the team cell phone. There will be refreshments available and massage therapists. Congratulations!