

Team Number \_\_\_\_\_ Division \_\_\_\_\_ Start Time \_\_\_\_\_

**Leg 1 2.4 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** Start at the **JUNCTION OF PALAPALA AND MUA STREET. Next to the DOT, Highways Office.** Run East on Mua St., left onto Old Haleakala Hwy., then straight on Haleakala Hwy. Juct. To Kala Rd. (Which is one-way: Support Vehicles must turn right on Haleakala Hwy., left on Hana Hwy., then park along Hana Hwy. for hand-off.) **HAND-OFF POINT IS ON KALA RD.** about 100 meters from the Hana hwy. intersection.

**Leg 2 2.6 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** Left on **HANA HWY.**, then continue to **BALDWIN PARK ENTRY ROAD.** (Vehicles park along entry road. Do not park along Hana Hwy.) Fairly straight. Toilets, phone and water at beach park.

**Leg 3 3.0 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** From **BALDWIN BEACH PARK** to **HOOKIPA MILE MARKER 9.** Slight gain in elevation, gently rolling. Beware of wind surfers. Park well off road. Toilets, phone and water at beach park.

**Leg 4 2.7 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** From **HOOKIPA MILE MARKER 9** to **HAIKU COMMUNITY CENTER.** Strong downhill, then uphill through Maliko Gulch. Moderately uphill after that. Toilets, water and phone at community center.

**Leg 5 3.4 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** From **HAIKU COMMUNITY CENTER** to **200 METERS PAST MILE MARKER 15** Downhill, long uphill, then gently rolling.

**Leg 6 3.1 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** From to **200 METERS PAST MILE MARKER 15** to **TWIN FALLS (HOOLAWA) BRIDGE.** Moderately rolling hills.

**Leg 7 3.4 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** From **TWIN FALLS (HOOLAWA) BRIDGE** to **EMI BASE YARD IN KAILUA .** Rolling hills, then mostly level on winding road. We will have a porta-potti at the base-yard entrance.

**Leg 8 3.5 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** From **EMI BASE YARD IN KAILUA** to **WAIKAMOI TRAIL PARKING AREA.** Winding road and hills. It gets crowded here.

**Leg 9 2.5 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** From **WAIKAMOI TRAIL PARKING AREA** to **KAUMAHINA PARK.** Winding road and hills. Bathrooms available a Kaumahina State Park.

**Leg 10 2.3 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** From **KAUMAHINA PARK** to **150 Meter BEFORE** the **TOP OF HANAMANU HILL.** One mile steep downhill, one miles uphill, hazardous road.

**Leg 11 2.4 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** From **150 METERS BEFORE** the **TOP OF HANAMANU HILL** to **KEANAE LOOKOUT.** Long, steep downhill, then steep uphill.

**Leg 12 2.2 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split \_\_\_\_\_** From **KEANAE LOOKOUT** to **WAILUA BAY LOOKOUT.** Level, then uphill. Very scenic.

**Leg 13 3.3 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split**

From **WAILUA BAY LOOKOUT** to **PUAA KAA STATE PARK**. 2.1 miles uphill. A tough leg. Put the guy/gal you don't like on this leg Bathrooms available at State Park.

**Leg 14 2.4 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split**

From **PUAA KAA STATE PARK** to **LOWER NAHIKU ROAD**. Level, then downhill. Fast leg.

**Leg 15 3.4 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split**

From **LOWER NAHIKU ROAD** to **THE STRIP MALL IN THE JUNGLE**. Just look for the smoked marlin banners. Gently rolling hills.

**Leg 16. 2.3 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split**

From **THE STRIP MALL IN THE JUNGLE** to the **OLD HANA GARDENLAND**. Gently downhill.

**Leg 17 2.0 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split**

From the **OLD HANA GARDENLAND** to **HEAVENLY HANA INN**. Mostly level. Food and R&R coming soon....

**Leg 18 2.0 miles Runner \_\_\_\_\_ Elapsed Time \_\_\_\_\_ Split**

From **HEAVENLY HANA INN** to the old Fair ground site below **HANA RANCH store & 25 yard potato sack hop to THE FINISH LINE!** Flat with rolling hills.

All Distances are approximate !!