

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

Keiki Run

Start time 9:30 am (Tentative)

Non-competitive approximately ¼ mile run around the reservoir on relatively flat surfaces. Parents are welcome to join the kids. Start time is dependent on finish times for 5k and 10k runs.

10 km Run

Start time 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

Start time 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.

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.

Directions to Pu'u Wa'awa'a

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 Ranch entrance on the mauka side. Enter through the metal gate, take the left-hand fork in the road, and follow the signs to the race parking area. Allow ~ 45 minutes to reach the parking area from Kailua Kona.

From Waimea: Take the Mamalahoa highway (190) south past the Big Island Country Club. After the 21 mile marker and just after descending the bluff, watch for the Ranch entrance on the mauka side. Enter through the metal gate, take the left-hand fork in the road, and follow the signs to the race parking area. Allow ~45 minutes to reach the parking area from Waimea.

Parking: There will be parking in a large mowed field near the race start/finish ~2.5 miles up from the main highway gate. Bring your race gear and walk down to the registration and start/finish area (about a 5 minute walk). Do NOT bring pets to the event since there are endangered nēnē geese in the area.

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