



Sunday, July 26, 2026

Kapiolani Park Bandstand - Start Time 6:15am at Queen's Surf

Two sprint distance multi-sport events will be taking place on the same race course.

- *Na Wahine Sprint Triathlon (all-women's)* - 500m swim/12-mile bike/5k run
- *Kane Sprint Triathlon (all-men's)* - 500m swim/12-mile bike/5k run
- *5K Run* - 5K run (follows the same run route as the sprint triathlon)

500 meter Swim Course

The swim course for the 500-meter is a shore line swim at Queen's surf. You will start in the water and swim along the shore keeping the buoys on your left shoulder. For the 500m-you will make a left hand turn at the furthest buoy and return along the shore to the finish. **To finish, you will** make a right shoulder turn at the finish buoy and exit the water and run across the park to the transition area near the Bandstand.

12-mile Bike Course

The bike route will start at Kapiolani Park near the Marathon finish. You will head east on Kalakaua Ave., turn right on Monsarrat crater side onto Diamond Head Road, left on 18th Ave., right on Kilauea, right on Makaiwa St. (across from Kahala Mall), left on Moho St., right on Keala'olu Ave. and proceed to the 3-way stop. Right on Kahala Ave., right on Paikau St. and right on Diamond Head Road. You will make a right turn on 18th Ave. and make a second loop following the route as mentioned above. Failure to make the second loop will be grounds for disqualification. After the second loop, you pass Paikau and will head up and over Diamond Head Road to Kalakaua Ave. You will enter the park and finish where you started.

5K Run Course

The run course is a flat, fast two-loop route around Kapiolani Park. As you exit the transition area near Kalakaua, you will proceed to make a clockwise loop turning right on foot path near the pond and continue on path making a right turn on the path at Monsarrat. Make a right on Paki Ave. and continue to follow Paki Ave. all the way around the park, veering right, onto the grass just past the tennis courts, following the path on the carriage road toward the finish line. LAP 2 - Follow the signs, turning left back toward Kalakaua for lap two. After completing your second lap you will head straight toward the finish line.

Have a safe and fun race!