

Aloha and mahalo for volunteering for a **2009 Run to the Sun** aid station! Race day is Saturday, March 14. The race starts at 4:30 a.m. at Kahului Ale House in Maui Mall and ends at the summit of Haleakalā. There is a strict 10-hour time limit for finishing the run.

We are sending this letter to confirm your aid station assignment and to provide instructions on staffing your station.

1. Your Aid Station

You are assigned to **Aid Station #**(see below). You need to staff your station during the times shown below or until directed by a race official. (There will be a “sag wagon” following the last runner and picking up supplies as aid stations are closed down.) The **Time out** is an estimate of when the last runner should cross your aid station.

Aid Station	Time In	Time out	Captain
1	4:30am	5:15am	Eric Gerdes
2	4:45am	6:00am	Johanna Jaramillo
3	5:15am	6:30am	Tim Coppin
4	5:30am	7:30am	Lynette Zakabi
5	5:45am	8:00am	Bob Mikell
6	6:15am	9:00am	David Sakugawa
7	6:30am	9:30am	Imelda Castro
8	6:45am	10:00am	Steve Sobaje
9	7:00am	10:30am	Mike & Adele Trotto
10	7:15am	11:00am	Brad Grissom
11	7:30am	11:30am	Muriel Stevens
12	7:30am	12:30pm	Sheyenne Machida
13	7:45am	12:30pm	Lei Greig, Roxanne Yu
14	7:45am	12:45pm	Eva Opel
15	8:00am	1:00pm	Ken & Kerry Kiene
16	8:00am	1:15pm	Heather Mock
17	8:15am	1:30pm	Greg Walter
18	8:15am	1:45pm	David Hanna
19	8:30am	2:00pm	Robby & Jeney Spenser
20	8:30am	2:15pm	Joy Tamayose

PLEASE READ BELOW FOR SPECIAL NOTES ABOUT YOUR AID STATION:

Aid stations 1 & 2. Pick up your supplies at the start, at Kahului Ale House by 4 a.m.

Aid stations 3-5. Supplies will be delivered to your stations by supply truck driven by Joy.

Aid stations 7-19. Pick up your supplies and Haleakalā National Park entry permit at aid station #6 (Sunrise Market on Crater Road). Please park safely off the road; avoid parking too far onto the grass shoulder (your vehicle may get stuck and destroy a homeowner’s lawn).

Aid station #12. Your station at Park Headquarters is the **SPECIAL NEEDS STATION**. Runner drop off bags will be delivered here, please organize bags for easy retrieval for the runners. After the last runner goes through (12:30 p.m.), please take the bags to the post-race party at Kanaha Beach Park by 1:30 p.m. for runners to retrieve.

2009 RUN TO THE SUN – AID STATION LOCATIONS

Each station will be marked by a VIRR sign. All stations are on the left side of the road (downbound lane, facing traffic) for the safety of the runners. **AS = aid station**. The Maui Police Department requests that aid station vehicles be parked completely off the road. Please read below for your aid station location.

- #1:** Cane haul road crossing 0.4 miles after Hansen Road intersection; look for slight turnoff.
- #2:** Cane haul road crossing 1.0 mile after new county landfill.
- #3:** At Pulehu Road/Omaopio Road turnoff; turn **right** on Pulehu Road/Cane Road turnoff. **Please use caution at this intersection. Runners have gone the wrong way in the past!**
- #4:** About 3.0 miles past AS #3; after sharp left turn at pulloff across from pineapple field entrance.
- #5:** Turn right onto Pulehu Road 1.0 mile past AS #4, follow Pulehu Road for 1.5 miles to top of road, then turn left at stop sign onto Lower Kula Highway; AS is about 100 yards below Lower Kula Highway and Kula Highway intersection.
- #6:** Cross Kula Highway; be careful! Take a sharp right onto Pulehuiki Road, taking a left at the top of Pulehuiki Road onto Kekaulike, followed by a right turn onto Crater Road. **AS is about 50 yards above Sunrise Market on Crater Road.**
- #7:** About 0.2 miles after mile marker 2 (MM2) at bend across from lavender farm, before ATV Tours.
- #8:** Approximately ½ mile after MM4; pull-off area overlooking a eucalyptus grove.
- #9:** Approximately 1.1 miles past MM5 on grassy turnoff (0.1 miles before MM6).
- #10:** About ¾ mile past MM7 at a grassy pullout at the beginning of a long flat section.
- #11:** About 100 yards before first MM10; pull-out across from a service road (uphill dirt road).

Stations 12-20 are within Haleakalā National Park

- #12:** About 1 mile past Park Entrance Station, past MM11; bus parking area across from Park Headquarters parking lot entrance by stone wall. **SPECIAL NEEDS STATION. Vehicle (1) may be parked at aid station in case of bad weather.**
- #13:** Service Area entrance past MM12; use caution when turning left into this area. **Volunteers – only one car may park here. Please do not block entrance; a park maintenance truck may need to access this area.**

- #14: Unpaved pulloff above 7700' bend, before mile marker 14. **Volunteers—only one car can park here; space is tight.**
- #15: Unpaved pulloff across from apple tree, about 0.9 miles after MM15. Apple tree is in gulch makai side (upbound lane). Pulloff will be visible before apple tree at the 30 mph sign (approx. 0.1 mile before MM16). **Volunteers – there is room for only one car to safely park here.**
- #16: Paved pulloff below Leleiwi Parking Lot, about 0.1 miles before MM17. **Volunteers – two cars may park on paved shoulder. Please do not park in upbound lane across from paved area.**
- #17: Unpaved pulloff across from 9000' elevation sign, about 0.1 miles past mile marker 18. **Volunteers – this area can safely fit one car.**
- #18: Paved pullout about 0.2 miles above Kalahaku Overlook.
- #19: Summit spur road right after gate, outside Visitor Center main parking area; at summit shuttle pickup spot—look for shuttle sign.
- #20: **Finish area**, Summit Parking Lot, next to medical tent

2. Where to Pick Up Your Supplies

Be sure to allow enough time to pick up your supplies and get to your station before your time in.

All aid stations will have water, cups and trash bags.

Aid stations 6-19 will also have: cola, sports drink (HEED)*, fruit, pretzels, cookies, bagels, Vaseline, and toilet paper.

*The sports drink (HEED) will need to be mixed with water: mix 8 scoops of sports drink to 1 gallon of water. Please bring a large mixing spoon and a pitcher (see below for more supplies).

Aid stations #12-20. Entry permit into Haleakala National Park (“Race Official” sign) will be included with your supplies. Please display this permit prominently on dashboard at all times.

Aid station #	Supply pickup location
1, 2	Start area, Kahului Ale House in Maui Mall; see race staff for supplies.
3-5	Report to your aid station; supplies will be delivered.
6-19	Aid station #6; Sunrise Market, ¼ mile up Crater Rd.
20	Report to your aid station; supplies will be delivered.

3. What You Need to Bring

1. folding table (or use your tailgate) and chairs
2. flashlights (aid stations 1–5 only)
3. knife, cutting board, and bowl for fruit (aid stations 6–20 only)
4. large mixing spoon and pitcher for sports drink (aid stations 6-20 only)
5. raingear

6. sunscreen
7. warm clothes (especially at high elevation aid stations). **Extreme weather conditions are common and can occur at any time. Please be prepared for all types of weather—rainy, windy, hot, dusty, cold, possibly even snow and hail).**
8. music
9. company or a good book
10. small cooler with snacks to sustain you
11. your cell phone, charged

4. What To Do During the Race

Have supplies ready according to the rhythm of your station. Lower aid stations (#1-3) need to keep a steady supply of water cups pre-poured on hand since many runners will arrive at once. Runner arrivals are more sporadic higher up on the course.

Fill up cups half-way and set them up on your table. As runners approach your station, hand out cups of water. Pick up any trash after runners have gone through your aid station.

For the higher aid stations, only prepare a few cups at a time. Also do not cut up all the fruit at once. Cut them in small pieces and make available as needed.

Race officials will be roaming the course during the entire race. If you have any questions or problems during the race call Joy or Bram (Race Directors) at 280-4893 or Eric at 269-8173.

Medical Incidents/Emergencies

- 1) There will be a roaming ambulance on the course.
- 2) In an extreme emergency, e.g., a heart attack, first call 911, then call Bram/Joy at 280-4893.
- 3) For extreme emergencies within the park first call Haleakalā Park Dispatch at 877-428-6911, then call Bram/Joy at 280-4893.
- 4) For any minor medical incidents, call Bram/Joy at 280-4893.

5. What To Do After the Race

You are done when the last runner goes through your aid station; you will be notified by a race official. Your finish time should be about the time listed on the “time in/time out” list.

Pack unused supplies in the box and leave at your aid station. Please separate trash from recyclables. Everything will be picked up by the course sweep vehicle. Please come to the post-race picnic at the Kanaha Beach Park, canoe club hale, for food, massage, and good company!

If you have any questions before the race, call Bram or Joy at 280-4893 or email mauibram@aol.com, or ulukitty@aol.com.

Mahalo nui loa for your kokua. This race could not take place without you!