



2009 JMF Retro Hawaii Ironman



Sep 5, 2009

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2009 JMF Retro Hawaii Ironman

Overview

It started with a simple question – who was the fittest of them all?

Was it the guy who swam the 3.8 Km Waikiki Rough Water Swim?

Was it the one who did the 180 Km “Around Oahu” bike ride?

Or was it the one who did the 42.2K Km Honolulu Marathon?

It was Commander John Collins who said, “Swim 3.8K’s, ride 180K’s, run the marathon and brag for the rest of your life.” And so it was, In February 1978, 15 athletes stood on the sandy beaches of Waikiki and started what would become the most coveted, most grueling and most rewarding sporting events of all time – the Hawaii Ironman.

Since that day the Hawaii Ironman has become part of sporting folklore as athletes from across the globe attempt to qualify for the Ironman World Championships in Kona each year. But this year, we’re going to put a “retro spin” on all of that!

On Saturday Sep 5, 2009 we’ll be retracing the steps of the original Hawaii Ironman, held on Oahu in 1978. While it is indeed an Ironman distance event, this one is VERY different. Rather than a race, it is far more of a social event where we will complete the course as a group with the primary objective being to HAVE FUN! As opposed to an officially sanctioned Ironman, we will swim together, ride together and run together in a great day of triathlon, fun and adventure. You can grab a set of toes in the swim, suck a few wheels and sit in the pack on the bike and keep each other entertained on the group run. We’ll all work together to make it a great day and support each other through each of the legs.

The 2009 Retro Ironman is a fully organised event where all your needs will be catered for and be an unforgettable experience! The event is in support of the John Maclean Foundation, the official charity of legendary Ironman, John Maclean. JMF provides financial support to young Australians who use wheelchairs.

So get our groove on and come and join us for some “old school” retro fun in Hawaii!



Overview



Retro Ironman will be based in Honolulu. This means no transfers to the Big Island. Once you are there, you are there! During the week of the race you’ll be able to take in all the fun of Waikiki Beach, head to the legendary surf spots of Waimea Bay, Pipeline or Sunset Beach on the North Shore, visit Pearl Harbor or simply experience the local nightlife, art and culture of downtown Honolulu.



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Retracing the first steps....

The 2009 JMF Retro Ironman retraces the original 1978 Hawaii Ironman Course.

- The swim is in the Waikiki Rough water swim, which is 3.8 Km in the open ocean.
- The bike course is the Around Oahu Bike Ride, on open roads.
- The run is the Honolulu Marathon, on walkways and paths.

The Swim

The swim is a group swim and will be supported by a water safety crew for the entire swim leg. We'll swim out through reef channel before heading west and swimming parallel to the beach before finishing at the Hawaii Lagoon Village. We'll wait for the last swimmer to finish before we head back to the hotel to grab our bikes!

The Bike

The bike will circumnavigate the main portion of the island in a counter-clockwise direction. You will depart the hotel, head to the Hilton Hawaiian Lagoon Village and head east through Waikiki and past Diamond Head. You will ride through Hawaii Kai, Kaneohe, Laie, Haleiwa, Wahiawa, Pearl City and finish at the Aloha Tower. This is a bike ride. You must obey ALL traffic signals and lights. The support crew will be able to attend to your nutritional, directional and mechanical needs throughout the ride. The ride is approximately 180 Kilometres.

The Run

The run will depart the parking lot in front of the Aloha Tower. We will run on the sidewalk through Waikiki and past Diamond Head and out to Hawaii Kai, similar to the bike ride. At Hawaii Kai, we'll run through the residential area and return back towards Diamond Head. We will finish at the hotel.



The Course



Hawaii is a great place to spend a week and there's no reason why we shouldn't throw in a retro style Ironman event while we are there! The JMF crew has spent plenty of time on the Islands of Hawaii with Ironman and Ultraman events. We love the place and look forward to sharing the 2009 Retro Ironman experience with you.



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We've got everything covered, honest.

Support Crew

To ensure that the event runs smoothly as possible we'll have a support crew on hand to take care of your needs all day. During the swim we'll be accompanied by a water safety crew, and the bike and run legs will be accompanied by support vehicles with spares, food, drinks, gels, and everything you'll need on the day! We'll also keep you safe on the open roads with support vehicles at the front and back of the bike and run pack all day!

Medical Support

Members of the support crew will be able to take care of event day medical needs with a paramedic on hand should any emergencies arise. We'll conduct a medical history check prior to the event to ensure that we can take care of any situations as they come to hand. While this is not a race, we will certainly expect you to have a decent level of fitness to participate!

Event Management

The 2009 JMF Retro Ironman will be managed by Trent Taylor and the team at Synergy Sports. These guys have produced many world-class events, including JMF's Kilometres for Kids events and have been taking care of John's events for years. Trent will be available as a resource for all participants and supporters in the lead up and during the event and can assist with any requirements you have.



The Support



The 2009 Retro Ironman is a professionally run event. We'll have a support crew on-hand to help with everything you'll need from arranging your travel, to fixing your bikes and keeping you fed and watered during race day. John Maclean will also be on hand to shout a few words of motivation from the air-conditioned comfort of the support vehicles!



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Supporting Kids in Need.

The 2009 JMF Retro Hawaii Ironman is in support of the John Maclean Foundation (JMF). JMF is a registered charity founded by legendary wheelchair athlete John Maclean OAM. John is the first wheelchair athlete to have completed the Hawaii Ironman triathlon and is a Hawaii Ironman Hall of Famer. In addition he is the first wheelchair athlete to swim the English Channel. He has represented Australia at the Sydney 2000 Olympic and Paralympic Games and continues to set the standard for what is physically possible for a wheelchair athlete.

The foundation provides financial assistance to purchase items such as new wheelchairs, vehicle and house modifications, surgery and medical assistance, computers, remedial aids or any item that improves the quality of life for the child and their family. JMF provides support on a national basis and assists children who experience paraplegia, quadriplegia, cerebral palsy, muscular dystrophy and similar conditions.

JMF supports families whose children desperately require our support. In many cases the families are surviving on extremely low incomes and Government assistance and incurring extraordinary costs associated with the welfare of their child.

We recognise and encourage each child's abilities and harness their abilities to achieve extraordinary things on their own terms. We are an advocate for the cessation of the word "disability" and believe that it has negative connotations for the development of children with special needs. The term "disability" is not welcome in the house of JMF. Just try and tell John he is disabled – you'll get an interesting response!

The John Maclean Foundation comprises a seven-person board of leading Australian business people, public figures and medical professionals. JMF holds official charitable status with the NSW Department of Gaming and Racing and is a registered Deductible Gift Recipient. More information about the John Maclean Foundation is available at www.jmf.com.au.

Participants in the 2009 JMF Retro Ironman are asked to raise funds for JMF through their participation with a goal for each participant to raise \$5,000 (AUD).



JMF



The primary purpose of the John Maclean Foundation is to provide financial assistance to young wheelchair users across Australia. The Retro Ironman is a fundraiser for JMF where funds raised will enable us to purchase new wheelchairs, medical equipment, computers and educational assistance or any item that helps to improve the quality of life for these great kids and their families.



2009 JMF Retro Hawaii Ironman

Easy tiger, this is not a race you know!

The 2009 JMF Retro Ironman is a group event. There's no hero's here and we will start as a group and we'll finish as a group. This event is about having fun, sharing plenty of laughs with old and new friends and paying a little homage to a sport that we all love. The race will be based out of the event hotel and we'll head back to the hotel for the swim-bike and bike-run transitions. This saves a lot of hassle for everyone and there's no need to take bikes to transition areas and we can have everything in a central location for you!

The Swim

The swim will start at 7am as a group and don't worry if we break up a little in the water. We will re-group before heading back to the hotel for your bikes.

The Bike

This is just like a Saturday group ride, only it's 180K's. The view is to cover the entire course as a group with stronger riders helping weaker riders etc. We're in no hurry and if we can hold between 28-32 K's per hour as a group then that is just fine and dandy! The bike leg will start and finish at the hotel and we'll loop around to the official bike course from the hotel. Throughout the bike leg we'll have two support vehicles taking care of everything we'll need along the way.

The Run

We'll transfer from the hotel to the parking lot in front of the Aloha Tower and head out on to the run course, where we will stick to pathways and quiet road sections where possible. Our diligent support crew will be there again with food, water, gels etc to get us through the day. Again, this is a group run so don't think we'll be doing any sub 3's here gang!



Race Day



*The JMF Retro Ironman is a group event. It is not a race and we will swim, cycle and run together and support each other throughout the day. There are no prizes for first or last, so grab some toes in the swim, suck a few wheels on the bike and grab a shoulder in the run. We will **START** and **FINISH** as a group in this unique event.*



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Here's what you'll get for participating.

Travel

- Return Economy flights ex Sydney to Honolulu with Hawaiian Airlines
- Hotel transfers on arrival and departure
- 7 nights accommodation (twin share) including breakfast daily (3-4 Star Accommodation)

Apparel

You'll receive a full range of JMF Retro Ironman apparel including:

- Participant's shirt
- Cycling jersey from Cannibal
- Bib and Brace from Cannibal
- Cycling socks from Cannibal
- Running Shirt
- Finishers towel, medal and shirt!!

Event Stuff

- A dedicated support crew (including medical) and support vehicles
- Gu's, Gatorade, event day food, tubes, tyres and spares to get you through the day
- Retro carbo load and 70's themed "presentation" dinner at the event hotel

The cost per person for participation and all inclusions listed above is \$3,495.00 (AUD)



The Inclusions



We'll make this a fantastic event with all the trimmings! Each participant will receive a JMF Retro Ironman finishers medal and towel and our great supporters at Cannibal will design us some truly unique 70's designs for our race apparel and casual wear. We won't be missed out on the course! There's a "carbo" a presentation and plenty of social activities to keep us entertained during the week.



2009 JMF Retro Hawaii Ironman

Put these dates in your diary.

Tuesday Sep 1, 2009

- Depart Sydney for Honolulu

Friday Sep 4, 2009

- Carbo loading

Saturday Sep 5, 2009

- "Race" day – I's going to be a long one!

Sunday Sep 6, 2009

- Presentation dinner and "after party" *(Please, the whole week will be one big party!)*

Monday Sep 7, 2008

- Depart Honolulu on return flights to Sydney or wherever you came from!

A full event schedule will be provided to all participants and support crew in the months prior to the event.



Schedule



For more information or to book your place at the 2009 JMF Retro Ironman, contact Trent Taylor at Synergy Sports on the details below:

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