



Aloha!

My name is Paul Brown and I am the Maui Ambassador for the XTERRA World Championships. I'm honored to have been able to participate in all three of the XTERRA World Championships held in Kapalua and am looking forward to another great race this year.

I have put together some information that may be helpful to you in planning your time in Maui. Please take a few moments to read through it and feel free to email me if there is a question that I haven't answered. Any questions regarding the actual race, registration, confirmation of entry, and schedule of events should be directed to the gang at XTERRA or visit the event website at www.xterraplanet.com/maui

Congratulations on your upcoming visit to Maui and I look forward to seeing you on the course!

Flights:

There are two airports on Maui, Kahului and Kapalua. Kahului is the main airport and handles most of the arrivals to Maui. There are direct flights to Kahului from many mainland cities and this is the way to go if it's available and affordable. If you are flying into Honolulu and then on to Maui, you might think about flying into Kapalua airport. There are only about ten flights a day so seating is limited and tickets are a bit more expensive than Kahului flights but it is very convenient to Kapalua resort – only about a ten minute drive and there is a complimentary shuttle from Kapalua airport to Kapalua resort (808-665-9110).

Accommodations:

I would recommend staying in Kapalua, Napili, or Kahana so that you will be fairly close to the race site. Options in Kapalua include The Ritz Carlton or The Kapalua Villas. The Kapalua Villas are all privately owned condos with many of them managed by Outrigger. Use the links on the "Accommodations" tab of the event website to view and book reservations at the Ritz-Carlton or Kapalua Villas.

You can also look on www.VRBO.com where many individuals advertise their privately owned units in the area. Napili is right next door to Kapalua so you will still be very close to the race site. There are several properties on Napili Bay. Just Google Napili Bay to see all of the properties there. Outrigger has properties outside Kapalua as well including Napili, Kahana, Honokowai, and Lahaina. Kahana is the next community out from Kapalua but still close enough to get back and forth by bike.

Transportation:

SpeediShuttle is available for transfers from the airport to your hotel. www.speedishuttle.com

If you want to travel around the island a rental car is your best option. Check out www.mauivans.com if you want a large vehicle for a large group or a lot of equipment.

There is bus service on Maui but you can't bring luggage on board. Good for getting around locally but not super convenient for traveling across the island - you can get there but it takes some time. The busses do have bike racks on the front if you want to go someplace by bus then head off on your bike.

Restaurants:

TS Restaurants is the restaurant sponsor for the Xterra Trail Runs and has four terrific restaurants in West Maui: Duke's Beach House, Hula Grill, Leilani's and Kimo's – try them all for their own special flavors and ambiance.

The Kapalua Restaurants – Pineapple Grill, Merriman's, Plantation House, The Terrace or Beach House at the Ritz, and Cane & Canoe – Kapalua is one of Maui's premier dining destinations and features some of the best restaurants in Hawaii.

Maui Tacos – located in Napili Plaza and in Lahaina – awesome fish tacos and my favorite “Lahaina Burrito – Wet” Just ask them for the one Paul gets – this one is definitely a post-workout meal!

Seahouse Restaurant at Napili Kai - great breakfast, lunch and dinner - right on the water so awesome views.

The Coffee Store - located in Napili Plaza - great coffee and pastries and a local favorite.

Mama's Rotisserie - Napili Plaza - great roasted chicken and other hearty foods - lunch special is a 1/4 chicken with two sides for \$6.95 – a good deal.

Dollies' Pizza and Pub - Kahana - fun local hang-out and good pizza.

Choice Health Bar - located next to West Maui Cycles in Lahaina - great raw and natural foods, smoothies and acai bowls to die for.

Baan Thai - Next to The Coffee Store at Napili Plaza - really good curries and noodles.

Sansei Sushi and Seafood Restaurant - Great sushi - head there after 10 PM on Thursday & Friday nights for Karaoke and 50% off of the sushi menu.

Mala Ocean Tavern – located on the ocean near Safeway, Mala is a fabulous restaurant and our favorite place for Saturday and Sunday brunch.

Prison Street Pizza – a cool new place just a few minutes from the Lahaina Aquatic Center on Prison Street in Lahaina. Perfect spot to feed your face after a hard pool workout.

Lahaina Grill – My wife, Kim and I's favorite spot for a special night is Lahaina Grill, located in Lahaina on Lahainaluna Road. It's a bit pricey but worth every penny and after this race you're going to deserve a treat!

Bike Shop:

The only bike shop on the West side is West Maui Cycles - they have a good selection of rental bikes and a good repair staff. They will be on-site once race headquarters is open and their shop is behind Pizza Hut in Lahaina, just off Highway 30. www.westmauicycles.com 808-661-9005. There are a few other shops on the other side of the island: South Maui Cycles www.southmaubicycles.com; Krank Cycles www.krankmaui.com; Maui Cyclery www.gocyclingmaui.com; Island Bike www.islandbikermdui.com.

Food Shopping:

Safeway in Lahaina is the best shopping option on the West Side - sign up for a Safeway club card to get some pretty good discounts. There is a natural food store across the street from Honokowai Park (5 miles south of Kapalua) and a good farmer's market on Wednesday mornings, Napilihau Road on mountain side of Highway 30 (across from Napili Plaza). Napili Market is close and convenient but tends to be pretty expensive compared to Safeway.

Swimming options:

Flemings Beach: This is the race site and you will find many of the athletes swimming the course in the days leading up to the race. It can be rough so you might prefer other spots if you want to avoid waves and wind. It is a good idea to swim the course a few times just to get used to it. Check out 2012's race photos to see how crazy the swim conditions can be.

Napili Bay: I train regularly at Napili Bay. I swim along the rocky point at the north end of the bay and have a 200 meter course that I do intervals on. From the outside edge of the inner reef out to the last building of Napili Kai is 200 meters. This spot is very sheltered and swimmable when it might be too rough at Flemings plus there's a good chance of seeing turtles while you swim.

Lahaina Aquatics Center: Located at the south end of Lahaina, 15 - 20 minute drive from Kapalua at the corner of Hwy 30 and Shaw Street. Very nice pool usually set up for 25 meters but sometimes 50 meter lanes set up. Free to use and open from 10 - 4 Mon - Sat, 12 - 4 Sun. There is also masters swim 5:30 AM MWF, 6:30 PM T,TH. \$5 fee for Masters.

Airport Beach at Kaanapali: Located at the intersection of Puukolii Road and Highway 30, about six miles South of Kapalua, this beautiful beach is a great place to train. Generally calm conditions, especially in the morning. From the Pavilion in the park down to Black Rock and back is a 1.2 mile swim. Organized swims on Saturday and Sunday mornings at 9:00 AM in front of the Pavilion.

Riding options:

You will definitely want to take advantage of the times that the XTERRA bike course will be open to the public as it is a tricky course and you will want to get a feel for it before the race - check the race website for the schedule. Non-racers can register to ride the course during the practice sessions - go to race headquarters and pay the \$12 fee (for USA Triathlon insurance).

A nice on-road ride is to head north from Kapalua on Highway 30 - a mile north of the resort the highway turns into a windy country road with plenty of hills to challenge the legs and some beautiful scenery. It's around 14 miles each way to Kahakaloa, a small village on the Northwest side of the island. It's located in a beautiful bay formed by a huge rock spire. Drop in and see Lorraine and Guy at their home for an awesome shave-ice and the best banana bread and banana crème pie you will ever have! Look for the arrows saying "**Lorraine's Shave Ice**" pointing down their driveway on the ocean side of the road as you go through the village. If you're looking for a bigger challenge continue the ride all the way around the West end of the island, looping through Wailuku and back through Lahaina for a 60 mile leg burner!

Steve Fischer, a Lahaina resident who has completed all 18 of the Maui XTERRA races hosts a fun mountain bike ride through the old sugar cane fields above Lahaina on the Tuesday following the race. It begins and ends at his house at the top of Fleming Road and there is a bbq following the ride. Contact Steve for more information or to let him know you are coming: mauistyl@maui.net or 808-268-1393

Running Options:

The run course is part of the Village Walking Trails and is open to the public. Feel free to run the course any days between sunrise and sunset, seven days per week. The only time that the run course will be closed is

during the XTERRA 5K and 10K Trail Run on Saturday and during the XTERRA World Championships on Sunday. In the days leading up to the race please be aware that crews might be on the run course doing finishing touches to prep it for the race and the run course also serves as part of the bike so watch for cyclists on the trail.

Honolua Bay Run: One of my favorite runs begins at Kapalua Bay. From there, head north along the Kapalua Coastal Trail; through the Ritz-Carlton to Flemings Beach and then continue north to Honolua Bay (or further). When you turn down the old pineapple road at the top of Honolua Bay continue on past the point for a great trail run along the coast then turn back when you reach the highway at the north end. Lots of hills and awesome scenery. Much of the run is on public roads so don't let the scenery distract you!

TriLanai:

On Saturday, November 3rd the Island of Lanai hosts TriLanai, an off-road triathlon. This is a shorter race than XTERRA (750 meter swim/18K bike/5k run) and is more about the fun than the competition. If you are staying through the following weekend definitely think about doing this fun event. The last two years Conrad Stoltz and his wife Liessel participated. It was Liessel's first triathlon and she took 2nd in her age group! Most racers take the ferry from Lahaina the morning of the race but you can also go the day before and camp at the beach or enjoy one of the two fabulous Four Seasons resorts. Check their website for more information:

www.trilanai.com

Bodywork:

Massage – Tony Lathrop 808-283-9108 – Tony is a cyclist and multi-sport athlete and is familiar with the demands that training and racing put on the athlete's body. Very good massage therapist and reasonable rates.

Acupuncture – Sandi Haff 808-250-7663 – Sandi is also a massage therapist but her primary practice is acupuncture. She is very intuitive and can find the therapy that will help you with preparation or recovery.

Chiropractic – Dr. Heather Gala at Galan Sports Chiropractic 808-344-5066 – Heather and her husband Abe recently opened their own practice after many years working in another office. They have a complete team of practitioners who can meet you every need.

Urgent Care – Doctors on Call 808-667-7676 – Dr. Norm Estin and his team operate clinics at the Hyatt Regency Maui in Kaanapali and in Kapalua at the intersection of Lower Honoapiilani Road and Office Road. Their medical team can handle anything from illnesses to stitches to broken bones.

Activities:

I recommend Maui Concierge for planning any activities that you would like to do while you're here. Anything from zip-lining above the XTERRA race course to parasailing above the blue Pacific, to a Hawaiian Luau – They have expert knowledge of all the best service providers and can help you take the most advantage of your time in Hawaii. Maui Concierge can be reached by email at karen@thehawaiiconcierge.com. I recommend booking any activities prior to your arrival as many will be booked in advance.

If you are utilizing any of the services or business's that I have recommended please let them know that I sent you.

My office is located at the corner of Office Road and Kapalua Drive (the little cottage in the grass triangle) right in the middle of the resort and across the street from Sansei, so pop by for an espresso and to chat while you're here. Have a great race and a fabulous time in Maui!

Aloha!

Paul Brown

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