



31st Annual

MAC-A-THON

10 KM RUN 5 KM WALK/RUN

7:00 A.M., SATURDAY, April 7, 2011
DAY BEFORE EASTER

The Mac-A-Thon is Hawai'i Island's oldest annual 5 & 10 km race, and also one of the oldest races in Hawai'i. It was started in 1981 as a benefit for Keoua Canoe Club, which originated in the 1930s as Honaunau Canoe Club. The race course is a round trip on the old government road that extends from sacred Honaunau Bay to Napo'opo'o. You won't want to miss our famous Mac-Nut Pancake Breakfast (included with entry fee), the awards ceremony, entertainment, silent auction, and keiki Easter egg hunt. Bring the whole family!

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 Pu'uhonua O Honaunau Park entrance. Race registration will be at the Keoua halau, on the north side of the beach road. Early entry race t-shirt and number pickup on April 6, 4-6 pm.

ENTRY FEES/DEADLINES

JUNIORS (15 & under) - \$10

ADULTS

Mailed entries must postmarked by **March 15, 2012 - \$20**

Mailed entries must postmarked by **April 1, 2012 - \$30**

Race Day Entry before 6:30am - \$40

Make Checks Payable To:
KEOUA CANOE CLUB
P.O. BOX 592
HONAUNAU, HI 96726

ONE ENTRY PER PERSON, PLEASE PRINT LEGIBLY!

Name _____

Address _____

City _____ State _____ Zip Code _____

Birth Date _____ Your Age on Race Day _____

Phone _____ Email _____

Circle Appropriate Information

Shirt Size: [S] [M] [L] [XL] Style: [Men's] [Women's] [Youth]

FEMALE MALE

10 KM RUN Divisions

[19 & under] [20-29] [30-39] [40-49] [50-59]

[60-69] [70-79] [80+]

5 KM RUN/WALK Divisions

[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 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