



Directions to start point:

There will be free shuttle buses from Waikiki that will take participants to the start point at Ala Moana/Queen Street Annex (near Ala Moana Park on the island of Oahu). Check the Honolulu Marathon website for details.



Menehune Marchers Club

Presents a
10 K Volksmarch
or
42K (26 mile) option



Honolulu Marathon and Race Day Walk

Ala Moana/Queen Street Annex
Honolulu, Hawaii

Sunday, December 13, 2009

AVA456

PA09/83934



VOLKSMARCHING is a non-competitive walking event along a pre-marked route. The event is done at your own pace. Each participant will carry a start card, have it validated at checkpoints along the route, and turn it in upon completion of the event.

PARTICIPANTS: Everyone is welcome. Children under 12 years of age must be accompanied by an adult.

COURSE DESCRIPTION: This is a piggyback event with the Honolulu Marathon. A 10K race day walk and the full marathon is available. The full marathon route includes spectacular ocean views alongside world-famous Waikiki Beach, Diamond Head and Koko Head volcanic craters. The terrain is level except for short uphill grades around Diamond Head.

RATING: 10K and 42K – 2+.

START LOCATION: Ala Moana/Queen Street Annex (near Ala Moana Park) on the island of Oahu.

FINISH LOCATION: Kapiolani Park in Waikiki. Due to the staggered finish times, the stamp for the walk will be at the New Otani Kaimana Beach Hotel, 2863 Kalakaua Ave, Honolulu in the year round volksmarch box. Please stamp your books by 8:00pm on the day of the event.

START TIME: 5:00 a.m. (Marathon) or 5:25am (10K Race Day Walk)

AMENITIES: Strollers: NO | **Wheelchairs:** NO | **Pets:** NO | **Restrooms:** Yes

AWARDS: IVV credit only.

FEES:

Pre-registration by November 30, 2009
IVV credit only-----\$3.00
No credit or award-----Free
Fees are non-refundable.

DISCLAIMER: A disclaimer will be signed by all participants before starting the event. Every reasonable effort has been made

by the sponsor to make the event safe and enjoyable for all. However, the sponsor cannot be held responsible for any lost or stolen articles, accident or injury of any kind, at anytime.

INFORMATION / COMMENTS: Enclosed is a pre-registration/waiver form for AVA credit for this event. Please mail completed form with the \$3 credit fee to: Carol Romig, 95-211 Kemu Place, Mililani, HI 96789. Check should be made payable to Menehune Marchers.

In addition, you must register for the Honolulu Marathon (or Honolulu Marathon Race Day 10K Walk) and follow all their specifications. **Please check their website at www.honolulumarathon.org and submit applicable forms to the Honolulu Marathon.** Their fees are as follows:

Fee	By 10/30	10/31-11/13	11/14-12/12
Non-Hawaii	\$130	\$165	\$225
Hawaii	\$85	\$115	\$225
Race Day Walk	\$37	\$45	\$50

FOR MORE INFORMATION ABOUT THE EVENT:

Contact Carol Romig at dcromig@hotmail.com or (808) 626-3575.

THIS EVENT WILL BE HELD REGARDLESS OF THE WEATHER CONDITIONS.

This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).

Visit our website for more information about our club:

<http://www.ava.org/clubs/menehunemarchers>