

# TriLanai 3 Hills

① The Ride/Run Route will leave from the Hulapo'e Beach Park to Manele Road (Hwy 440).

② Turn left onto Hulopo'e Drive and up to the steeper Construction Road.

③ Once you come to the STOP sign at the top of the hill, the route will then be on Manele Road (Hwy 440) through the Paliwai Basin.

④ At the end of the "first" hill, you must check-in at the Aid Station. After checking-in, the second hill to traverse will come after you go through Lanai City. Stay on Lanai Avenue heading out of town, past the Four Seasons Lodge at Koele. The route will continue on Keomuku (Hwy 430). The route will pass the Pines Sporting Clays and go downhill.

⑤ The Keomoku/Shipwreck turnaround will be at the bottom of the road where the pavement ends and has a sign indicating that Shipwreck is to the left and Keomuku to the right. Turn around at the aid station and climb back up the "third" hill.

⑥ Once back in town, you must stop at the Aid Station to be checked-in once again before riding back down the Kaunalapau Highway.

⑦ The Kaunalapau turnaround will be at the end of the road at the loading docks in view of the big white jacks. Turn around at the aid station and climb back up the "third" hill.

⑧ Once back in town, you must stop at the Aid Station to be checked-in. Everyone will head back through the Palawai basin.

⑨ Cyclists will head down the windy twisty highway. Runners will head back down the original "first" hill (construction road).

⑩ Cyclists and runners will converge on the Hulopoe Beach Park finish line and beach party.

