

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 unique walk crosses Kawainui Marsh on a paved path across the top of the dike with stunning, panoramic view of the windward side of the Koolau range with Mt. Olomana in the foreground. This 830 acre freshwater marsh is home to four endangered marsh birds and over 60 other birds, fish, and other aquatic animals. Then continue on to downtown Kailua with its many small shops and eating places.

RATING: 10K – 1+

START / FINISH LOCATION : Kailua District Park.
(21 S Kainalu Drive)

START TIME: 8:00 a.m. – 11:00 a.m. finish by 2:00 p.m.

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

AWARDS: B awards available.

FEES:

- IVV credit and “B” award-----\$5.00
- 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.

FOR MORE INFORMATION ABOUT THE EVENT:

Contact Maria Brasher at (808) 261-3583 or mariabrshr@aol.com.

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).

NEXT EVENTS:

- December 13,2009 Honolulu Marathon 10K Race Day Walk (or 42K Honolulu Marathon)
- December 19, 2009 Club Christmas Luncheon
- January 30, 2010 West Loch

Visit our website for more information about our club:

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

PRE-REIGSTRATION:

Please pre-register by November 1,2009. Send registration form and check made out to Menehune Marchers to:

Maria Brasher
388 Auwinala Road
Kailua, HI 96734

Name	“B” award and IVV Credit	IVV Credit Only	Free