ULTRAMAN HAWAII TRIATHLON: JUST A GLORIFIED BIKE RACE?
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Introduction
The 320 mile (515 km) UltraMan Hawaii Triathlon is comprised of a 6.2 mile (10 km) swim, 261.4 mile (420.6 km) bike, and a 52.4 mile (84.4 km) run. With the bike segment covering 82% of the distance and 56% of the duration of the event, the question must be asked: is the event simply a glorified bike race or is it an integrated multi-sport event?

Methodology
Segment split times for the 17 UltraMan Hawaii Triathlons where there were at least 10 male finishers were analysed in a stepwise multiple regression to determine the significance of each segment as a predictor of overall finishing performance. Pooled data for the top ten finishers were analysed in the same manner. Meteorological data was compared to predictive power of each segment to determine if the weather (wind speed/direction and temperature) correlated to performance.

Results
All three segments of the event were found to be the greatest predictor of overall finishing performance in at least one of the years analysed (swim, 2002, 64.2%; bike, 1986, 1988, 1989, 1990, 1993, 1998, 1999, 2004, and 2005, 63.1% to 89.6%; run, 1994, 1995, 1996, 1997, 2001, 2002, and 2006, 65.7% to 77.4%). All contributions to the predictive model were found to be significant (P < 0.001 to 0.045), in all years. With the data pooled for all 17 years, the swim, bike and run segments had 0.7%, 97.3% and 2.0% predictive power to overall finishing performance. All three of these disparate percent predictive powers were significant contributors to the model: swim, P = 0.001; bike, P = 0.006; run, P < 0.001. No significant correlation (P = 0.351 to 0.892) of segment performance to meteorological factors was found.

Conclusions
As all race segments were shown to be both greatest predictor of finishing performance in at least one year and a significant predictor of finishing performance in all years, it must be concluded that, despite the apparent preponderance of the bike segment, the UltraMan Hawaii Triathlon is not a glorified bike race, but a fully integrated multi-sport event.

Keywords: Sport Performance, Triathlon