



## 2018 ULTRAMAN 34<sup>TH</sup> ANNIVERSARY QUICK FACTS

**WHAT:** A 3-day, 320-mile (515-kilometer) individual ultra-endurance event which takes place on the Big Island of Hawaii. Entry is limited to 40 participants and is by invitation only. Founded in 1983, the event is held annually on the traditional Thanksgiving weekend.

**WHEN:** FRIDAY, November 23    Stage I    Starting time 6:30 a.m.

SATURDAY, November 24    Stage II    Starting time 6:30 a.m.

SUNDAY, November 25    Stage III    Starting time 6:00 a.m. (note earlier start)

**WHERE:** Stage I - 6.2-mile (10 km) ocean swim from Kailua Bay to Keauhou Bay, followed by a 90-mile (145 km) out and back bike ride from Keauhou Bay to Ocean View via Route 11 and returning through the Kona Coffee fields of South Kona to finish at beautiful Kahalu'u Beach Park.

**Stage II** - 171.4-mi (276 km) bike ride heading north from Kailua-Kona (Route 19) to Waikoloa, then turning east to climb up Waikoloa Village Road with a brief stint on Route 190 to access the climb of the Daniel K. Inouye Hwy (Saddle Road) into Hilo. From Hilo, the route continues north along the Hamakua Coast (Route 19) to Waimea, and over the Kohala Mountains via Route 250 to finish at Kamehameha Park in Kapa'au, just north of Hawi town. Vertical climbs total 8,600 feet.

**Stage III** - 52.4-mile (84 km) double-marathon run from Hawi to Kawaihae (Route 270), then on to Kailua-Kona (via Route 19) and finishing at the Old Airport Park, Pavilion 1.

**Time Limits:** Each stage must be completed in 12 hours or less. The swim should be completed in 5-1/2 hours or less. Participants not reaching the respective finish lines within the 12-hour limits will be disqualified.

**WHO:** Limited to 40 athletes, participants are expected from Canada, Australia, Brazil, Argentina, Spain, Columbia, Switzerland, Puerto Rico, New Zealand, Slovenia, Chile, India, Catalunya, Philippines, Italy, Venezuela, Great Britain, Serbia and the United States. Each must be accompanied by an individual support team of at least two persons over the entire course. Many of these team members volunteer from the Big Island community each year. The event attracts individuals who not only thrive on personal challenge and enjoy the thrill of victory, but who come to understand, as did the ancient Hawaiians, the importance of *aloha* (love), *ohana* (family), and *kokua* (help). Individual resources, mental, physical, and spiritual, are shared in an atmosphere where everyone who completes the course is a winner, and the pursuit of human excellence is the fundamental rule of the road.

**CONTACT:** ULTRAMAN WORLD CHAMPIONSHIPS: Sheryl Cobb, Race Director

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