

ALOHA! We're looking forward to seeing you at the 29th Haleakala Run to the Sun! Late registration and number pick-up will be at Kahului Ale House in Maui Mall from 12:00-5:00 pm on Friday, March 13, 2009. Mahalo for participating. Have a great run!

At the start: The run starts at 4:30 a.m. on Saturday, March 14, 2009, from the Kahului Ale House in Maui Mall. ***Check in with race officials by 4:00 a.m.*** No registration or numbers will be given out on race morning.

Course rules: Please run on the left side of the road facing traffic (except as directed on Hana Highway). Traffic has the right of way in all situations! **DO NOT CUT CORNERS!** ***Course marshals have the right to disqualify anyone not in compliance.*** Please heed all instructions of course marshals, police, and park rangers. Be cautious of the numerous blind, left-handed switchbacks where giant tour buses and downhill bike tours may approach suddenly. **Per the Maui Police Department all runners must wear a reflective vest during the early dark hours...no exceptions. The vest can be dropped off at any aid station (or with your support person at an aid station). We HIGHLY recommend a headlamp and/or flashlight for the first two hours of the event. WE WILL NOT BE RESPONSIBLE FOR ANY LOST GEAR. Be sure to label your gear with your race number and name.**

Aid stations: Water will be at all aid stations. Vaseline, sports drink, coke, fruit, pretzels, cookies, and bagels will be available from stations #6 onward. Earlier stations are farther apart; later stations are spaced closer together. Please place cups and rubbish in the trash receptacles provided after each aid station. If you feel pain or illness, stop at the aid station or notify a course marshal. ***No littering; littering is grounds for disqualification.***

Clothing Drops: Clothing, replacement drink, and food may be sent to the two aid stations listed below. Place items for drop-off in a bag clearly marked with **your race #, name and aid station** (mark either AS12 or FINISH). Drop off the bags on race morning at race check-in at the Kahului Ale House.

Aid station # 12: Special needs station, 26.3 miles, Haleakala National Park Headquarters.
Finish: 36.2 miles, Summit Parking Lot, Haleakala National Park.

Viewing the race: Family and friends should drive from the start up Haleakala Highway and **NOT** follow the course up Pulehu Road. There is a lot of traffic coming downhill creating danger for runners. The best viewing is from the switchbacks in the ranchland above Kula. Runners may **NOT** receive aid from support vehicles. If you need to give something to your runner, it must be done within **100 feet** of an aid station.

Teams: Each team has 3 runners. The hand-off points will be at aid stations # 3, 5, 8, 11, and 17. The legs will be (1) 7.3 miles, (2) 5.6 miles, (3) 6.5 miles, (4) 5.6 miles, (5) 7.0 miles, and (6) 4.2 miles. You may run in any order as long as each runner completes 2 legs. If you run in a straight rotation, runner "A" will run 12.9 miles total, runner "B" will run 12.6 miles, and runner "C" will run 10.7 miles. Please review the aid station map for exact locations. We request help from teams at aid stations #1-5, to hand out water while you are waiting on your team members. Mahalo for your help!

Haleakala National Park: About 11 miles of the race will pass through the national park. There are strict rules to be followed, e.g., speed limits, no littering, parking in designated areas, no writing on the road, etc. Any violations are subject to fines and disqualification.

There is a \$10 per car fee to enter the park. Park entry fees for individual runners (\$5) and volunteers are covered. All other vehicles including teams need to pay the National Park fee.

The road from the top Visitor Center (HVC) to the summit (about $\frac{3}{4}$ mile) will be closed to non-race associated traffic. **See attached letter below for detailed information about parking.**

Slower Runners: In an attempt to show compassion to our wonderful volunteers, we will close stations at times consistent with the time limit of 10 hours (i.e., aid station #7 at 17.4 miles will close when the last runner goes by or at 9:30 a.m., 4 $\frac{1}{4}$ hours into the race). No runners will be allowed into the park (26 miles) after 12:30 p.m. If you think you might not make the park entry cutoff, please call John Salmonson at (808)566-6543 prior to race day. Be sure to make arrangements to have someone to pick you up in case you do not make the park entry cutoff. No runners will be allowed to finish after 2:30 p.m. when the finish line closes. The finish line closes at exactly 2:30 p.m.; this is our agreement with the national park so that the summit can be reopened for other visitor traffic without jeopardizing the safety of the runners.

Summit of Haleakala: ***CONGRATULATIONS! You made it to the top of the world!***

There will be a recovery area and medical help at the finish. Hot and cold drinks and salty snacks will be available. Please try to exit the finish area as soon as possible. If you have your own transportation, please give fellow runners a ride to the post-race picnic or back to the start.

Picnic: The post-race picnic is from 12 to 5 p.m. at Kanaha Beach Park, Lae'ula o Kai Canoe Club picnic shelter in Kahului near the airport (refer to the map in your race packet). We will provide food, refreshments, and massages. There is a nice, sandy beach if you want to go for a dip. Beach showers and restrooms are also available. Please leave the finish area as soon as you can and come to the picnic! The massage therapists will be ready at 1:00 p.m.! Please don't forget to bring your own towel.

Awards: We will provide awards for the top three men and women, and teams. There will also be division awards, three deep. In keeping with the low-key nature of this year's event, we will attempt to give all awards at the top of the mountain.

Questions: Please call John Salmonson at (808) 566-6543 (hurtpals@aol.com) or Bram Denhaan at (808) 280-4893 (mauibram@aol.com).

GOOD LUCK!

Aloha Runners and Support Crew,

We need your help! In previous years we had horrendous traffic problems at the summit. We are currently on probation with Haleakalā National Park. If we do not solve the traffic problems associated with this race then this will be the final Run to the Sun. After many meetings with park officials they have granted us permission. Here are the rules!

Any runner who has a car accompanying them will be issued **one** “Race Support” sign. This sign must be displayed in your front window throughout the race. You will still need to pay the park entrance fee. (Runners’ entry fees are taken care of by the race.)

PLEASE, PLEASE use only designated LEGAL pulloffs and parking areas if you need to stop. All park rules apply, i.e., speeding, littering, etc. Use designated bathrooms ONLY.

The short road from the Haleakalā Visitor Center (HVC) parking lot to the summit will be closed to the general public. Non-race associated visitors will park in the HVC parking lot and ride the passenger vans that we provide to the summit. You will be able to park at the summit hence the sign in your window, **if there is space available**. This is where the problem lies. There are only 30 stalls available at the summit. So time your arrival close to when your runner is expected to finish. You will only have 20 minutes at the summit to take your runner and any other runner that needs a ride down the mountain. We will be monitoring the parking and will ask you to leave if are parked for too long. You CANNOT park at the HVC parking lot—this is for regular park visitors. Today is not the day to park, go for a 3-hour hike, and then meet your runner. **AGAIN THIS RACE IS IN YOUR HANDS. PLEASE DO NOT SPOIL IT FOR FUTURE RACES.**

If a park ranger stops you and informs you there is no parking, you need to go back down a ways, park, wait, and try again. Please if you don’t need to drive, don’t. Carpool instead. Please, no multiple vehicles per runner or team. If there are any violations, that runner probably will not be allowed back. I am very sorry about the harsh nature of this letter but unfortunately this is a reality. PLEASE help us out.

Mahalo nui loa,
Bram Denhaan
Race Director
Run to the Sun 2009