



# Mayor-a-thon 2017



With many thanks to our primary and visionary sponsor Kaiser Permanente!

## Saturday June 24

### Kapa'a Beach Park (Next to the Kapa'a Library)

### 6:30 am — 10:00 am

Pre-register at [www.getfitkauai.com](http://www.getfitkauai.com)



Registration opens June 1 and closes at noon on June 23



**It's all FREE!!!!**

**A Zero Waste Event**

- **6:30 AM** - Check-in: T- Shirts and GEICO water bottles for the first 500 preregistered, Kaiser Permanente Cinch Bags for all! Drop off your Healthy Food Item at the Healthy Food Drive Tent. Vendor tables open.
- **7:00 AM** - Welcome and Warm-Up
- **7:15 AM** - Event starts Walk, bike, run , stroll or jog between 1 and 8 miles. Your choice! (Dogs on leashes welcome!)
- **8:00 - 10:00 AM** - Breakfast from Mark's Place (sponsored by HMSA), Dancing, Games, Prizes, Zumba and so much more!!
- **9:45 AM - GRAND PRIZE DRAWING a 2-night stay at Kauai Marriott Resort! YOU MUST BE PRESENT TO WIN!**
- You **MUST Pre-register** to be eligible for over \$10,000 in prizes!

**YOU MUST be PRESENT to WIN ALL PRIZES!**



### Mayor-a-thon Special Free Transport Win Prizes for Riding the Bus

<u>Westside Pick-up Locations:</u>	<u>Pick up Time:</u>
Kekaha Neighborhood Center Bus Stop	5:30 am
Waimea Athletic Field Bus Stop	5:35 am
Hanapēpē Multi-Purpose Building Bus Stop	5:45 am
Kalāheo Post Office Bus Stop	5:55 am
Kukui Grove Bus Stop	6:10 am
<b>Return Trip from Kapa'a Library Bus Stop</b>	<b>10:15am</b>

<u>North Shore Pick-up Locations:</u>	<u>Pick up Time:</u>
Hanalei Courthouse Bus Stop	5:30 am
Princeville Bus Stop (Mauka)	5:35 am
Anaina Hou Community Park	5:45 am
Anahola Post Office (Mauka)	5:55 am
<b>Return Trip from Kapa'a Library Bus Stop</b>	<b>10:15am</b>

Please bring a Healthy Food item for our Healthy Food Drive! The



proceeds will be donated to The Kauai Independent Food Bank and The Hawaii Food Bank—Kauai Branch.

**Click the Flyer** or download at:

[www.getfitkauai.com](http://www.getfitkauai.com)



With sincere thanks to our generous sponsors: County of Kauai Parks and Recreation, Department of Water, Hawaii Department of Health, FM 97, Garden Isle Portable Toilets, GEICO, Get Fit Kauai, Hawaii Public Health Institute, HMSA, Ho'ola Fitness Center, Kaiser Permanente, Kauai Coffee, Kauai Cycle, Kauai Grown, Kauai Path, KONG Radio, Lihue Boys and Girls Club, 97FM, The Kauai Bus

Individuals requiring additional support or an auxiliary aid to participate in the event, please contact Bev Brody at 212-4765 at least ten (10) working days before the event.