

# 2009 CALENDAR of MAUI SWIM, BIKE, AND RUN RACES

	DATE	TYPE	EVENT	START	LOCATION	CONTACT INFO.
January	Sat 3	Run	Ko'ie'ie Fishpo 5K & 1k keiki Fun Runs	8:00am	HI Isla Nat. Whale Sanctuary-S. Kihei Rd.	Kamaki280-0656/virr.com
	Sun 18	Run	Maui 15K & 5K	7:20am/ 8:20am	Papalaua Beach (near Pali tunnel) to 505 Front St-Lahaina	www.maui15K.com
	Sun25	Run	Maui Oceanfront Marathon	6:00am	Wailea to 505 Front-Lahaina	mauiocceanfrontmarathon.com
	Sun 25	Swim	Polar Bear 1.2 mi. Fin Swim Race	9:00am	South Maluaka-Maui Prince Beach	Toni 298-3269 tonisinnott@aol.com
February	Sat 7	Run	Pac. Whale Fnd. ½ Marathon, 5K, & 2K kids run	7&8am	Polo Beach Wailea	pacificwhale.org/249-8811
	Sun 15	Swim/Run	Aluminum Man ½mi swim/½ mi beach run/3 mi run	8:00am	Kahekili Beach-pa Kaanapali	Nancy Robberson 878-2949
	Sat28	Run/Walk	Isaiah Academy 5K Fun Run & Walk	7:30 am	Keopuolani Park near YMCA Isaiah Acad.	Kim-243-8700
March	Sun 8	Run	Central Valley12K Run	7:00am	HomeDepot to Kenolio Park(old Suda ore)	Rudy-280-5801/virr.com
	Sat 14	Run	Run to Sun 36 mi. Ultra-marathon	4:30am!	Maui Mall to top of Haleakala	virr.com/Bram Denhaan 280-4893
	Tue 17	Run	St. Patrick's Day 5K Run 'til You're Green!	5:00pm	either near Ale House or Mulligan's Wailea	see virr.com for details!
	Sun 22	Swim/Run	Aluminum Man ½ mi.swim/3.5 mi.run Free!	8:00am	Wailea Beach	Nancy Robberson 878-2949
	Sun 29	Swim	Swim for your Heart 1 mi. swim	8:30am	Wailea Beach	Janet Renner-280-2756/ mastersswimmaui.org
April	Sat 4	Bike/Run	12 Hour Makawao Fore RompFree!	6am-6pm	Makawao Fore Reserve	Armstrong 281-1135
	Sun 12	Swim/Run	Aluminum Man 1/2 mi.swim/4 mi. run Free!	8:00am	Polo Beach -Wailea	Nancy Robberson 878-2949
	Sat 18	Run	Healthy Kids Day 1 mi. kids & 5K Adult Runs	7:30am/ 8:00am	YMCA Wailuku	Mike@YMCA Wailuku-242-9007
	Sun 19	Bike	Metric Century Ride 60 mi./30mi. rides	6:30am	Haycraft Park, Maalaea	South Maui Bikes 874-0068
	Sun 26	Swim	Kaanapali Klassic 1.2 mi. Swim Race	8:30am	Canoe Beach, Kaanapali	Paula Pope 661-7255 or 268-2903
May	Sat 9	Run	Na Holo Wahine 5K Run (♀ run/♂ help)	8:00am	Botanical Gardens Keopuolani Park Wailuku	virr.com
	Sat 23	Run	3rd Annual Jacaranda 10K Run	8:00am	Eddie Tam Gym Makawao to Kula (near Lodge)	Mike Irwin 870-6331
	Sun 31	Swim/Run	Aluminum Man 1/2 mi.swim/4.5 mi. run	8:00am	Maui Prince Beach Park	Nancy Robberson 878-2949
June	Sat 6	Run	2nd Annual Will's Run for Hope 10K&2K kids run	8:00am	Rice Park Kula	Susan Moulton (210)559-4044 virr.com
	Sun 14	Swim	Maui Coast Relays 2or4 person relay	8:30am	Keawekapu to Polo Beach or S. Maluaka	Malcolm 280-4257 aumakuaswim.org
	Fri Nites 12,19,26	Run	All Comers Track Meets	5:00pm	War Memorial Stadium	Rudy-280-5801/virr.com
July	Sat 4	Run	Poli Poli 10mi.Trail Romp Free!	8:30am	Meet at Rice Park, Kula(carpool up Waipoli Rd)	Nancy & Jami 878-2949 /virr.com
	Sat 11	Run	Iao Valley 10K Run	7:00am	Wailuku Public Parking Lot	virr.com
	Sun 26	Swim	Kapalua 1 mi. swim	9:00am	Kapalua Bay-near the Ritz Carlton Kapalua	Dave Rostetter-463-8012

Please contact **Nancy Robberson @878-2949** if you would like to change any info. or if you are looking for non-conflicting race dates. LET'S SUPPORT EACH OTHER'S EVENT SUCCESS! Mahalo!

RUNS see [www.virr.com](http://www.virr.com) for free group training runs from Kihei, Kahului, and more! Sign up @ virr.com for race discounts!

SWIMS see [www.mauidolphins.org](http://www.mauidolphins.org) for wet events, links to forms & events, and tips on improving your swimming and more!  
Updated: 2/20/2009

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August	Sun 2	Swim/Run	Aluminum Man ½ mi.sw/3.7 mi. Beach Run	8:00am	Kahekili Beach-pa Kaanapali	Nancy or Jami 878-2949
	Sun 23	Bike	Cycle to the Sun 36 mi.uphill bk ride	7:00am	Paia to top of Haleakala	Maui Cyclery cycletohesun.net Donnie 575-7469
	Sat 29	Swim	Pentathlon Pool Meet	9:00am	Kihei Aquatic Center	Malcolm 280-4257 mauidolphins.org
September	Sat 5	Swim	Lanai Channel Crossing: 9 mi swim relay	8:00am	Club Lanai to Black Rock	Ian 338-0722 mauichannelswim.com
	Mon 7	Swim	Maui Aumakua 1mi. & 2.4 mi. Swim Race	8:30am	South Maluaka-Maui Prince Bch (Labr Day Mon)	Malcolm 280-4257 aumakuaswim.org
	Sat 12	Run	Hana Relays 52 mi. Run	5:45-6:15-6:30-6:45	Kahului Airport to Hana Ball Park	Joe Alueta/270-7743/virr.com
	Sat 19	Run	Maui Tacos 5k Run	8:00am	Whaler's Village, Kaanapali	virr.com mauiamarathon.com
	Sat 19	Run	Front Street Mile	3:00pm	Front St. Lahaina-near Bubba Gumps	Rudy-virr.com
	Sun 20	Run	Maui Marathon	5:30am	Kaahumanu Center to Kaanapali	virr.com/mauimaraon.com
	Sun 20	Run	Maui Half Maraon	5:30am	Kaanapali Out-&-Back	virr.com/mauimaraon.com
	October	Sun 4	Swim	Maui Roughwater 1.7 mi. Swim	8:30am	Keawekapu Beach to Polo Beach
Sun 11		Swim/Run	Aluminum Man ¾ mi. swim/5 mi. run	8:00am	Polo Beach, Wailea	Nancy or Jami 878-2949
Sat 17		Run/Bike	Makila Duathlon 3.3 mi.run/11.5mi. Mtn bike/3.3 mi. run	8:30am	above Launiupoko Beach Park	trimaui.org Ben Barreras 283-7222 or Rory Frampton-878-6447
Sat 24		Run	X-Terra 5k & 10k Off-Road Trail Runs	8:00am	Maui Prince Hotel-Wailea	www.xterraplanet.com
Sun 25		Triathlon	X-Terra Off-Road Triathlon World Champs	9:00am	Maui Prince Hotel-Wailea	www.xterraplanet.com
November	Sat 7	Run/Walk	Day of Hope 10k Run/5K Run-WalkCancer\$	7:00am	Four Seasons Hotel, Wailea	dayofhopemaui.org
	Sat 14	Run	Harbor to Harbor 15K Run	7:00am	Kahului Harbor across from Maui Mall to Maalaea Harbor	virr.com/SeaRay-385-2729
	Sun 22	Bike	Maui Century Ride 25,50,75,100 mile rides	6:30am 8:30am	Maui Prince Beach Park	South Maui Bikes 874-0068
	Thur 26	Run	Turkey Trot 8.6 & 16 mi. Runs	7am/8am	Rice Park, Kula	Cathy Fitzpatrick 280-4643 virr.com
December	Sat 5	Multi	Ocean Challenge 1mi.sw/2mi.paddle/3mi.kayak/1mi.run	8:30am	Kam.I Beach Park Kihei	trimaui.org /Bram 280-4893
	Sat 12	Run	Christmas 5K & 10K Fun Runs	8:00am	Kanaha Beach Park-South end	virr.com/SeaRay searaypi@yahoo.com
	Sun 13	Bike	36 mi. Kahikinui Bike Ride& Pancakes	7:00am	Tedeschi Vineyards to Keokea to Kahikinui & back	Donnie 575-7469
	Sun 20	Swim/Run	Aluminum Man ¼ mi.swim/¼ mi.beach Run / ½ mi.sw./3.5mi.run	8:00am	Wailea Beach	Jami or Nancy878-2949

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