



HAPALUA

Hawaii's Half Marathon

EVENT GUIDE

SUNDAY, APRIL 14, 2024
WAIKIKI BEACH,
HAWAII

The Honolulu Marathon Association
welcomes you to the
2024 Hapalua - Hawaii's Half Marathon.

Please read and follow our final
instructions so that you have a safe
and enjoyable run.

SHUTTLE SERVICE TO THE START

Depart Kapiolani Community College
4303 Diamond Head Road 3:30AM
(LAST BUS LEAVES 5:30AM)

START TIMES

ALL START GROUPS START	6:00AM
START LINE CLOSES	6:15AM

**HAVE A HAPPY HAPALUA -
DON'T MISS THE START!**



2024

HAWAII'S HALF-MARATHON

RACE WEEK AT A GLANCE

FRIDAY APR 12

10:00AM - 8:00PM

Hapalua Expo at the Hawaii Convention Center, Ballroom AB

SATURDAY APR 13

9:00AM - 4:00PM

Hapalua Expo at the Hawaii Convention Center, Ballroom AB

SUNDAY APR 14

3:30AM

First shuttle leaves from Kapiolani Community College, 4303 Diamond Head Road, for the starting line

5:30AM

Last shuttle leaves from Kapiolani Community College

6:00AM

START of the Hapalua Half Marathon

6:15AM

Start line closes and timing mats removed

7:45AM

Post race entertainment starts on the main stage at the finishers village

9:30AM

Awards Ceremony on the main stage at the finishers village

POST RACE SHUTTLES

9:00AM

First shuttle leaving Kapiolani Park to Kapiolani Community College

11:00AM

Last shuttle leaving for Kapiolani Park to Kapiolani Community College



All registered runners must pick up their race packs at the Hapalua Expo.



HAPALUA EXPO



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All registered runners must pick up their race packs at the **Hapalua Expo**, held at the Hawaii Convention Center, Ballroom AB.

The parking fee at the Convention Center parking lot is **\$15**.

Official Hapalua merchandise will be for sale at the Expo and our great vendors will have running related products and more on offer.

If you missed the online registration, you will be able to sign up for the Half Marathon at packet-pick up. The late entry fee is **\$180**.

PACKET PICK UP

- 📍 Packets will contain your race BIB number, pins, commemorative T-shirt, and a complimentary Hapalua bag.
- 📍 Packets will not be given out on Race Day.
- 📍 The Expo is free and open to the public, so bring your friends and family.

🕒 EXPO TIMES:

Friday, April 12
10:00AM - 8:00PM

Saturday, April 13
9:00AM - 4:00PM



Location:
**Hawaii Convention Center,
Ballroom AB
1801 Kalakaua Avenue,
Honolulu**

TO THE START

GETTING TO THE START

A FREE shuttle service will run from **3:30 AM to 5:30 AM** from Kapiolani Community College, parking lots A, B, C & D.

The entrance to Lot A is located near the intersection of Makapuu Ave. & Kilauea Ave.

The entrance to parking Lot C and Parking Lot B is at 4303 Diamond Head Road.

The entrance to parking Lot D is at 18th Ave.

Limited event parking will be available at the Kapiolani Park lot in front of the Waikiki Shell and at the lot on the corner of Monsarrat Avenue and Paki Avenue. Parking is on a first come first serve basis. **Carpooling is recommended.**

Coming from a Hotel

If you are staying in a hotel in the Waikiki area, we recommend you walk to the starting area. Most hotels will be within a 10 minute walk from Waikiki Beach.

POST RACE SHUTTLES

Post race shuttles will run from **9:00 AM** to approximately **11:00 AM** leaving Kapiolani Park (at the bus stop located on Monsarrat Avenue mauka of the Waikiki Bandstand) to go back to the KCC parking lots.

FOLLOW THE SIGNS ON MONSARRAT AVENUE TO THE SHUTTLE BUS LOADING AREA.



“DON'T BE LATE TO THE START!”

THE START LINE WILL CLOSE AT 6:15AM AND THE TIMING MATS WILL BE REMOVED

RULES OF THE ROAD



R

unners must wear their Bib throughout the race, according to the instructions in the race packet.

RUNNING NUMBER

The race bib must be visible at all times. The number **MUST** be visible. Running numbers are not transferable. You and the runner wearing your number will be disqualified from this race and future races organized by the Honolulu Marathon Association.

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

Detach the tear off strip and attach to the clothing bag to leave at the Clothing Check-In tent



REMEMBER:

**NO BIB
=
NO RESULT
=
NO CERTIFICATE**

CLOTHING - BAG DROP

A CLOTHING ONLY check-in tent will be available in the finisher village near the finisher food court on race morning from 4:00AM to 10:30AM.

At Packet Pick Up, runners may request a clear plastic clothing bag. This bag is the only bag accepted at the Clothing Check-In tent.

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. For added security, add a note with your name and phone number in the bag.

Clothing only, please do not leave any valuables. We cannot assume responsibility for items dropped off at this tent.

Bags not picked up by 10:30AM will be donated to charity.

UNOFFICIAL RUNNERS

Runners without an official race number will not be allowed to cross the finish line.

THE START



START GROUPS

To make the start as smooth as possible for everyone, you'll be assigned a bib color based on your predicted finish time.

Start behind the flags indicating the color of your bib.

If you are going to walk at the start, please make sure you are not in front of people who want to run. Please listen for instructions from the start announcer.

Notice:

Start time is at 6:00AM.



Location:

Kalakaua Avenue and Uluniu Avenue by the Duke Kahanamoku statue.

The start line closes and the timing mats will be removed at 6:15AM.

Anyone arriving after 6:15AM will not have a time recorded and will not be able to start.

You must cross the start sensor to have your chip-time recorded properly.

START GROUPS / EST FINISH TIME

White	1hr -1:29
Green	1:30 - 1:59
Blue	2hrs - 2:29
Orange	2:30 - 2:59
Purple	3hrs - 3:29
Yellow	3:30 +



START LINE MAP



SAFETY

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 road race participants. If this is your first road race experience or first experience in a warm, humid climate, take fluids at each of our aid stations.

Should you begin to experience difficulties, stop and ask for assistance from Aid Station personnel before continuing.

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.**



“DO NOT ALLOW YOUR CHILD TO COMPLETE THE RACE UNESCORTED

CHILD SAFETY

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

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

Strollers are allowed. For safety reasons we ask that you start toward the rear of the starting field.

PROTESTS

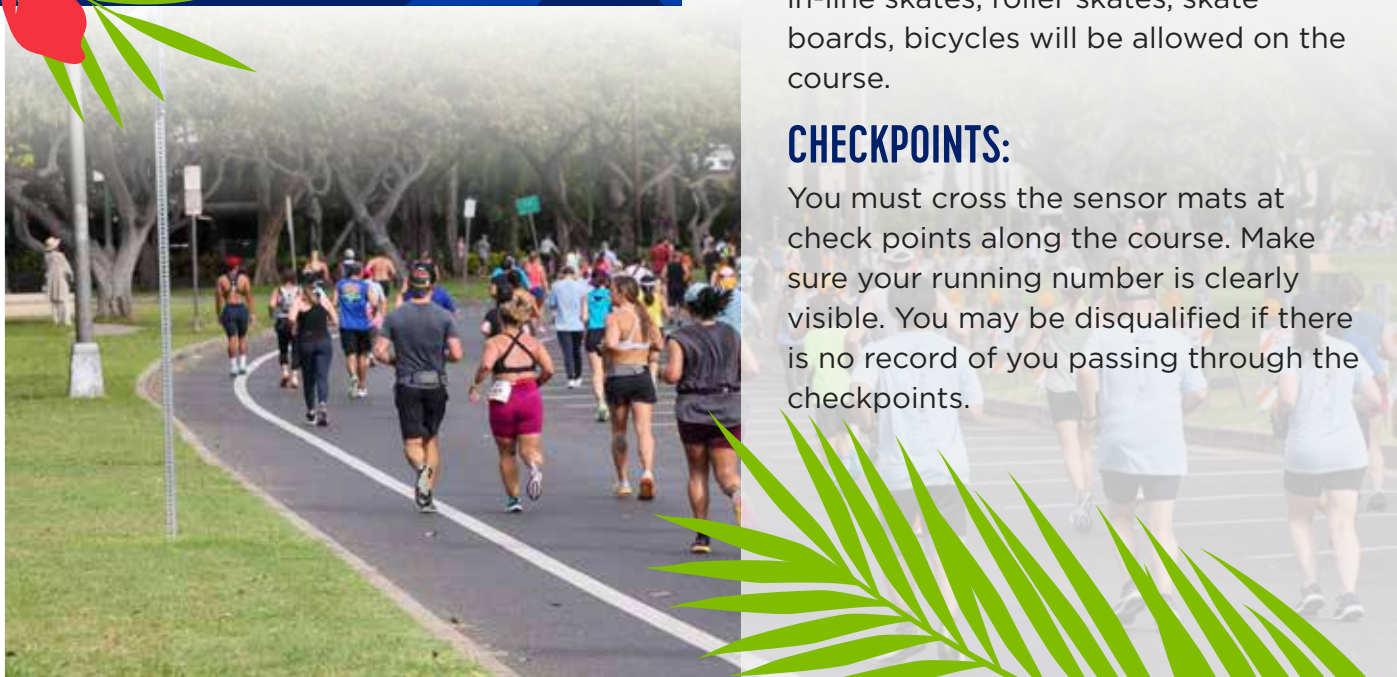
Protests related to actions of any race official or runner will be accepted only in written form. We will not respond to verbal protests. All decisions of the Race Director are binding. This race is conducted according to Competition Rules of USA Track & Field.

NO UNAUTHORIZED VEHICLES:

No unauthorized vehicles including in-line skates, roller skates, skate boards, bicycles will be allowed on the course.

CHECKPOINTS:

You must cross the sensor mats at check points 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.



THE COURSE



AID STATIONS

Water: Start, miles 2.5, 4, 5.5, 6.5, 8.5, 11 and finish

Gatorade: Miles 2.5, 4, 5.5, 8.5, 11


Energy Gel: Mile 8.5


Medical Aid: Start, miles 2.5, 4, 5.5, 6.5, 8.5, 11 and finish

Portable toilets: Start, miles 2.5, 4, 8.5, 11 and finish

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!

KEEP YOUR COURSE CLEAN RUN GREEN!

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

CUPS & WATER BOTTLES GO HERE!

LOVE YOUR COURSE!



HAPALUA
Hawaii's Half Marathon

COURSE MAP KEY

 COURSE ROUTE	 FULL SERVICE AID	 RESTROOMS	 MEDALS
 MILE MARKER	 SELF-SERVE AID	 ENERGY GEL	 REFRESHMENTS
 KILOMETER MARKER	 MEDICAL AID	 ENTERTAINMENT	 SHUTTLE / PICK-UP DROP-OFF
	 GATORADE	 HYBRID AID STATION	



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.



THIS SYMBOL INDICATES ON THE COURSE MAP WHERE THE NEW SELF SERVE WATER STATIONS WILL BE.



THE FINISH



The finish is on Kalakaua Avenue in Kapiolani Park. Collect your finisher medal and hang out in the finisher village with friends and family.

You can watch your finish on the big screen, enjoy the freshly made malasadas, bananas and pineapple juice from Lanikai Juice.

There will be live music on the main stage. The finish times of all participants will be recorded until the last person has completed the race.

Post race entertainment will begin on the main stage in the finisher village at 7:45AM.

Awards will be presented at 9:30AM.



REFRESHMENTS

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

Available in the park.

- Water
- Snacks
- Lanikai Juice
- Bananas
- Malasadas

FINISHER RESULTS

Results will be available by scanning the QR Code on the back of your bib.



FINISH PHOTOGRAPHY

Be sure to keep your running number visible so we can identify your photos. Remember to look up as you cross the finish line - and show your winning smile!

FINISHER CERTIFICATES

Finisher certificates will be available to download from the results page at www.thehapalua.com.

Certificates will not be handed out or mailed.



AWARDS WILL NOT BE MAILED.



PLEASE
KOKUUA

ONLY ONE PER RUNNER.

SO ALL FINISHERS
GET A MALASADA
AND JUICE.

mahalo!

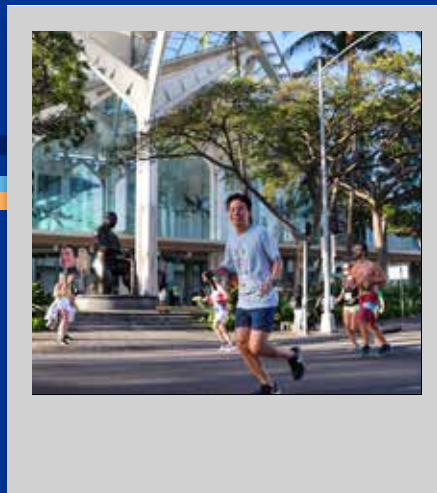




HAPALUA

Hawaii's Half Marathon

#HAPALUA #HAPALUA2024



The 52st Honolulu Marathon will be held on Sunday December 8, 2024.

For more information, please visit www.honolulumarathon.org



The King's Runner will be held on March 2, 2025

The Hapalua - Hawaii's Half Marathon will be held on April 13, 2025

For more information, please visit www.honolulumarathon.org



Post and share your great photos and videos;

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JAPAN AIRLINES

OUTRIGGER
RESORTS & HOTELS