

Itinerary for Kona Marathon
June 27th

Car Rental: Thrifty Car Rental (Located at terminal. No shuttle needed.)

For questions for this rental company, call: 877 283-0898

Confirmation #: F722XS

Pick-up: **Wed, Jun 23, 2010 02:00pm** Drop-off: **Sun, Jun 27, 2010 08:00pm** Total Rental Time: 5 Days **Economy** (Chevrolet Aveo or similar) Unlimited miles. Automatic transmission with air conditioning Gas \$2.81/gallon 6 hours of driving around for entire island

Weekly rate

1 week(s) @ USD	USD
168.99	168.99

Subtotal	USD
	168.99

Taxes and Fees	USD 48.74
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Total: \$217.73

Peggy:

Depart Newark at 8:30AM to LAX 11:24 LAX to Kona (KOA) 4:45PM, get into Hawaii at 7:20Pm Continental 6231 July 2nd Honolulu to Newark 7:50PM get into Newark at 11:30AM July 3rd

Boltons:

Diane will be arriving on Tuesday. Tommy, Kevin, Eric and Kelly arrive on Wednesday around 8:00.

Hotel:

Outrigger Kanaloa at Kona

78-261 Manukai Street, Kailua-Kona, Hawaii, 96740

Ph: 808-322-9625

Staying with the Boltons.

Keahole-Kona International Airport to Outrigger Kanaloa at Kona

1. As you exit Keahole-Kona International Airport turn right/south onto Queen Kaahumanu Highway/Highway 19.
2. Continue south on Highway 19 as it becomes Highway 11.
3. Turn right onto Kamehameha III Road.
4. Kamehameha III Road is approximately 15 miles south of the airport.
5. Follow Kamehameha III road downhill through two traffic lights then turn right onto Manukai

Street.

6. Continue down the street in the residential area to the Outrigger Kanaloa at Kona gate at the end of the street.

Outrigger Kanaloa at Kona to Keahole-Kona International Airport

1. Exit resort on Manukai Street.
2. Turn left onto Kamehameha III Road and follow the road uphill.
3. Turn left onto Highway 11 and continue north.
4. Highway 11 becomes Queen Kaahamanu Highway/Highway 19.
5. Turn left into Keahole-Kona International Airport.

Location Located on the southwest coast of Hawaii's Big Island in Keauhou adjoining Kona Country Club

Tourist ideas

Highly recommend rental car. Island the size of Connecticut. Airport to resort 25 minutes. \$50 each way if you use shuttle. Spoke to Sean 8am -4pm Concierge. Will also check AAA office for maps and ideas. I don't qualify to listen to speils to get discounts because you have to be a couple to listen.

1. Volcano @ night Adults \$129, guests under 12 years of age \$109. All prices are plus tax. Buns in the Sun Bakery 75-5595 Palani Road #A10 Kialua-Kona, HI 96740 (808) 326-2774

Kapohopine Adventures Toll-Free: (866) 965-9552

2. Local: (808) 964-1000

There is no Big Island tour quite as spectacular as seeing the volcano at night, and nobody takes you to where the action is like KapohoKine Adventures! Join us as we take you on a thrilling discovery of Kilauea Volcano. The day will start with a scenic drive between the two majestic volcanoes that make up the bulk of Hawaii Island, Mauna Loa and Mauna Kea and a stop at the beautiful Japanese Gardens at Queen Liliuokalani Park in Hilo. We will continue on to the Puna District on the East-side of the Big Island, our home and home to the best lava viewing locations. Your guide will prepare a Hawaiian-style barbecue dinner at our private macadamia nut and honey farm complete with choice of complimentary beverage including sodas, juice and bottled water. Our exploration continues to the heart of the volcano with a scenic drive along the geo-thermally charged Puna Coast to Kalapana where we will take a walk across the lava to visit the site of the most beautiful black sand beach in the world, Kaimu, entombed since 1990 under 75 feet of lava. Entering the lava viewing area, we will drive as close as we safely can before setting off on foot. Look for surface outbreaks and ocean

entries while the black, smoking landscape changes right before your eyes as the sunsets. Skylights in the lava tube system and surface flows suddenly glow bright red as the crackle and hiss of escaping gasses and liquid rock changing to solid seems to grow louder as the lava slowly marches to the sea. New land is being created and added to the Big Island right before your eyes, just as these islands have been created for millions of years! The return drive to Kona is along the Hamakua Coast under the cover of darkness.

What to Bring

Video and/or still cameras, government issued ID, and tour vouchers or method of payment

What to Expect

Moderate air temperatures at sea level with cooler temperatures at higher elevations on the drive from Kona, occasional rain showers, walks across uneven, rocky terrain including the recent black lava flows, tour locations created just for KapohoKine Adventures' guests, unique locally produced gifts and products available for purchase at Puna Girl Farms, red lava cannot be guaranteed on this tour, drive from Kona to Hilo is approximately 2.5 hours with stops along the way

What to Wear

Comfortable clothes, shorts are fine, light jacket or sweater, sunglasses and hat, comfortable closed-toe shoes are required (sandals and flip-flops or "slippahs" will not be accepted)

What We Include

Military-grade LED flashlights, umbrellas, walking sticks, camera tripod to share, mosquito repellent, sunblock, snacks and beverages (water, juice, soda) all day, Hawaiian-style barbecue dinner (dietary requirements and restrictions accommodated on request with advance notice), all entrance fees and access to private locations

Destinations

Saddle Road between Mauna Loa Volcano and Mauna Kea Volcano, Japanese Gardens at Queen Liliuokalani Park, Pohoiki and Puna Girl Macadamia Nut and Honey Farm (dinner), Puna Coastline, Kalapana Lava Fields, Kalapana Lava Viewing Area, return via Hamakua Coast, order of itinerary may change, itinerary may be altered due to weather or volcanic activity and alternate locations may be substituted including an exclusive substitution for the lava viewing area should the area be closed

Duration

Approximately 10 hours depending on pick up and drop off locations

Restrictions

Guests should be able to negotiate stairs and walk for 20 minutes unassisted, all ages can be accommodated with the following restrictions: * Weight limitations are 22 pounds minimum and 275 pounds maximum * State law requires child safety seats for all guests under 4 years of age (we're happy to supply seats at no charge with advance notice) * Booster seats required for all guests between ages 4 and 7 and under 4 feet 9 inches tall and 80 pounds weight (we're happy to supply seats at no charge with advance notice) * Comfort seat available for purchase for guests over 275 pounds * Guests under the age of 18 MUST be accompanied by an adult * Volcanic emissions, including sulfur gas, may affect those with respiratory concerns * Participants should be prepared for immediate evacuation in accordance with directions given by County, State and/or Federal officials

3. Day Trip towards Hilo kapohokineadventures.com evening volcano experience National Park coupon code 5internet5

3. Zip line experience Four Line Zip Course is \$149

Our adrenalin-pumping zip tour is waiting for you! Take your need for speed to new heights on this thrilling zip line adventure. Covering nearly two miles of gorgeous tropical river gorges, our zip line course, your choice of four or eight lines, is fun for the whole family. Don't be fooled, this is the ONLY zip tour on the Big Island that zips over and has gorgeous views of the famous triple-tier Umauma Falls, plus safely soar 160 feet above 14 other waterfalls. Our certified staff will guide you over the longest zipline on Hawaii Island at nearly a half mile in length, and also the longest dual-track zipline on the Big Island at more than a quarter mile of side-by-side excitement! Tour includes

light snacks and water. Eight line tour also includes a discount voucher for the only Giant Swing on the island! Suspended between three 75 foot poles impaled deep into the river bank, two daring adventurers safely swing side by side up to 150 feet over the waterfalls below, a breathtaking end to an amazing zipline adventure! Combine this tour with a fully narrated land tour in a comfortable air-conditioned tour vehicle. This transportation-added tour includes a fully narrated ground tour in the comfort of an air-conditioned tour vehicle. Stop at majestic Akaka Falls, standing tall at 420 feet, Onomea Bay with it's lush and tropical scenic drive, and the famous Rainbow Falls before returning to Kona over the saddle between the two largest Big Island volcanoes, Mauna Loa and Mauna Kea. A deli-style lunch with choice of sandwich and side salad is also included. This is a wonderfully convenient way to enjoy the thrill of the zip line without the thrills of island driving. See the pricing page. The entire course was built by the industry leader in ropes/challenge/zip course construction, the same experienced builder that built several courses on Maui, amongst dozens of others world-wide. The course was built to exceed all standards set forth by the professional industry trade organization, Association for Challenge Course Technology (ACCT). The ACCT has been setting course and industry standards since 1993 and is accredited by the American National Standards Institute (ANSI) as a standards developer.

What to Bring

Video and/or still cameras, government issued ID, and tour vouchers or method of payment

What to Expect

Moderate air temperatures along the entire zip line course with trade winds and occasional rain showers, walks across uneven, rocky terrain and climbing several flights of stairs to reach the zip line platforms

What to Wear

Do not wear loose, hanging, or dangling jewelry. Comfortable clothes, shorts are fine although longer shorts are recommended as the harness will be more comfortable over a clothing layer, light jacket or sweater, sunglasses and hat, comfortable closed-toe shoes (Crocs, sandals and flip-flops or "slippahs")

will not be accepted)

What We Include

Rain jackets, camera tripod to share, mosquito repellent, sunblock, snacks and beverages (water, juice, soda) all day, all entrance fees and access to private locations

Duration

Four line zip course is approximately 3 hours from check in to check out. Add an additional half hour to enjoy the Giant Swing. Eight line zip course is approximately 4 and one half hours from check in to check out. Add an additional half hour to enjoy the Giant Swing.

Restrictions

Guests should be able to negotiate stairs, lift 15 pounds and walk unassisted, plus the following restrictions:

4. Fairwinds.com snorkeling trip swim or kayak \$130
5. King Kamehameha Luau-all you can eat/drink \$76
6. Hilo lava flows
7. ½ day trip coffee farm black sand beach
8. ½ day trip beach day north of airport Hapuna Beach State Park

The sunny Kona District stretches for about 60 miles from Kona International Airport to beyond Kealahou Bay on the Big Island's lava-lined western coast. Along this expansive area, you'll find everything from coffee farms to historic Hawaiian landmarks.

In fact, King Kamehameha actually spent his final years in Kailua-Kona. Today, Historic Kailua Village (Kailua-Kona) is a bustling, gathering place in the heart of the district, just a 15-minute drive south of Kona International Airport. Home to shops, restaurants and nightlife, you can conveniently take a walking tour of Kona's history at places like Hulihee Palace, Mokuaikaua Church and the Ahuena Heiau. Other significant historic places include Kealahou Bay to the south, where Captain James Cook first set foot on the island in 1778 and where he was eventually killed. Nearby is Puuhonua o Honaunau National Historical Park, a well-restored Hawaiian "place of refuge." North of Kailua-Kona is the Kaloko-Honokohau National Historic Park, a 1160-acre park that lets you explore early heiau (temples), fishponds and petroglyphs. Shielded from winds by Maunaloa, south Kona's calm and clear waters are perfect for snorkeling, diving and spotting dolphins and honu (Hawaiian green sea turtles). One of Kona's most memorable experiences is going on a manta ray boat tour to scuba or snorkel with these gentle, graceful sea creatures. Kona is also famous for its deep-sea fishing, hosting the International Billfish Tournament every year. And on land, don't forget to travel to the cooler upland slopes of towns like Holualoa, where you can sample the distinctive flavors of 100% Kona coffee. On the versatile Kona coast, you'll find the adventures are as big as the island itself.

Tourist Ideas:

Keauhou, Hawaii's Big Island

The Keauhou resort area, just south of Historic Kailua Village in Kona, is where you can often spot manta rays and honu (Hawaiian green sea turtles).

Historic Kailua Village (Kailua-Kona), Hawaii's Big Island

Historic Kailua Village is a lively seaside town in the heart of Kona home to shopping, dining and important historic sites.

Puuhonua o Honaunau National Historical Park, Hawaii's Big Island

Learn about early Hawaiian history at this National Historic Park, historic place of refuge and former royal grounds.

Holualoa, Hawaii's Big Island

This small town and art enclave, located on the slopes of Hualalai Volcano, is located in the heart of Kona Coffee country.

Hulihee Palace, Hawaii's Big Island

Located in the heart of Historic Kailua Village, this was a historic vacation home for Hawaiian royalty.

King Kamehameha Luau-all you can eat/drink \$76 about Adult \$73.45

Hotel Luau's address: King Kamehameha Hotel 75-5660 Palani Rd Kailua-Kona, Hawaii 96740 United States Phone: (808) 329-2911 15 minute drive from our hotel. 7 miles from our hotel to the luau.

The Island Breeze Lü'au is held under the stars, on the historic grounds of King Kamehameha's Kona Beach Hotel. The hotel is located adjacent to the pier in Kailua Bay, on Palani Road in Kailua-Kona, within walking distance of many visitor accommodations in Kailua-Kona. The Lü'au is easily accessible from the Kohala Coast Resort area to the north and the Keauhou Beach Resort to the south. The Island Breeze Lu'au reservation desk is located in the lobby of King Kamehameha's Kona Beach Hotel. Vouchers must be turned in for lu'au tickets at the lu'au desk. Guests must have tickets to be admitted to the lu'au. Ample parking is available at the King Kamehameha's Kona Beach Hotel. Validation is given at the lu'au desk and during the lu'au. Parking is \$5.00 with validation.

Every Sunday, Tuesday, Wednesday, Thursday & Friday.

5:00 pm » Shell lei greeting, photo taking, arts and crafts

6:00 pm » Torch lighting, Royal Court arrival, Imu Ceremony

5:30 - 7:30 pm » Open Bar

6:30 pm » Lü'au Dinner Buffet

7:30 pm » Island Breeze Polynesian Review

8:30 pm » Lü'au ends

Ahu'ena Heiau - the ancient heiau temple is the last residence of Kamehameha the Great.

Kamakahonu was the first capital of Hawai'i as Kamehameha the Great established residency there in 1812, entertaining visitors and conducting affairs for a newly unified kingdom.

Kamakahonu, the historic site of the Island Breeze Lü'au, is unique to all of Hawai'i. Here Kamehameha the Great, Hawai'i's king who conquered all the Hawaiian Islands in the early 1800s, made his home and ruled the Islands. Home to Hawaiian Ali' i (rulers), Kamakahonu was kapu (forbidden) to the average Hawaiian. Kamehameha worshiped his gods and sought the advice of his generals and advisors at the Ahu'ena Heiau (the temple adjacent to the Lü'au grounds) and now restored. Upon Kamehameha's death in 1819, his body was prepared for burial at a stone platform near the Lü'au stage; the location of his burial site is one of the great mysteries of Hawai'i. In November of 1819, Kamehameha's wives, Ka'ahumanu and Keöpüaolani, publicly ate with his heir, Liholiho, breaking the ancient Hawaiian kapu system (that men & women must eat separately), Kamehameha's high priest, Hewahewa, led in the destruction of na ki'i (idols at Ahu'ena). This began the dissolution of the native Hawaiian religion. His priest also predicted that a new religion would arrive in Kailua-Kona.

In the spring of 1820, the first missionary party from New England arrived in Kailua-Kona aboard the brig Thaddeus. They stepped ashore at the south end of Kamakahonu Bay on to a rock that for decades was known as the Plymouth Rock of Hawai'i. Within the lobby of the King Kamehameha's Kona Beach Hotel are displays, paintings and artifacts that tell the story of the Hawaiian ruler's life

and times.

Saturday June 26th

Packet pick up starts at 10am

Registration confirmed– email from RD

I wanted to let you know that I have received your application and you are registered in the Marathon on Sunday, June 27, 2010 in Kailua-Kona on the Big Island of Hawaii. You can pick up your race # Saturday, June 26 at the Keauhou Beach Resort 10am- 5pm, or 4:30am race morning. Your race will begin at 5:30am.

How/where do I pick up my race number for all races?

Packet pick up will take place June 26, at The Keauhou Beach Resort from 10 am - 5 pm. Packet pick up is located one mile from our hotel the Outrigger. This is the start and finish of the marathon.

Address: 78-6740 Alii Drive, Kailua-Kona, Hawaii, 96740|Tel: 808-322-3441

There is no registration on race day for the Marathon or 1/2 Marathon, but you can pick up your race number starting at 4:30 am. The 10K and 5K can register on Race Day morning.

What will the weather be like? It will be warm. Temperatures at the start will likely be between 70-80 degrees Fahrenheit, (21-26 Celsius). Remember to hydrate properly for our tropical climate, especially the day before the race. This means some kind of electrolyte replacement drink, not just water. Winds are generally very light in Kona rarely exceeding 15mph, (24kph) and we've rarely had a rainy day for the Kona Marathon. Temperatures can climb into the upper 80's during midday, add the humidity and It can make it feel even warmer.

What is the Marathon cutoff time? The marathon course will close nine hours after the start of the race. This will give any trained entrant the chance to finish, even if you plan to walk.

What are the start times? Marathon-5:30am, Half Marathon-6:00am, 10K-6:45am, 5K-6:50am

Saturday June 26, 2010 Registration: Registration and packet pick-up for the Marathon and Half-Marathon will be from 10:00am to 5:00pm at the Keauhou Beach Resort. Registration closes at 5:00pm

Souvenir Sales: from 10:00am to 5:00pm at the Keauhou Beach Resort in the registration and packet pick-up area.

Information Booth: Course maps, standing records and past results will be on display starting at 10:00am at the Keauhou Beach Resort in the registration and packet pick-up area.

Saturday we will be having a pasta dinner at <http://www.bostonbasils.com/>.

Sunday June 27th-Marathon Day I also leave to go home at night

Comments from Marathon Guide

START Packet pick-up was the day before the race, and there were lots of interesting tents there. On race day, at 5:15 a.m., we walked 0.2 miles to the start. There were no chips or seeding, just a _faster-runners-to-the-front-and-walkers-to-the-back designation. After some introductions of the elite runners, we were off. **PEOPLE** Though there were over 1,200 participants for the different races, only 221 people were running the marathon. I never felt congested, but that's coming from a girl whose only big race experience before this was the 500 Festival Mini Marathon, which always has 35,000 runners. **SCENERY** The first six and last six miles are run on Ali'i Drive by the ocean, and the middle 14 miles are mostly run on Highway 11/19, with a four-mile jaunt down the road by the power plant at the turn. While the ocean views are my preference, I can't complain about the views from the highway. Many have described this area as _barren,_ but the ocean is still visible. Plus, I enjoyed looking at the mountain and all of the lava. This Indiana gal doesn't get to see things like that on a regular basis! **HILLS** I wouldn't classify the course as flat, but it's not extremely hilly either. The best way to say it is: there is hardly a flat spot on the course, but the hills, for the most part, are gentle. They keep things interesting. I found myself being thankful for every uphill on the way out on the out-and-back course, because that meant a downhill was waiting for me on the way back! There was a long, gradual uphill at the beginning of the highway. The toughest hill for me was the uphill at Miles 14 and 15 on the road that approaches the highway. It was a nice downhill on the way out, though! There was a course change this year around Mile 6.5 due to some new traffic lights, so a ramp was installed for runners to get from a shopping center's parking lot to the road. The ramp was very sturdy, so I felt safe. It was a bit precarious coming down the ramp at Mile 19.5 though. My legs were pretty shaky. **AID STATIONS** The aid stations were present every mile. Volunteers had Ultima, iced water, and ice. I shouted out what I wanted, and they provided. I recommend wearing a hat. It shields the sun, and you can toss some ice underneath it for an extended cool-down. The volunteers at the aid stations (and all along the course, for that matter), were cheerful and helpful. **HEAT** Hawaii in June is hot, obviously, but it wasn't as bad as I imagined it would be. We started the race before sunrise. While the sun rises at 5:45 a.m. in late June, it doesn't actually touch Kona until some time later due to the mountain. It was about 75 degrees at the beginning and 85 degrees near the end. Folks were talking about the humidity, but it didn't seem that bad to me. Again, I come from Indiana, where I'd been training in comparable temperatures and much higher humidity. The heat that bothered me most was the heat radiating from the freshly blacktopped road. The recommendations to beat the heat are obvious: light-colored, light-weight, wicking clothes; a light-colored, light-weight hat; plenty of sunscreen applied before you can sweat it off; and extra water at the aid stations to give yourself a nice splash. There were little PVC sprinklers under which runners could pass to get a nice soaking. However, they were a bit short. I hit my head on one, and I'm 5'3"_. It's also a bad idea to run under these if you have an iPod, as I discovered on Mile 7. Luckily, it started working again a few minutes later! Ha! **TRAFFIC** I felt safe in the south

lane of Ali'i Drive and on the shoulder of the highway. However, when I was on Mile 22, the cones closing Ali'i's south lane were moved to the shoulder, allowing traffic back in the south lane. Granted, I was finishing slowly due to some hip issues, but I was suddenly very nervous. There was lots of traffic when the road was freshly opened, and here I was running WITH, not against, it! Scary! The shoulder is ample, but many surfers had their vehicles parked in the shoulder, so I had to do some clever choreography to squeeze my way through the course in some places. FANS There were fans here and there, mostly the charity groups and cheerleaders. Some folks near the shops on Ali'i Drive cheered, as well. On the way back through the shops on Ali'i Drive, many of the shoppers just looked at me like I was crazy. The real cheerleaders were the great volunteers and the runners passing by each other going different directions on the highway. I was lucky to have my husband, who would drive a few miles ahead of me, then stop to support me. If you like fan support, bring a friend to help you though the race. The stretch of the highway on the way back was most difficult for me, even though it was downhill. I was just tired of the highway. Having my husband there helped get me out of that funk. FINISH The bilingual announcer was quite good. He announced everyone's finish as if he/she was the winner. It made my accomplishment even more special to me. I received a shell lei, a medal, a T-shirt, instant individual results, and some great support from the volunteers and the medical staff. (They checked out the bump on my head from the sprinkler.) Overall, I probably look at this marathon through rose-colored glasses since it was my first; but honestly, it was a great race. On the course, I chatted with a guy who was completing a marathon in his 50th state, and he told me that Kona was the hardest marathon he'd ever completed. The course is, after all, the Ironman course. The hills and the heat are a recipe for challenge. However, I didn't really notice it. It was tough, but I was enjoying myself SO much. All of my issues were personal (I was having some hip problems that forced me into a walk/run pattern for the last half of the marathon); and anytime it got hard, all I had to remember was, *_I'M IN HAWAII!_* One look at my surroundings brought it all into perspective. Thank you, Kona, for being part of the biggest accomplishment of my life. I recommend this marathon for anyone who can afford the travel and enjoys a challenge.

A Wonderful Marathon in Paradise! (about: 2008)

Course: 5 Organization: 5 Fans: 4

b. S. from Nashville, TN (9/21/08)

11-50 previous marathons | **1** Kona Marathon

This is an absolute "must do" for any serious marathoner, as well as those just looking to do a good marathon at least once in a lifetime. It is hard to beat Hawaii anyway, but what makes this marathon unique is that it is the same course used in THE Ironman competition, so it carries with it a special distinction you won't find on any other course. I concur with everyone else that it is taxing, mostly due to the heat, and there are a few nice hills thrown into the mix; but if you prepare properly, you will do fine. As for the organization, it is second to none. Everything is very well laid out from start to finish and the organizers and volunteers could be nicer. There are a few spots where the crowd does thin out (as with most marathons), and toward the end, a couple of miles, they let the cars back on the running path, which is a bit scary. Lastly, do try to stay at the Outrigger while you are there. The race starts and finishes right at the hotel, and it is perfectly located in the heart of Kona. By staying there, you can't beat the convenience of walking right out the door to start and going straight to your own room for a shower immediately afterward. Also, the hotel offers great services, such as tour scheduling, entertainment, a free shuttle bus that runs all day long every 20-30 minutes and a very good breakfast buffet every morning. My mother and I turned this into our vacation for the year, and

we are both thankful to the great organizers of the Kona Marathon for making our first trip to Hawaii one we never forget. Much continued success!!

Good, hot-weather marathon (about: 2008)

Course: 4 Organization: 5 Fans: 3

Chris Glatt from Overland Park, KS, USA (7/14/08)

11-50 previous marathons | **1** Kona Marathon

This was one of the most enjoyable races I've run recently. We were lucky in that skies were overcast the first half of the race - the heat and humidity were still a factor (dew point = 70 at the start) but it'd be much worse if the sun were out the whole time. Smart runners who pace themselves accordingly won't have any problems; the rest of us suffered some the last few miles. The race organizers did a great job - mile markers were pretty accurate according to my GPS; aid stations were plentiful, and lots of them had ice and most of them offered it without prompting; and individual results were available immediately after the finish. If you're looking for crowd support, do another race. But some of us like the peace and quiet, and enjoy those long conversations with ourselves, so it wasn't a factor for me. The scenery was awesome, especially the first and last 6 miles, even if you'd spent a few days in paradise beforehand and gotten used to running through botanical gardens and postcard landscapes. The middle half of the race was - by comparison - like running on the moon, but still interesting for us mainlanders. The course had enough turns and gentle hills to avoid monotony. If you're conditioned to high heat and humidity, you could run pretty fast here; the rest of us should plan on adding at least 10 minutes to our usual time. Thanks to Mr. Kunitake for supporting this race, and providing inspiration for those of who hope to run into our 70s and beyond. I'd highly recommend this race to anyone who's considering a tropical marathon.

Thoroughly enjoyed the experience. (about: 2008)

Course: 4 Organization: 5 Fans: 5

David Terrill, Sr. from Tarentum, Pa. (7/10/08)

11-50 previous marathons | **1** Kona Marathon

I'd run this thing again in a heartbeat, if I could. But I'll finish the campaign first. With 24 down, I can see the crest of the challenge dead-ahead. We get the opportunity to tread where ironmen have trod. The course has a tradition to it, was in excellent condition, and the weather cooperated with a low overcast, no real winds, and hospitable temps. It all added up to be a great day to run in Hawaii. I also had the rare privilege of enjoying my daughter's company from gun to finish. Her tour of duty in Hawaii has concluded, but not before we shared these moments. Okay, let me focus now. This course can be mentally taxing, as there aren't throngs of spectators throughout. If that is important, do Honolulu. But this is the perfect course to go "zoned" and really hammer out a good effort. There are gently undulating grades, as it stays relatively near the coastline. No gut crunchers. Over-dress during training for a month beforehand (non-Hawaii residents) and the climate shouldn't be much of a deterrent. Fluid stops were plentiful, were well staffed and stocked, and the water was iced. Get a cup of ice under your hat and you're good for another mile. The only negative thing I'll mention can be said about any 'thon where you don't have enough traffic control at the intersections. As Shelley and I turned off Palani onto Ali'i for the home stretch, cars pulled out into the runner's lane twice. You find doofuses everywhere. The finish line announcer was multilingual, possessed radio/TV quality voice, and was as enthusiastic as any I have ever heard. Special thanks to Mr. Jon Kunitake for his generosity in support of this event, and also for having run a heck of a marathon. I will cherish this one till my last day.

1. Diane Bolton's 50th.
2. There is an Outrigger right at the start/finish. Walk out of hotel and view of beach.

3. Condo was driving distance, but there was parking. Just get there early.
4. Must rent a car.
5. Lots of tourist attractions.
6. Ironman course. Hot. No shade. Water stop is just water. No food. Bring extra.