

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. \$35 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 29th. Race packet pickup and late registration on June 5th 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 9:00 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, 7:30 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. 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.

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..... \$35 (\$40 on race day (mail before May 29th))
- 8-Mile Walk..... \$35 (\$40 on race day (mail before May 29th))
- 5K Run..... \$35 (\$40 on race day (mail before May 29th))
- 1-Mile Youth Run..... \$10 (mail before May 29th)

**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