

RESTORE MOTION

REDUCE

PAIN



GET RACE-READY
with Active Release Techniques®

**Receive free ART treatment,
no appointment required!**

Courtyard King Kamehameha's
Kona Beach Hotel

Training Days:
Oct. 5-9, 7:00 am-12:00 pm

Race Day:
Oct. 10, 2:00 pm through
early Sunday morning (~1 am)



Learn more at:
activerelease.com/kona-ironman

**THE GOLD STANDARD
IN SOFT-TISSUE CARE®**