



# EVENT GUIDE

SUNDAY DEC 10, 2023

The Honolulu Marathon Association welcomes you to the **2023 Honolulu Marathon Weekend**. Please read and follow our final instructions so that you have a safe and enjoyable marathon.

**START LINE  
ACTIVITIES**

**COLOR GROUP  
START ZONE**

**START 5:00AM**

**FINISH LINE  
ACTIVITIES**

**SELF SERVE  
AID STATIONS**

**HEALTH AND SAFETY  
GUIDELINES**



2023

# RACE WEEK AT A GLANCE

## THURSDAY DEC 7

10:00AM - 6:00PM

Honolulu Marathon Expo at the Hawaii Convention Center

## FRIDAY DEC 8

9:00AM - 7:00PM

Honolulu Marathon Expo at the Hawaii Convention Center

5:45PM - 8:00PM

Aloha Friday Night  
Torch lighting ceremony with entertainment at Waikiki Beach Walk on Lewers Street  
Free Event open to the public

## SATURDAY DEC 9

7:00AM - 8:00AM

Kalakaua Merrie Mile - Waikiki  
First wave starts at 7:00AM  
Start area by Honolulu Zoo on Monsarrat Ave

9:00AM - 5:00PM

Honolulu Marathon Expo at the Hawaii Convention Center

## SUNDAY DEC 10

5:00AM

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

5:30AM

Starting Line Closes

1:00PM

Award Ceremony at Band Stand  
Clothing Pick-Up Tent closes at Kapiolani Park

## MONDAY DEC 11

9:00AM - 4:00PM

Finisher Monday at Hawaii Convention Center  
Collect your finisher certificate at Finisher Monday at the Hawaii Convention Center

# MARATHON EXPO

**A**ll registered runners must pick up their packets, which includes their running bib 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 9**.

Location:

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



## 🕒 OPENING TIMES:

**Thursday, December 7**  
10:00AM - 6:00PM

**Friday, December 8**  
9:00AM - 7:00PM

**Saturday, December 9**  
9:00AM - 5:00PM

## OFFICIAL MERCHANDISE

After you have collected your race bib make your way to the Honolulu Marathon official merchandise store. Get the 2023 commemorative apparel.

The Expo will also have other vendors with running related gear!





# ALOHA FRIDAY NIGHT

**FREE EVENT!**

Everyone is invited!

Honolulu Marathon participants, friends and family from here and across the world are invited to join the Aloha Friday Night celebration.

**FRIDAY, DECEMBER 8, 2023**

**5:45 PM - 8:00 PM**

At the beautiful Waikiki Beach Walk stage located on Lewers Street

Join us for the lighting of the 2023 Honolulu Marathon torch.

And if you love hula and music... check out the great entertainment.



# ALOHA

FRIDAY NIGHT





# KALAKAUA MERRIE MILE

## START AREA

We'll meet on Monsarrat Avenue by the Honolulu Zoo at **6:00AM on Saturday, December 9, 2023.**

Participants should be wearing your color coded race bibs ready to enter the starting chute.

The start area is within walking distance of most Waikiki hotels.

## ROAD CLOSURES

Kalakaua Avenue will be closed between Kaiulani & Kapahulu & Monsarrat Avenue from 5:30AM to 8:30AM.

## PARKING

There is limited parking around the race area, so please come early. We recommend you use ride-share services to get to the start line.


### Metered parking

Stalls on Kalakaua Avenue mauka meters # 1 - 150 Please note that the other stalls #150 to #269 will be blocked off.



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

Start times will be assigned based on your estimated finish time.

Get ready to enter the starting chute well ahead of your start time. 

## WAVE STARTS

WAVES	PREDICTED FINISH TIME	START TIME
WAVE 1	SUB 6 MIN	7:00AM
WAVE 1	6 - 7:59 MIN	7:00AM
WAVE 2	8 - 9:59 MIN	7:03AM
WAVE 3	10 - 11:59 MIN	7:06AM
WAVE 4	12 - 14:59 MIN	7:09AM
WAVE 5	15 MIN+	7:12AM
<b>FINAL RACE - INVITED RUNNERS</b>		<b>7:30 - 7:45 AM</b>

# CLOTHING CHECK-IN PROCEDURE



Kapiolani Park



Saturday, December 9



10:00AM - 5:00PM

A clothing only check-in tent will be available at Kapiolani Park on Saturday, December 9, 10:00AM - 5:00PM. **There is NO BAG DROP at the Marathon Start Line.**

At Packet Pick-Up, runners may request an official bag for use at the clothing check-in tent. This bag is the only bag that security will accept at the tent.

Your race bib has a tear off strip with your race number. Attach the tear off strip to the bag as you tie a knot with the looped handles, so that your number is fixed to your bag.

Your bag will be searched by Honolulu Marathon security personnel prior to bag acceptance.

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 is NO BAG DROP at the Marathon Start Line.

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

Attach the tear off strip to the bag





# THE START



## SHUTTLE SERVICE TO THE START

Most hotels are within walking distance of the start line and we recommend walking or getting dropped off.

A courtesy shuttle service to the start will depart from the Honolulu Zoo parking lot on Kapahulu Avenue from 2:00AM to 4:00AM.

Shuttles are limited and cannot guarantee they'll get you to the start on time.

## RUNNER DROP-OFF AND PICK-UP

We recommend you use ride-share services to get to the start line.

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 3:40AM, start line drop off on Waimanu Street. Proceed toward the ocean on Pensacola to Waimanu Street drop off, then turn towards the mountains onto Piikoi to escape the road closure. If arriving after 3:40AM, drop off at Pensacola Street / Kaimaile Street 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 start line.

After 7:00PM on Saturday, December 9, only authorized Honolulu Marathon vehicles will be permitted access to Kapiolani Park parking lots.

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

## RESTROOMS

Portable restrooms will be available at the start line, on the course and at the finish festival area.



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

# THE START LINE

**Start:** 5:00 AM on Sunday, December 10, 2023. To ensure an orderly start, please proceed onto Ala Moana Boulevard.

**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 zone color. Please proceed to your **start zone**.



**PORTABLE RESTROOMS AND WATER ARE LOCATED IN MAGIC ISLAND PARKING LOT. (SEE MAP BELOW)**





# THE START

You must cross the start line mat between 5:00AM - 5:30AM.

The first aid station is at approximately 2.5 miles, then every 2 to 3 miles (3.2 K to 4.8 K) thereafter. There will be aid stations on the course with water and/or sports drink. To keep the aid stations from being congested, continue on to the last table and **PLEASE KEEP MOVING**.



**KEEP YOUR COURSE CLEAN  
RUN GREEN!**

Take a few extra steps to throw your cups in the trash cubes provided along the course!

**CUPS GO HERE!**

**LOVE YOUR COURSE!**



Notice:

**Start line timing mat will be removed at 5:30AM.**



# START TO PARK 10K

The Start To Park 10K starts at the same time and place as the marathon and finishes at 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 Start To Park and marathon are mixed. You will share the same color bib.



Pay attention as you approach the Start To Park finish line at Kapiolani Park and keep to the right. You will be guided to the finish line and the Festival Area.

“ EXPERIENCE THE THRILL OF A MASS START WITH FIREWORKS!

**COURSE MAP KEY**

- START TO PARK 10K
- 1m MILE MARKER
- 1k KILOMETER MARKER
- SUPPORTED WATER AID
- SELF SERVE WATER AID
- MEDICAL AID
- RESTROOMS
- ENTERTAINMENT
- CHEER
- GATORADE
- FIREWORKS
- MEDALS

**START TO PARK 10K HONOLULU MARATHON**

# THE COURSE

**T**he Honolulu Marathon course goes through many neighborhoods of Honolulu.

**E Komo Mai means Welcome.**



## SELF SERVE AID STATIONS

We are excited to support the Green Initiative by offering self serve water stations along the course. All runners will be able to get water with their own hydration device. There will also be manned water aid stations with cups.

**We highly recommend you carry your own hydration device.**



### SELF SERVE WATER AID

THIS SYMBOL WILL INDICATE WHERE SELF SERVE WATER STATIONS WILL BE AT THE START, ALONG THE COURSE AND AT THE FINISH FESTIVAL AREA.





# THE FINISH

0

nce you cross the Honolulu Marathon finish line, you will receive your finisher medal. You'll be guided to the Finisher Shirt Pick-Up tent immediately following the race.

**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 remain open until the last person finishes, with limited services.



“BE COURTEOUS AND MAKE ROOM FOR OTHER FINISHERS”

## 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!

Links to finisher photos will be emailed to you approximately one week after the event.



## FINISH RESULTS

Results will be available by scanning the QR Code on the back of your bib and at the Festival Area.



## FINISHER SHIRTS

Finisher shirts are for Honolulu Marathon **FINISHERS ONLY**. You will be directed to the Finisher Shirt Pick-Up tent. You'll need to show your race bib to receive your shirt.

Size exchanges will not be possible.



**SHIRTS WILL NOT BE MAILED.**

## FINISHER VIDEO

See yourself finish on the Jumbo screen in the festival area. The video feed is run on a 40 minute delay, so you have time to grab your malasada and water before seeing yourself cross the finish line.

## AWARDS

The awards ceremony begins at **1:00PM**. Awards will be presented to the top three male and female finishers. Age group awards for the Honolulu Marathon only will be available to be picked up on Finisher Monday. Age group awards will not be mailed.

Please note there are no age group awards for the Start to Park 10k or the Kalakaua Merrie Mile.



## GETTING BACK TO YOUR HOTEL

Most Waikiki hotels are within walking distance from Kapiolani Park.

At approximately **10AM**, Oahu Transport Service (OTS) public buses will be available for riders at the Monsarrat Avenue bus stop between the Kapiolani Park Bandstand and the Honolulu Zoo.

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



---

Some taxis and ride share vehicles may be staged in the Honolulu Zoo parking lot.



# FINISHER MONDAY

We will be back at the **Hawaii Convention Center** on Monday, **December 11**, from **9:00AM to 4:00PM** on the 4th floor.



## FINISHER CERTIFICATES

Pick up your official finisher certificate for the **Start to Park** 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.

## AGE GROUP AWARDS

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

No age group awards for the Start to Park 10k.





# RULES OF THE ROAD

## 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. Bibs are not transferable. You and the runner wearing your bib will be disqualified from this race and future races.

### BIBS 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



Use the QR Code on the back of you bib to get your results at the Finish Line



## 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.

### REMEMBER:

NO BIB  
=  
NO RESULT  
=  
NO CERTIFICATE

### INTERFERENCE:

Skates, strollers and bicycles are prohibited. Runners cannot be accompanied by any form of wheeled assistance and 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.

## 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. **Keep a safe distance when ever possible.**



## 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





## ALONG THE COURSE

All participants must self-propel themselves without assistance. NO assistance 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 ASSISTANCE FROM THE EMERGENCY RESPONDERS AT THE MEDICAL AID STATION BEFORE CONTINUING.

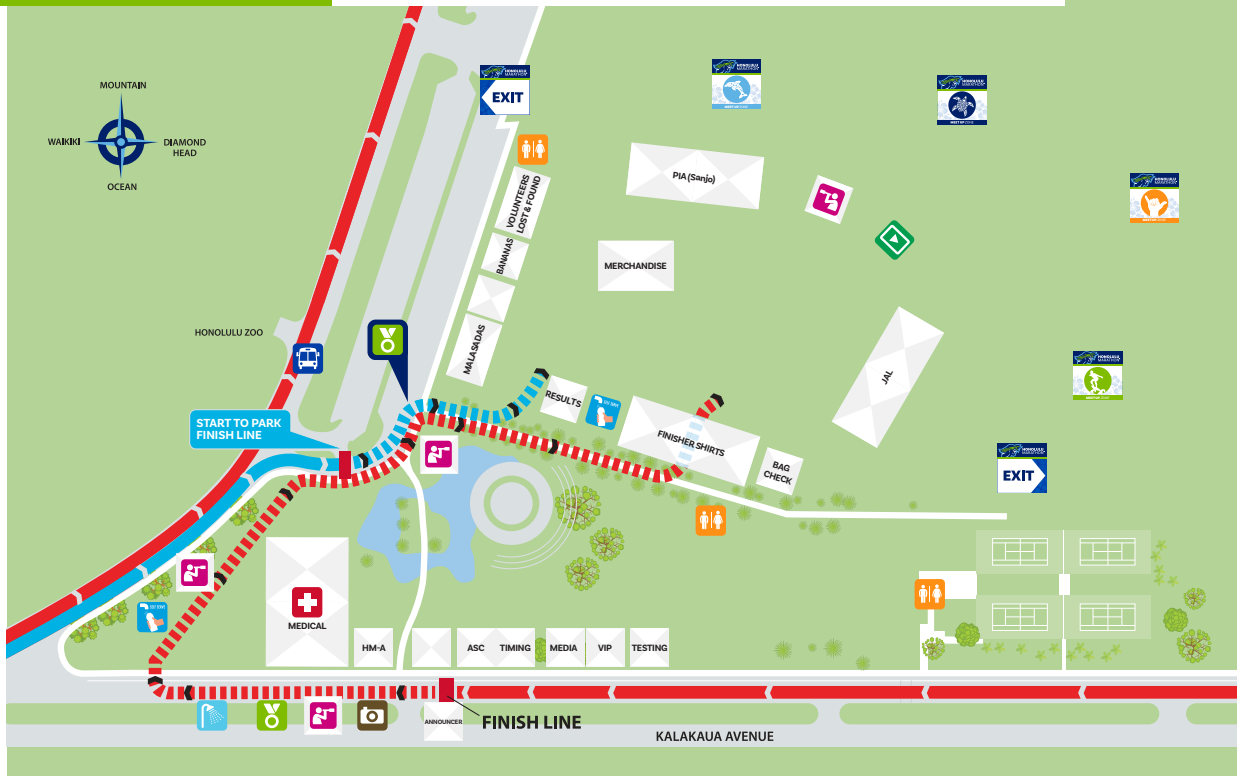




# FESTIVAL AREA MAP



- MARATHON ROUTE
- START TO PARK 10K ROUTE
- EXIT TO KAPOLANI PARK
- FINISH LINE
- MEDICAL AID
- SELF SERVE WATER AID
- TOILETS
- THE BUS
- SHOWERS
- ASC PHOTOS
- JUMBO SCREEN
- OBSERVATION TOWER



## MEET UP AREAS

Tell your friends and family to meet you at one of these meet up areas after your race;

- Dolphin
- Surfer
- Turtle
- Shaka





# 2024 HONOLULU MARATHON®

The 52nd Honolulu Marathon will be held on Sunday December 8, 2024.  
For more information, please visit [www.honolulumarathon.org](http://www.honolulumarathon.org)



Post and share your great photos and videos;

- @hnlmarathon
- honolulumarathon
- honolulumarathon



The King's Runner will be held on March 3, 2024



The Hapalua - Hawaii's Half Marathon will be held on April 14, 2024

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



JAPAN AIRLINES

