



Sunday, July 26, 2026
Kapiolani Park

Aloha Athletes!

Welcome to the **28th annual Na Wahine Festival**. We have taken all our great events and combined them into one, fun filled day for the women, men and families of Honolulu. We are also excited to bring you the 5th annual **Kane Sprint Triathlon**, our all-men's sprint distance triathlon that will be starting after the women's race.

This race packet will provide you with the necessary information for a successful and fun-filled event. **Please read carefully.**

See you at the start line!

Race Day Timetable

5:00-5:50 am	Athletes Check-in at the Bike Corral
	Late Registration, Late Packet Pick-up, at the Bandstand
5:50 am	MANDATORY pre-race meetings for all participants at the Transition area
6:05 am	Meet at Queen's Surf – Triathlon swim start
6:15 am	Wave #1 Na Wahine Sprint Triathlon and Female Relay Teams (Yellow Swim Cap)
6:50 am	Wave #2 Kane Sprint Triathlon and Co-Ed Relay Teams (Orange Swim Cap)
7:30am	5K Run Start – 7:15am participants meet at Bandstand
8:45-10:00 am	Awards Ceremony Begins
11:00 am	Breakdown & Clean-Up



General Information

LOCATION: Kapiolani Park Bandstand

Directions: From town, take **H-1** freeway west bound to King Street exit. Pass Foodland on your right and make a right turn onto Kapahulu Ave. Follow Kapahulu Ave. all the way to ocean, make a left turn onto Kalakaua Blvd., stay left onto Monsarrat Ave. You can find parking in one of the Bandstand parking lots or the auxiliary lot just before Paki Ave. Additional parking available on Paki Ave. (Diamond Head side of Kapiolani Park). A portion of the Bandstand parking lot will be reserved for sponsors and volunteers.

RACE START TIME: 6:15AM for the triathlon (**Mandatory pre-race meeting for all participants at 5:50AM at the Transition area**). **Meet 6:05am at swim start at Queen's surf.**
7:15AM 5K pre-race meeting at the bandstand, 5K start 7:30am near finish line.

REGISTRATION: Kapiolani Park Bandstand - Open from 5:00 to 6:00 am for late packet pick-ups and late entries. (T-shirts not guaranteed).

RACE NUMBERS AND TIMING CHIPS: All triathlon athletes will receive a one-time-use disposable timing chip on **race morning**. Please have your bib number ready to show our timing staff. Before entering the transition area, attach your timing chip securely to your ankle. Watch this short video for instructions on how to wear your chip: <https://www.youtube.com/watch?v=8qM61Wax50M>

All participants will be marked with their race number on race morning as they enter the transition area. The bib number included in your race packet must be worn during the run. It must be worn on the front of your body and remain clearly visible at all times.

RELAY TEAMS: All relay team members must be marked with their team race number. Each team will receive **one reusable timing chip**. The chip must be passed from one team member to the next at the completion of each leg of the race. Team members will not be permitted to leave the transition area without the timing chip. Relay teams must rack their bikes in the designated **Relay Team Bike Rack** within the transition area. Please return the timing chip to our timing staff after finishing the race.

NA WAHINE 5K RUNNERS: Each 5K runner received a bib number during packet pickup. The timing chip is attached to the back of the bib. The bib must be worn on the front of your body during the run and remain clearly visible at all times.

SWIM CAPS: The swim start will consist of three waves. Participants will receive a swim cap that corresponds to their wave. **These swim caps are mandatory for participation.**

- **Wave #1: Yellow caps** will proceed to water start immediately after the pre-race meeting. Start for this group is at 6:15 am.
- **Wave #2: Orange caps** will proceed to the holding area after the pre-race meeting and until their start time. You will not be allowed in the water prior to your wave start. This group will start at 6:45am.

T-SHIRTS: Shirts will be given to participants upon completion of the race.

RESTROOMS: There are plenty of restroom facilities at park area.

TIMING: Chip Timing (swim/bike/run splits, overall time, etc...) will be provided by *Pacific Sport Events*. Finisher times will be posted during the event and on-line.

COURSE: APPROXIMATELY

- **Sprint Triathlon:** 500m swim at Queens Surf; 12 mile bike; 5k run
- **5K Run:** 5K run

AID STATIONS: Swim course – There will be an aid station with water at the entrance of the transition area after the swim.

- **Bike course:** there will be no aid station on the bike course so be sure to carry water.
- **Run course:** there will be an aid station as you exit the transition for the run and one at the half way mark.

MEDICAL: Medical staff from DJ Rogers Pacific Ocean Patrol and American Medical Response will be located at the transition area.

FINISH LINE: Water and refreshments will be available at the finish line.

AWARDS CEREMONY: Following the race all relay and individual awards will be presented. Award ceremony begins at 8:45am. **There will be music throughout the morning with our new MC Tim Marr on the mic.** Check it out!

Bike Giveaway!

A Bike, courtesy of Boca Hawaii, will be given away to a participating athlete randomly chosen. You may be the winner of one of the many random prizes from Runner's HI, Kokua Sun Care, Boca Hawaii and more. Let's all join in the excitement of the post-race celebration!

You must be present to win so stick around and enjoy!

We would like to sincerely thank all of our sponsors and supporters, without whose generosity this race would not have been possible:

Na Wahine Triathlon, LLC
Hawaii Pacific Health
Office Pavilion
Jaco Rehab
Honolulu Baking Company
Kokua Sun Care
Hidrate808
Boca Hawaii
Skin Deep Tattoo and Piercing Waikiki
Runner's HI



July 26, 2026



Aloha to All Na Wahine Competitors,

Thank you for participating in the 28th Annual **Na Wahine Sprint Triathlon, Kane Sprint Triathlon and 5K Fun Run**. Each year we are excited by the level of participation and enthusiasm from athletes like you! Let's have an exciting, challenging, fun, and safe race. Each year, we have almost 100 volunteers helping out, please show them your appreciation. This is a USA Triathlon sanctioned race. We ask for your cooperation in following the swim-bike-run race regulations.

SWIM REGULATIONS:

- Please seed yourself according to your swimming ability; fast in front, slower in back
- You must wear a swim cap given to you at packet pick-up
- Wet suits allowed if water is under 84 degrees
- No flotation devices, fins, paddles, etc.
- **The swim course consists of an out and back shoreline course.**
- **If you are on a relay team, you must tag your biker's hand and give them your team's chip, before they are allowed to leave the transition area.**

BIKE REGULATIONS:

- **All participants *must* wear a helmet which must be buckled before leaving the transition area**
- Riding your bike in the transition area is prohibited
- **When passing other bikers please pass on the left and yell "on your left."** Please pass safely
- **NO DRAFTING ALLOWED.** You must maintain at least three bike length distances between you and the rider in front of you. Failure to comply could lead to disqualification
- The bike course consists of two laps for the Sprint Triathlon and Sprint Duathlon and 1 lap for the Super Sprint Triathlon. We will have a team of volunteers monitoring your laps, but ultimately you are responsible for counting your own laps and for completing the course in its entirety. Cutting the course is an obvious violation
- All competitors are required to follow the prescribed course and to stay within all coned lanes. Going outside the course is a safety issue
- Carry a spare tube, pump or CO2 cartridges, tire levers, and "drink" (i.e. water, sports drink, etc.)
- If you are on a relay team, you must return to the transition area and tag the hand of your runner and give them your team's chip before she is allowed to run

RUN REGULATIONS:

- All runners are required to wear race numbers at all times during the run
- Numbers must face the front and be clearly visible at all times
- Barefoot running is not allowed; proper shoes must be worn
- No ipods, headphones or earbuds allowed

UNSPORTSWOMANLIKE AND UNSPORTSMANLIKE CONDUCT:

Foul, harsh, argumentative or abusive language or other unsportswomanlike and unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators, or fellow athletes is forbidden.

Thank you for your cooperation. Have a safe and enjoyable race and Good Luck!
KC Carlberg, MPH
Race Director