



39th Annual
MAC-A-THON
5K & 10K Race

April 11, 2020
7:00 AM, SATURDAY
(The 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, and silent auction. 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 Friday, April 19th, 4-6 pm.

ENTRY FEES & DEADLINES

JUNIORS (14 & younger)
Early Entries (before April 6) - \$10
Race Day Entry - \$15

ADULTS
Mailed entries postmarked by **Feb 22, 2020 - \$25**
Mailed entries postmarked by **Mar 14, 2020 - \$30**
Mailed entries postmarked by **April 6, 2020 - \$35**
Race Day Entry - \$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 _____ Phone _____

Email _____

We will email you race results and next years race information.

Please Circle Appropriate Information

[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] [10-14] [15-19] [20-29] [30-39]

[40-49] [50-59] [60-69] [70-79] [80+]

Shirt Size: [Youth] [S] [M] [L] [XL]

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**

Parent or Guardian Signature (*runners under 18 only*) **DATE**