

Travel and Lodging

2022



Agenda

Schedule

Crew Rest Days

Interisland Travel

Luggage

Lodging

Rental Cars

Key info for the following roles

Athlete – action items

Logistics Manager – hotel & schedule details

Crew Chief – schedule details

Driver – rental car details

Quick covid update...

- ~~State of Hawaii has lifted the interisland testing/quarantine requirement, so **vaccine is no longer required for interisland travel.**~~
- Currently, there is a pre-test/quarantine requirement for entry into the state. ~~Vaccinated (incl US mainland) are exempt.~~
- Current situation: over tourism & reduced resources
 - Early reservations, especially cars
 - Identify crew, especially driver

Schedule Overview – simple view

2022 SCHEDULE		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10										
		Oahu	Oahu	Kauai	Kauai	Maui	Lanai	Molokai	BI	BI	BI										
		Day 1	Day 2	Day 3	Day 4	Day 5						Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
		Sunday 8-May	Monday 9-May	Tuesday 10-May	Wednesday 11-May	Thursday 12-May	Friday 13-May	Saturday 14-May	Sunday 15-May	Monday 16-May	Tuesday 17-May	Wednesday 18-May	Thursday 19-May	Friday 20-May	Saturday 21-May						
DECA	Online: Pre-Event Meeting (3 hrs)	Arrivals Oahu Packet Pickup/Bike Inspection appts	Packet Pickup & Bike Inspection appts	3-4 am start RSB sleep: Oahu	3-4 am start RSB evening flight to Kauai sleep: Kauai	6am start sleep: Kauai	6am start	morning flight to Maui	morning boat to Lanai 9am start	morning boat to Molokai 9am start	morning flight to BI 9:30am start	8am start sleep: BI	8am start sleep BI	Finish by noon Award Party	Celebration Brunch						
					Arrivals Kauai Packet Pickup	Packet Pickup & Bike Inspection appts Meet & greet	sleep: Kauai	9am start sleep: Maui	sleep: Lanai (1-2 crew travel/sleep: Molokai)	sleep: Molokai	sleep: BI	Finish by noon									

Schedule Overview – detail view

Example only. Moderate pace, consistent. NEARLY BEST CASE SCENARIO Actual times will vary by athlete.

General Flow of Event. Not exact times.

	OAHU	OAHU	KAUAI	KAUAI	MAUI	LANAI	MOLOKAI	BI	BI	BI		
	10-May	11-May	12-May	13-May	14-May	15-May	16-May	17-May	18-May	19-May	20-May	21-May
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10		
	TUES	WED	THURS	Day 1	Day 2	Day 3	Day 4	Day 5	WED	THURS	FRIDAY	SATURDAY
12:00 AM	sleep (Oahu)	sleep (Oahu)				run (6)	run (7)	run (7.5)	run (8)	run (8)	run (8)	sleep (BI)
1:00 AM		wake up, get ready, travel to start	sleep (Kauai)	sleep (Kauai)	sleep (Kauai)	travel to hotel						
2:00 AM	wake up, get ready, travel to start	Daily Announcements				eat shower, to bed						
3:00 AM	Daily Announcements											
4:00 AM	run (5.5)	run (5.5)	wake up, get ready, travel to start	wake up, get ready, travel to start	Travel to airport return car	sleep (Maui)	sleep (Lanai)	sleep (Molokai)				
5:00 AM			Daily Announcements	Daily Announcements					sleep (BI)	sleep (BI)		
6:00 AM					Flight: LIH-OGG	Ath+CC+LM walk to dock	travel to ferry docks	travel to airport, return car				
7:00 AM	run (5.5)		swim (1.5)	swim (1.5)	P/U rental cars & travel to start	BOAT: Maui to Lanai	OAT: Lanai to Molokai	Flight: MKK-KOA				
8:00 AM		T1			Daily Announcements	P/U cars or shuttle to start	Travel to pool	P/U rental cars & travel to start	Daily Announcements	Daily Announcements	finish run, cheer others in rest	
9:00 AM	T1	swim (1.5)	bike (7.5)	bike (7.5)	Daily Announcements	Daily Announcements	Daily Announcements	Daily Announcements				
10:00 AM	swim (1.5)	T2				swim (1.5)	swim (1.5)	swim (1.5)	swim (1.5)	swim (1.5)	Celebratory Brunch	
11:00 AM	T2				T1							
12:00 PM	bike (7)	bike (7)			bike (8)	bike (8)	bike (8)	bike (8)	bike (9)	bike (9)	sleep (BI)	
1:00 PM											celebrate	
2:00 PM												
3:00 PM												
4:00 PM												
5:00 PM											Award Celebration	
6:00 PM		Cleanup, packup	run (5.5)	run (6)								
7:00 PM	Travel back to lodging, eat, shower etc.	travel to airport, return car			T2	T2	T2	T2				
8:00 PM		Flight: HNL-LIH										
9:00 PM	sleep (Oahu)	P/U rental car & travel to lodging	Travel back to lodging, eat, shower etc.	Travel back to lodging, eat, shower etc.	run (6)	run (7)	run (7.5)	run (8)	T2	T2	sleep (BI)	
10:00 PM											celebrate	
11:00 PM		sleep (Kauai)	sleep (Kauai)	sleep (Kauai)								
12:00 AM												
	15 hrs	15 hrs	15.5 hrs	16 hrs	17 hrs	18 hrs	18.5 hrs	19 hrs	20.5 hrs	20.5 hrs		

Crew Rest Days

DECA





Rotating rest days are critical to get sleep, downtime, cleaned up & re-energized

2022 SCHEDULE

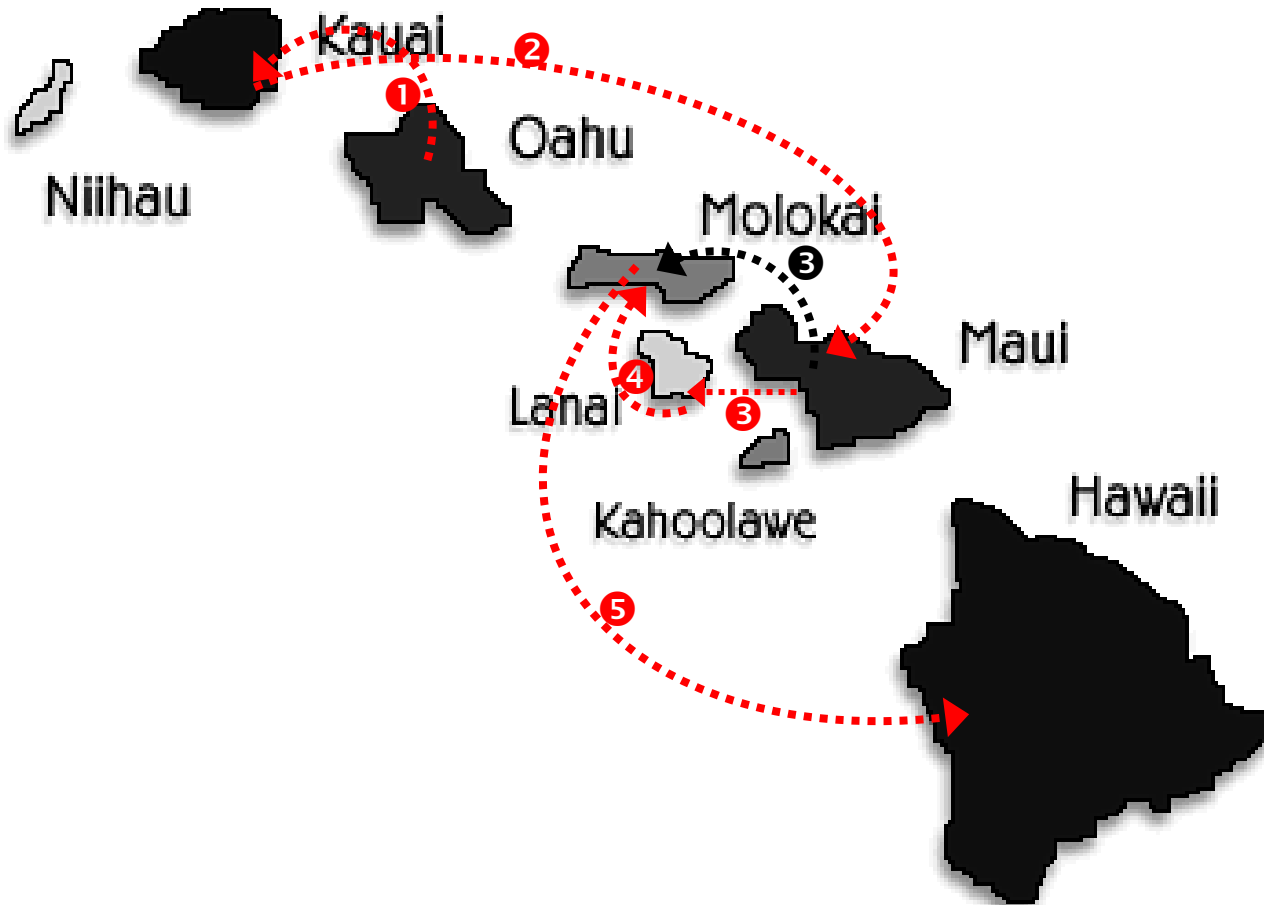
	Day 1 Oahu	Day 2 Oahu	Day 3 Kauai	Day 4 Kauai	Day 5 Maui	Day 6 Lanai	Day 7 Molokai	Day 8 BI	Day 9 BI	Day 10 BI	
	Tuesday 10-May	Wednesday 11-May	Thursday 12-May	Friday 13-May	Saturday 14-May	Sunday 15-May	Monday 16-May	Tuesday 17-May	Wednesday 18-May	Thursday 19-May	Friday 20-May
<u>Deca crew rotating rest days</u>											
Crew Chief	crew	crew	crew	rest	crew	crew	rest	crew	crew	crew	rest
Logistics Mgr	crew	crew	crew	crew	rest	crew	rest	crew	crew	rest	crew
Driver	crew	crew	rest	crew	crew	rest	crew	crew	rest	crew	crew
Assistant CC	crew	rest	crew	crew	crew	rest	crew	rest	crew	crew	crew



Interisland Travel Preview

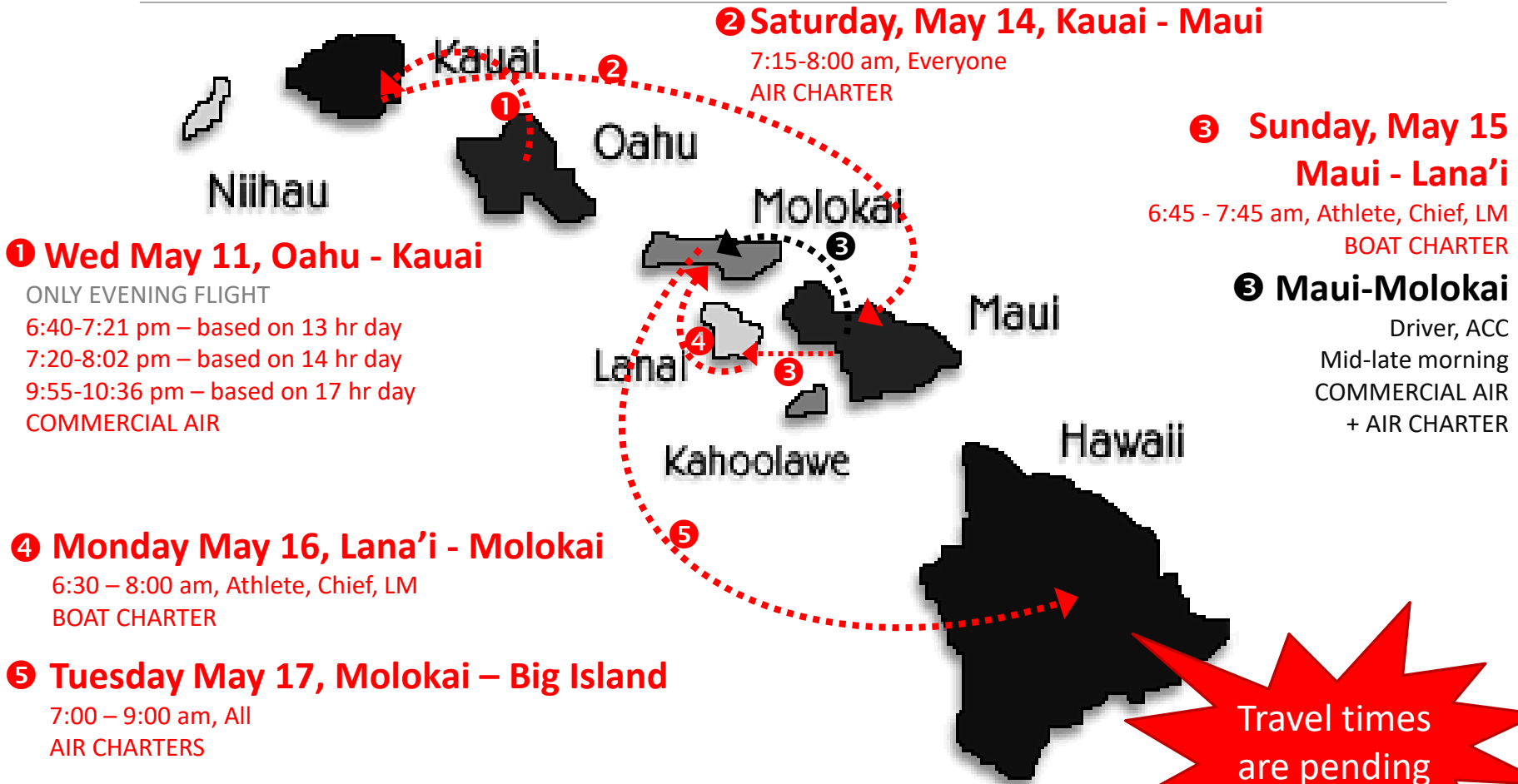
Combination of both commercial + chartered, flights + ferries

Interisland Travel



Combination of both commercial + chartered, flights + ferries

Interisland Travel



PLEASE ADHERE TO THE LUGGAGE RULES

ANY EXCEPTIONS PUT THE ATHLETE'S GEAR AT RISK OF BEING DELAYED

Luggage

CREW

2 carry-ons (duffle bag + backpack). No checked luggage.



No hard shell or roll on suitcases.

Very small planes → hard shell roll on suitcases do not fit overhead or under the seats. They will need to be gate checked and stored in the cargo space which will impact checked luggage space. We need as much cargo space as possible for the bike boxes and athlete gear.

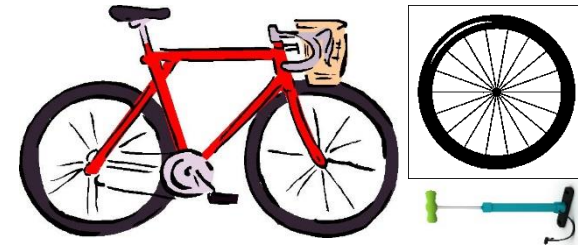
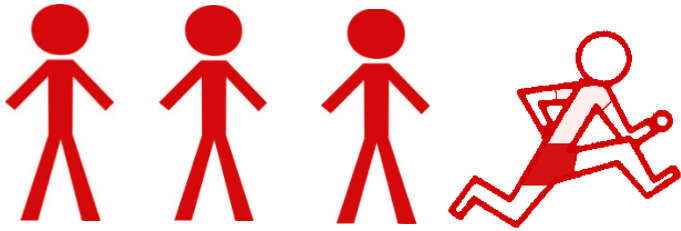
ATHLETE 4 checked luggage = 1-2 suitcases + 1 bike box + 1 cooler, provided by event



1 carry on large 40L waterproof backpack, provided by event
1 carry on bag from home

50 pound limit per piece of luggage

Luggage



Crew luggage MUST be soft shell & minimal. No suitcases.



Carry-on

Rental Cars

Reserve NOW



Rental Cars

Register your rentals at www.autoslash.com for an automatic watch on discounts & price drops since rates change frequently

Athlete to make reservations under crew driver's name for all islands, not the athlete's name.

Book either direct, or you may opt to use an online tool such as www.kayak.com or www.priceline.com which search multiple companies to find the best rates. For those who have Costco membership, try them too.

Due to the RENTAL CAR SHORTAGE, we highly recommend making reservations by September 1.

Oahu (HNL) - Avis, Budget, Enterprise, Hertz, National are located onsite

Kauai (LIH) – Alamo, Avis, Budget, Dollar, Enterprise, Hertz, National

Maui (OGG) - Alamo, Avis, Budget, Dollar, Enterprise, Hertz, National and Thrifty

Lanai – 808DayTrip.com (preferred, pickup at ferry), lanaicarrental.com, lanaicheapjeeps.com/

Molokai (MKK) – Alamo (Register w/their Insider club (free) for 5% discounted rates.)

Kona (KOA) – Alamo, Avis, Budget, Dollar, Enterprise, Hertz, National and Thrifty

MINIVAN RECOMMENDED
Best space setup. You'll be living out of it for 5-10+ days

	pick-up	return
HNL	Based on your flight arrival	May 11, 7pm <i>varies</i>
LIH	May 11, 8pm <i>times may vary</i>	May 14, 7am
OGG	May 14, 8:30am	May 15, 11am
LNK	May 15, 8am	May 16, 7am
MKK	May 15, 1pm	May 17, 8am
KOA	May 17, 8:30am	Based on your flight departure

Please see Event Resources page | Rental Cars

Rental Car Preferred Programs

Pre-register with the rental car agency loyalty program (before making reservations). This will typically expedite check-out, and often there is a shorter line for people with preferred status.

Alamo – Alamo Insiders. Save 5%

Avis – Avis Preferred

Budget - Fastbreak

Dollar – Dollar Express

Enterprise – Enterprise Plus

Hertz – Gold Plus

National – Emerald Club

Thrifty – Blue Chip



Skip The Counter[^]

Skip the counter and go straight to the lot



Free Authorized Additional Driver

Spouse or domestic partner



Quicker Reservations

Enjoy quicker reservations, pick-up and returns



Earn Free* Days

Earn free days with Dollar Express Rewards



Priority Counter Service[^]

Priority counter service when needed



Free Membership

Join for free – no fees, dues or contracts

Athlete | Crew: Expense Reimbursement

Setup a specific account for event

- Credit Card
- Debit Card

Plenty of extra \$ deposited since rental car agencies will put a cash hold for debit vs credit

Add Driver & Logistics Manager as users with own cards

- Driver - rental car
- LM – food, ice, supplies, lodging check in, luggage

Communicate. Crew may be a points /miles kind of person & want to use their own card which athlete can then reimburse.



Lodging

[HTTPS://WWW.EPIC5.COM/LODGING/](https://www.epic5.com/lodging/)

AirBnb type vs Hotel

One unit for full crew team

More spacious with multiple rooms

Often has a full kitchen + laundry

Cancellation could be harder or more costlier

Not as dependable, many are selling in HI given the sellers market, resulting in cancellation on the owner's part

Cleaning fees + booking fees

Keeps the full epic group together

1 room will usually fit the classic distance folks (queen/queen) but the deca folks will likely need 2 rooms

Convenient for start/end/transitions

Any commute time saved is valuable

Consider packing a vitamix or instapot for simple food prep

Usually has onsite coin laundry

No risk of cancellation on hotel end

No cleaning fee but some have nominal resort fees (<\$20)

Oahu Check in May 7-9 Check out May 11	Kauai Check in May 11 (or earlier if desired for classic folks) Check out May 14	Maui Check in May 14 Check out May 15	Lanai Check in May 15 Check out May 16	Molokai Check in May 15 Check out May 17	BI Check in May 17 Check out May 21 or 22
<p>Embassy Suites Waikiki <i>Separate bedroom + living/diving room (w/sofabed)</i></p> <p>GROUP RATES up to 3 people \$259 4th+ person \$50 each</p> <p>Full hot breakfast included (boxed breakfast on race days) + evening happy hour reception</p> <p>BOOK NOW Link on Monday</p>	<p>Royal Sonesta Kauai</p> <p>GROUP RATES Up to 4 people</p> <p>\$249 (king +sofabed) \$269 (2 queens)</p> <p>BOOK NOW</p>	<p>Best Western Pioneer Inn \$267 2 twins or 1 queen \$277-287 king</p> <p>2 people <i>12 rooms only – contact Rebecca if interested in a room</i></p> <p>Airbnb or VRBO Front St. Lahaina, Maui</p> <p>BOOK NOW</p>	<p>Camping With or without tent/pad/sleeping bag. NOT YET AVAIL.</p> <p>Hotel Lanai \$350-750 rates</p> <p>Four Seasons \$975+ rates</p> <p>Airbnb/VRBO – search w/o dates as you will most likely need to book for multiple nights</p> <p>BOOK NOW if doing hotel or airbnb</p>	<p>Hotel Molokai</p> <p>GROUP BLOCK contact guestservices@hotelmolokai.com</p> <p>Some rooms have kitchenettes. Restaurant & ice machine on site.</p> <p>Molokai Shores Condos units w/full kitchens. NO GROUP BLOCK. Individually owned, book through Airbnb or VRBO.</p> <p>BOOK NOW</p>	<p>Marriott Courtyard King Kamehameha hotel</p> <p>GROUP RATES Up to 4 people</p> <p>\$219 - run of house (2 queens or 1 king + sofabed)</p> <p>\$239 – guaranteed 2 queens</p> <p>BOOK NOW Link on Monday</p>
<p>Deca Day 1 will start in Kailua and end in Waimanalo.</p> <p>Deca Day 2 will start at the host hotel and end at the host hotel.</p>	<p>Deca Day 3 will start/end + T1/T2 at the host hotel.</p> <p>Deca Day 4/Classic Day 1 will start on the north shore (Kilauea) and end + T2 at the host hotel.</p>	<p>We will start Maui at Kamaole Beach Park 1 in Kihei, and end at the top of North Kihei Rd. We'll sleep in Lahaina. The Best Western is right where the boats depart, making boarding the next morning super convenient however limited rooms. Consider Airbnb.</p>	<p>We will start and end in Lanai City near Dole Park</p> <p>We will come in & depart via the ferry</p>	<p>We will start at Cooke Memorial Pool and end at Hotel Molokai.</p> <p>T2 is also at Hotel Molokai.</p>	<p>Final day for both the classic & deca will start/end + T1/T2 at the host hotel.</p> <p>Deca Day 9 will start in Kona at the host hotel and end in Waikoloa.</p>



Action Items

- CREW: Identify who your driver is
- How will the driver pay for rental cars? Their own credit card, or add as an authorized user to the Athlete? Also consider how the Logistics Manager will pay for items (food, ice, lodging).
- If adding as an authorized user – request the card(s) now
- Register the driver for car rental loyalty program. This will save time during the event.
- Book rental cars in driver (crew) name using the credit card they will be using. This will save time during the event.
- Book lodging.



Questions?

ORGANIZATION & PREPARATION ARE KEY

RELEVANT SLIDES WILL BE INCLUDED IN YOUR PRINTED
EVENT GUIDEBOOK.