



PRESENTS:

MANA 10s – 10 MILE and 10K

Saturday, August 12, 2017

7:30 AM

Mana Road, Waimea



DIRECTIONS: From Hilo, take Hwy 19 North to Waimea, turn left onto Mana Road across from the Department of Hawaiian Homelands Farmer's Market. (Look for Big Island Road Runners signs.) Proceed to the T in the road, turn left at the stop sign, and park on the side of the road.

COURSE: This beautiful out and back course runs along the famous Mana Road on a combination of asphalt and hard packed red dirt. Start on a quiet country road and run over rolling hills with beautiful views of open pasture land and Mauna Kea and Kohala Mountains. Horses and cattle will watch you run by with quiet contemplation and if you are lucky you may even see some wild turkey.

	Non-Members	BIRR Members
ENTRY FEE:	\$10	\$5

RACE DAY REGISTRATION: Check-in from 6:30 to 7:15am

AID STATIONS: Water provided every 2 miles on the course

FACILITIES: Amenities include port-a-lets and covered tents. Parking is available on the side of the road. Carpooling is encouraged.

POST RACE/AWARDS: 1st Overall Male and Female awards. Post race refreshments.

For more information, contact Keith Marrack @ (808) 895-9793 or visit website: www.bigislandroadrunners.org



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