



The Glorious End

Jane Williams, runner

The 2009 Finisher's Festival of the Honolulu Marathon is more than just another gala day in Kapiolani Park. This one is for YOU, who for 26 miles and 385 yards held together, concentrated on pace, and finished a great test of both your mind and body. You can proudly smile and savor your victory. You survived the race!

For going the distance, you deserve congratulations of course, but give officials of the Honolulu Marathon Association and the multitude of volunteers the appreciation they deserve and the cooperation they need now by moving as quickly as possible through the finish area, the last Aid Station, and out into Kapiolani Park proper.

If this is your first BIG ONE, here is what you can expect:

Bleachers full of shouting well-wishers line the last quarter mile. Smile with any remaining muscle elasticity; look as good as you would like to feel because friends are watching and cameras are clicking. Photographers from ASI Photo will take your picture as you cross the Finish Line. If you need first aid assistance, a volunteer will immediately take you to the Medical Tent which is adjacent to the Finish Line.

You'll cross the finish line and receive the Finisher's lei from friendly high school representatives.

You can move through the finishing area to enjoy a refreshing shower, but don't be tempted to stay there and socialize. There's lots more that awaits you. You'll pass through the last Aid Station for some of Hawaii's famous water drawn from the artesian wells deep in the Koolau Mountain Range.

Outside the Finisher area, you'll find an Information Booth staffed by volunteers. They'll help you get your bearings and point you in the right direction to wherever you wish to go.

Large "You Are Here" maps mounted on easels are located throughout Kapiolani Park for your convenience in finding key areas.

Head towards the Finishers' Food Court. Delicious oatmeal cookies, crisp, crunchy apples, and Hawaii's Menehune brand of purified water will give you that much-needed boost after running the Marathon!

THAT'S IT! You are finished and ready to begin your post-race fun in Kapiolani Park where volunteers provide a runners' carnival. Amazingly, most finishers still have the energy to eat a lot, talk about their memorable experience on the course, and watch the Awards Ceremony at the Kapiolani Park Bandstand.

© HONOLULU MARATHON

3435 Waiālae Avenue, Suite 200 • Honolulu, HI 96816 USA • Phone: (808) 734-7200 • Fax: (808) 732-7057
E-mail: info@honolulumarathon.org • URL: www.honolulumarathon.org

Most finishers head back to Kalakaua Avenue to cheer others across the Finish Line, the others to watch themselves come across the Finish Line again via tape replay in the video tent. Or, they sit in the shade and thrill to the poised grace of the winners or the labored limps of those who worked harder and longer to complete the full 26 miles, 385 yards.

If you ache, try Shiatsu. Get prone and relax under the skilled hands of volunteer, licensed therapists from the Aisen Shiatsu School, directed by Fumihiko Indei Sensei. They have been providing this free service since 1979. Ahhhhh! How refreshing to the tired body, especially the legs!

You still will have to get your Marathon FINISHER T-SHIRT. This tent is busy and you'll recognize the area by the fact that those leaving it will be wearing the same glorious, well-earned Finisher T-shirt!

Look for the Clothing Tent where you dropped off your clothing pick-up bag earlier in the week. Clothing bags must be picked up on Race Day by 3 p.m. or the items will be donated to charity.

Finally, before settling down for picnics and the Award Ceremony, visit the Honolulu Marathon Souvenir Sales tent for a memento to reward yourself or purchase gifts for friends and family.

The Award Ceremony is the day's crowning event. It begins with Hawaiian entertainment at 1:00 p.m. You can bring your picnic lunch and share the recognition and honor of those who ran so well.

The Honolulu Marathon Association, major sponsor JAPAN AIRLINES, supporting sponsors NIKE and MUFG Card, contributing sponsors NTT DoCoMo, Satohap and Subaru and the City and County of Honolulu wish you a healthy, happy day! They also hope you will show your appreciation by cleaning your area before you leave Kapiolani Park.

See you again next year!

ALOHA!