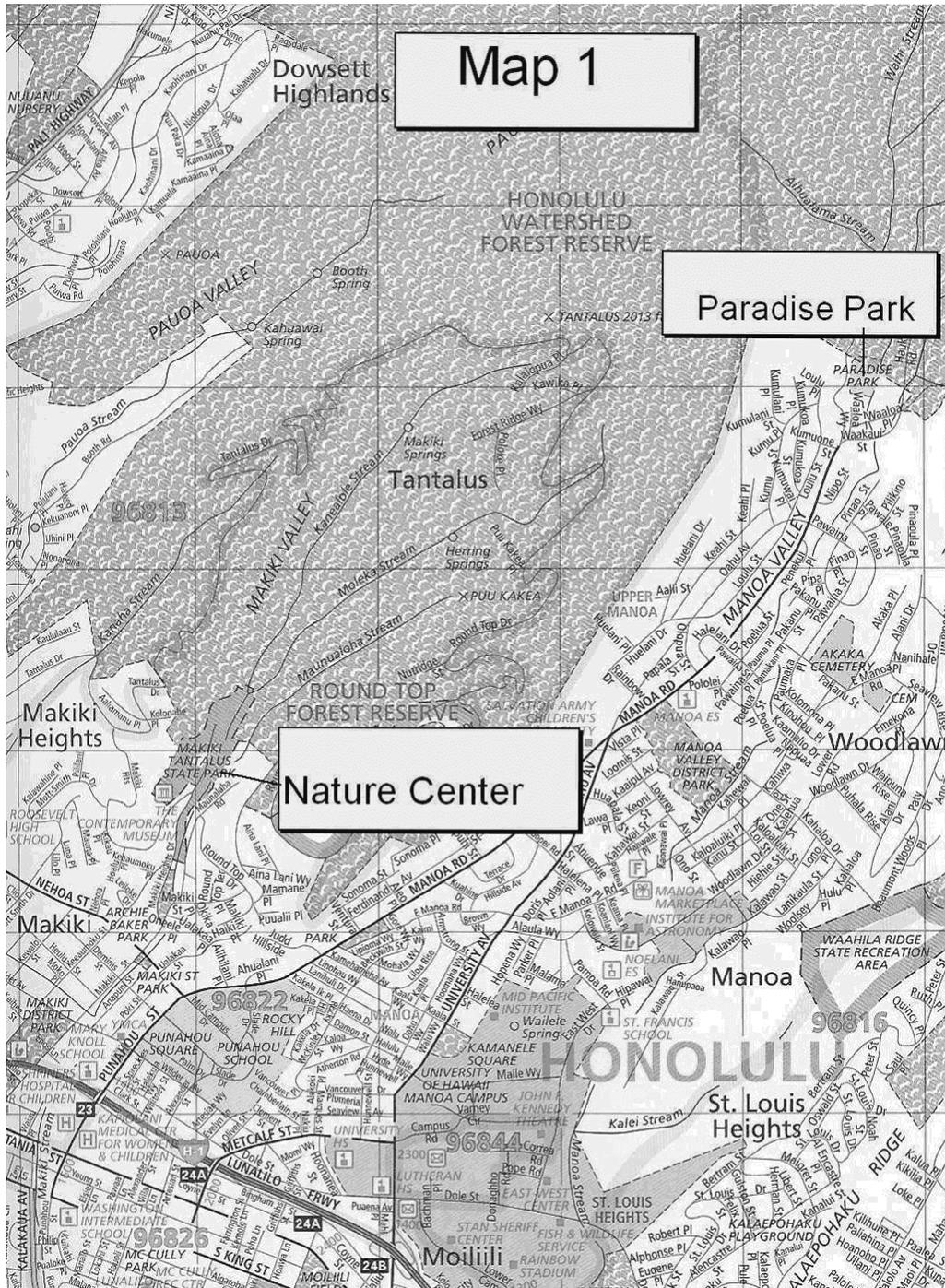
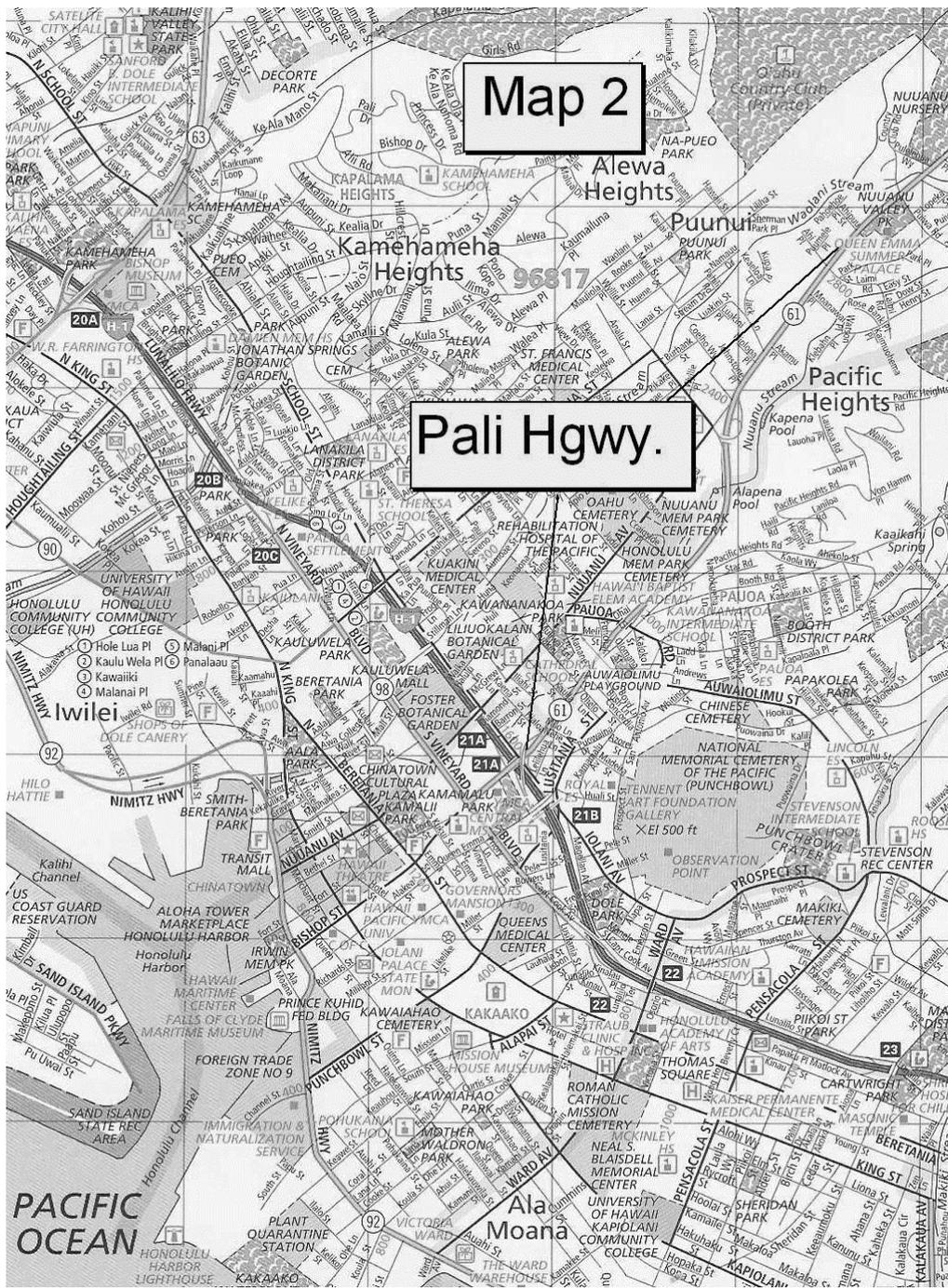


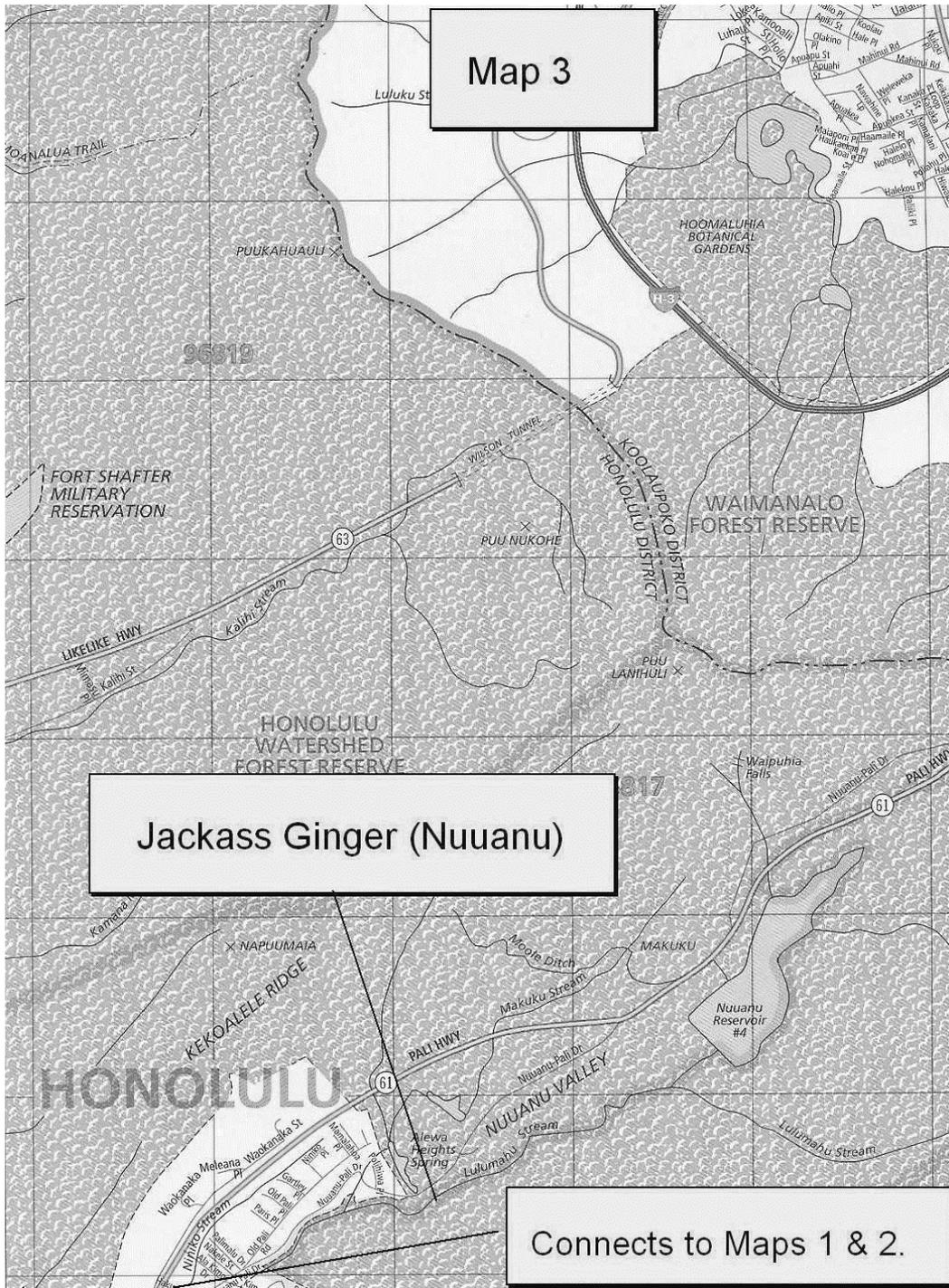
Driving Maps & Directions

Course maps are provided to allow the runner to study the course ahead of time. A practical map with a course description will be provided in the race packet in a waterproof bag. The runner is advised to carry this practical map with them during the run.

Driving maps are provided for those runners who have crews.







Driving Instructions to Aid Stations

Nature Center (2131 Makiki Heights Drive) to Paradise Park (3737 Manoa Road) (Map1)

1. Leave Nature Center (NC) and proceed out gate. After stop sign go straight down Makiki Heights Drive. Turn right at the stop sign onto Makiki Street.

2. At the first traffic light (Nehoa Ave.) turn left and continue down road. At the next light (Manoa Road) turn left and continue up hill staying in the left lane.
3. Continue up Manoa Road (Do Not Take East Manoa Road)
4. You will come to a 5 way stop at the intersection (Manoa Road, Oahu Ave., Lowery). Continue all the way up Manoa Road to Paradise Park. The final half-mile to Paradise Park is on a winding and narrow road so please drive slowly.

Paradise Park (3737 Manoa Road) to Jackass Ginger (@ 4100 Nuuanu Pali Drive)(Maps 1,2,3)

1. Go back down Manoa Road, pass the 5 way stop veering slightly right (straight) and continue on Manoa Road. East Manoa Road will merge onto Manoa Road from the left and it will become a four-lane road. After the merge when possible get into the left hand lane. (Map 1)
2. Go downhill past Nehoa Ave. (Manoa Road now turns into Punahou). Once past Nehoa Ave. work way into right lane. Continue down Punahou past Wilder. Stay in right lane and get onto H-1 West by turning right. (Map 1)
3. Take the Pali Highway exit off of H-1. (Map 2)
4. Continue up Pali Highway (Highway 61) in the right lane (Map 2).
5. Exit right onto Nuuanu Pali Drive (Map 2 & 3). This is an old winding road. Continue on up this road past the I-Lani Wai housing area on the right About 300 yards up the road on the right is the Jackass Ginger aid station. Parking is very limited here so we ask that you leave once your runner has cleared the station.
6. If you get to Nuuanu Reservoir or the Pali Lookout you have gone to far, turn around.

Jackass Ginger (@4100 Nuuanu Pali) to Nature Center (2131 Makiki Heights Drive) Maps (1,2,3)

1. Turn around and go back down Nuuanu Pali Drive. At the traffic light turn left and get onto Pali Highway (Map 3)
2. Take Pali Highway towards Honolulu and get on H-1 East. Exit H-1 East at Exit 23 (Punahou Street). (Map 1)
3. Turn left at the light (Punahou Street) and go over the freeway and continue up Punahou. (Map 1)
4. Stay on Punahou and go past Wilder, get into left lane and continue up to Nehoa Ave. (Map 1)
5. Turn Left onto Nehoa Ave. and continue down to Makiki Street (1st Traffic Light) (Map 1)
6. Turn right onto Makiki Street and after @ 100 yards where the road splits go left onto Makiki Heights Drive. Map1
7. Continue up to the Nature Center.

Notes: Parking is limited at all aid stations. Remember residents live in areas you will be traveling. Please try to limit your nighttime travels in / and out of the Nature Center as residents live on the fronting roads. Please observe all posted traffic signs.