



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

EVENT GUIDE

ALOHA & WELCOME

The Honolulu Marathon Association welcomes you to the **2023 King's Runner 10K.**

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

START

Start at 6:45AM
Sunday, March 5, 2023
Victoria St by Thomas Square,
Honolulu

EVENT PARKING

Parking passes for the Blaisdell Center parking lot can be purchased at packet pick up. \$10 for all day parking. Lot opens 4:00AM

PACKET PICK UP

Hawaii Convention Center,
4th Floor Ballroom A
Friday, March 3, 1PM to 8PM
Saturday, March 4, 9AM to 3PM

NOTE: PACKETS CANNOT BE PICKED UP ON RACE DAY.

EVENT BLESSING CEREMONY

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

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-In tent open in Thomas Square from 5AM to 10AM

SUNDAY, MARCH 5, 2023
HONOLULU, HAWAII

RACE INFORMATION

You must pick up your race pack, which includes your running bib and race shirt, at packet pick up which is at the **Hawaii Convention Center, 4th Floor Ballroom A.**



PACKETS CANNOT BE PICKED UP ON RACE DAY

Location:

**Hawaii Convention Center,
4th Floor Ballroom A
1801 Kalakaua Avenue,
Honolulu**



PACKET PICK UP

Honolulu Convention Center, 4th Floor.
1801 Kalakaua Avenue, Honolulu

Friday, March 3: 1PM to 8PM
Saturday, March 4: 9AM to 3PM

Packet pick up will end at 3:00PM Sharp on Saturday.

No packets will be given out after this time.

BAG CHECK

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

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.



Detach the tear off strip

The Honolulu Marathon assumes no responsibility for items left in the Clothing Check-In tent. Do not leave valuables or perishables.

Any bags not claimed after 10:00AM will be donated to charity.

RULES OF THE ROAD



The bib: 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. Bibs are not transferable. You and the runner wearing your bib will be disqualified from this race and future races.

BIB 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

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 passing through the checkpoints.



EVENT SCHEDULE

- 4:00AM** - Blaisdell Center parking lot opens
- 6:15AM** - Blessing ceremony
- 6:30AM** - Start chute opens
- 6:45AM** - RACE START
- 6:55AM** - Start line closed and timing mats removed



**ARRIVE EARLY
TO ALLOW TIME TO PARK.
ROADS WILL START TO CLOSE
FOR THE RUN.**

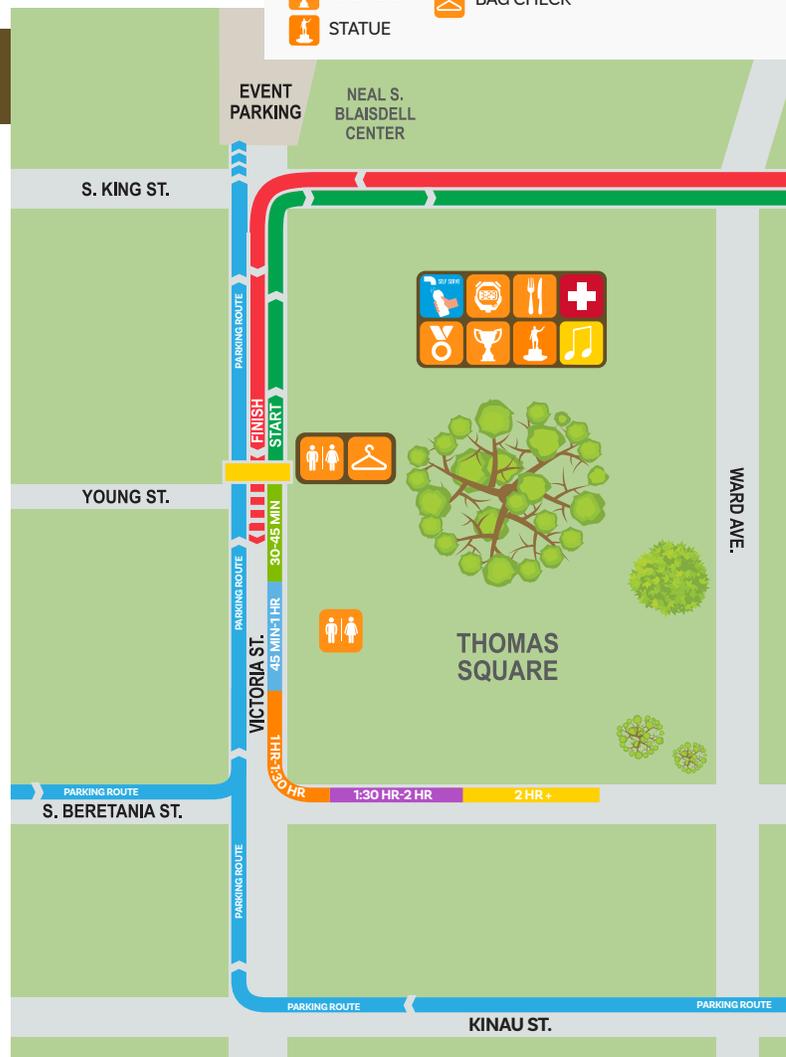
FESTIVAL AREA

START	SELF SERVE AID	GREEN START ZONE
FINISH	ENTERTAINMENT	BLUE START ZONE
PARKING ROUTE	MEDICAL AID	ORANGE START ZONE
SNACKS	RESTROOMS	PURPLE START ZONE
MEDALS	RESULTS	YELLOW START ZONE
AWARDS	BAG CHECK	
STATUE		

THE START

Start: 6:45AM on Sunday, March 5, 2023. To ensure an orderly start, please proceed onto Victoria St.

Start Groups: You will be assigned a start group based on your predicted finish time. Each start group has a designated color and your bib will have your start zone color. **You must start in your assigned color start zone.**



COURSE MAP

KEEP YOUR COURSE CLEAN RUN GREEN!

Take a few extra steps to throw your cups and water bottles in the trash cubes provided along the course!

CUPS & WATER BOTTLES GO HERE!

LOVE YOUR COURSE!



THE COURSE

Distance: 10km or 6.2miles

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

Aid stations will offer water. There will be self serve and full service on the course.

Restrooms at the start/finish and at 4 miles after the turnaround.



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

COURSE MAP

- COURSE
- START/FINISH
- MILE MARKER
- RESTROOMS
- TURNAROUND
- SELF SERVE AID
- FULL SERVICE AID
- ENTERTAINMENT
- MEDICAL AID
- PARKING



**KING'S RUNNER
TOK**
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FESTIVAL AREA



POST RACE

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

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!

AWARDS

The top 3 Male and Female overall finishers will receive awards that can be picked up at the awards tent.

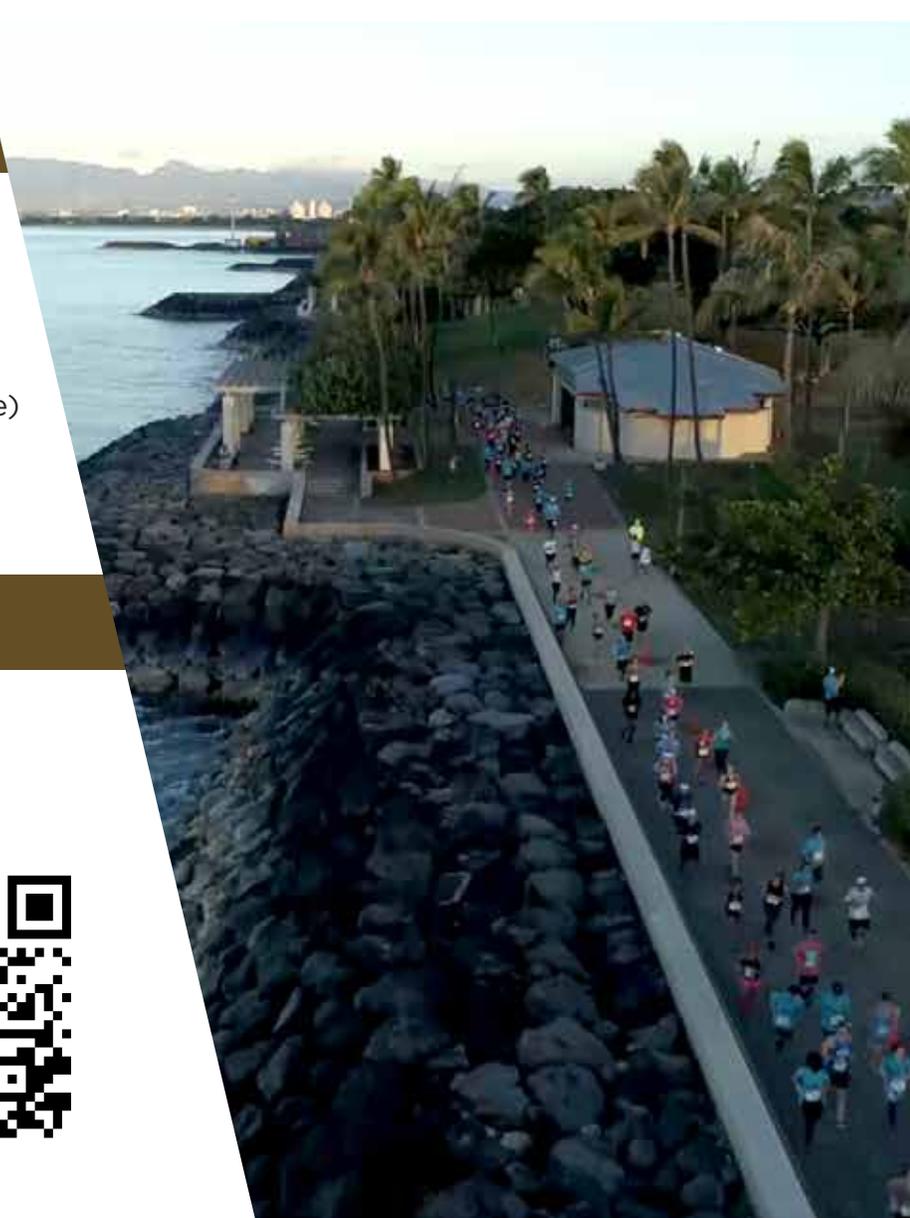
Age Group

Top 3 in each age group (Male and Female) are asked to collect your awards from the awards tent.

FINISH RESULTS

Results will be available by scanning the QR Code on the back of your bib.

Certificates will be available to download once the results are in.



SELF SERVE AID STATIONS

We are excited to support the Green Initiative by offering self serve water stations along the course. All runners will be able to get water with their own hydration device. There will also be manned water aid stations with cups.

We highly recommend you carry your own hydration device.



THIS SYMBOL INDICATES ON THE COURSE MAP WHERE THE NEW SELF SERVE WATER STATIONS WILL BE.



EVENT PARKING

Parking at the Neal S. Blaisdell Center

Speed up entry with pre-paid race parking pass. King St entrance across from Thomas Square. Approach from Kinau St or S. Beretania St.

\$10 for race event parking. Pre-paid passes will be available to purchase at packet pick up only. The Blaisdell Center parking lot be open from 4:00AM.



i PARKING:

Purchase your parking pass at packet pick up.

Arrive early to use the Blaisdell Center parking lot. Directions will be on the parking pass.

Lot opens at 4:00AM



Road closures will begin at 5:00AM.

We highly recommend that you arrive early to avoid traffic congestion.



Carpooling or Rideshare Service is highly recommended.

Metered parking

Free street parking is available in 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.



BE AWARE OF TEMPORARY NO PARKING/TOW AWAY SIGNS ALONG THE COURSE.