

● = No Entry Fee ~ "SHOW UP, SIGN UP"
Fun, Free Training Day!
~ For Entertainment value only!
=> event times, distances, subject to change
check with Race Directors!!

♥ All Peaman's & Team Mango's Events:
8am. Start at the Kailua Pier (unless noted). MAP
Check with Sean peaman@gte.net Peaman events in
2007
are subject to change.

BIRR = Big Island Road Runners 'Fun Runs'
=>\$2 fee for non-members
(Free to Members).

2007 Schedule PDF (printer friendly)
Submit your 2007 event today.

Submit Race/Link

(updated: 1/2007)

2007

JANUARY

- 6 Stan Cann Classic (4.5M/8M~ OC-1, OC-2, Surfski): Hilo Bay. HIPA
- 13 Keoua's Calvin Kelekolio (5.5M/10M~ OC-1, OC-2, Surfski): Honaunau. HIPA
- 13 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.
- 14 Maui Sand & Surf (1/2 Marathon & 5K): 6:30am. Kapalua to Lahaina. MAUI. www.mauiurfsandhalf.com
- 20 Hilo to Volcano Ultra Marathon & Relays: 6:00 & 6:35am. Coconut Island, Hilo. BIRR
 New Year's Resolution 10K, 5K & 1/3M Keiki Fun Run. Lanikai Ctr. 7:30am. JTL
- 21 Peaman Splish-splash & Super Bowl Suffle Biathlon (1/2M Swim & 3M Run): FPP
- 21 Aluminum Man ~ Splash & Dash Biathlon (1/2M Swim, 3.5M Run) 8am. Wailea Park, MAUI. AMS
- 27 Puna Canoe Club East-Hawaii Challenge: Richardson's-Hilo. HIPA
- 27 Paradise Fun Runs (5K & 10K): 7:30am. Keopuolani Park, Wailuku MAUI. (808) 877-5300.
- 28 Maui Polar Bear Fin Swim (2M Fin Swim): 9am. Makena, MAUI. Toni (808) 298-3269.

FEBRUARY

- 3 Isaiah Academy Sweetheart 5K Fun Run & Walk: 7or8am? Wailuku MAUI. Kim (808) 243-8700.
- 4 Team Mango Spring Time Triathlon (1/2M Swim, 15M Bike, 6M Run): TMS
- 4 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.
- 10 Valentine's Couples Relay (5.5M~ OC-1, OC-2, Surfski): Kailua-Kona. HIPA
- 10 Pacific Whale Foundation (1/2 Marathon & 5K Run): 7:00 & 8:00am Polo Park, MAUI. (808) 249-8811.
- 10-11 Kalopa Trail Building and Fun Ride: Kalopa State Rec. Area. Bike Works (Grant) 326-2453.
- Terrible Turtle Trudge (332,640") & Mighty Mouse Scamper (126,720"): 7:30. FPP
- 11 Waiuli to Kokoaka Duathlon (400m Swim, 3M Run): 7am. Richardson's Park. Team Makoko (808) 989-8339.
- 11 Mokuleia Time Trial (10 Miles): OAHU. Cambio.
- 17 BIRR Valentine Day Fun Run (5K): 7:30am. Coconut Island, Hilo. BIRR
- 17 Kamaili Nursery (6M/12M~ OC-1, OC-2, Surfski): Pohoiki-Kehena. HIPA
- 18 Aluminum Man~Sprint Biathlon (1/2M Swim, 3M- Off Road Run): 8am Kahikeli Beach, MAUI. AMS
- 18 John B. Kelley's Couples Ride: 8:30am. Kapiolani Community College, OAHU. HBL
- 19 22nd Annual Great Aloha Run (8.25M): 7am. Honolulu, OAHU. (808) 528-7388.
- Randy Caddell Memorial Swim (2.5-3M Swim): 8am. Honaunau Bay. Carol Jean 328-0847
- 25 Team Mango Sprint Triathlon (1/3M Swim, 14M Bike, 2M Run): TMS

MARCH

- 3 13th Annual Kohala Coast Challenge (3M Paddleboard, 5M & 9M~ OC-1, OC-2, Surfski): Kawaihae. [HIPA](#)
- 3 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.
- Peaman Plunge & Plod Biathlon (½M Swim & 4M Run): [FPP](#)
- 4 Swim for Your Heart (1M Swim): 8:30am. Wailea Beach, [MAUI. VIMS](#)
- 4 Castle-Hanauma Time Trial: [OAHU. TB](#)
- 10 Harbor Pointe Race: Mahaiula. [HIPA](#)
- 11 Pedal to Paul's Bicycle Time Trial (5.5 Mile Hill Climb): [TMS](#)
- 16 BIRR "Friendship" Fun Run (5K): 5:00pm. Coconut Island, Hilo. [BIRR](#)
- 17 Second Annual Hurricane Keokea Invitational Race: Keokea. [HIPA](#)
Lanihau Ctr. Leprechaun Run: Lanihau Ctr. 7:30am. [JTL](#)
- 18 Big Island International Marathon (26.2M): 6:00am. [BIIM](#)
- 24 Keauhou Canoe Club's Kuuipo Race: Keauhou. [HIPA](#)
- 24 Run to the Sun (36.2M Run Ultra/ or Relay): 4:30am. Maui Mall, Kahului, [MAUI. VIRR](#)
- Cancelled Manna-Man Eco-Biathlon (4M Run, 1M Swim (w/Shoes), 2.5M Run): [Honaunau 8am BIRS](#)
- 31 Steinlager/Tui Tonga Hawaii Island Champion: Keokea. [HIPA](#)

APRIL

- 1 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.
- 1 "Lava Man" Olympic Distance Triathlon: 7:30am. Waikoloa Beach Resort 329-3309. [HSC](#)
- 6 Tantalus Time Trial: [OAHU. Tradeswinds Cycling Club.](#)
- 7 Emily Wedeman Memorial Run (5M): 5:00pm. Coconut Island, Hilo. [BIRR](#)
- Mac-A-thon (5K/10K): 7am. Honaunau. Jack Kelly 328-8442.
- 8 Craig Leapfrog Kona Beachman 10M Mosey, 2M Silver Fox Trot, 1M Run: 8am. Pier. [FPP](#)
- 14 Aluminum Man~ Give It What You Got Biathlon (½M Swim, 4M Run): 8am Polo Park, [MAUI. AMS](#)
- 15 Starbucks Big Island Challenge (Puako-Honokohau): Puako. [HIPA](#)
- 22 Lanikai Triathlon (Swim 500m, 20K Bike, 5K Run): 6:15am. Kailua Beach Park. [OAHU. TB](#)
- 19-20 Metric Century Ride (60M & 30M Bike rides): 6:30am. Maalaea. [MAUI. Frank \(808\) 874-0068.](#)
- 28 Honolulu Triathlon & Kids Triathlon: 6am. Kapiolani Park, [OAHU. 866-454-6561.](#)
- 29 Starbucks Maui-Molokai Challenge (Maui-Molokai): [MAUI. HIPA](#)
Capt. Cook's Challenge Triathlon (1M Swim, 2M Run, 28M Bike, 3M Run): [TMS](#)
- 29 Haleiwa Metric Century: [OAHU. HBL](#)

MAY

- Cinco de Mayo Splash (1/2M & 1M Swim) & Little Cinco Splash (400m): 8am. A-Bay. [HRS](#)
Kona Girl Triathlon: Kailua-Kona Pier.
- 5 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.
- 6 Kaanapali Klassic (1.2M Swim): 8:30am. Hanakao Beach, [MAUI. VIMS](#)
- 6 Starbucks Kaiwi Channel Relay: [HIPA](#)
- Saddle Road Ultra-Marathon/Relay 100K: Indiv. 4am, Relay 6am Kawika Spaulding 328-9395
- 12 Na Holo Wahine (5K Run): *women run~men help.* 8am. Keopuolani Park, Wailuku. [MAUI. VIRR](#)
- Peaman Mother Day Classic Biathlon (3/4M Swim & 3M Run): [FPP](#)
- 13 State Time Trial Championship: [OAHU. Quick Release Cycling Club.](#)
North Hawaii Community Hospital (5K & 1M Kieki Runs): 9am. Waimea. Jonathon 881-4425.
- 20 Molokai Challenge Solo Race (Maui-Molokai): [MAUI. HIPA](#)

JUNE

- 2 Honu Triathlon on the Big Island (1.2M Swim, 56M Bike, 13.1M Run): 7am. (808) 329-0063. [IM](#)
- 2 BIRR Fun Run (5K): 7:00am. Coconut Island, Hilo. [BIRR](#)
- 3 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.
- 3 Aluminum Man ~ Blaze Your Best Biathlon (½M Swim, 4.5M Run): 8am. Maui Prince Park, [MAUI. AMS](#)

- 10 Kings Trail Triathlon (Olympic Distance):** 7am. Maui Prince, South Maluaka Beach Park, **MAUI.** [trimaui.org](#)
- Peaman Dad's B-Day Stroke & Stride Biathlon (1/2M Swim & 2M Run):** **FPP**
Kukio Challenge (1/2M Swim, 3M Run, 2M Paddle): 10am. Kukio. Wendy or Thibert 325-4144
- 24 Kona Marathon & Family Fun Runs (26.2M, 13.1M, 10K & 5K):** 5:30am Keauhou Beach Hotel **JTL**
- 24 Beat the Heat (6M Fun Run):** 4pm. Rice Park, Kula. (808) 573-7584 **MAUI.** **VIRR**

JULY

- Hapuna Roughwater Swim (1 Mile Swim):** 8am. **Hapuna Beach.**
Lanihau Ctr. Firecracker Run: Lanihau Ctr. 7:30am. **JTL**
- 4 Poli Poli Trail Romp (10M):** 8:30am. Rice Park, **MAUI.** Nancy or Jammi **AMS**
- 7 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.**
- 8 State Criterium Championship: OAHU.**
- 14 Iao Valley Run (10M Fun Run):** 7am. Wailuku Park. Trudy Danza (808) 871-6441 **MAUI.** **VIRR**
The King's Swim (1.2M Swim): 8am, Kailua-Kona Pier. **KA**
- 22 Pea/Mango Sprint Triathlon (1/2M Swim, 10M Bike, 3M Run):** **TMS**
- 21-22 Relay for Life (12 hour Cancer Fundraiser):** 7pm-7am. War Memorial Soccer Field. Bram or Joy 573-7584.
- 28 Kilauea Volcano Marathon & Rim Runs (26.2M, 10M, or 5M):** **VWR**
- 29 Richardson Roughwater Swim (1M Swim):** 8am. Richardson's Park. **PR**
- 29 Kapalua Fun Swim Challenge (1M Swim):** 9am. Kapalua. **MAUI.** Dave Rostetter (808) 344-4910.
- 29 Tinman Triathlon (750m Swim, 40K Bike, 10K Run):** 5:45am. Waikiki, **OAHU.** **TMS**

AUGUST

- 4 Central Valley (10K Run):** 8am. Home Depot towards Kihei & Back. **MAUI.** (808) 877-5300.
- 5 Napo'opo'o to Honaunau Swim/Relay (4½M Swim):** Napo'opo'o. 8:30am. Kawika Spaulding 328-9395.
- 5 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.**
- 5 North Shore Paddle Race (Hookipa - Paia):** 11:00am. Surf Shop (808) 579-8999.
- 12 Aluminum Man~Scenic Challenge Biathlon (½M Swim, 4.2M Run):** 8am Kahikeli Park, **MAUI.** **AMS**
- 19 Ali'i Challenge (6M Swim/Relay):** Keauhou to Kailua Pier. Tom (808) 326-7536.
Keaukaha Duathlon (2M Run, 8M Bike, 2M Run): 7:15 am. Onekahakaha Beach Park. \$5 (808) 989-8339
- 16th Annual Pedal 'til Ya Puke/Run 'til Ya Ralph (6.5M Bike/Run):** 7:30am. Kaloko Mauka Drive. **FPP**
- 25 Warrior 3-Miler.** 8am. Waiakea High School. **BIRR**
Dolphin Dash (5K, 10K, & Keiki Dash): Hilton Waikoloa Village. 885-1234.
- 26 Cycle to the Sun (36M uphill bike ride):** 7am. Paia to top of Haleakala. **MAUI.** (808) 244-5502.

SEPTEMBER

- 1 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.**
- 1 Lanai-Maui Channel Swim 6-9 Miles Relay:** Lanai to Kaanapali Beach, **MAUI.** Ian (808) 338-0722.
- 2 Dick Evans Memorial Bike Ride:** **OAHU.** Team BS/GM.
- 3 Maui Aumakua Swim (1M & 2.4M):** 8:30am. **MAUI.** South Maui, Maui Prince Beach. Malcolm (808) 280-4257.
- 3 Waikiki Roughwater Swim (2.4M Swim):** 9am, **OAHU.** (808) 228-1350. **WRSC**
- 8 Hana Relay (52M Run Relay*- 6 Person Teams):** 6am. Kahului, **MAUI.** **VIRR**
- Peaman International Biathlon (3/4M Swim & 4M Run):** **FPP**
- 9 Hilo Bay 5K & 10K:** 7:30am. **BIRR**
- 15 Maui Tacos 5K Fun Run:** 8am Whales Village, Kaanapali, **MAUI.** **VIRR.**
- 16 Terry Fox Run:** Four Seasons Resort Maui & Big Island.
- 16 Maui Marathon & Half (26.2M & 13.1M Runs):** 5:30am. Kahului, **MAUI.** 871-6441. **VIRR**
- 22 Pre-Ironman Triathlon (1.2M Swim, 15M Hilly Bike, 6M Run):** 8:00am. **TMS**
6th George Henegan Fun Runs (5K Run & 1K Keiki Run): 8:00am. (808) 885-7933 ext. 114
- 29 Century Bike Ride:** **OAHU.** **HBL**
- 30 Maui Roughwater Swim (1.7M Swim):** 9:30am. Keawekapu, **MAUI.** **VIMS**

OCTOBER

- Blue Water Swim (1.2M Swim): 8am. Kukio. Wendy or Thibert 325-4144.
- 7 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.
- 7 5K/10K Safety Lane Run: 7:30am. Hale Halewai. PATH 326-9495 [HSC](#)
- Keaukaha Huinakolu (400m Swim, 8M Bike, 3M Run): 7:00am. Richardson's Beach Park, Hilo 989-8339.
- 13 Ironman World Championship: 7:00am. Ironman Office (808) 329-0063. [IM](#)
- 13 Makila Off-road Duathlon (3.3M Run-11.5M mtn. bike-3.3M Run): 8:30am Launipoko. [MAUI](#). (808) 875-9767.
- 20 XTerra Trail Runs (5K & 10K Runs): 8am. Wailea, [MAUI](#). [TUn](#)
- Peaman Thrash & Dash (1/3M Swim - 2M Run): 8am, Kailua-Kona Pier. [FPP](#)
- 21 XTerra Championship (1.5K Swim, 30K Mountain Bike, 13K Off-Road Run): 9am. Wailea, [MAUI](#). [TUn](#)
- Run for the Dry Forest at Puu Waawaa (5K & 10K): 7:00 & 7:15am. (808) 938-6737. PATH.
- 27 Halloween Fun Run in Costumes: 5pm. Keopuolani Park to Maui Mall. [MAUI](#). (808) 877-5300.
- 28 Spook the Drugs II (5K Run & 3K Walk): 8am. Coconut Island, Hilo. [BIRR](#)

NOVEMBER

- 3 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.
- 3 Cancer Foundation Day of Hope (10K Run / 5K Walk): 7am. Four Seasons Wailea [MAUI](#). (808) 874-8000
- 4 Team Mango Sprint Triathlon (1/3M Swim, 10M Bike, 2M Run): 8am. Kailua-Kona Pier. [TMS](#)
- 11 Aluminum Man ~ Ready or Not Biathlon (1/2M Swim, 5M Run): 8am. Polo Beach Park, [MAUI](#). [AMS](#)
- 18 Maui Century Ride (25, 50, 75, 100M): Wailea Beach. 6:30am. Frank (808) 874-0068. [MAUI](#).
- 22 Turkey Trot (8.6M & 16M Runs): 7:00 & 8:00 am. Rice Park, Kula. [MAUI](#). [VIRR](#)
- 23-25 Ultraman Triathlon (6M Swim, 224M Bike, 52.4M Run): Jane Backus 322-2120.
- 25 Post Pig-Out Plunge (1.3 Mile, 1/2M & 1/4M Swims): 8am. Kailua-Kona Pier. [FPP](#)
- 25 BIRR Fun Run (Post-Thanksgiving 5K): 7:30am. Coconut Island, Hilo. [BIRR](#)

DECEMBER

- 1 Ocean Challenge (1M Swim, 2M paddleboard, 3M kayak or OC, 1M Run): 8am Kihei [MAUI](#). Bram (808) 280-4893.
- 2 Puu Wa'awa'a Volunteer Day: Call for time & location. Mike Donoho (808) 937-2501.
- 8 Ulupalakua (40M fun Ride): 9am. Keokea Park, Kula. Donnie Arnoult (808) 575-7469.
- 9 Aluminum Man Championship (1/2M swim, 1/4M run, 1/4M Swim, 3.5M Run): 8am Wailea Beach, [MAUI](#). [AMS](#)
- 9 Honolulu Marathon (26.2M Run): (808) 734-7200. [OAHU](#).
- 15 Christmas Fun Runs (5K & 10K): 8am. Kanaha Beach Park. [MAUI](#). [VIRR](#)
- 16 BIRR "End of the Year" Fun Run (2M & 4M): 8am. Richardson Park, Hilo. [BIRR](#)
- 23 Journey to Lala Land (20M 5000' extreme hill climb): 8:00am. [TMS](#)
- Peaman Champeanship Biathlon "Pea's B-day Biathlon. (3/4M Swim & 4M Run): 8am, Kailua-Kona. [FPP](#)