



**18th ANNUAL TURKEY TROT 16.2 mile or 8.6 mile FUN RUN
THANKSGIVING DAY, THURSDAY, NOVEMBER 26, 2009
RICE PARK, KULA, HI 7:00AM / 8:00AM**



Please join us for our annual holiday fun run. This race is a Valley Isle Road Runners membership drive and canned goods drive for the Maui Food Bank. Please kokua by bringing a donation of canned goods. Come on up and walk, run, have some coffee, and enjoy the views. This is a great way to start your Thanksgiving!! Get a two for one; good for your body and good for your community!

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.

16.2 mile run starts at 7:00AM at Rice Park, proceeds north on Kula Hwy (37), then mauka onto Haleakala Hwy (377), which becomes Kekaulike Ave (still 377), and back onto Kula Hwy, finishing at Rice Park.

8.6 mile run starts at 8:00AM at Rice Park, proceeds south on Kula Hwy (Hwy 37), then left on Thompson Road, turn around at cone, retrace route back to Rice Park.

Both courses are on paved roads, with plenty of hills and beautiful upcountry scenery.

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

Non members: \$20.00

Non-VIRR members are encouraged 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/>

AWARDS: The challenge is to PREDICT your finishing time! Prizes to the three people in EACH race who come closest to their predicted time (no watches allowed during the race if you want to be eligible to win!) Awards start promptly at 10am.

Closest to their predicted finishing time wins: a Turkey!

2nd closest wins: a Ham!

3rd closest wins: a Pumpkin Pie!

T-SHIRTS: Dry-Tek t-shirts imprinted with the VIRR logo on back and the Turkey Trot logo on the front will be available for purchase on race day.



FOOD AND DRINKS: Starbucks coffee has been kindly donated and will be available at the start and finish. Bagels, cream cheese, fruit, and other goodies will also be served. Enough to get you through till Thanksgiving dinner!

For more information or to volunteer, please call Cathy at (808)280-4643 or email cathyfitzpatrick1@yahoo.com