

YEAR
2011

Aluminum Man

SWIM! RUN!

Series Maui

ALUMINUM MAN

(FREE GROUP WORKOUTS)

THE NOT-SO-SERIOUS-SERIES

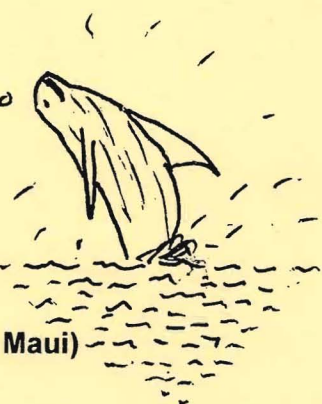
- *No entry fees...
- *Low in fat & no cholesterol...
- *Sunday mornings @ 8:00am sharp...
- *No membership but lots of friendship...
- *Relays encouraged...
- *Fins and masks very acceptable...
- *Event day waiver & sign-up for door prizes...
- *A day at the beach in paradise...come & play!!!

Sunday
8:00am

FEBRUARY 13th -Aluminum Man "Valentine's Biathlon"

1/2 mi. swim... 1/2 mi. beach run...3 mi. road run

Kahekili Beach Park (old airport beach just past Kaanapali in West Maui)



Sunday
8:00am

APRIL 24th-Aluminum Man "Easter Bunny Biathlon"

1/2 mi. swim...4 mi. road run

Polo Beach Park (south side of Kea Lani Hotel- Wailea)



8:00am

May 29th-Aluminum Man "Blaze Your Best Biathlon"

1/4 mi. swim, 1/4 mi. beach run, 1/2 mi. swim, 5 mi. road run

Wailea Beach Park (between the Grand Wailea & Four Seasons Hotel- Wailea)

A day not to miss!

Sunday
8:00am

AUGUST 28th-Aluminum Man "Scenic Challenge Biathlon"

1/2 mi. swim...3.7 mi. beach run

Kahekili Beach Park (old airport beach just past Kaanapali in West Maui)

8:00am

OCTOBER 9th-Aluminum Man "Ready or Not Biathlon"

3/4 mi. swim...5 mi. road run

Polo Beach Park (south side of Kea Lani Hotel- Wailea)



Sunday
8:00am

DECEMBER 18th-A-Man "Beach Bash Holiday Biathlon"

1/4 mi. swim, 1/4 mi. beach run, 1/2 mi. swim, 3.5 mi. road run

Wailea Beach Park (between the Grand Wailea & Four Seasons Hotel- Wailea)

IN LOVING MEMORY OF JAIOM "THE ALUMINUM MAN" BERGER...LIVE ALOHA!!!

Contact: Nancy Robberson or Jami Kimmell @ (808)878-2949 see virr.com for full calendar of races