



CHRISTMAS 5K / 10K FUN RUN & POTLUCK PARTY
SATURDAY, DECEMBER 12, 2009
KANAHA BEACH PARK, KAHULUI, HI 8:00AM

Please join us for our annual holiday fun run and post-race breakfast potluck!!! This is also our canned goods drive for the Maui Food Bank. Please kokua by bringing a donation of canned goods and potluck items to share. Aid station, post-run refreshments, and door prizes provided.

Directions to Kanaha: Kanaha Beach Park is behind the airport, off of Amala Place in Kahului, but if you ask where "Amala Place" is, no one will know (there is no street sign to tell you the name of this road). To get to Kanaha, take the Hana Highway towards Wailuku and turn right onto Hobron Avenue. Turn right onto the first real road you come to (about a quarter mile). Kanaha Beach Park is on the left a bit over a mile down the road. The paved driveways on the left after the sewage treatment plant are all entrances to the park.

5K Run heads east on "Maui greenway" path and turn around before Stable Road. Return to Kanaha Beach Park.
10K Run heads west towards the wastewater treatment plant, turn around; follow "Maui Greenway" path across Stable Road and turn around before the Kaunoha Senior Center. Return to Kanaha Beach Park.
Both courses are flat, fast courses on paved roads and paved bike paths. A great chance for a personal best, or an enjoyable holiday stroll! Awards given for top finishers, and T-Shirts to all finishers! Adult size shirts only.

ENTRY FEES:

VIRR members: free if pre-registered by December 5th. Last-chance Dec 11th registration fee is \$30
Non members: pre-registration fee is \$20 Last-chance Dec 11th registration fee is \$30

For more information or to volunteer, please call SeaRay at 385-2729

Send app. to: VIRR Christmas Fun Run, c/o SeaRay Beltran, P.O. Box 962. Kihei, HI 96753
by December 5th. DO NOT mail race application after December 5th. No Registration on Race Day!

Packet pick-up and last-chance registration at
Kahului Ale House, Maui Mall 355 E. Kamehameha Ave.
on Friday December 11th from 5-7 PM

(Cut at dotted line below) Make check payable to: Valley Isle Road Runners

CHRISTMAS FUN RUN-----DECEMBER 12, 2009

Name _____ Tel _____ Email _____ (M F Shirt size ___)
Address _____ City _____ State _____ Zip _____ 5K ___ 10K ___ Age _____

Entry fee: VIRR Members pre-registration fee: (FREE)
Non-member pre-registration fee: \$20.00

VIRR Liability Waiver

I, the undersigned, intending to be legally sound, hereby of myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against Valley Isle Road Runners, the County of Maui, the State of Hawaii and volunteers assisting the directors, their representatives, assignees, and successors for any injuries suffered by me prior to, during, or following participation in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event.

Signature (Parent or Guardian must sign if participant is under 18)

Date