2026 ULTRAMAN 40th ANNIVERSARY QUICK FACTS

WHAT: A 3-day, 320-mile (515-kilometer) individual ultra-endurance event which takes place on the Big Island of Hawaii. Entry is limited to 40 participants and is by invitation only. Founded in 1983, the event is held annually on the traditional Thanksgiving weekend.

WHEN:

FRIDAY, November 27	Stage I	Starting time 6:30 a.m.
SATURDAY, November 28	Stage II	Starting time 6:30 a.m.
SUNDAY, November 29	Stage III	Starting time 6:00 a.m. (note earlier start)

WHERE: Stage I - 6.2-mile (10 km) ocean swim from Kailua Bay to Keauhou Bay, followed by a 90-mile (145 km) scenic and hilly bike ride from Keauhou Bay around the southern tip of the island via Route 11 to finish at Kilauea Military Camp in the Volcanoes National Park. Vertical climbs total 7,948 feet.

Stage II - 171.4-mi (276 km) bike ride, from Volcanoes National Park (Route 11) to Keaau, then turning east with a loop to Kalapana and Pahoa, then on through the City of Hilo. From Hilo, the route continues north along the Hamakua Coast (Route 19) to Waimea, back down to the coast and climbing via Hwy. 270 to finish at Kamehameha Park in Kapa'au, just north of Hawi town. Vertical climbs total 7,919 feet.

Stage III - 52.4-mile (84 km) double-marathon run from Hawi to Kawaihae (Route 270), then on to Kailua-Kona (via Route 19) and finishing at the Old Airport Park, Pavilion 1.

Time Limits: Each stage must be completed in 12 hours or less. The swim should be completed in 5-1/2 hours or less. Participants not reaching the respective finish lines within the 12-hour limits will be disqualified.

WHO: Limited to 40 athletes, participants are expected from Canada, Columbia, Australia, Brazil, Argentina, Spain, and the United States. The entirety of the field will have participated in at least one previous ULTRAMAN. Each must be accompanied by an individual support team of at least two persons over the entire course. Many of these team members volunteer from the Big Island community each year. The event attracts individuals who not only thrive on personal challenge and enjoy the thrill of victory, but who come to understand, as did the ancient Hawaiians, the importance of *aloha* (love), *ohana* (family), and *kokua* (help). Individual resources, mental, physical, and spiritual, are shared in an atmosphere where everyone who completes the course is a winner, and the pursuit of human excellence is the fundamental rule of the road.

CONTACT: ULTRAMAN WORLD CHAMPIONSHIPS: Sheryl Cobb, Race Director

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