

2014 | September

California TRIATHLON

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California triathlon

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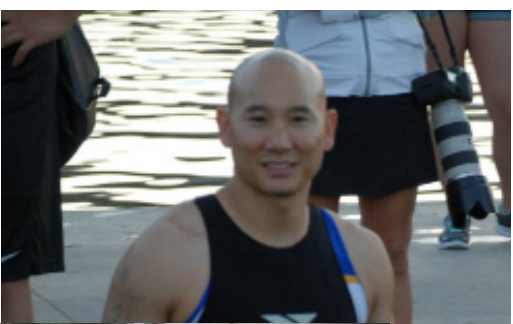
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Xterra Wetsuit September Fundraiser

The Xterra Wetsuit fundraiser is returning in September! For every Xterra Wetsuit purchased, \$25 will be donated to CalTri. Or, purchase an Xterra Paddle Board and \$50 will be donated to CalTri. Use discount code, C-CALTRI to participate and receive a discount! Help raise funds, so CalTri can continue to provide exciting events and other perks for its members.



Cal Tri was recently in AAA's Westways magazine - sent to over 4 million homes!
If you missed it, here is the article below.

THE WAYS OF THE WARRIORS

Ironman triathletes offer tips for kicking back in Kailua-Kona
BY CONNIE K. HO

Swim. Run. Bike. While some athletes might pursue these sports individually, triathletes challenge themselves to do all three in one race. Some of the most grueling triathlons are part of the Ironman series, where body, mind, and spirit are put to the ultimate test. Arguably the most important race for these warriors is the Ironman World Championship at Kailua-Kona, Hawai'i, taking place this year on October 11. In one day, athletes complete a 2.4-mile swim, a 112-mile bicycle ride, and a 26.2-mile marathon.

The championship event has been held on Hawai'i Island since 1978, and competitors worldwide travel there for a chance to be among the top three finishers.

"I'm training, swimming, biking, sacrificing so many things, but I'm very happy to pursue my dream," says Rikako Takei, 52, of Santa Monica, who has earned a spot in the championship race four times. "It really helps with my health, happiness, everything."

The event also draws hundreds of spectators who come to cheer on the athletes and soak in the spectacular venue. Many special events take place during race week, and on the big day you can follow the athletes along the course. "Being around these athletes, you are so inspired and you get to meet people from all over the world," says Heather Krug of Marina del Rey, who was at the race last year.

We tracked down several SoCal-based Ironman triathletes who have previously participated in a world championship and asked for their suggestions on where to hang out in Kailua-Kona before or after the race. Their tips range from good eats to beautiful beaches to "recovery" runs, bikes, or hikes—so called because they are gentler courses for after the big race and, therefore, perfect for the rest of us.

For more information about the Ironman World Championship in Hawai'i, go to ironman.com. Your AAA travel agent can provide trip-planning information. Visit your Auto Club branch, call (800) 814-7471, or go to AAA.com/explore.



NILS NELSON

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RIKAKO TAKEI

Age 52, of Santa Monica

Top-five finisher in her age group in the 2008 Ironman World Championship

Participated in 2002, 2005, 2007, 2008

- **WHERE TO SWIM:** At Kailua Bay in Kona. There are so many beautiful ocean animals in there.
- **WHERE TO BIKE:** Queen Ka'ahumanu Highway (Route 19) along the coast.
- **HOW TO RELAX:** Get a cup of Kona coffee [grown only in the Kona district on the west side of Hawai'i Island]. It's the best coffee in the world for me.

BOB BABBITT

Age 63, of Carlsbad

Inducted into the USA Triathlon Hall of Fame in 2012

Participated in 1980, 1981, February 1982, October 1982, 1983, 1984

- **WHERE TO EAT:** Huggo's, which overlooks the ocean. The views are spectacular and the food is always amazing. Huggos.com.
- **WHERE TO BIKE:** From Kawaihae to Hāwī, that road is beautiful. You'll see whales breaching and doing what whales do. My wife and I love the ride.
- **WHERE TO SWIM:** I love the history of Kailua Bay. So many people have taken the same walk into the same bay on the most important day of their Ironman career.



DANIEL POWELL

Age 54, of Solana Beach

Raises money for charities as his alter ego, Captain Challenge; he dresses in full costume while competing

Participated in 2005, 2006, 2013

- **WHERE TO HIKE:** Hawai'i Volcanoes National Park is otherworldly, one of the few places on earth where you can see volcanic activity. nps.gov/havo/index.htm.
- **WHERE TO SWIM:** Go to Dig Me Beach, where the race starts. Everybody who is competing or who would like to compete is there.
- **WHERE TO RELAX:** Explore the former sugarcane fields. In some places, you can kayak down the sugarcane irrigation canals—you can't do that in many places.



KELLY MIYAHARA

Age 36, of Los Angeles

Competed in honor of her training partner and friend Mari, who died in 2012

Participated in 2013

- **WHERE TO EAT:** Umeke's (umekeskona.com) for fresh poke bowls complete with friendly service. Onolicious! For local-style plates, Lemongrass Bistro (808-331-2708) is a low-key, family-run spot with great food and service with a smile.
- **WHERE TO SWIM:** I enjoy a midnight swim or snorkel with manta rays. Getting up close with these gentle giants is incredible.
- **WHERE TO RELAX:** The beach—any of them. I like to find a plumeria—my favorite flower—to tuck behind my ear, and then grab a floatie and just lounge in the water.

CHRIS SCHAUBLE

Age 44, of Santa Clarita

KTTLA-TV news anchor

Participated in 2010

- **WHERE TO EAT:** I like Kona Brewing Company. It has tons of options, and your friends who are not racing will enjoy their delicious beers. konabrewingco.com.
- **WHERE TO SWIM:** Swim prerace at the Kona Community Aquatic Center. It's free. There's an Olympic-size pool that is divided into two lap pools, and a pool for kids. (808) 327-3500.
- **WHERE TO BIKE:** It's good to get out on the Queen Ka'ahumanu Highway to get a feel for race day, but don't spend too much time out there. The wind and heat will zap you.



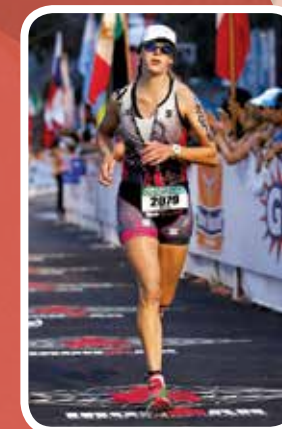
REBECCA McCULLOUGH

Age 28, of Los Angeles

Enrolled in law school and studied for the bar while training for Ironman

Participated in 2013

- **WHERE TO CELEBRATE:** I stay at the finish line, cheering on the courageous midnight finishers.
- **WHERE TO RUN:** On Ali'i Drive, where the race finishes, you can see all the things set up for the race both before and after.
- **WHERE TO RELAX:** At the beach. Hawai'i's beaches are so much better for swimming than the ones in California. The water is superwarm and you can just hang out and see lots of pretty fish.



FEELING INSPIRED?

Check out these local groups that can help make your Ironman dream a reality.

CALIFORNIA TRIATHLON

A free-membership group with thousands of members, California Triathlon trains and educates individuals on living a healthy lifestyle, with activities such as swim series and group bike rides. californiatriathlon.org.

TEAM IN TRAINING

While raising money for the Leukemia & Lymphoma Society, participants receive training and support for marathons, half marathons, and triathlons. (800) 482-8326; teamintraining.org.

YMCA OF ORANGE COUNTY

The YMCA of Orange County offers the "Train Like You Mean It" triathlon program, with workshops, weekly training schedules, and mentors. ymcaoc.org. **W**

For more information about triathlons or training in your area, visit USA Triathlon. usatriathlon.org.

Connie K. Ho is an assistant editor for Westways.