



An Independent Licensee of the Blue Cross and Blue Shield Association

## HMSA NORMAN TAMANAHA 15K RUN

**LOCATION:** Kapiolani Park band stand area on the ocean side.

**PARKING:** Free parking is available at Kapiolani Park at the bandstand parking lot and around the park. Please avoid parking on Kalakaua ave near the start and finish of the race.

**RESTROOMS:** Restrooms are available on the Shell side of the band stand and also near the tennis courts on Kalakaua ave.

**RACE NUMBERS:** Timing chips are ATTACHED TO THE BACK OF YOUR RACE BIB NUMBER. Please make sure to wear your bib on race morning to ensure a race time. Wear your race number on the front where it is clearly visible; this is for our back up timing. **Results will be posted at [www.808racehawaii.com](http://www.808racehawaii.com) and [timelinehawaii.com](http://timelinehawaii.com)**

**START:** 0600 start time; plan to arrive at the park at least 1 hour before the start to be sure you get parking. Runners will assemble at the starting line (near the finish/staging area) 10 minutes before start for race instructions. Participants who do not cross the start line will not receive an official time.

**COURSE:** Please check [www.808racehawaii.com](http://www.808racehawaii.com) for race map. IAAF/USATF Certified 15k Course

**AID STATIONS:** Come well hydrated for the race. The first aid station will be at Triangle Park at 2.5 miles. Aid station number 2 is at mile 5 at Aloha Gas Station and again at Triangle Park at mile 7.5. Aid stations will provide water and Gatorade.

**FINISH LINE:** Refreshments and entertainment will be provided.

**EVENT SHIRTS:** Shirts will be distributed at packet pick up. Size exchanges and late shirt pick ups can be done at the registration tent on race morning.

**AWARDS CEREMONY:** The award ceremony will be at 0800 at the Kapiolani Park Band Stand. Awards not picked up will be available at Boca Hawaii for two weeks following the race.

**GOOD LUCK!**