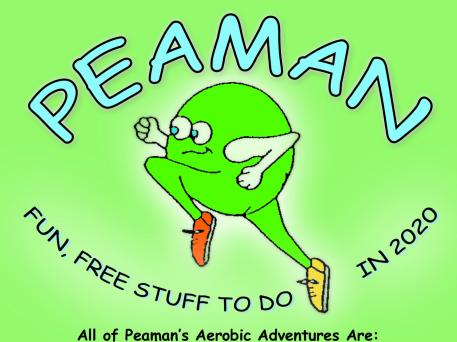
2020 PEAMAN SCHEDULE

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

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For Info on More Free Events

Thanksgiving Triathlon | Team Kiser | 808-989-2580 Big Island Running Co. | www.bigislandrunningcompany.com | 808-327-9333 LavaKids | www.lavakids.org

Schedule created by Rani & Penn Henderson

LOVE, LAUGH AND BE A PEA!!