RACE DAY SCHEDULE AND INSTRUCTIONS

BEFORE YOU GET TO THE START

• COMPLETE emergency medical information on back of your running number.
• PIN your running number to the FRONT of your shirt.
• DO NOT mix your running number with anyone else’s.

(Hint: The stands inside the stadium are a great place to hang out while you wait.)

RACE DAY & BUS SCHEDULE
Race Day Schedule, Monday, February 18

3 AM  Stadium parking lot opens for cars
4 AM  Stadium buses to downtown begin
4 AM  Downtown streets closed to traffic. Punchbowl Street to Bishop Street and Beretania Street to Nimitz Highway. Information booth is in front of Hawaiian Telcom, 1177 Bishop Street; ends at 7 AM.
4:30 AM  First Waikiki shuttle bus departs from the Sheraton Waikiki Bus Depot.
6 AM  LAST BUSES LEAVE FOR THE START LINE - both Aloha Stadium & Waikiki!
6:30 AM  Start line ceremonies begin
6:50 AM  Sounds of Freedom and competitive wheelchairs/handcycles silent start
7 AM  The 35th Annual Hawaii Pacific Health Great Aloha Run (8.15 miles of fun) begins!
8:30 AM  Awards Ceremony begins, featuring prizes and fabulous entertainment
8:30 AM  Buses returning to downtown depart as filled until 11:30 AM Waikiki shuttle bus returns hourly until 11:45 AM
10:15 AM  High School Team Challenge Relay
10:45 AM  Grand Prize Drawings, Lucky 7 Drawing
11:45 AM  Last buses leave for downtown and Waikiki

PRE-RACE PARKING AT STADIUM

There are almost 10,000 individuals planning to park at Aloha Stadium and take the pre-race buses to downtown this year. Please plan ahead so that you have time to get into the stadium, park and catch the buses before the last one leaves.

Gates to Aloha Stadium close at 6 AM! To help speed the parking process and ease the congestion into the stadium during the pre-race hours, parking at Aloha Stadium will be BY SECTION ONLY. Motorists who enter through Parking Gate #1 will park in Sections 1-7. Those entering through Gate 2 will park in Sections 8-14, and those entering through Gates 3 and 4 will park in the Upper and Lower Halawa lots.

Here are some tips for race morning:

• The buses from Aloha Stadium to downtown run from 4 AM to 6 AM
• DO NOT plan on being on the last bus!
• Leave home early.
• Carpool.
• Leave plenty of time to park at Aloha Stadium.
• Leave plenty of time to walk from your car to the bus pick up area in the upper Halawa parking lot. (light pole #4)
• Consider using downtown parking lots. (see pg. 31)
• If you are still on the road at 6 AM go straight downtown to park. Gates to Aloha Stadium close at 6 AM!

Listen to KRATER 96 on race morning for traffic updates.
START LINE STAGING

Please stage yourself in the proper staging area on Nimitz Hwy./Ala Moana. There are pace signs posted on Nimitz Hwy. and Ala Moana to better help guide you. Runners, run/walkers, walkers then strollers. You must cross the start line and finish line mats to be an official finisher. The D-tag timing system allows you to start anywhere in the pack and still get an accurate time from start line to finish line.

DOWNTOWN MAP LEGEND

- Bus Drop-off
- Information Booth
- Porta-Potties
- Sounds of Freedom Staging
- Strollers Staging
- All shaded street close at 4 AM

YELLOW RUN NUMBERS

Elite Runners & Wheelchairs/Hand Cycles
Staging area:
- On Nimitz Hwy. and Bethel St.
- To get a yellow number you must check in at the GAR Expo.
- Elite runners must bring proof of finish time.

WHITE RUN NUMBERS
Stage yourself accordingly.

Runners:
(6 minute – 9 minute mile pace)
Staging Area:
- On Nimitz Hwy. between Bethel St. and Queen St.
- Faster runners in front, slower in back please.

Run/Joggers:
(9 minute – 12 minute mile pace)
Staging area:
- On Nimitz Hwy. between Queen St. and Bishop St.
- Faster runners in front, slower in back please.

Jog/Walkers:
(12 minute – 16 minute mile pace)
Staging area:
On Nimitz Hwy. and Bishop St.

Walkers:
Staging area:
On Ala Moana Blvd. between Bishop St. and Alakea St.

Strollers:
Staging area:
On Ala Moana Blvd. and Alakea St.
Free children’s activities at the stroller derby on Alakea Street. Strollers can be hazardous to others. Show Aloha!
THE FINISH

• To be an official finisher you must have crossed the start line mat at or after 7 AM. You must also cross the finish line mat to get a finish time.

• Exit the Stadium Floor: Please follow volunteer directions for a safe and quick exit via the ramp or locker room.

• Outside the Stadium: Proceed outside the Stadium Floor to get your refreshments and t-shirt. This area is restricted for numbered participants only.

• Inside the Stadium: Return to the stadium stands for great entertainment and prizes!
1. To be eligible for the Elite/Open prize money, a participant must be registered in the Open division. The prize money award is scored based upon a gun to finish time. The participant is required to cross both the start line and finish line mats.

2. To be eligible for the Bank of Hawaii Military prize money, a participant must be registered in the Military division as a Military Elite (for cash prizes). The prize money award is scored based upon a gun to finish time. The participant is required to cross the start line and finish line mats. The Bank of Hawaii Military prize money award winners are not eligible for the top 10 overall status.

3. The top 10 males & females are based upon gun time for open and Military divisions.

4. All Age Group winners are based upon chip time – the time elapsed from crossing the start line mat to crossing the finish line mat.

5. All participants are required to cross the start line mat. If the participant has no starting time, he/she will be disqualified and will not appear in the results.

6. Elite/Open Division winners and Military winners are eligible to win prize money only in their selected category/division.

EVENT SCORING

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COMMUNITY SPONSORS

DOWNTOWN PARKING

Chinatown Gateway
1031 Nuuanu Avenue
6 AM to Midnight

Hale Pauahi
155 North Beretania Street
6 AM to Midnight

Harbor Court
55 Merchant Street
24 hours (must enter before 4 AM)

Kekaulike Couryard
1016 Maunakea Street
6 AM to Midnight

Kukui Plaza
1255 Nuuanu Avenue
6 AM to Midnight

Smith-Beretania
1170 Nuuanu Avenue
6 AM to Midnight

*Subject to change