

KEOUA HONAUNAU CANOE CLUB'S
29TH Annual

MAC-A-THON

10 KM RUN****5 KM WALK/RUN



7:00 A.M., SATURDAY, April 3 , 2010
DAY BEFORE EASTER

The Mac-A-Thon is the Big Island's oldest annual 5 & 10 km race, and also one of the oldest races in the state of Hawaii. In addition, Keoua Honaunau Canoe Club is one of the oldest canoe clubs in the state, originating in the 1930's as Honaunau Canoe Club. The race course is on the government road that extends from sacred Honaunau Bay, round trip to Napoopoo. Award ceremony, our famous Mac-Nut Pancake breakfast (included with entry fee), entertainment, auction, and lots of fun, aloha and hospitality await you and your family at the finish line.

DIRECTIONS TO START: Take Hwy. 11 to Hwy. 160 junction (Honaunau Post Office), turn makai on Hwy 160 and continue approximately 3 miles to the start/finish line near the Puu Honua O Honaunau Park (City of Refuge) entrance.

ENTRY FEES/DEADLINES

ADULTS \$20

JUNIORS (15 & UNDER) \$10

Mailed entries must be postmarked by

March 29, 2010. After that, please hand deliver your entry fee on race day by 6:30 A. M., add \$5.

INFORMATION: 328-9395, 938-3480

29th ANNUAL MAC-A-THON

CHECKS PAYABLE TO: KEOUA CANOE CLUB

And mail to:

P.O. BOX 592

HONAUNAU, HI 96726

ONE ENTRY PER PERSON, PLEASE PRINT !!

NAME_____

ADDRESS_____

CITY_____ BIRTHDATE:_____

YOUR AGE ON RACE DAY (04-3-10)_____ T Shirt

Size_____

Circle Appropriate Information:

FEMALE MALE

10 KM RUN: 19 & under, 20-29, 30-39, 40-49,
50-59, 60-69, 70-79, 80+

5KM WALK/RUN: 6 & under, 7-9, 10-13, 14-19,
20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

READ CAREFULLY BEFORE SIGNING: In consideration of this form being accepted, I, for myself executors and administrators waive and release all rights and claims I may have against Keoua Honaunau Canoe Club, and/or the County and State of Hawaii as a result of my participation in any activity connected with this Mac-A-Thon event. I am physically fit to participate in this event.

RUNNERS SIGNATURE

DATE:_____