

RUN FOR —THE DRY— FOREST AT PU'UWA'AWA'A



OCTOBER 26, 2019
**SUPPORTS CONSERVATION AND RESTORATION OF DRY
FORESTS IN HAWAII**

ONLINE REGISTRATION/INFORMATION: pathhawaii.org
For more info or to volunteer call Race Director: (808) 938-7795

5K

This course includes stretches of gravel/dirt, coarse rock, and paved roads. Suitable for most people, including families. Baby strollers with large wheels are allowed.

10K

A challenging trail running experience featuring 1200 feet of elevation gain in the first three miles, loose rocky footing and narrow winding trails.

Keiki Run

A FREE, non-competitive run (approximately 1/4 mile) around the reservoir. Parents welcome to join the kids.



RUN FOR THE DRY FOREST

at Pu'uwa'awa'a

Run Information

Saturday, October 26, 2019

Registration is online only at: pathhawaii.org
For more info call Race Director at (808)938-7795
To volunteer call Pu'uwa'awa'a at (808) 333-0084

10K race starts at 7:45 am and 5K race starts at 8:00 am promptly. Entry fee (includes T-Shirt, refreshments, and drawing for door prizes): \$30 Adults/ \$15 Children 14 & Under. No Mail-in-Entries will be accepted this year (online registration only). No food vendors will be on-site. No pets, drones, or commercial activities allowed at race.



Please kōkua: 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

[Race Rules on Pathhawaii.org](http://pathhawaii.org) for RDF 2019:

What you agree to when you sign up for the race:

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, I and anyone acting on my behalf agree that I am solely responsible for any injury I may receive during my participation in the Run for the Dry Forest. I understand that bicycles, animals, and drones are not allowed during the race. I further agree to sign the PATH waiver when registering for the race and the State of Hawaii waiver on race day. I also agree to allow PATH or DLNR-DOFAW to use pictures of the event for future promotions.



RUN FOR THE DRY FOREST

at Pu'uwa'awa'a



Run for the Dry Forest supports conservation and restoration of dry forests in Hawai'i. Pu'uwa'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'uwa'awa'a contains 8 endangered birds and 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'uwa'awa'a (the half-way point) you may be able to see Hualālai, Maunaloa, Maunakea 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 (no registration required). 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.

10K & 5K Entry Fee (includes a T-shirt, refreshments and drawing for door prizes): \$30 Adults / \$15 Children 14 & under. **Online Entries only this year until 5 PM on Thursday, October 24th.** After 5PM on 10/24/19 you must come to race-day registration for the 10K and 5K races (see below).

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 **automatic gate**, 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 Makani Golf 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 **automatic gate**, 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 grass 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. Absolutely no dogs and drones 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:



Run for the Dry Forest: driving directions to Pu'uwa'awa'a Forest Reserve



From Hilo:

At the Junction of Komohana St. and Puainako St., travel west on Puainako Street towards Saddle Road and drive over Saddle Road. Turn left onto the Māmalahoa Hwy (Hwy 190) at the junction (50 miles from Hilo) and continue to travel south for approximately 16 miles. You will pass the 21 mile marker, then the Makani Golf Club (formerly Big Island Country Club) on your right, followed by the Pu'u Lani Ranch Subdivision on your left. The road then curves down the Pu'u'anahulu bluff past a church on your left and when it straightens out at the bottom you will see a left turn with a metal automatic gate and a mail box stand (71-1645 Māmalahoa Highway, Kailua Kona, HI 96740). The metal gate has signs that say: "Pu'uwa'awa'a Forest Reserve" & "Keep Gate Closed" attached to the gate. The gate is an automatic gate, pull up to the gate and the gate swings open into the Forest Reserve. Allow 45 minutes from the automatic gate to get to race headquarters to check in.

From Kailua Kona:

From the Kailua Kona Airport – as you exit Kona International Airport at Keahole (KOA), take a right onto Queen Ka'ahumanu Highway (Hwy 19). After less than a minute, take your first left at the light onto Ka'iminani Drive. Follow Ka'iminani Drive uphill 3.6 miles to the Māmalahoa Highway (Also the Belt Road, or Highway 190), take a left. Follow ~ 12 miles (~20 minutes) to Mile Marker 22. The main entrance to Pu'uwa'awa'a Forest Reserve is just after the 22 mile marker on the Māmalahoa Highway (Highway 190). Just past the 22 mile marker on the right side of the road (mauka or uphill side) you will see a mail box stand and a metal gate with signs that say: "Pu'uwa'awa'a Forest Reserve" attached to the gate. The gate is an automatic gate, pull up to the gate and the gate swings open into the Forest Reserve. Travel time from Kailua Kona to Pu'uwa'awa'a main entrance takes roughly 35 minutes (19 miles) depending on traffic. Allow 45 minutes from the automatic gate to get to race headquarters to check in.

From Waimea/Kamuela

From Waimea (Kamuela), travel 21 miles along the Māmalahoa Highway, heading south. The main entrance to Pu'uwa'awa'a Forest Reserve is off of the Māmalahoa highway (Highway 190) just after the town of Pu'u'anahulu. You will pass the 21 mile marker, then the Big Island Country Club on your right, followed by the Pu'u Lani Ranch Subdivision on your left. The road then curves down the Pu'u'anahulu bluff past a church on your left and when it straightens out at the bottom you will see a left turn with a metal gate and a mail box stand. The metal gate has signs that say: "Pu'uwa'awa'a Forest Reserve" attached to the gate. The gate is an automatic gate, pull up to the gate and the gate swings open into the Forest Reserve. Travel time from Waimea (Kamuela) to the main gate is about 40 minutes (23 miles) depending on traffic. Allow 45 minutes from the automatic gate to get to race headquarters to check in.

Once inside the automatic gate, take the right hand fork in the road and drive up ~ 1.6 miles to race parking lot (right hand turn to a large grass field just before the private property called "Pu'uwa'awa'a Ranch". Allow 45 minutes to get to race HQ from the hwy gate.