

Hele On Kailua

CYCLOVIA HAWAII



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 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
11:15 a.m.	Cyclovia introduction and recognition of special 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
2:05 p.m.	Kailua Music School Entertainment

Escorted Bike Rides

Helmets required

*All rides depart from Hekili St.

Marine Corps Base Hawaii

*For experienced riders – waivers required

Departure Times: 11:45 a.m.

1:45 p.m.

Enchanted Lake Community Park

Departure Times: 11:45 a.m.

12:45 p.m.

1:45 p.m.

Return Times: 12:00 p.m.

1:00 p.m.

2:00 p.m.

2:45 p.m.

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.

