



40<sup>th</sup> Annual  
**MAC-A-THON**  
5K & 10K Race

**April 8, 2023**  
**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 7th, 4-6 pm.

## ENTRY FEES & DEADLINES

**JUNIORS** (14 & younger)  
Early Entries (before April 5) - \$10  
**Race Day Entry - \$15**

**ADULTS**  
Mailed entries postmarked by **Jan 31, 2023 - \$25**  
Mailed entries postmarked by **Feb 28, 2023 - \$30**  
Mailed entries postmarked by **April 5, 2023 - \$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**