

RUN FOR THE DRY FOREST



at Pu'u Wa'awa'a

Entry Form

October 28, 2017

Plant of the Year:

Ho'awa

Pittosporum hosmeri

For online registration/information: pathhawaii.org

For more info or to volunteer call Race Director at (808)938-7795

10K race starts at 7:45 am and 5K race starts at 8:00 am promptly. Entry fee (includes a T-Shirt, refreshments, and drawing for door prizes): \$30 Adults/ \$15 Children 14 & Under. Entries must be post marked by **October 21, 2017**. After this date, bring your entry form to the on-site race day registration between 6:00 am and 7:15 am (\$10 Late fee and no-T-shirt guarantee). Feel free to bring a picnic as there will be no food vendors on site.

Race Distance:

☐ 10 km run ☐ 5 km run/walk

Gender:

☐ Male ☐ Female

____ Age on race day _____ Date of birth

T-Shirt Preference

Adult: Style: ☐ Men's ☐ Women's*

Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Youth: Size: ☐ M ☐ L

*shirts run slightly small

Make checks payable to: PATH Mail to: P.O. Box 62, Kailua-Kona, HI 96745

Last name First name Middle Initial

Mailing Address Apt No. Phone Number

City State Zip code E-mail

Emergency Contact: Name _____ Phone: _____

Please kokua: No pets allowed, endangered Nēnē (Hawaiian goose) in the area. Protect our native forests from Rapid 'Ōhi'a Death (ROD) by following the decontamination protocol outlined at rapidohiadeath.org

I agree to comply with the rules and regulations of Run for the Dry Forest race. I know that trail running is a potentially hazardous activity. I am aware of and assume all the risks associated with running/walking this event, including, but not limited to, death, serious injury and loss, related to; falling, cardiac arrest, contact with other participants or objects along the course, insect stings, animal bites, abrasions, sprains and breaks. I certify that I am physically and mentally fit, have trained sufficiently in similar conditions to participate in this event, and have not been advised otherwise by a qualified medical person. Having read and understood this waiver, I and anyone acting on my behalf, waive and release the State of Hawaii, PATH, all sponsors, donors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of negligence or carelessness. I am solely responsible for any injury I may receive during my participation in the Run for the Dry Forest. I understand that bicycles and animals are not allowed during the race. I further agree to sign an additional State of Hawaii waiver on race day. Also, by signing this waiver you allow PATH or DLNR-DOFAW to use picture of the event for future promotions.

Signature/Guardian Signature

Date



Plant Extinction Prevention
Program of Hawaii



RUN FOR THE DRY FOREST

at Pu'u Wa'awa'a



Run for the Dry Forest supports conservation and restoration of dry forests in Hawai'i. Pu'u Wa'awa'a contains some of the few remaining patches of dry forest, and was once considered the most botanically rich forest in Hawai'i. Pu'u Wa'awa'a contains 8 endangered birds and at least 40 rare plants, of which 22 are listed as endangered or proposed for listing. Ongoing research is exploring how to mitigate current threats to the forest, which include wildfire, invasives, and introduced ungulates.

Race Information

10 km Run

Race will start on time at: 7:45 am

The 10 km course is a challenging trail running experience, featuring 1200 feet of elevation gain in the first 3 miles, loose rocky footing and narrow winding trails. Start at the Meeting House and run one lap around the reservoir before heading up the steep winding 4wd road. From the crest above Pu'u Wa'awa'a (the half-way point) you may be able to see Hualālai, Mauna Loa, Mauna Kea and Kohala. Circle the cinder cone and enjoy the fast single track descent through an old corral and horse pasture, to the finish at the Meeting House. This event is for experienced trail runners. Baby strollers are not allowed.

5 km Run and Walk

Race will start on time at: 8:00 am

The 5 km course includes stretches of dirt, coarse rock, and paved roads. Suitable for most people, including families. Because of the rocky sections, sturdy running or walking shoes are recommended and baby strollers should have large wheels. There is 300 feet of elevation gain/loss. Start at the Meeting House and circle the reservoir once before heading up the dirt road past the parking area to the main ranch road. Turn left and proceed down the paved road about 1 1/8 miles. You will be directed left again over a section of rocky road for about 1/4 mile to the old airstrip. Continue down the airstrip and turn left after the airplane hangar. The trail goes up hill, through an open gate and back to the Meeting House.

Keiki Run

Start time 9:30 am (Tentative)

A free event. Non-competitive, approximately 1/4 mile run around the reservoir. Parents are welcome to join the kids. Start time is dependent on finish times for 5k and 10k runs.

Entry Fee (includes a T-shirt, refreshments and drawing for door prizes): \$30 Adults / \$15 Children 14 & under. **Mailed Entries must be postmarked by October 21, 2017.** After this date, bring your entry form to the on-site race day registration (see below). Checks can be made out to PATH and mailed to: PATH, PO Box 62, Kailua Kona 96745.

Race-Day Registration is between 6:00 and 7:15 am (\$10 late fee and no T-shirt guarantee). Feel free to bring breakfast and a picnic lunch as there will be no food vendors on site.

From Kailua Kona: Take the Māmalahoa highway (190) north past Makalei golf course. After the 22 mile marker, and just before ascending the bluff to Pu'u Anahulu, watch for the Forest Reserve entrance on the mauka (uphill) side. Enter through the metal gate and close behind you, take the right-hand fork in the road up ~1.6 miles and follow the signs to the race parking area. Allow ~35 minutes to reach the highway entrance from Kailua Kona, and 45 more minutes to reach race headquarters.

From Waimea: Take the Māmalahoa highway (190) south past the Big Island Country Club. After the 21 mile marker and just after descending the bluff, watch for the Forest Reserve entrance on the mauka (uphill) side. Enter through the metal gate and close behind you, take the right-hand fork in the road up ~1.6 miles and follow the signs to the race parking area. Allow ~35 minutes to reach the highway entrance from Waimea, and 45 more minutes to reach race headquarters.

Parking: There will be parking in a large mowed field near the race start/finish ~2 miles up from the main highway gate. Bring your race gear and walk down to the registration and start/finish area (about a 5-10 minute walk). Do NOT bring pets to the event since there are endangered nēnē geese in the area, no dogs allowed.

Age group awards, male and female, in the following divisions (Lots of great door prizes – all participants eligible!)
5 km run/walk – 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over
10 km run – 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over

Online registration at: pathhawaii.org:



