

YEAR
2009

ALUMINUM MAN SERIES

TRAINING SCHEDULE

(FREE GROUP WORKOUTS)



**** the Not-So-Serious...SERIES ****

- ...No entry fees
- ...No membership but lots of friendship...
- ...Sunday mornings at 8:00am SHARP...
- ...Low in fat and no cholesterol...
- ...Masks, snorkels, and fins very acceptable...
- ...Relays encouraged...
- ...Event day sign-up for door prizes...
- ...A day at the beach in paradise! See you there!!!

****door prize donations welcome****

FREE
8:00am

FEBRUARY 15th -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)

MARCH 22nd -Aluminum Man "Splash & Dash Biathlon"

1/2 mi. swim...3.5 mi. road run

Wailea Beach Park (between Four Seasons and Grand Wailea Hotels)

FREE
8:00am

FREE
8:00am

APRIL 12th -Aluminum Man "Easter Bunny Biathlon"

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

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



A day not to miss !

Great door prizes !

FREE
8:00am

May 31st -Aluminum Man "Blaze Your Best Biathlon"

1/2 mi. swim...4.5 mi. road run

South Maluaka Beach Park (1/2 mile past Maui Prince Hotel entrance take your first right and drive 1/4 mi. to park-follow path to beach)

FREE
8:00am

AUGUST 2nd -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)

FREE
8:00am

OCTOBER 11th -Aluminum Man "Ready or Not Biathlon"

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

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

FREE
8:00am

DECEMBER 20th -A-Man "Beach Bash Holiday Biathlon"

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

Wailea Beach Park (between Four Seasons & Grand Wailea Hotels)



8:00am

Come & Play!

If you have any questions contact:
Nancy Robberson & Jami Kimmell
1380 Lower Kimo Drive, Kula, HI 96790
(808) 878-2949

see virr.com for full calendar of races

In loving memory of JAIOM "THE ALUMINUM MAN" BERGER.