

## **KAIWI COAST RUN & WALK** **FINAL RACE INSTRUCTIONS**

**SAFETY FIRST:** At the start line there are some serious runners. If you plan to run slower than a 9-minute mile, line up behind the speedier runners. Walkers, please stay to the back or side to allow the runners a clear path on the highway and wait until all runners and joggers have left the start area.

**STAY ON COURSE.** Please stay on the highway or at the lookouts to take photos. DO NOT climb down to Eternity Beach or on the rocks anywhere along the course!

**DOGS:** Leashed, friendly dogs are welcome on the course. Dog owners, please keep your dogs under control and out of the way of runners, pick up after your dog, and be aware that not everyone is comfortable around dogs. For full rules for bringing your dog [click here](#).

**SHUTTLE TO START:** FREE shuttle service will run from 4:45 AM to 6:00 AM from the Hawaii Kai Park and Ride (Kamehameha Schools pick up area). Do not wait for the last shuttle, as you may be late for the start. There is a post-race bus back to the start area, leaving at approximately 8 a.m. and again at 8:30 a.m. The buses will accommodate strollers.

**TIMING CHIP:** Your race packet will come with a run number. Your run number is your timing chip. Put your number on the FRONT of your clothing with the safety pins provided.

**START LINE INFO:** The start line is located on Kalanianaʻole Highway at the Makapuʻu end of Sandy Beach Park. There will be porta-potties set up for the run. The road will not close until 6:30 a.m. Please stay on the grass until the road is closed and you are instructed to line up for the start. Start time is 6:45.

**To alleviate some congestion at the start, we are moving the start line further down the road. This will result in the run course being a little shorter than 4 miles**

**THE COURSE:** Our permit does not allow pets (other than leashed dogs), bikes, skateboards, rollerblades or roller skates on the course. Strollers and wheelchairs are allowed. **You must go over the pedestrian overpass at Kalanianaʻole & Lunalilo Home Road. Failing to do so will result in a DQ.** The roads must be reopened at 8:30 a.m. Anyone on the course after 8:30 a.m. must move to the sidewalk and follow all pedestrian rules of the road.

**WATER & AID:** There is one water station on the course just after the entrance to the Koko Head Shooting Complex near mile 2. There is also medical aid at this station.

**FINISH LINE:** The finish line is at Maunalua Bay Beach Park, just Koko Head of the Hawaii Kai Drive entrance to the parking lot. Refreshments and awards will be at the Hui Nalu Halau. **Please use caution when crossing the parking lot, as it is open to vehicular traffic.**

**AWARDS CEREMONY:** Awards will be presented as close to 8:15 as possible. Awards will not be mailed.

**NEED MORE INFO?** Go to our Frequently Asked Questions at [www.kaiwicoastrun.org/faqs](http://www.kaiwicoastrun.org/faqs), call Patsy at (808) 256-7394 or email Mikala at [info@kaiwicoastrun.org](mailto:info@kaiwicoastrun.org).

**MAHALO FOR PARTICIPATING!**