

## 2020 PEAMAN SCHEDULE

January 26 8:08 AM	<b>Doc Ferren Hall of Fame Biathlon</b> 1/2 Mile Swim / 3.1 Mile Run ***LavaKids PeaWee Course (200-yd Swim / 1-Mile Run)
February 16 8:08 AM	<b>DeCarli Dip &amp; Dash</b> 1/2 Mile Swim / 3.5 Mile Run ***LavaKids PeaWee Course (200-yd Swim / 1-Mile Run)
March 1 8:08 AM	<b>Zoomin' Zak Plunge and Plod Biathlon</b> 1/2 Mile Swim / 3.9 Mile Run ***LavaKids PeaWee Course (200-yd Swim / 1-Mile Run)
April 19 8:08 AM	<b>The Roadrunner Biathlon</b> 3/4 Mile Swim / 3.5 Mile Run ***LavaKids PeaWee Course (200-yd Swim / 1-Mile Run)
May 17 8:08 AM	<b>Peaman Spring, Sprang, Sprung Biathlon</b> 3/4 Mile Swim / 3.1 Mile Run ***LavaKids PeaWee Course (200-yd Swim / 1-Mile Run)
June 14 8:08 AM	<b>Papa Pea's Sizzling Summer Sprint</b> 1/2 Mile Swim / 3.1 Mile Run ***LavaKids PeaWee Course (200-yd Swim / 1-Mile Run)
July 19 8:08 AM	<b>Peaman's Wacky Whirled Peas Quadrathon</b> 1/3 Mile Swim, 2 Mile Run / 1/3 Mile Swim, 2 Mile Run ***LavaKids PeaWee Course (200-yd Swim / 1-Mile Run)
August 2 8:08 AM	<b>Pedal Till Ya Puke (6.5 Miles)</b> <b>Run Till Ya Ralph (6.5 Miles)</b> <b>Papa Pea Pedal or Plod (3.5 Miles)</b> ** <b>Mad Dog Mile (1-Mile)</b> (All Races open to Road & Mtn. Bikes, Runners and Walkers)
August 16 8:08 AM	<b>Brown Bear Bash and Sunny Sprint</b> 1/2 Mile Swim / 3.1 Mile Run (Bash) 200 Yard Swim / 1 Mile Run or Walk (Sprint) & ***LavaKids
September 13 8:08 AM	<b>Peaman International Biathlon</b> 3/4 Mile Swim / 3.9 Mile Run ***LavaKids PeaWee Course (200-yd Swim / 1-Mile Run)
October 25 8:08 AM	<b>Peaman Thrash and Dash Biathlon</b> 1/3 Mile Swim / 2 Mile Run ***LavaKids PeaWee Course (200-yd Swim / 1-Mile Run)
November 22 8:08 AM	<b>Peamania</b> 1/4 Mile Swim + 2-Mile Clockwise Run/Walk + 1/4 Mile Swim + 2-Mile Counter Clockwise Run/Walk ***LavaKids PeaWee Race is Also a Two-Loop Course
December 27 8:08 AM	<b>THE PEAMAN WHIRLED CHAMPEANSHIP BIATHLON</b> 1/2 Mile Swim / 3.9 Mile Run ***LavaKids PeaWee Course (200-yd Swim / 1-Mile Run)



### All of Peaman's Aerobic Adventures Are:

- Sunday Mornings at 8:08 AM -
- At Kaiakeakua Beach, Next to Kailua-Kona Pier, Unless Noted \*\* -
- Masks, Snorkels & Fins are Welcome -
- No Entry Forms or Fees! -
- No Sign-Up, Sign-Out When Finished -
- \*\*\*LavaKids PeaWee Course Always Available (200 yd. Swim, 1-Mi Run)
- Fun for the Whole Family! -



### Frozen Pea Productions

 Peaman Peaman

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### For Info on More Free Events

Thanksgiving Triathlon | Team Kiser | 808-989-2580  
Big Island Running Co. | [www.bigislandrunningcompany.com](http://www.bigislandrunningcompany.com) | 808-327-9333  
LavaKids | [www.lavakids.org](http://www.lavakids.org)

*Schedule created by Rani & Penn Henderson*

**LOVE, LAUGH AND BE A PEA!!**