

FINAL INSTRUCTIONS



The Honolulu Marathon Association welcomes you to the **44th annual Honolulu Marathon**. Please read and follow our final instructions so that you have a safe and enjoyable marathon.

BUS SERVICE

Depart the Honolulu Zoo parking lot on Kapahulu Avenue from 2:00AM, last bus leaves 4:00AM

START LINE STAGING

Continuous from 3:30AM

START 5:00AM

Start Line Sensor Mat Removal 5:25AM

AWARDS CEREMONY 1:00PM

CLOTHING PICK-UP Until 3:00PM



**HONOLULU
MARATHON®**
SUNDAY DEC 11 2016

MARATHON EXPO

A

ll registered runners must pick up their packets, which includes their running bibtag at the Honolulu Marathon Expo. Participants must pick up their own

race packets.

The Expo is free and open to the public, so bring your family and friends.

Late entries are accepted at the Expo until closing time on **Saturday December 10**.

🕒 OPENING TIMES:

Thursday, December 8

9:00AM - 6:00PM

Friday, December 9

9:00AM - 7:00PM

Saturday, December 10

9:00AM - 5:00PM

Location:

**Hawaii Convention
Center, 1801
Kalakaua Avenue,
Honolulu**

GETTING TO THE EXPO

There is a free shuttle to the marathon Expo running from Waikiki.

STOPS INCLUDE:



Duke Kahanamoku Statue
(Kalakaua Avenue)



DFS
(Royal Hawaiian Avenue)



Hilton Hawaiian Village Hotel
(Kalia Road heading towards Waikiki)



Honolulu Marathon Expo at the Hawaii Convention Center



SHUTTLE OPERATING HOURS:

Thursday Dec 8: 9:00AM - 6:00PM

Friday Dec 9: 9:00AM - 7:00PM

Saturday Dec 10: 9:00AM - 5:00PM

Monday Dec 12: 8:30AM - 1:00PM

RACE WEEK AT A GLANCE

THURSDAY DEC 8

9:00AM - 6:00PM

Honolulu Marathon Expo at the Hawaii Convention Center

FRIDAY DEC 9

9:00AM - 7:00PM

Honolulu Marathon Expo at the Hawaii Convention Center



**Luau & Concert at the Waikiki Shell,
Gates open at 4:00PM**

(Tickets available for purchase at the Expo)

SATURDAY DEC 10

7:00AM - 9:00AM

Kalakaua Merrie Mile - Inaugural Mile Race

First wave starts at 7:00AM

Start area by Honolulu Zoo on Kalakaua Ave

SATURDAY DEC 10

9:00AM - 5:00PM

Honolulu Marathon Expo at the Hawaii Convention Center

SUNDAY DEC 11

2:00AM

First shuttle leaves from the Honolulu Zoo

4:00AM

Last shuttle leaves from Honolulu Zoo

5:00AM

START of the 44th Honolulu Marathon

5:25AM

Start line sensor mat removal

1:00PM

Awards Ceremony at the Bandstand

3:00PM

Clothing Pick-Up closes in Kapiolani Park

MONDAY DEC 12

8:30AM - 5:00PM

Finisher certificate pick up at Hawaii Convention Center

8:30AM - 10:00AM

Meet the Champions for photos & autographs at the Hawaii Convention Center

PERSONAL SERVICES

BUS SERVICE TO THE START

Free bus service to the start will depart from the Honolulu Zoo parking lot on Kapahulu Avenue from **2:00AM to 4:00AM**.



DON'T WAIT FOR THE LAST BUS, there may not be room for you. This may cause you to be late for the start. Don't take a chance! Board the bus early. Non-runners will be accommodated on a space available basis.

RUNNER DROP-OFF AND PICK-UP

On race day, roads within the vicinity of Ala Moana Beach Park (start line) and Kapiolani Park (finish line) will be closed or access restricted. Please plan drop-off/pickup locations away from these immediate areas. Prior to 3:40 am, drop off on Waimanu Street. Proceed makai on Pensacola to Waimanu Street, make the drop off, then turn mauka onto Piikoi to escape the road closure. If arriving after 3:40 am, drop off at Pensacola Street / Kamaile Street or Piikoi Street / Kapiolani Boulevard.



PARKING RESTRICTIONS

Only authorized Honolulu Marathon vehicles will be permitted access to Ala Moana Beach Park and Kapiolani Park. Parking is prohibited in Ala Moana Shopping Center. Limited street parking may be available from a four to six block radius of the start line.

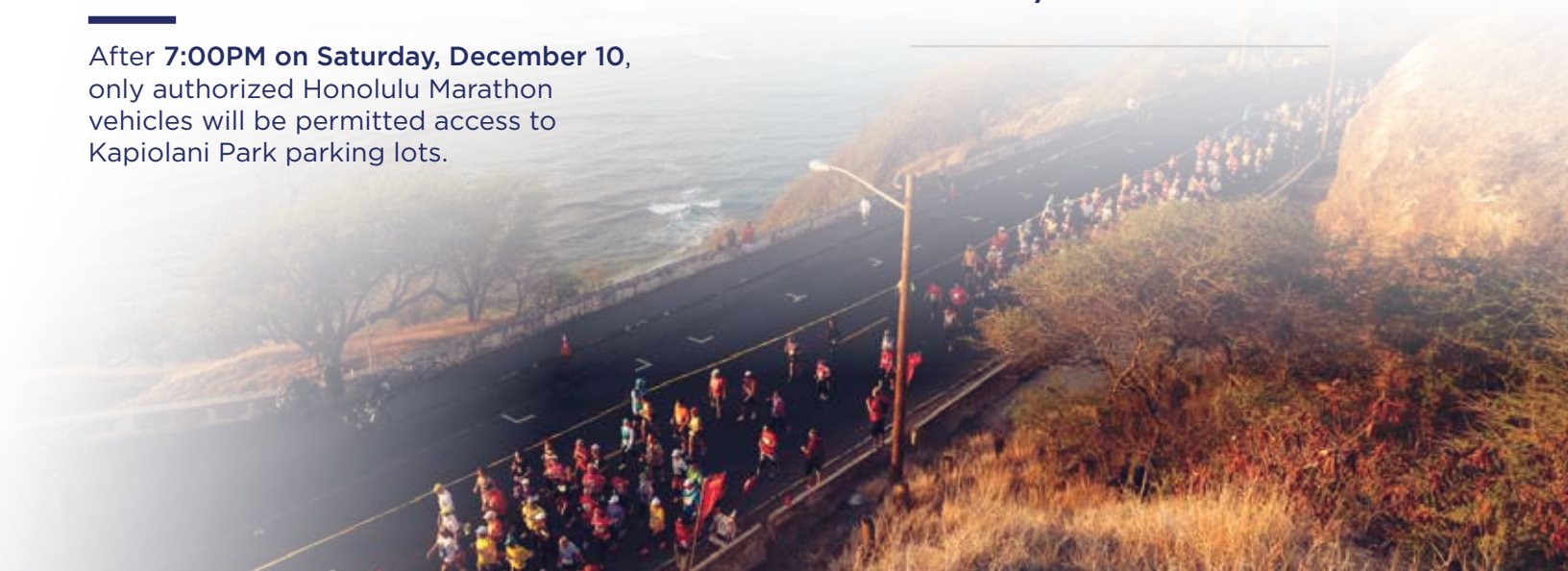
After **7:00PM on Saturday, December 10**, only authorized Honolulu Marathon vehicles will be permitted access to Kapiolani Park parking lots.

RESTROOMS

Portable facilities will be in abundance. Please treat the areas with respect.



**BE AWARE OF TEMPORARY NO
PARKING/TOW AWAY SIGNS.**



CLOTHING CHECK-IN PROCEDURE

A CLOTHING ONLY CHECK-IN TENT:



Kapiolani Park



Saturday, December 10



10:00AM - 5:00PM

A clothing only check-in tent will be available at Kapiolani Park on Saturday, December 10, 10:00AM - 5:00PM.

At Packet Pick-Up, runners may request an official bag labeled with the participant's running number. This officially labeled bag is the only bag accepted at the Clothing Check-In tent. These officially labeled bags left at the Clothing Check-In tent will be searched by Honolulu Marathon security personnel prior to bag acceptance.

The Honolulu Marathon assumes **no** responsibility for items left in that tent in the Park. Any unclaimed bags remaining as of **3:00PM** on race day will be donated to charity.



**THERE WILL BE NO CLOTHING CHECK-IN
AT THE START AREA ON RACE DAY.**

Any clothing left or discarded at the start area will be donated to charity and will not be brought back to Kapiolani Park.



UNOFFICIAL RUNNERS

Unofficial runners without an official race number will not be allowed to cross the finish line. They detract from your official participation, take supplies intended for you, the official entrant, and will cause finish places to be incorrect. We urge you to discourage anyone you know who intends to run unofficially.



CHILD SAFETY

If your child will be participating in the event, please keep the child with you at all times.

Do not leave your child with non-family race participants, or allow your child to complete the race unescorted.

“ **DO NOT ALLOW YOUR CHILD TO COMPLETE THE RACE UNESCORTED** ”



RUNNING COURTESY

Stay within the coned lanes to ensure your safety as well as to provide runners coming from the opposite direction with a clear path.



THE START

To ensure an orderly start, please proceed onto Ala Moana Boulevard beneath the banners indicating your estimated finish time. You must cross the start sensor mat in the allowed time frame to have your bibtag time recorded properly.

Notice:

Start line sensor mat removal is at 5:25AM.



AID STATIONS

The first aid station is at approximately 2.5 miles (4 K), then every 2 to 3 miles (3.2 K to 4.8 K) thereafter. There will be **16** aid stations on the course where water and/or sports drink, cold sponges and medical assistance will be available. Please drop sponges at or near the stations. To keep the aid stations from being congested, continue on to the last table and **PLEASE KEEP MOVING.**



ALONG THE COURSE

All participants must self-propel themselves without assistance. NO assistance conveyances and unauthorized vehicles including but not limited to bicycles, baby carriages, all forms of skates, support walkers, walking sticks, poles and canes, etc will be allowed on the course on race day.



No pets allowed on the course.



No unofficial or unauthorized banners or any commercial activities at the start area, along the course and at the finish area.



Racing wheelchairs will be on the course. Please watch out!



WARNING:

INADEQUATE TRAINING, FAILURE TO PACE AND DISREGARD FOR THE IMPORTANCE OF TAKING FLUIDS HAVE RESULTED IN LIFE-THREATENING CONDITIONS SUCH AS HEAT STROKE IN BOTH EXPERIENCED AND FIRST-TIME MARATHON ENTRANTS. IF THIS IS YOUR FIRST MARATHON OR FIRST EXPERIENCE IN A WARM, HUMID CLIMATE, TAKE FLUIDS AT EACH OF OUR 16 AID STATIONS. SHOULD YOU BEGIN TO EXPERIENCE DIFFICULTIES, STOP AND ASK FOR ADVICE OR ASSISTANCE FROM THE MEDICAL PERSONNEL AT THE AID STATION BEFORE CONTINUING.



THE FINISH

Upon crossing the finish mat please proceed as directed. Spectators are not allowed in the fenced areas. Once you passed through the finish area, do not return. Be courteous and make room for other finishers.

The finish line will continue to record finish times of all participants until the last person has completed the race.

FINISH PHOTOGRAPHY

All Sports Community will take photos of you along the Honolulu Marathon course. Be sure to have your bib number up front and visible at all times.

“ **BE COURTEOUS
AND MAKE ROOM
FOR OTHER FINISHES**



FINISHER SHIRTS

Finisher shirts are for **FINISHERS ONLY**. To receive your shirt, you must show your running number at the Finisher shirt Pick-Up tent immediately after the race. Preferred size not guaranteed for late finishers.



SHIRTS WILL NOT BE MAILED.





The finish line will remain open until the last person crosses the line and all other support services will be open from **5:00AM to 2:00PM**

FINISH RESULTS

Race day live tracking and final results will be available at **www.honolulumarathon.org**

FINISHER CERTIFICATES

Finisher Certificates and free race results tabloid (while supplies last) will be available for pick up at the **Hawaii Convention Center** on **Monday December 12 from 9:00AM to 5:00PM**. To facilitate pick up, please bring your running number.

Certificates will also be available to download from **www.honolulumarathon.org**



CERTIFICATES WILL NOT BE MAILED.



RULES OF THE ROAD

REMEMBER:

NO BIBTAG

=

NO RESULT

=

NO CERTIFICATE

The MYLaps bibtag: Runners must wear the bib visibly on the chest throughout the race, according to the instructions on the reverse of the bib. Please fill out your medical information on the back of the bib.

The 2016 Honolulu Marathon bibtag is a one-time use souvenir for you to keep after the race.

PROTESTS





Protests related to actions of any race official or runner will be accepted only in written form. We will not respond to verbal protests.

All decisions of the Race Director are binding. This race is conducted according to Competition Rules of USA Track & Field.

RUNNING NUMBER AND SHIRT

Shirts or singlets, with the bib positioned front top center, must be worn throughout the entire race. The bib number must be visible at all times. Bibtags are not transferable. You and the runner wearing your Bibtag will be disqualified from this race and future races.

BIBTAGS CANNOT BE PICKED UP ON RACE DAY.

-  Do not cut or Fold your bib number in any way
-  Do not deface your bib number with stickers, markings or any writing
-  Use a pin for each corner of the bib number; do not pierce the tag
-  Do not remove the foam spacer

INTERFERENCE:

Wheeled conveyances, including all forms of skates, strollers and bicycles are prohibited. Runners accompanied by a wheeled conveyance will be disqualified. Competitors who accept any assistance from any other person may be disqualified.

CHECKPOINTS:

You must cross the sensor mats at the checkpoints along the course. Make sure your running number is clearly visible. You may be disqualified if there is no record of you passing through the checkpoints.

AFTER THE FINISH

Post race at the park will be a festive time with entertainment, refreshments and shared experiences.

AWARDS

The awards ceremony begins at **1:00PM at the Bandstand in Kapiolani Park**. Invited runners and division award winners should be readily available for the ceremony.

GETTING BACK TO YOUR HOTEL

Most Waikiki hotels are within walking distance from Kapiolani Park.

At approximately **9:30AM**, Oahu Transport Service (OTS) public buses will pick up riders at the Monsarrat Avenue bus stop between the Kapiolani Park Bandstand and the Honolulu Zoo. Bus fare is \$2.50 (exact change only). More OTS bus information is available at www.thebus.org or **808 848-5555**.

There will be dedicated Uber stalls at the Honolulu Zoo parking lot opposite the Queen Kapiolani Hotel.



2017 HONOLULU MARATHON

The 45th Honolulu Marathon will be held on Sunday December 10, 2017.

For more information, please visit www.honolulumarathon.org

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The Hapalua - Hawaii's Half Marathon
will be held on Sunday April 9, 2017

For more information, please visit
www.thehapalua.com

