

RACE RULES

1. Don't be an ASS.
2. Run on the shoulder on the left-hand side of the road, facing traffic. Any team crossing the center line of the road to cut corners is cheating, and your team will be DQ'd. Don't cheat.
3. No headphones or talking on your phone while running. Safety first!
4. Race numbers must be pinned to the front of the body.
5. Teams may NOT drive alongside of their runner for any reason, even giving aid.
6. Baton handoffs must occur no more than 3 meters before or 10 meters past the hand off points (hand off points are painted onto the side of the road).
7. Maximum of 6 runners per team, no exceptions.
8. No sticking objects such as flags or poles or cameras out of vehicles.
9. All State and County driving, road and vehicular laws must be obeyed. No littering, drinking, urinating in public, speeding, etc.
10. ONE VEHICLE per team. Trucks and vans are limited to 2 axles and a total of 4 wheels. No over sized trucks, vans or buses. If you have family coming along, send them ahead to the finish. All team vehicles must be marked with the official placards on the left side.
11. If you need to stop on the race course, pull vehicles completely and safely from the roadway, preferably beyond the crowded handoff points.
12. No runner may interfere with traffic in any way. Run single file, do not run two abreast.
13. Team captains are responsible for making sure all team members abide by the rules.
14. RUN DEFENSIVELY and be prepared to jump if needed. Tourists are not expecting runners.
15. 9 Hour limit so run fast. A sweeper will come up and will take your number from you on the course if you can't make the time limit.
16. Don't quit the race and head back to Kahului. If you are unable to finish in time, drive to the finish line and let us know you are ok. We sent police and staff looking for teams in the past.
17. NO BEER, ALCOHOL, or DRUGS IN RACE VEHICLES. Buy your beer in Hana or have another car bring to you.
18. No public display of defecating or urinating on the side of the road. This means just don't whip it out and piss on the side of the road. I have rented extra toilets for the course.
19. If you're stupid enough to break a rule do not be a complete idiot and video your self doing it and then post it on a social media.
20. Have fun!

RESPECT... IT GOES A LONG WAY

RESPECT the rules of the Hana Relay... they are there for your safety and those around you.

RESPECT the communities you are running through ... Do not yell or honk your horn before 8 am when going by the residential neighborhoods.

RESPECT the rules of the road.

RESPECT your teammates and others on the road ... Cheer everyone on and help anyone in trouble.

RESPECT the Hana Community... Many Hana residents love this event and will cheer you and your team on.

RESPECT our new hosts....Travaasa Hotel Property is our new finish area and they have a NO DRINKING rule. This is the SAME RULE that applied to the County Park facility that we have used in the past. Please show the respect and constraint.

Roving course marshals and police will be monitoring this race. Violation of any of the rules may result in individual and/or team penalties, and possibly arrests and citations. Please behave.

We need everyone's help to make this the best Hana Relay ever! **Practice Aloha.**



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