

**Start time:** 8-mile: Runners - 7:00 a.m., Walkers - 6: a.m. There will be a free shuttle bus to the starting line in Ha'ena, leaving the Hanalei Pier beginning at 4:45 a.m., last shuttle leaves at 6:20 a.m. The 5K Run starts at 7:00 a.m. at the Pier (5K can be walked, but there will be no separate awards!). The Youth Run starts at 7:00 a.m. at the Pier.

**Entry Fee & Deadlines:** \$10 for kids 14 and under for the Youth Run. \$25 for pre-registered 8-mile Run/Walk and 5K Run. The entry fee includes the pancake breakfast (first 100 registrants guaranteed a T-shirt and size!) Please mail your entry no later than May 30<sup>th</sup>. Race packet pickup and late registration on June 6<sup>th</sup> from 4:30 to 6:00 p.m. at the Hanalei Canoe Club or at the Hanalei Pier beginning at 4:45 a.m. on race day.

**Awards:** Male & Female runners: 1st Male and Female overall and 1st through 3rd each age group. Awards ceremony at 9:30 a.m. at the Hanalei Canoe Club. Age groups: **Youth:** 6 & under, 7-10, 11-14. **8-mile Run/Walk** and **5K Run:** 15-19, 20- 29, 30-39, 40-49, 50-59, 60-69, 70 & over.

**Pancake Breakfast:** \$7.00 per person, all you can eat, 7:00 am at the Hanalei Canoe Club. Registered runners/walkers eat free.

**Course:** The 8 mile course begins at the end of the road in Ha'ena, traversing the scenic stretch of road and one-lane bridges along the breathtaking North Shore towards Hanalei Town. Turn left at Anae Road after the Waioli Bridges, and then turn right at Weke Road to the finish at the Hanalei Pier. The 5K Run and the Youth Run start and end at the Pier.

**Information:** 808-639-4048. Email: [hccc@hawaii.com](mailto:hccc@hawaii.com). [www.hanaleicanooclub.com](http://www.hanaleicanooclub.com)

**Hotel Accommodations:** Need help finding a place to stay on the North Shore? Contact Laura Richards at the Hanalei Colony Resort at 808-826-6235.

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**ENTRY FORM: Ha'ena to Hanalei 8-Mile Run/Walk, 5K Run & Youth Run**

**Please print clearly!**

Name: Last \_\_\_\_\_ First \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Address: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ City: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

**Tank Top Size (circle one):** Adult: **S M L XL** Women's: **S M L XL** Youth: **XS S M L**

**RACE CHOICE: PLEASE BE VERY CLEAR WHICH RACE YOU ARE ENTERING!**

- 8-Mile Run..... \$25 (\$30 on race day, or if mailing after May 30<sup>th</sup>)
- 8-Mile Walk..... \$25 (\$30 on race day, or if mailing after May 30<sup>th</sup>)
- 5K Run..... \$25 (\$30 on race day, or if mailing after May 30<sup>th</sup>)
- 1-Mile Youth Run..... \$10 (mail before May 30<sup>th</sup>)

**Race Number  
Official Use Only**

**Release:** In consideration of this entry being accepted, I, the undersigned, intending to be legally sound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the race officials and the Hanalei Canoe Club, resulting from involvement with the Ha'ena to Hanalei 8-Mile Run/Walk, 5K Run & 1 Mile Youth Run. I attest and verify I am physically fit and have sufficiently trained for this race.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE of parent or guardian if under 18

**Please Make Checks Payable To:**

HANALEI CANOE CLUB

**MAIL FEE AND ENTRY TO:**

HANALEI CANOE CLUB  
PO Box 814  
Hanalei, HI 96714