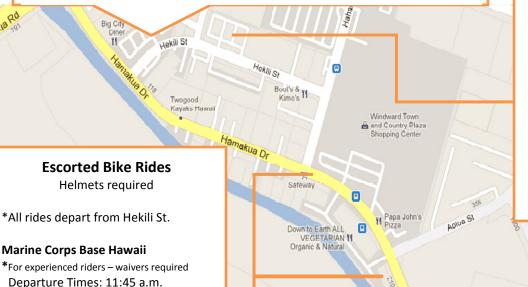
### **Hekili Street Activities**

Hula hoops, bike maintenance & basic repairs from 11:00 a.m. to 3:00 p.m. Waivers may be required for aerobics classes.

| 11:45 a.m.        | Pre-ride/post-race stretching      | Hahani end of Hekili |
|-------------------|------------------------------------|----------------------|
| 11:45 a.m.        | HPD bike safety briefing           | near NAPA store      |
| 12:00 p.m.        | QiDance (low impact)               | Hahani end of Hekili |
| 12:00 - 3:00 p.m. | BMX flat-land and other bike demos | near NAPA store      |
| 12:35 p.m.        | Kickboxing                         | Hahani end of Hekili |
| 1:10 p.m.         | QiForze (higher intensity)         | Hahani end of Hekili |
| 1: 30 p.m.        | KVIBE bike fun                     | near info. booth     |
| 1:45 p.m.         | Obstacle Bootcamp                  | Hahani end of Hekili |



# Hele On Kailua

## **Hele on Kailua Stage Area Activities**

Wellness tests and vendor booths. Free fitted helmets while supplies last. Prize drawings throughout the day.

11:00 a.m. 5k awards announcement

Cyclovia introduction and recognition of special

11:15 a.m. guests and supporters including Gary Toth, Director

of Project for Public Spaces

11:45 a.m. Huakailani School for Girls concert

12:00 a.m. Prize drawings

12:05 p.m. Cycle On Runway highlighting local bike shops and

clubs with special display of vintage bikes

1:15 p.m. Prize drawings

1:35 p.m. Zumba by Jen

2:00 p.m. Prize drawings

Windward

2:05 p.m. Kailua Music School Entertainment

# **Enchanted Lake Community Park Activities**

\*Bike maintenance and basic repair provided by Cycle Manoa from 11:00 a.m. to 2:45 p.m.

The YMCA is providing fun with hula hoops, jump ropes, and an agility ladder!

Bike Skills 123 provided by Hawaii Bicycling League
\*Bikes and helmets available for children who do not have their
own

12:00 and 1 p.m.

HPD bike safety briefing 12:45 p.m.

# **Enchanted Lake Community Park**

Departure Times: 11:45 a.m.

12:45 p.m.

1:45 p.m.

1:45 p.m.

Return Times: 12:00 p.m.

1:00 p.m.

2:00 p.m.

2:45 p.m.