



**XTERRA**®

# TRAIL RUN WORLD CHAMPIONSHIP

**DEC. 2, 2018**

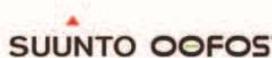
Kualoa Ranch - Ka'a'awa, HI

An adventurous half-marathon that journeys thru a private nature reserve known as "Jurassic Valley."

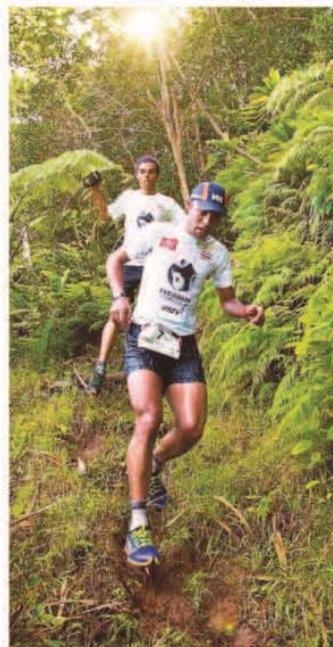
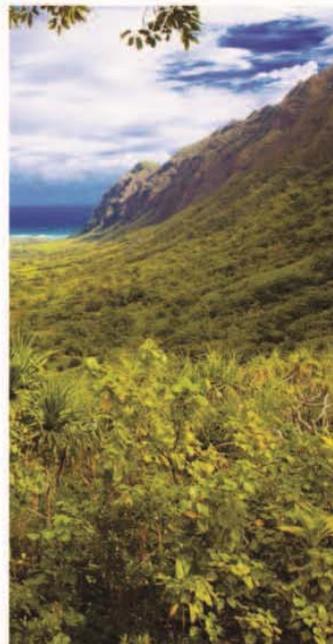
Plus, 5K and 10K races, an adventure walk, and free kids sprint.

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**ATHLETE INFORMATION GUIDE**





# TRAIL RUN WORLD CHAMPIONSHIP

Aloha!

Thanks for joining us at Kualoa Ranch for the 11th annual XTERRA Trail Run World Championship. The following guide should contain all the information you need to know to prepare for the race and have a great experience. If not, our team is here to help, simply email [trailrun@xterraplanet.com](mailto:trailrun@xterraplanet.com) or call toll-free to 877-751-8880.

## Event Schedule

### **Saturday, December 1 at Waikiki Beach Walk** (227 Lewers St, Honolulu, HI 96815)

- 9am-5pm Registration and packet pick-up at Waikiki Beach Walk
- 10am XTERRA University, presented by Paul Mitchell  
*Featuring Andy Wacker and Karley Rempel*
- 2pm XTERRA University, presented by Paul Mitchell  
*Featuring Dani Moreno, Jono Blodgett, and Melanie Koehl*

### **Sunday, December 2 at Kaaawa Valley - Kualoa Ranch** (49-560 Kamehameha Hwy, Kaneohe, HI 96744)

- 7:00am Shuttle buses depart Waikiki Beach Walk for Kaaawa Valley
- 7:00am Parking gates into Kaaawa Valley Open (No entry into the valley prior to 7am)
- 7:05am Packet pickup and registration at Kualoa Ranch
- 8:00am Expo Open
- 8:00am Registration closed for new entries
- 8:45am Hawaiian Blessing by Kahu Kelekona Bishaw
- 8:50am Race Briefing
- 9am-1:30p Paul Mitchell Cut-a-thon, a benefit for the Challenged Athletes Foundation**
- 9am-2:00p XTERRA Kids Zone challenge stations open
- 9:00am XTERRA Trail Run World Championship 21K start
- 9:10am XTERRA 10K start
- 9:20am XTERRA 5K start
- 9:25am XTERRA Adventure Walk start
- 9:40am Projected 5K winner
- 9:50am Projected 10K winner
- 10:15am Projected World Championship Men's Winner (Women's winner 10:35am)
- 10:45am XTERRA Kids Sprint (Free)
- 11:00am XTERRA 5K and 10K Awards ceremony
- 12:30pm XTERRA World Championship 21K Awards ceremony
- 1:00pm Two of three Shuttle Buses depart Kualoa Ranch for Waikiki
- 1:30pm Expo Close
- 2:30pm Last 21K finisher
- 2:30pm Last Shuttle Bus departs Kualoa Ranch for Waikiki
- 6:30pm After Party in Waikiki at the Wisp Restaurant & Lounge inside the Lotus Hotel @ 2885 Kalakaua Ave  
*No host food and drinks available*
- 8:00pm Slideshow and video highlights at After Party



# TRAIL RUN WORLD CHAMPIONSHIP

## About XTERRA Trail Run Worlds

The crown jewel of the worldwide XTERRA Trail Run Series is the half-marathon at majestic Kualoa Ranch on the Hawaiian island of Oahu. The race, held annually since 2008, takes runners through some of the most diverse and scenic terrain on the planet, and is open to runners of all ages and skill levels. The trails at Kualoa are normally closed to the public, so race day provides a rare opportunity for runners to experience “Jurassic Valley” – a 4,000-acre private nature reserve, working cattle ranch, and film site for a bunch of blockbuster movies.

In addition to the main event, there are 10K and 5K trail races, an adventure walk, and free kids’ races.

## Getting There and Parking

Kualoa Ranch is located on the beautiful northeastern countryside of Oahu. There is a one lane highway in both directions to the Ranch and heavy traffic is expected so please come early, set-up, and relax.

The sun rises at about 6:50am and the gates open at 7am. Don’t arrive before 7am as there is no place to wait.

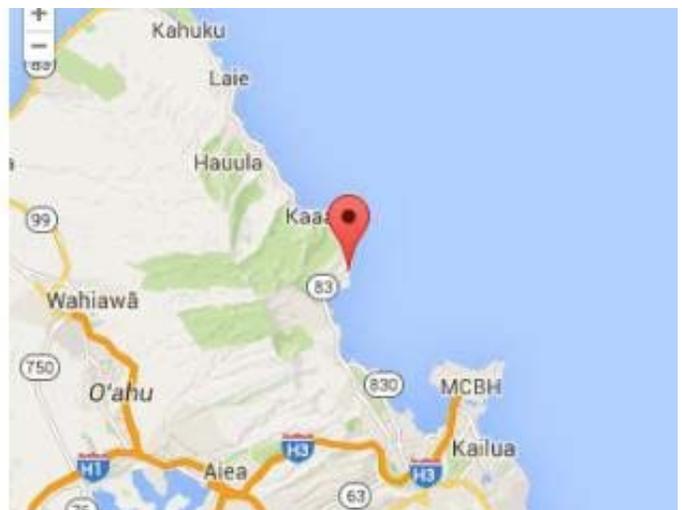
If you are coming from Honolulu the entrances into Kaaawa Valley are **one-mile PAST the main Kualoa Ranch entrance**. We’ll have two entrances into the middle of the valley – the traditional “surf gate” entry for those coming from Honolulu and another entry on Farmer’s Road for those coming from the North Shore.

When traffic starts to back-up at “surf gate” volunteers will waive cars down to the next gate. The distance to parking is the same and will relieve traffic on Kamehameha Highway so please go with the flow.

There is a parking fee of \$5 per car, and to speed things up please pre-pay for a parking pass at packet pick-up in Waikiki on Saturday. Place the parking pass on the dashboard of your car and you’ll get waived through the fast lane once inside the valley. If you can’t come Saturday, please bring a \$5 bill on race morning.

### Driving Directions to Kualoa Ranch from Honolulu

Take the H-1 Freeway to the LIKELIKE Highway / Route 63. Proceed up the LIKELIKE Highway and descend towards Kaneohe town and exit onto KAHEKILI Highway/ Route 83, heading north. Continue along Kahekili and you will see signs indicating you are approaching Kualoa Ranch and you will see Mokoli`i Island (Chinaman's Hat). Go past the main entrance to Kualoa Ranch and in about one mile you’ll see the signs directing you into Kaaawa Valley for the XTERRA festivities. There are two entrances, so if the first entrance is backed up, volunteers will direct you to the next entrance.





# TRAIL RUN WORLD CHAMPIONSHIP

## Roundtrip Shuttle Service from Waikiki to Kualoa Ranch

For \$25 a 60-passenger school bus will take you from Waikiki to the Ranch and back in hassle-free comfort. Pick-up is at the Waikiki Beach Walk on Lewers Street at 7am. You'll arrive a little before 8am, and the first bus will head back to Waikiki from Kualoa Ranch at around 1pm. The last bus will head back around 2:30pm. It's a good way to save on parking, gas, rental car, and directional worries! Buy shuttle tickets at packet pickup in Waikiki on Saturday.

## Race Packet Pick Up and New Entries

### **Saturday, December 1 – Waikiki Beach Walk from 9am – 5pm**

We'll be at the grassy area next to the Yard House Restaurant at 226 Lewer's Street for packet pick-up and new race registration. If you know anyone that wants in but has not yet signed-up tell them to come down to Waikiki on Saturday by 5pm as online registration closes on Wednesday, November 28 at 12 noon HST. Note: We are not able to transfer registrations or provide refunds, but you are able to switch race distances if necessary when you pick up your packet. And yes, you can pick up a friend's packet if they signed themselves up online.



### **Parking for Packet Pick-up in Waikiki on Saturday**

See if you can get lucky and find street parking or valet park at the Embassy Suites (enter from Beachwalk street) which offers validated parking between 10am – 3pm. It's free if you present same day Waikiki Beachwalk shop or restaurant receipt for \$20 or more to the valet, accompanied by your parking ticket validated at any Waikiki Beachwalk shop or restaurant. Learn more here: <http://www.waikikibeachwalk.com/Parking.htm>

### **Sunday, December 2 – Kualoa Ranch**

Pick up your packet before your race start and new entries can sign-up between 7:05-8:00am.

### **Race Packet Contents**

Event tee shirt, safety pins (4), Paul Mitchell sample, XTERRA Tattoo, and your Bib Number. Please attach this on the front of your body using the safety pins provided OR your own race belt. Cutting/alteration of run bib is not allowed.

### **What to Bring to Kualoa Ranch**

Running shoes, sunglasses, sunscreen, \$5 cash to pay for parking, a chair, umbrella, maybe some mosquito repellent, change of clothes, patience (while you're in line to park) and a cooler! You'll have easy access to your car to retrieve whatever you need, and we'll also have a bag check at the ranch. Please leave your dog at home though.



# TRAIL RUN WORLD CHAMPIONSHIP

## Course Description

The start for all three race distances and the adventure walk is Kaaawa Valley base camp. Runners leave on a hard-packed dirt road and immediately face their first task – a long, undulating one-mile climb.

At the 1.5-mile mark, the 5K runners will head down a pasture and back towards the ocean and the finish line. The world championship 21K and 10K runners will continue on the upper road until heading steeply downhill, some on road, some on grass towards the back of the valley before turning around and connecting to the scenic single track headed back towards the ocean.

Interesting note: This section of single track was created years ago for the legendary Hawaiian Mountain Tour bike races. It's high pasture that dips into volcanic gulches to rise again into the sun. You'll do this several times before the 10K heads to the finish. For the 21K world champ runners, the fun has just begun.

The second aid station for 21K and 10K is the beginning of the single track. The 10K runners will take a left turn down the slope about a quarter-mile into the single track and take their own single track back down the mountain.

Meanwhile, the 21K runners will eventually get back on dirt roads and past a cave from the movie "Pearl Harbor" as they move from one valley to another. After aid station 3, runners will head into some up-and-down single/double track. Here, runners venture deep into forest, and out on the edges with spectacular ocean overlooks and finally a dip into a dark, tropical rain forest with stream crossings. If it looks familiar, think about the scenes from the movie "Battleship".

Just when runners might be thinking "this isn't so bad," the terrain starts to climb. Easy at first, and then brutally steep, and totally exposed to the sun. Just as you think it has leveled, the lie comes true and it is up again. At last a feed station that appears to be a dead end, but it's not. We are taking you up narrow single track – by narrow, we mean a foot at most – the spine that separates Hakipu'u and Kaaawa Valleys. You'll wish you could stop as you can see a thousand miles of blue Pacific Ocean no matter which way you turn. Then the singletrack plunges steep downhill, where nobody goes except for the 21K runners on this day.

Muddy, rutty, steep drop-offs, slimy and slippery. We've put ropes to help you stay upright and you will need to use them.

The good news? That steep downhill section is only about a quarter-mile. At the bottom, you'll find the terrain familiar as you adventure back into Kaaawa Valley and run that gorgeous, fast and soft single track one more time to the finish.

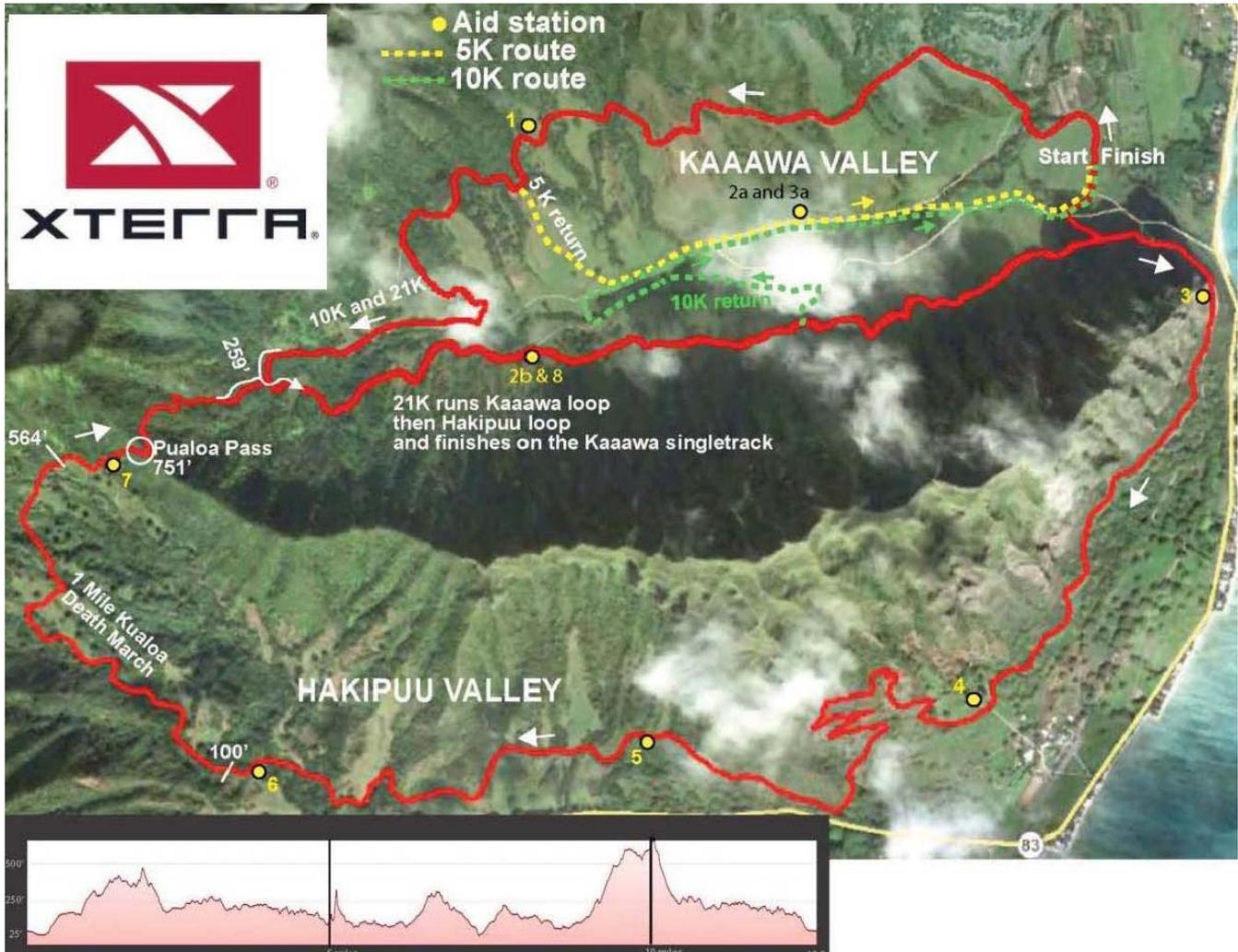
## Weather Forecast

Perfect! Actually, we're really not sure at this point but for the latest weather updates watch our friend Guy Hagi at Hawaii News Now (KGMB/8 and KHNL/13) and prepare for wet conditions. Rain or Shine – The race will go on. We'll have a hose (not a shower) for you to clean off and every runner will get a towel at the finish line courtesy of Gatorade.



# TRAIL RUN WORLD CHAMPIONSHIP

## Course Map



### Aid Stations

There will be two aid stations for the 5K race, three for the 10K, and nine for the 21K. Locations are identified on the race map with yellow dot. Gatorade and water served at all stations. Please do not trash the course. Dispose of cups and gel packs in designated areas at aid stations.

### Course Markings

The course will be clearly marked using a mixture of core flute signs and red arrows as well as bright tape tied to trees to re-assure you that you are going the right way. Please watch out for course signage along with our course marshals who will be pointing you in the right direction.





# TRAIL RUN WORLD CHAMPIONSHIP

## Race Start Times and Information

9:00am – 21K World Championship  
9:10am – 10K  
9:20am – 5K  
9:25am – Adventure walk  
10:45am – Free kids sprint

Be mindful of your race course. All three runs head in the same direction but have different cut-offs to head back towards the finish.

## Start Line Etiquette

There is no official lineup formation at the starting line, but as a common courtesy, the elite runners (you know who you are) should be allowed to line up in the front of the slower runners (you know who you are). The 10K and 5K races should follow the same guidelines with faster runners in the front.

## Timing

JTL Timing will post live, unofficial race times and the official results will be posted on race evening once verified through the links below.

Unofficial Live Results: <https://results.chronotrack.com/event/results/event/event-37997>

Official XTERRA Results: <http://jltiming.com/running.html>

Athlete Updates: <https://register.chronotrack.com/event/tracking/eventID/37997>

**Note:** Athlete updates are real time messages sent to your Twitter or mobile phone that update you on the athletes you're following while they are participating in the event.

## Prizes

The 5K and 10K awards will start at 11:00am and the 21K will begin at 12:30pm or immediately following the 10K awards.

We will announce the top three in each age group for all races, and the top five men and women elites in the 21K.

Sorry – we do not mail awards.

\$10,000 will be paid to the top seven men and women in the XTERRA Trail Running World Championship (21K) as follows:

1st = \$2,000 / 2nd = \$1,000 / 3rd = \$750 / 4th = \$500 / 5th = \$300 / 6th = \$250 / 7th = \$200

**Note:** All prize winners (top 7 in the 21K) will be required to complete a W-8/W-9 prior to receiving prize money. If you finish in the top 7 please report to award stage to fill out the paperwork at the start of the 21K awards ceremony.



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## Competition Rules

- Pre-running of the course is not permitted. Violators will be disqualified.
- No headphones, earbuds, iPods or MP3 players are allowed during the race. This is a safety issue, particular at this race, as Kualoa Ranch has their regular bus, ATV, and horseback tours running through the valley and it is imperative you are aware of what's happening around you.
- Competitors must display their run number on the front of their body. No advertising stickers, writing or alterations of the race number are allowed.
- Number holders are permitted.
- Shortcutting is NOT permitted and may result in disqualification. All athletes are required to stay on the designated trail that is marked as the race course. It is the athlete's responsibility to stay on the race course. Lack of tape or barriers on the course will not constitute excuse for cutting the course.
- Go Pros are allowed, but no selfie sticks or other devices that are mounted on the body are allowed due to safety issues.
- Protests of any nature must be submitted within one hour of the finish time of the person lodging the protest. Protests must be submitted in writing by the accuser. Saying somebody cut the course is not good enough- it must be written and described as accurately as possible. All protests will be investigated.
- Leave no trace. Don't litter. Dropping trash outside of aid stations is not allowed and may result in disqualification.
- Stay on trail.
- Respect animals and remember this is a working cattle ranch. Do not disturb or harass wildlife or livestock. When passing horses use special care and follow directions from the horseback riders.
- No running with your dog. It's a working cattle ranch, and this is a safety issue for other participants and for the dogs.
- Be friendly and don't startle other trail users. Give a courteous and audible announcement well in advance of your presence and intention to pass, something like, "On your left," or "Trail" as you approach the trail users.
- Leave natural or historic objects as you find them, including native vegetation.
- Slower runners yield to faster runners. Try to be patient when you are part of a conga line on crowded racing trails. Instead of creating social trails by passing a runner above or below the marked trail, yell out, "Trail – to your left or to your right." If you are the slower runner, stop and step aside to make it easier for the faster runner to overtake you.



# TRAIL RUN WORLD CHAMPIONSHIP

## Free XTERRA University Clinics, presented by Paul Mitchell

There will be two free trail running clinics on Saturday, December 1, at Waikiki Beach Walk. These are casual QnA sessions with some of the sports best trail runners. The first clinic is at 10am and features the husband and wife team of 25-29 Champ Andy Wacker and Karley Rempel, the Speedgoat vertical mile record holder. Then at 2pm we have last year's women's champion, Dani Moreno, alongside local stars Jono Blodgett and Melanie Koehl.

The clinics, presented by Paul Mitchell, are free and open to runners of all ages. Each session will allow time for Q&A.

## Paul Mitchell Cut-A-Thon

On Sunday, December 2, pro stylists from Paul Mitchell will be on site at Kualoa Ranch to cut/style hair from 9am to 1:30pm. A \$15 donation per person is suggested, and 100 percent of it will go to the Challenged Athletes Foundation, which helps physically-challenged athletes achieve their athletic goals. Last year, runners raised \$1,200 and we challenge you to beat that donation this year.

## The XTERRA Village

In addition to the Paul Mitchell Cut-A-Thon, there will be numerous other vendors on site at Kualoa Ranch on race day, including XTERRA apparel, OOFOS recovery footwear, Jaco massage, Heart to Table food truck, and a shave ice station.

## Heart to Table Treats and Shave Ice too

The fabulous Heart to Table food truck will be on-site serving up everything you need, from coffee and breakfast items in the morning to a hearty meal for lunch (Turkey Pesto and Crispy Chicken Wraps, Teri Burgers, Fajitas, and more). Plus, we'll also have Kona Ice serving premium tropical shaved ice; the finest icy treat on the planet.

## XTERRA Kid's Zone and Kid's Sprint

The XTERRA Kids Zone will be open from 8 a.m. to approximately 1pm, and it will offer children a chance to participate in fun activities. Several challenge stations will be set up, including an obstacle course.

Also, be sure to sign your child up for the free kid's sprint at the Kids Zone tent. Sign-ups are from 9am-10:30, and the race is at 10:45. They'll get a race bib just like the runners and can have fun in the kids' zone and run in the kids' race too – where everyone wins, gets a medal and a free shave ice after the race! Distance is age appropriate – this is all about fun!

## Bag Drop

If you need to leave anything like car keys, special food or clothing we will have a bag drop at the wood shelter near registration. No valuables please, and make sure your bag or keys are marked or tagged with your race # and name using stickers/baggies and markers supplied at the Bag Drop.



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## Hawaiian Blessing

Kahu Kelekona Bishaw will lead a traditional Hawaiian Blessing for all runners and spectators at 8:45 am Sunday morning at the main stage.

## Volunteers

We are looking for people who have a few hours to spare to help with the event. Volunteer Check-in will be at 7:05am at the XTERRA Village inside Kaaawa Valley. All volunteers will receive an XTERRA event t-shirt, drinks, and lunch. No experience necessary, but you must be at least 15 years old, have a willingness and desire to help, and have a few hours to spare.

We need volunteers for the following:

- Course Marshal (direct runners)
- Aid Station (Hand-out water/ Gatorade to runners)
- Finish Line/ Athlete Recovery (cut-up & stock food at the finish line)
- Run volunteers will be needed for up to 4 hours
- XTERRA Kids Zone from 9am-2pm

Please email [volunteer@xterraplanet.com](mailto:volunteer@xterraplanet.com) with any questions, or just show up at the times posted above and we will find you an exciting spot. Hope to see you there!

## Lost and Found

Located at the XTERRA athlete registration tent.

## Toilet Facilities

Portable toilets will be located at the race compound

## Medical

XTERRA's medical team of physicians and nurses will be headquartered at the finish area and out on course throughout the race. If you feel unwell at any stage, please alert the closest marshal who will arrange for the medical personnel to meet you.

## Race Photos

Free athlete photos will be posted to [xterraplanet.com](http://xterraplanet.com) after the race (hopefully by Friday, December 7).

**Link:** <https://www.xterrplanet.com/event/trail-run-worlds>



# TRAIL RUN WORLD CHAMPIONSHIP

## Hotel and Rental Car Discounts

Outrigger Resorts is offering discounted rates for the XTERRA Trail Run World Championship. Promo code: **XTOAHU**

**Link:** <https://www.outrigger.com/events/sports/xterra>

National Rental Car offers an XTERRA discount. **Link:** [https://legacy.nationalcar.com/en\\_US/car-rental/partners/partner-details/affinity/XZ36XTA-xterra.html?msg=ZL-XTerra](https://legacy.nationalcar.com/en_US/car-rental/partners/partner-details/affinity/XZ36XTA-xterra.html?msg=ZL-XTerra)

## Celebrate at The Wisp Restaurant on Sunday Night

After the race, head to Waikiki for the XTERRA Trail Running World Championship After-Party. It will be at the Wisp Restaurant & Lounge (in the Lotus Hotel – 2885 Kalakaua Avenue). The party starts at 6:30pm and will feature a video presentation from the race at 8pm. We'll have prize giveaways all night along with great music. There will be drink specials all night and a special XTERRA menu including a shrimp katsu burger, rib eye steak, spaghetti bolognese, charcuterie platter, mandoo, and more!



## Rain or Shine

The XTERRA Trail Run World Championship will be held rain or shine and will only be postponed in extreme circumstances. If weather conditions may potentially cause any postponement or cancellation of the event, we will communicate this in the days prior to the event via email, and on the website to race participants.

If extreme weather conditions occur on the day of or leading up to the event, we reserve the right to cancel the race or amend the course at any time due to safety concerns or unforeseen circumstances.

## Television Coverage

The race will be televised for inclusion in the 2019 XTERRA Adventures TV series. Starting in May, the show will be seen by millions of viewers across the country via national syndication on local TV channels and Fox Sports Network.

Learn more at: <https://www.xterraplanet.com/xterra-tv>



# TRAIL RUN WORLD CHAMPIONSHIP

## Event Partners

The XTERRA World Championship would not be possible without the generous support of our partners, who have also provided special offers for runners that you'll find in your virtual race bag here: <http://goveb.co/eb/21ce27>

### Paul Mitchell

Learn how you can help Tea Tree and Reforest'Action make a difference in the areas that need it the most. Use code **TEATREE18** to plant a FREE tree today!

Link: <https://www.paulmitchell.com/company/reforestation>



### The Hawaiian Islands

Proud supporter of the XTERRA World Championship.  
Discover all that the Hawaiian Islands has to offer.

Link: <https://www.gohawaii.com>



### OOFOS Recovery Footwear

Look for the Oofos banners on the run course -they signal the "great descent" - which is where the majority of fatigue and post-race soreness in your legs, hips and back actually come from.

Link: <https://www.xterraplanet.com/2018/07/oofos-great-descents-using-downhill-your-advantage>



### Suunto

Take advantage of a free Suunto GPS watch rental at the Suunto tent. Track your speed, distance, elevation, heart rate and more.

Link: <https://www.suunto.com>





# TRAIL RUN WORLD CHAMPIONSHIP

## Gatorade Endurance Formula

Gatorade Endurance Formula is proud to be the official hydration sponsor of XTERRA, with Endurance Formula available at aid stations along on course. As part of a five-electrolyte blend, Endurance Formula contains nearly 2x the sodium and 3x the potassium of traditional Gatorade to help replace critical electrolytes lost in sweat.

Link: <https://www.gatorade.com>



## Kualoa Ranch

Host site of the XTERRA Trail Running World Championship, Kualoa Ranch is a family owned and operated 4,000 acre working cattle ranch and also offers an array of outdoor recreation activities. Your great Hawaiian adventure begins.

Link: <https://www.kualoa.com>



## About XTERRA

XTERRA is a sports lifestyle brand that produces authentic race experiences and apparel for the outdoor enthusiast. In 2018, XTERRA hosted more than 300 off-road triathlon and trail running events in 30+ countries. XTERRA also offers premium, performance apparel and accessories for the trail and beyond. Learn more at <https://www.xterraplanet.com>

## Feedback

We like feedback – your comments are welcome and help us improve. Please complete the post-race survey that will be emailed the week after the race and help our destination partners understand your economic impact on the state. Or, email [trailrun@xterraplanet.com](mailto:trailrun@xterraplanet.com) with your comments and suggestions.

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720 Iwilei Road, Suite 290  
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By Phone: +1-808-521-4322

Athlete Information: Emily McIlvaine: +1-877-751-8880 or [emily@xterraplanet.com](mailto:emily@xterraplanet.com)