

# POLIPOLI 15K TRAIL ROMP

INDEPENDENCE DAY JULY 4<sup>TH</sup>, 2009  
MEET AT RICE PARK, KULA at 8AM



**Description:** Polipoli offers a mixture of high elevation vegetation that may remind you of Colorado, as well as some ocean views and even sight of the Big Island of Hawaii on a clear day. The surface is a mix of dirt road and singletrack trail. Possibly the most beautiful run on Maui!

**Length:** 4.7 mile loop with a 2.3 mile entry section.

One loop = 9.3 miles

**Elevation:** Parking area is at approx 6400ft, highest point of trail is 7200 feet

**Difficulty:** Hilly! One really tough uphill section. High elevation = lower oxygen. Pace yourself. Bring a water bottle to carry with you, there is no water station out on the trail!

**Directions to the Start:** From Kahului follow Hana Highway (36) east for 3 miles. Turn right to head upcountry on Haleakala Highway (37). Follow Haleakala Highway for 14 miles (it eventually becomes Kula Highway (still 37)). Look for Rice Park on your left, and as you pass it, turn left onto Lower Kula Road, and then another immediate left into the parking lot. We'll all carpool up from Rice Park to the trailhead, as the trailhead has limited parking.

**ENTRY FEES:** Valley Isle Road Runner members: *FREE!*

Non-VIRR members will need to join the VIRR on race day. The annual fee to join Valley Isle Road Runners is \$25 for an individual or \$40 for a family. There is no pre-registration. Just come on up to Rice Park and register on race day.

**YOU CAN REGISTER ONLINE TO BECOME A MEMBER AT** <http://www.virr.com/join/>

**FOOD AND DRINKS** Bagels, cream cheese, fruit, coffee, water, sports drink, and other goodies will also be served.

Please join us for this annual holiday fun run. This race is a Valley Isle Road Runners membership drive. No numbers, t-shirts, or awards. Come on up and walk, run, have some coffee, and enjoy the views. This is a great way to start your Independence day!!

**For more information or to volunteer, please call Jamie Kimmel at (808)878-2949**