

ATTENTION RUNNERS AND WALKERS!

JOIN US FOR THE 39TH ANNUAL

HA'ENA TO HANAIEI

8 MILE RUN OR WALK, HALF MARATHON,
5K, & YOUTH RUN

Saturday, June 29th, 2019



Run one of the world's most beautiful courses and enjoy
a delicious pancake breakfast!

Sponsored by the Hanalei Canoe Club, Kaua'i

Register online at
hanaleicanoclub.org/haena-run



The 8 mile course begins at the end of the road in Ha'ena at Ke'e Beach, then traverses the scenic stretch of road, and one-lane bridges, along the breathtaking North Shore towards Hanalei Town, ending at the historic Hanalei Pier.

The Half Marathon is an out and back from the Hanalei Pier, to Ha'ena Beach Park and back to the finish at the pier. So you get to experience the breathtaking views twice!

The 5K Run starts and ends at the pier, as does the Youth Run.

Ha'ena Run Entry Form

RACE NUMBER
OFFICIAL USE ONLY

First Name _____ Last Name _____

Birth Date _____ Age on Race Day _____

Address _____

City _____ State _____ ZIP _____

Phone __ (____) ____ - ____ - ____ Email _____

Gender FEMALE MALE

Race 8 Mile Run 8 Mile Walk Half Marathon
 5K Run 1 Mile Youth Run
 PRICE: 8 Mile Run or Walk, 5K Run \$40 (\$50 Race Day), Half Marathon \$50 (\$60 Race Day), Youth Run \$10

Shirt Select One Only	Tank		Short Sleeve	
	Men's	Women's	Men's	Youth
<input type="checkbox"/> XSmall	<input type="checkbox"/> Small	<input type="checkbox"/> Small	<input type="checkbox"/> XSmall	<input type="checkbox"/> XSmall
<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Medium	<input type="checkbox"/> Small	<input type="checkbox"/> Small
<input type="checkbox"/> Medium	<input type="checkbox"/> Large	<input type="checkbox"/> Large	<input type="checkbox"/> Medium	<input type="checkbox"/> Medium
<input type="checkbox"/> Large	<input type="checkbox"/> XLarge	<input type="checkbox"/> XLarge	<input type="checkbox"/> Large	<input type="checkbox"/> Large
<input type="checkbox"/> XLarge			<input type="checkbox"/> XLarge	<input type="checkbox"/> XLarge
	Dri-fit	Dri-fit	Dri-fit	Dri-fit

Waiver

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, Half Marathon, 5K Run and 1 Mile Youth Run. I attest and verify I am physically fit and have sufficiently trained for this race.

SIGNATURE DATE

SIGNATURE *parent or guardian if under 18 years old*

Race Information

- ENTRY FEE** 8-mile Run or Walk & 5K Run - pre-register \$40 (\$50 race day)
 Half Marathon - pre-register \$50 (\$60 race day)
 Youth Run - \$10 for kids 12 and under
 Entry fee includes the pancake breakfast and a T-shirt
- REGISTRATION** **ONLINE** - hanaleicanoeclub.org/haena-run, we strongly recommend registering online
 Mail-in registrations should be mailed no later than Friday, June 21st. Late registration does not guarantee a T-shirt or size!
- PACKET PICKUP** Race packet pickup and registration on Friday, June 28th from 3:00 to 6:00 p.m. at the Hanalei Canoe Club, or at the Hanalei Pier beginning at 5:00 a.m., on race day
- SHUTTLES** Free shuttle buses are provided to the starting line at Ke'e Beach, leaving the Hanalei Pier beginning at 5:45 a.m., walkers be at the pier at 5:30 a.m., runners be at the pier 6:15 a.m., at the latest
- RACE START** **8-Mile** - RUNNERS: 8:00 a.m., WALKERS: 7:00 a.m., at Ke'e Beach
Half Marathon - 7:00 a.m., at Hanalei Pier
5K Run & Youth Run - 7:00 a.m. , at Hanalei Pier
- AWARDS** Male & Female runners: 1st Male and Female overall and 1st through 3rd in each age group. Awards ceremony at the **Hanalei Canoe Club**
- AGE GROUPS** **YOUTH** - 6 & under, 7 - 8, 9 - 10, and 11 - 12
8-Mile RUN or WALK & MARATHON: 13 - 14, 15 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70 - 79, and 80 & over
- BREAKFAST** \$7.00 per person, all you can eat, 7:30 am at the **Hanalei Canoe Club**. Registered runners and walkers eat free

MAKE CHECKS PAYABLE TO - HANALEI CANOE CLUB
MAIL FEE AND ENTRY FORM TO ADDRESS BELOW: CUT HERE

HANALEI CANOE CLUB
 PO BOX 814,
 HANALEI, HI 96714

CUT HERE