



**HONOLULU  
MARATHON**<sup>®</sup>  
SUNDAY DEC 8 2019



**START TO PARK 10K**

# FINAL INSTRUCTIONS

The Honolulu Marathon Association welcomes you to the **47th annual Honolulu Marathon**. Please read and follow our final instructions so that you have a safe and enjoyable marathon.

## **BUS SERVICE**

Depart the Honolulu Zoo parking lot on Kapahulu Avenue from 2:00AM, last bus leaves 4:00AM

## **START LINE STAGING**

Continuous from 3:30AM

## **START 5:00AM**

Start Line Sensor Mat Removal 5:25AM

## **AWARDS CEREMONY 1:00PM**

## **CLOTHING PICK-UP Until 3:00PM**

2019 

# MARATHON EXPO

**A**

ll registered runners must pick up their packets, which includes their running bibtag at the Honolulu Marathon Expo. Participants must pick up their own

race packets.

The Expo is free and open to the public, so bring your family and friends.

Late entries are accepted at the Expo until closing time on **Saturday December 7**.

## 🕒 OPENING TIMES:

**Thursday, December 5**

9:00AM - 6:00PM

**Friday, December 6**

9:00AM - 7:00PM

**Saturday, December 7**

9:00AM - 5:00PM



Location:

**Hawaii Convention  
Center, 1801  
Kalakaua Avenue,  
Honolulu**

## GETTING TO THE EXPO

There is a free shuttle to the marathon Expo running from Waikiki.

### STOPS INCLUDE:

- 📍 **Duke Kahanamoku Statue**  
(Kalakaua Avenue)
- 📍 **DFS**  
(Royal Hawaiian Avenue)
- 📍 **Hilton Hawaiian Village Hotel**  
(Kalia Road - Hale Koa parking side)
- 📍 **Honolulu Marathon Expo at the Hawaii Convention Center**



### SHUTTLE OPERATING HOURS:

Thursday Dec 5: 9:00AM - 6:00PM

Friday Dec 6: 9:00AM - 9:00PM

Saturday Dec 7: 9:00AM - 5:00PM

Monday Dec 9: 8:30AM - 3:00PM

# RACE WEEK AT A GLANCE

## THURSDAY DEC 5

9:00AM - 6:00PM

Honolulu Marathon Expo at the Hawaii Convention Center

## FRIDAY DEC 6

9:00AM - 7:00PM

Honolulu Marathon Expo at the Hawaii Convention Center



**Aloha Friday Night, Hawaii Convention Center**  
**Gates open at 5:30PM**

(Tickets available for purchase at the Expo)

## SATURDAY DEC 7

7:00AM - 9:00AM

Kalakaua Merrie Mile - Waikiki

First wave starts at 7:00AM

Start area by Honolulu Zoo on Monsarrat Ave

## SATURDAY DEC 7

9:00AM - 5:00PM

Honolulu Marathon Expo at the Hawaii Convention Center

## SUNDAY DEC 8

2:00AM

First shuttle leaves from the Honolulu Zoo

4:00AM

Last shuttle leaves from Honolulu Zoo

5:00AM

**START of the Honolulu Marathon**  
**START of the Start to Park 10k**

5:25AM

Start line sensor mat removal

1:00PM

Awards Ceremony at the Bandstand

3:00PM

Clothing Pick-Up closes in Kapiolani Park

## MONDAY DEC 9

9:00AM - 4:00PM

Finisher certificate pick up at Hawaii Convention Center

9:00AM - 11:00AM

Meet the Champions for photos & autographs at the Hawaii Convention Center



# PERSONAL SERVICES

## BUS SERVICE TO THE START

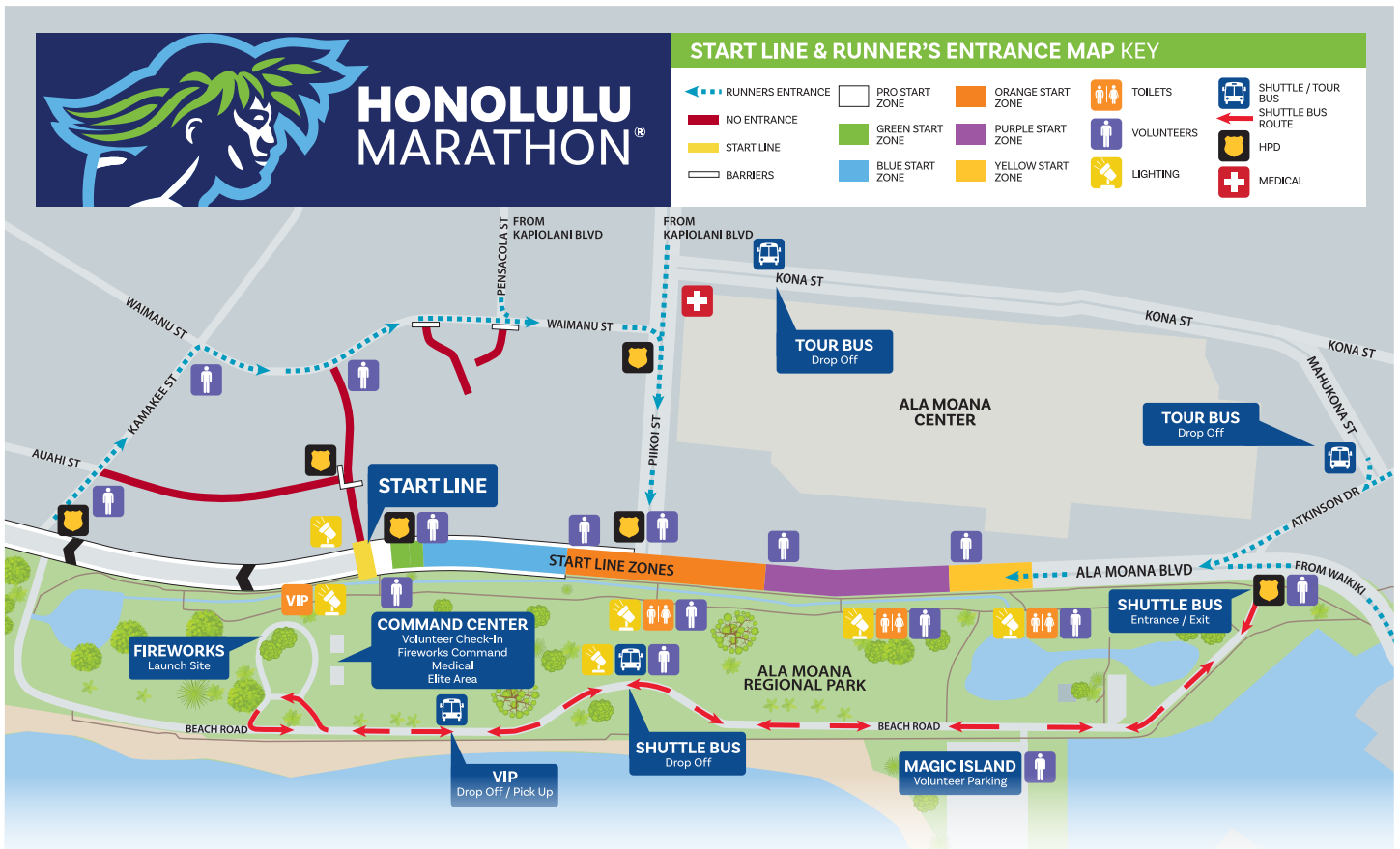
Free bus service to the start will depart from the Honolulu Zoo parking lot on Kapahulu Avenue from **2:00AM to 4:00AM**.



**DON'T WAIT FOR THE LAST BUS**, there may not be room for you. This may cause you to be late for the start. Don't take a chance! Board the bus early. Non-runners will be accommodated on a space available basis.

## RUNNER DROP-OFF AND PICK-UP

On race day, roads within the vicinity of Ala Moana Beach Park (start line) and Kapiolani Park (finish line) will be closed or access restricted. Please plan drop-off / pickup locations away from these immediate areas. Prior to 3:40 am, drop off on Waimanu Street. Proceed down Pensacola to Waimanu Street, make the drop off, then turn LEFT onto Piikoi to escape the road closure. If arriving after 3:40 am, drop off at Pensacola Street / Kapiolani or Piikoi Street / Kapiolani Boulevard.



## PARKING RESTRICTIONS

Only authorized Honolulu Marathon vehicles will be permitted access to Ala Moana Beach Park and Kapiolani Park. Parking is prohibited in Ala Moana Shopping Center. Limited street parking may be available from a four to six block radius of the start line. Parking is prohibited at Ward Center Theaters and Whole Foods at the Starting Line.

After 7:00PM on Saturday, December 7, only authorized Honolulu Marathon vehicles will be permitted access to Kapiolani Park parking lots.



**BE AWARE OF TEMPORARY NO PARKING/TOW AWAY SIGNS.**

## RESTROOMS

Portable facilities will be in abundance. Please treat the areas with respect.

# CLOTHING CHECK-IN PROCEDURE

## A CLOTHING ONLY CHECK-IN TENT:



Kapiolani Park



Saturday, December 7



10:00AM - 5:00PM

A clothing only check-in tent will be available at Kapiolani Park on Saturday, December 7, 10:00AM - 5:00PM.

**At Packet Pick-Up:** Get your official clear plastic clothing bag for use at the Clothing Drop Off tent. This is the only bag that security will accept at the tent. Your bag will be searched by Honolulu Marathon security personnel prior to bag acceptance at the drop off. This bag is for CLOTHING ONLY - DO NOT LEAVE FOOD OR VALUABLES IN YOUR BAG.

Detach the TEAR OFF STRIP FROM THE BOTTOM OF YOUR BIB and use its perforated hole to tie it to the plastic handles of the clothing bag.

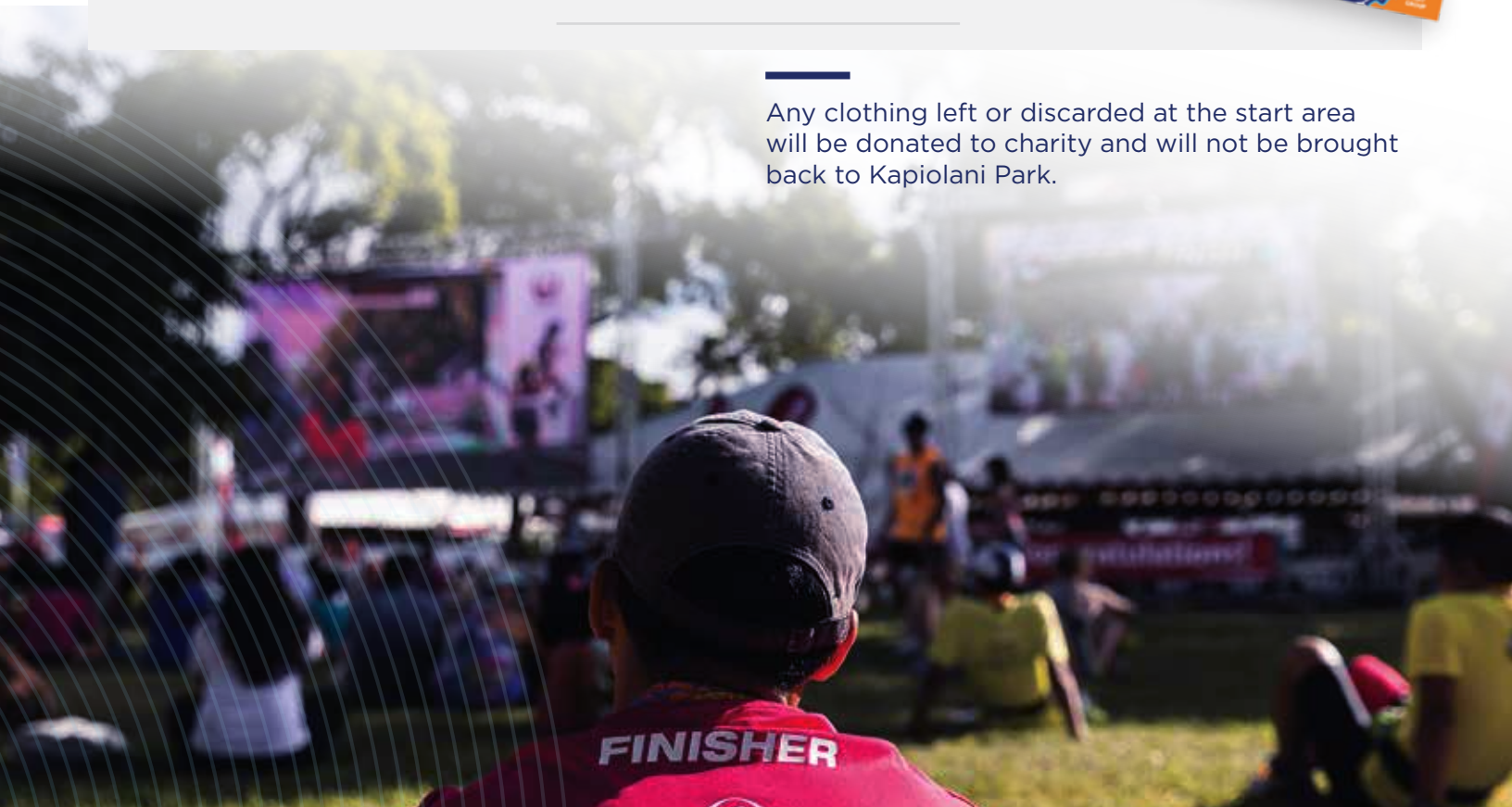
The Honolulu Marathon assumes no responsibility for items left in that tent in the Park. Any unclaimed bags remaining as of **3:00PM** on race day will be donated to charity.



**THERE WILL BE NO CLOTHING CHECK-IN AT THE START AREA ON RACE DAY.**



Any clothing left or discarded at the start area will be donated to charity and will not be brought back to Kapiolani Park.



## UNOFFICIAL RUNNERS

Unofficial runners without an official race number will not be allowed to cross the finish line. They detract from your official participation, take supplies intended for you, the official entrant, and will cause finish places to be incorrect. We urge you to discourage anyone you know who intends to run unofficially.

## RUNNING COURTESY

Stay within the coned lanes to ensure your safety as well as to provide runners coming from the opposite direction with a clear path.



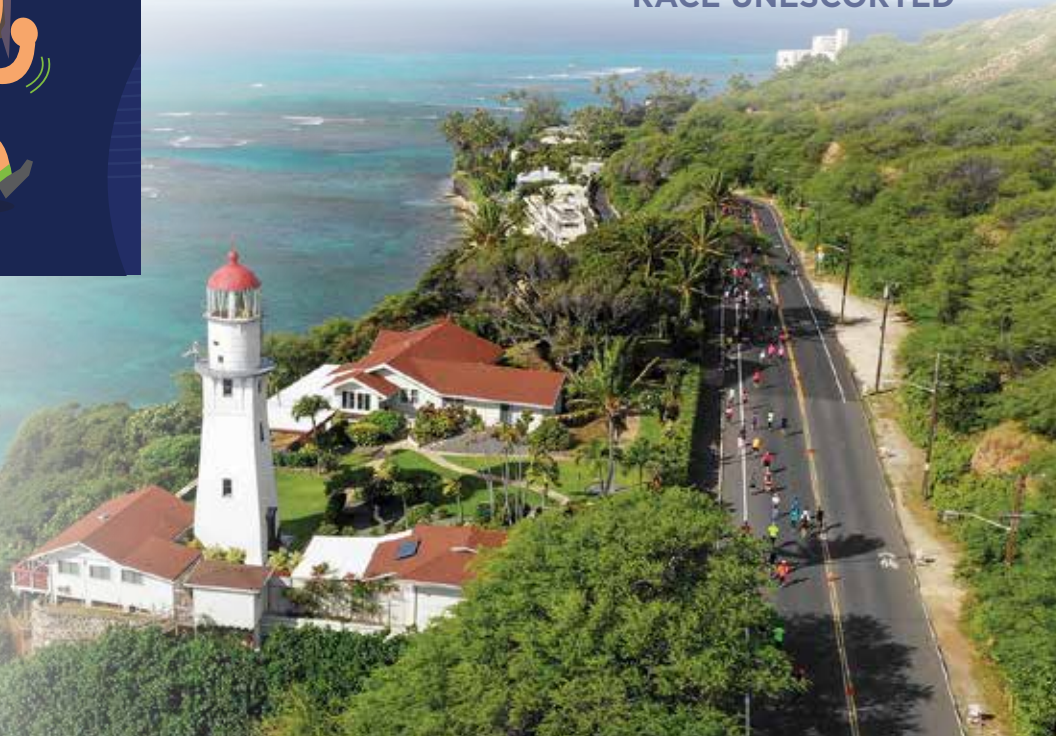
## CHILD SAFETY

If your child will be participating in the event, please keep the child with you at all times.

**Do not** leave your child with non-family race participants, or allow your child to complete the race unescorted.



“ DO NOT ALLOW YOUR CHILD TO COMPLETE THE RACE UNESCORTED



# THE START LINE

**Start:** 5:00 AM on Sunday, December 8, 2019. To ensure an orderly start, please proceed onto Ala Moana Boulevard beneath the banners indicating your start group color.

**Start Groups:** You will be assigned a start group based on your predicted finish time. Each start group has a designated color and your bib will have your start color.



**Start Line Staging:** Stage in the corresponding banner area designated by your bib color. This will allow for runners of a similar pace to cross the start line together and a more pleasant marathon for everyone.





# THE START

To ensure an orderly start, please proceed onto Ala Moana Boulevard beneath the banners indicating your start group color.

You must cross the start sensor mat in the allowed time frame to have your bibtag time recorded properly.

Notice:

**Start line sensor mat removal is at 5:25AM.**



# AID STATIONS

The first aid station is at approximately 2.5 miles (4 K), then every 2 to 3 miles (3.2 K to 4.8 K) thereafter. There will be **16** aid stations on the course where water and/or sports drink, cold sponges and medical assistance will be available. Please drop sponges at or near the stations. To keep the aid stations from being congested, continue on to the last table and **PLEASE KEEP MOVING.**



# START TO PARK 10K

The 10k starts at the same time and place as the full Honolulu Marathon and finishes 10km into the marathon course in Kapiolani Park.

**Start Groups:** You will be assigned a start group based on your predicted finish time. Each start group has a designated color and your bib will have your start color.

Start groups for the 10k and full marathon are mixed. You will share the same color bib.

At the 9km mark on Kalakaua Avenue, keep to the right and allow marathoners to take the left side of the course!



“ EXPERIENCE THE THRILL OF A MASS START WITH FIREWORKS!



# ALONG THE COURSE

All participants must self-propel themselves without assistance. NO assistance conveyances and unauthorized vehicles including but not limited to bicycles, baby carriages, all forms of skates, support walkers, walking sticks, poles and canes, etc will be allowed on the course on race day.



**No pets allowed on the course.**



**No unofficial or unauthorized banners or any commercial activities at the start area, along the course and at the finish area.**



**Racing wheelchairs will be on the course. Please watch out!**



## WARNING:

INADEQUATE TRAINING, FAILURE TO PACE AND DISREGARD FOR THE IMPORTANCE OF TAKING FLUIDS HAVE RESULTED IN LIFE-THREATENING CONDITIONS SUCH AS HEAT STROKE IN BOTH EXPERIENCED AND FIRST-TIME MARATHON ENTRANTS. IF THIS IS YOUR FIRST MARATHON OR FIRST EXPERIENCE IN A WARM, HUMID CLIMATE, TAKE FLUIDS AT EACH OF OUR 16 AID STATIONS. SHOULD YOU BEGIN TO EXPERIENCE DIFFICULTIES, STOP AND ASK FOR ADVICE OR ASSISTANCE FROM THE MEDICAL PERSONNEL AT THE AID STATION BEFORE CONTINUING.



# THE FINISH

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pon crossing the finish mat please proceed as directed. Spectators are not allowed in the fenced areas. Once you passed through the finish area, do not return. Be courteous and make room for other finishers.

The finish line will continue to record finish times of all participants until the last person has completed the race.

The finish line will remain open until the last person crosses the line and all other support services will be open from **5:00AM to 2:00PM**



## FINISH PHOTOGRAPHY

All Sports Community will take photos of you along the Honolulu Marathon course and at the finish. Be sure to have your bib number up front and visible at all times and smile as you cross the finish line!

Visit All Sports Community on <https://g.allsports.jp/en/event/open-notification/693369> to order your race photos.

“ **BE COURTEOUS AND MAKE ROOM FOR OTHER FINISHERS** ”

## FINISH RESULTS

Race day live tracking and final results will be available on the results and tracking page at **[www.honolulumarathon.org](http://www.honolulumarathon.org)**

## FINISHER SHIRTS

Finisher shirts are for **FINISHERS ONLY**. To receive your shirt, go to the Finisher shirt Pick-Up tent immediately after the race. You'll find it next to the big screen. You will need to show your race bib to get your shirt. Follow the signs! Preferred size not guaranteed for late finishers.



**SHIRTS WILL NOT BE MAILED.**

# FINISH AREA MAP

Cross the finish line and collect your finisher medal.

After the showers, you will be directed into Kapiolani Park where you can pick up your finisher shirt, bananas, bagels, malasadas and watch your finish on the big screen!



## MEDALS AND MALASADAS



# AFTER THE FINISH

Post race at the park will be a festive time with entertainment, refreshments and shared experiences.

## GETTING BACK TO YOUR HOTEL

Most Waikiki hotels are within walking distance from Kapiolani Park.

## AWARDS

The awards ceremony begins at **1:00PM at the Bandstand in Kapiolani Park**. Invited runners and division award winners should be readily available for the ceremony.

At approximately **9:30AM**, Oahu Transport Service (OTS) public buses will pick up riders at the Monsarrat Avenue bus stop between the Kapiolani Park Bandstand and the Honolulu Zoo. Bus fare is \$2.75 (exact change only). More OTS bus information is available at [www.thebus.org](http://www.thebus.org) or **808 848-5555**.

There will be dedicated taxi stalls at the Honolulu Zoo parking lot opposite the Queen Kapiolani Hotel.

Some Taxis may be staged in the Honolulu Zoo parking lot.



# FINISHER MONDAY

We will be back at the **Hawaii Convention Center** on Monday, **December 9**, from **9:00AM to 4:00PM** on the 4th floor.

## FINISHER CERTIFICATES

Pick up your official finisher certificate for the **Start to Park 10k** and the **Honolulu Marathon**. You'll be able to laminate your certificate for protection. To facilitate pick up, please bring your running number.

Certificates will also be available to download from [www.honolulumarathon.org](http://www.honolulumarathon.org)



CERTIFICATES WILL NOT BE MAILED.

## MEET THE CHAMPIONS

The male and female champions will be signing autographs and taking selfies with you from 9:00AM to 11:00AM.

## AGE GROUP AWARDS

All winners of age group awards (top three in each age group, male and female) should come to the Finisher Monday to collect your awards.



# RULES OF THE ROAD

## **i** REMEMBER:

NO BIBTAG

=

NO RESULT

=

NO CERTIFICATE

**R**unners must wear the bib visibly on the chest throughout the race, according to the instructions on the reverse of the bib. Please fill out your medical information on the back of the bib.

The 2019 Honolulu Marathon bibtag is a one-time use souvenir for you to keep after the race.

## PROTESTS

Protests related to actions of any race official or runner will be accepted only in written form. We will not respond to verbal protests. All decisions of the Race Director are binding. This race is conducted according to Competition Rules of USA Track & Field.

## RUNNING NUMBER AND SHIRT

Shirts or singlets, with the bib positioned front top center, must be worn throughout the entire race. The bib number must be visible at all times. Bibtags are not transferable. You and the runner wearing your Bibtag will be disqualified from this race and future races.

### BIBTAGS CANNOT BE PICKED UP ON RACE DAY.

- ⊘ Do not cut or Fold your bib number in any way
- ⊘ Do not deface your bib number with stickers, markings or any writing
- ⊘ Use a pin for each corner of the bib number; do not pierce the tag
- ⊘ Do not remove the foam spacer



## INTERFERENCE:

Wheeled conveyances, including all forms of skates, strollers and bicycles are prohibited. Runners accompanied by a wheeled conveyance will be disqualified. Competitors who accept any assistance from any other person may be disqualified.

## CHECKPOINTS:

You must cross the sensor mats at the checkpoints along the course. Make sure your running number is clearly visible. You may be disqualified if there is no record of you passing through the checkpoints.





# 2020 HONOLULU MARATHON®

The 48th Honolulu Marathon will be held on Sunday December 13, 2020.

For more information, please visit [www.honolulumarathon.org](http://www.honolulumarathon.org)



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 **Like us on Facebook**  
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honolulumarathon

## MORE EVENTS

King's Runner 10k  
Sunday March 1, 2020

The Hapalua - Hawaii's Half Marathon  
Sunday April 5, 2020

[www.thehapalua.com](http://www.thehapalua.com)



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