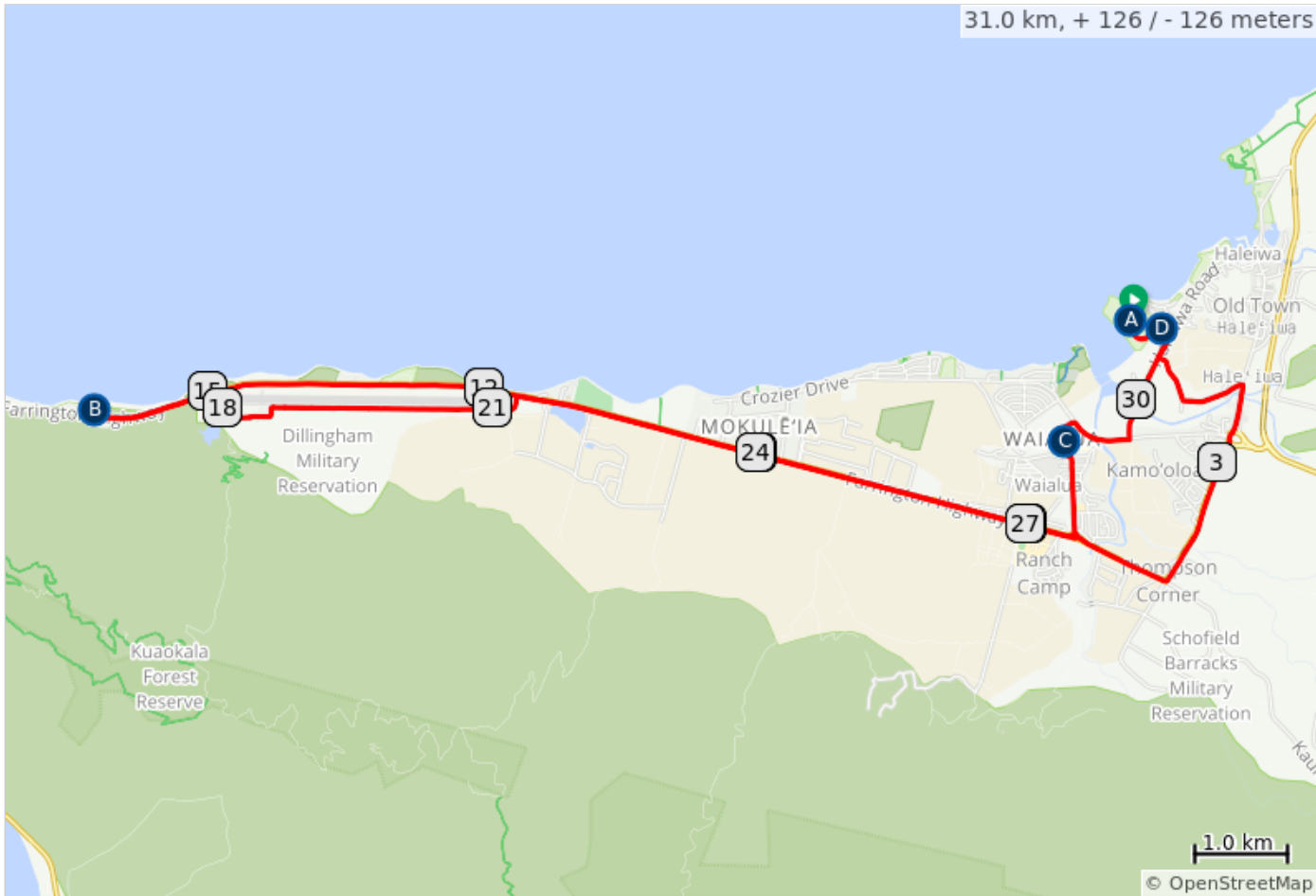
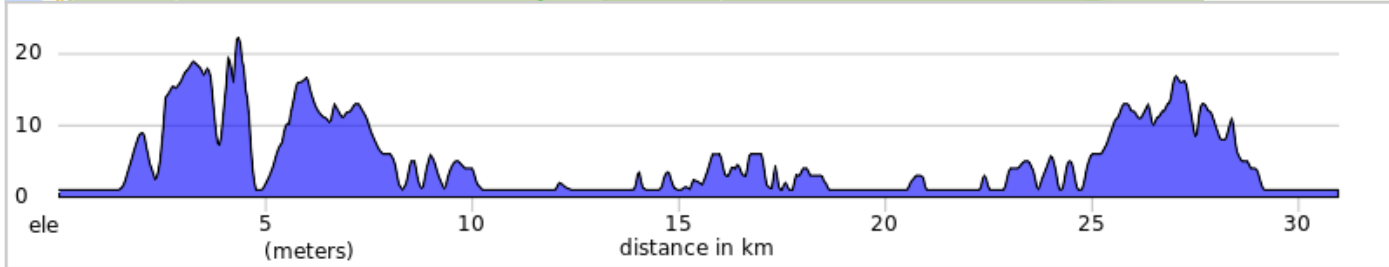


# HMC 30K Route



- A. Ride Start Kaiaka Bay Beach Park
- B. Camp Erdman Aid Station
- C. Wai alua District Park Aid Station
- D. Finish: Kaiaka Bay Beach Park











HBL Metric 30K

## HMC 30K Route

Num	Dist	Type	Note
1.	0.0		Start of route
2.	0.0		Start: Kaiaka Bay Beach Park
3.	0.6		R onto Hale'iwa Road
4.	0.9		L onto Pa'ala'a Road Lane
5.	2.1		Sharp R onto Kamehameha Highway
6.	2.6		At roundabout, take exit 2 onto Kaukonahua Road, HI 930
7.	4.4		Slight R onto Farrington Highway, HI 930
8.	5.5		At roundabout, take exit 2 onto Farrington Highway, HI 930
9.	11.8		Continue straight

11.8 kilometers. +64/-64 meters

Num	Dist	Type	Note
10.	16.4		Camp Erdman Turnaround Turnaround point, 30K turnaround
11.	17.7		R Turn onto Airfield Drive
12.	21.3		R Turn onto Farrington Highway
13.	27.4		At roundabout, take exit 2 onto Goodale Avenue
14.	28.9		R turn onto Waialua Beach Road
15.	29.6		L onto Hale'iwa Road
16.	30.8		L onto Fresh Air Camp Road
17.	31.0		End of route

19.2 kilometers. +54/-57 meters