

KEOUA HONAUNAU CANOE CLUB'S  
30TH Annual  
**MAC-A-THON**  
10 KM RUN 5 KM WALK/RUN



**7:00 A.M., SATURDAY, April 23 , 2011**  
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 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 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 at the Puu Honua O Honaunau Park (Place of Refuge) entrance.

**ENTRY FEES/DEADLINES**

**ADULTS \$20**  
**JUNIORS (15 & under) \$10**

**Mailed entries must be postmarked by April 18, 2011.**

**After that, please hand deliver your entry fee on race day by 6:30am, add \$5.**

**INFORMATION: 938-3480**

**MAKE 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 (04-23-2011) \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**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+]

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**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 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