



# Kahiau Iron Challenge

Saturday, April 16, 2022

Sand Island

Sponsored by Keahiakahoe Canoe Club

**Short Course – 5 miles**

9-AM START TIME

NOVICE, JUNIOR (AGES 15 – 17), 60+, 65+, 70+ (MEN, WOMEN, MIX)

**Long Course – 7 miles**

STARTS 30 MINS AFTER LAST CREW FINISHES SHORT-COURSE

OPEN, 40+, 50+, & UNLIMITED (MEN, WOMEN, MIX), UNLIMITED MEN 55+

**Cost \$180 per crew**

Onolicious Lunch included

Commemorative hat for each participant

To borrow canoe please call Ben Ancheta at 808-387-8510.

Donations accepted

Please join Keahiakahoe and the White Van Band after the races for a kanikapila session by our newly created container mural. Bring your instrument of choice and your voices! Hula dancers welcome!!!

The design and artwork created by the Kamehameha Mural Club in collaboration with the University of Hawaii Sea Grant College Program and Keahiakahoe Canoe Club. We mahalo these creative and talented haumana of Kamehameha Schools Kapalama.