



# KING'S RUNNER 10K *HE POKI'I NO MAKOA*

## *ALOHA & WELCOME*

The Honolulu Marathon Association welcomes you to the 2020 **King's Runner 10K**.

Please read and follow our final instructions so that you have a safe and enjoyable race.

### **START**

Start at 6:45 AM  
Sunday, March 1, 2020  
Victoria St by Thomas Square, Honolulu

### **EVENT PARKING**

\$10 for all day parking at the Blaisdell Center parking lot. Lot opens 4:30 AM. Parking passes for the Blaisdell lot can be purchased at packet pickup. Cash & credit cards also accepted at the lot entrance on race morning.

### **PACKET PICKUP**

SALT at Kaka'ako  
Friday, Feb 28, 3 PM-8 PM  
Saturday, Feb 29, 10 AM-3 PM

Note: There will be no packet pick ups on race day

### **EVENT BLESSING CEREMONY**

Traditional Hawaiian blessing at the King Kamehameha III statue in Thomas Square at 6:15 AM

### **FINISH**

Finish at Victoria St and proceed into the Festival Area in Thomas Square. There is no time limit.

### **POST RACE FESTIVAL**

Entertainment, awards, complimentary post race drinks and food in Thomas Square.

### **BAG CHECK**

Clothing-only bag check open in Thomas Square from 5 AM to 10 AM.

**KING'S RUNNER 10k | MARCH 1, 2020  
HONOLULU, HI**

# RACE INFORMATION

**Y**ou must pick up your race pack, which includes your running bibtag & race shirt & bag at packet pick up which is at SALT in Kaka'ako. Bibs will not be available to pick up on race day.



**BE AWARE OF TEMPORARY / NO PARKING / TOW AWAY SIGNS.**

## EVENT PARKING

**Parking at the Neal S. Blaisdell Center**  
King St entrance across from Thomas Square.  
Approach from King St or Victoria St.

Speed up entry with pre-paid race parking pass. \$10 for race event parking. Parking passes will be available to purchase at packet pick up. The Blaisdell lot will be open from 4:30AM.

### Metered parking

Free street parking is available around the surrounding area on a first come first serve basis. All metered parking along Victoria St, Beretania St and Young St adjacent to Thomas Square will be restricted to event vehicles only with authorized parking permits.

## PACKET PICK UP

**SALT at Kaka'ako.**  
691 Auahi St, Honolulu 96813

**Friday Feb 28: 3 PM-8 PM**  
**Saturday Feb 29: 10 AM-3 PM**

Parking entrance on Keawe St.  
Free parking for first hour

## BAG CHECK

**A CLOTHING ONLY** Check-In tent will be available at Thomas Square near the Finish Line on Sunday, March 1; 5:00 AM to 10:00 AM.

**At Packet Pick Up**, runners may request a clear plastic clothing bag. This bag is the only bag accepted at the Clothing Check-In tent.

**Detach the tear off strip** from the bottom of your BIB and use its perforated hole to tie it to the plastic handles of the clothing bag. For added security, add a note with your name and phone number in the bag.

The Honolulu Marathon assumes no responsibility for items left in the Clothing Check-In tent.

Do not leave valuables or perishables.

Any bags remaining as of 10:00 AM on race day will be donated to charity.

**SALT**  
**AT OUR KAKA'AKO**

*KING'S RUNNER 10k | MARCH 1, 2020*  
*HONOLULU, HI*

# Mahalo

*to our main sponsor,*

**Mauna Loa®**



**MAUNA  
LOA**

TASTE OF THE TROPICS®

## MAUNA LOA TEAM

Look out for the Mauna Loa team on the course and at the turnaround aid station. They'll be cheering you on!

### **Free samples**

The team will be handing out dry roasted macadamias at the Mauna Loa tent in the festival area. Meet McNutty Buddy! He's a friendly mascot and will be happy to snap a selfie with you.

### **Healthy lifestyle**

Macadamias are a healthy snack for people with active lifestyles. High in fiber, low-carb and a great source of protein. And they're gluten free!

**MORE INFO**

**[WWW.MAUNALOA.COM](http://WWW.MAUNALOA.COM)**

**[@MAUNALOMACNUT](https://twitter.com/MAUNALOMACNUT)**



# EVENT SCHEDULE

## SCHEDULE

- 4:30 AM - Blaisdell parking lot opens**
- 6:15 AM - Blessing ceremony**
- 6:30 AM - Start chute opens**
- 6:45 AM - RACE START**
- 6:55 AM - Start line closed and timing mats removed**

## START COURTESY

Slower runners and walkers, please do not start at the front of the field. Allow for faster runners to start ahead of you. If in doubt, ask the person next to you about their pace.



**KING'S RUNNER 10k / MARCH 1, 2020  
HONOLULU, HI**



# COURSE MAP

## THE COURSE

**Distance:** 10km or 6.2miles

**Start and Finish** is on Victoria St by Thomas Square.

**Aid stations** will be located at the start/finish, 2 & 3 mile marks.

**Restrooms** at the start/finish and at 3 miles after the turnaround.

## RUNNING COURTESY

Stay within the coned lanes to ensure your safety as well as to provide runners coming from the opposite direction with a clear path.



Please be cautious when navigating the course.  
The roadway can be uneven in places.



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**HONOLULU, HI**

# FESTIVAL AREA

## POST RACE

After your finish, collect your well earned finisher medal and proceed into the Festival area in Thomas Square.

Rehydrate and pick up snacks and complimentary drinks from Lanikai Juice.

There will be entertainment on the main stage.

## FREE RACE PHOTOS

Download free photos of your race from SportsPhotos.com. You can search for your photos by bib number or by uploading a selfie!

Head over to SportsPhotos now to create a profile and be ready to download a few days after the race.

## AWARDS

Collect your awards from the awards desk next to the entertainment stage.

### Top finishers

Awards for the top 3 male & female finishers.

### Age Group

Top 3 in each age group (M&F).

## JUICE & BANAN BOWLS

Lanikai Juice and Banan will be at the finisher area with their Cold Pressed Pineapple Juice and delicious bowls.

These are for participants only and please make sure all finishers get one. Take just one per person. There will be finishers behind you so please be considerate so all finishers can taste these locally made goodies!

## TRACKING & RESULTS

Spectators can track your run at the SportsStats tracking page.  
You can look up bib numbers by name and see the full leaderboard during the race.

## ATHLETE TRACKING

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## TASTE THE GOODNESS OF MAUNA LOA®



# RULES OF THE ROAD

**T**he bibtag: Runners must wear the bib visibly on the chest throughout the race, according to the instructions on the reverse of the bib. Please fill out your medical information on the back of the bib.

## RUNNING NUMBER

The bib number must be visible at all times. Bibtags are not transferable. You and the runner wearing your Bibtag will be disqualified from this race and future races.

**BIBTAGS CANNOT BE PICKED UP ON RACE DAY.**

- ⊘ Do not cut or fold your bib number in any way
- ⊘ Do not deface your bib number with stickers, markings or any writing
- ⊘ Use a pin for each corner of the bib number; do not pierce the tag
- ⊘ Do not remove the foam spacer

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## PROTESTS

Protests related to actions of any race official or runner will be accepted only in written form. We will not respond to verbal protests.

All decisions of the Race Director are binding. This race is conducted according to Competition Rules of USA Track & Field.

## STROLLERS:

Strollers are allowed on the course but for safety reasons asked to start at the back of the field.

## START COURTESY:

Slower runners and walkers, please do not start at the front of the field. Allow for faster runners to start ahead of you. If in doubt, ask the person next to you about their pace.

## CHECKPOINTS:

You must cross the sensor mats at the checkpoints along the course. Make sure your running number is clearly visible. You may be disqualified if there is no record of you

