

ATTENTION RUNNERS AND WALKERS!

JOIN US FOR THE 40<sup>TH</sup> ANNUAL

# HA'ENA TO HANAIEI

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

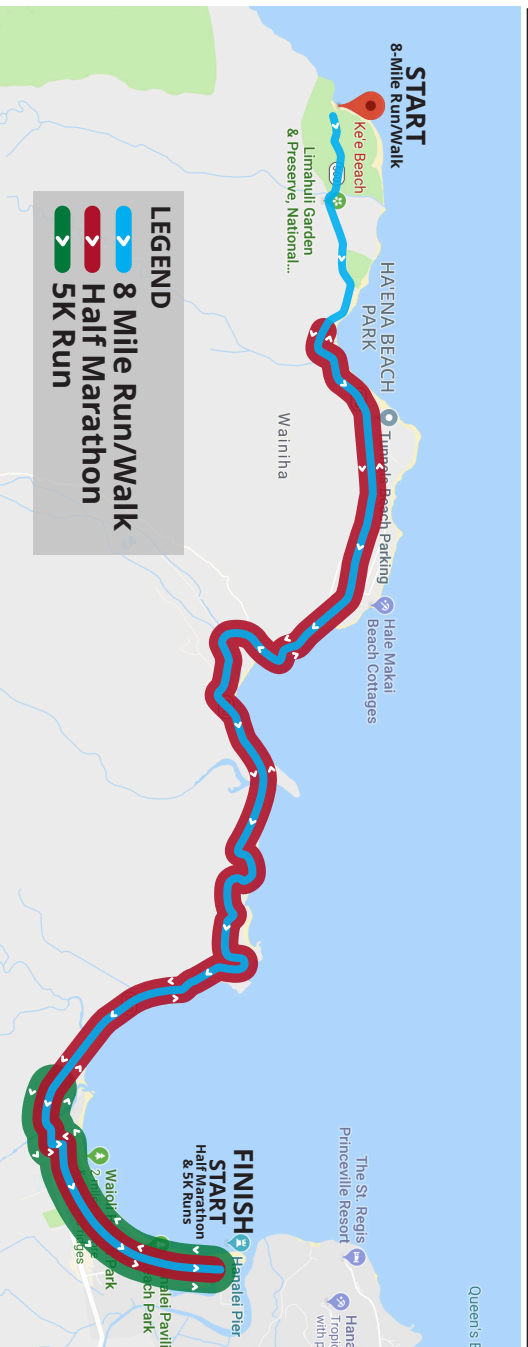
Saturday, June 4<sup>th</sup>, 2022



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](http://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 \$50 (\$60 Race Day), Half Marathon \$75 (\$90 Race Day), Youth Run \$10

Shirt	Tank		Short Sleeve	
Select One Only	Men's	Women's	Men's	Youth
<input type="checkbox"/> Small	<input type="checkbox"/> Small	<input type="checkbox"/> Small	<input type="checkbox"/> Small	<input type="checkbox"/> XSmall
<input type="checkbox"/> Medium	<input type="checkbox"/> Medium	<input type="checkbox"/> Medium	<input type="checkbox"/> Medium	<input type="checkbox"/> Small
<input type="checkbox"/> Large	<input type="checkbox"/> Large	<input type="checkbox"/> Large	<input type="checkbox"/> Large	<input type="checkbox"/> Medium
<input type="checkbox"/> XLarge	<input type="checkbox"/> XLarge	<input type="checkbox"/> XLarge	<input type="checkbox"/> XLarge	<input type="checkbox"/> Large
	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 \$50 (\$60 race day)  
 Half Marathon - pre-register \$75 (\$90 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](http://hanaleicanoeclub.org/haena-run), we strongly recommend registering online  
 Mail-in registrations should be mailed no later than Friday, May 27<sup>th</sup>. Late registration does not guarantee a T-shirt or size!
- PACKET PICKUP** Race packet pickup and registration on Friday, June 3<sup>rd</sup> from 3:00 to 6:00 p.m. at the Hanalei Canoe Club, or at the Hanalei Pier beginning at 4:30 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 4:45 a.m., walkers be at the pier at 4:30 a.m., runners be at the pier 5:15 a.m., at the latest
- RACE START** **8-Mile** - RUNNERS: 7:00 a.m., WALKERS: 6:00 a.m., at Ke'e Beach  
**Half Marathon** - 6:30 a.m., at Hanalei Pier  
**5K Run & Youth Run** - 7:00 a.m. , at Hanalei Pier
- AWARDS** Male & Female runners: 1<sup>st</sup> Male and Female overall and 1<sup>st</sup> through 3<sup>rd</sup> 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