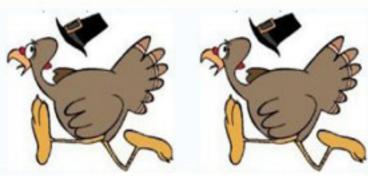


The Annual Turkey Trot 2.6 mile, 8.6 mile & 16.2 mile fun runs. THANKSGIVING DAY, Thursday, November 22 2012 RICE PARK, KULA, HAWAII 7am start for 16.2 mile run 8am start for 8.6 mile run, 8:30 am start for 2.6 mile run/walk.



Please join us for our annual holiday fun run. This race is a Valley Isle Road Runners membership drive and canned goods drive for the Maui Food Bank. Please kokua by bringing a donation of canned goods. Come on up and walk, run, have some coffee, and enjoy the views. This is a great way to start your Thanksgiving!! Get a two for one; good for your body and good for your community!

Directions to the Start: From Kahului follow Hana Highway (36) east for 3 miles. Turn right to head upcountry on Haleakala Highway (37). Follow Haleakala Highway for 14 miles (it eventually becomes Kula Highway (still 37). Look for Rice Park on your left, and as you pass it, turn left onto Lower Kula Road, and then another immediate left into the parking lot.

16.2 mile run: starts at 7am at rice park, procceeds north on Kula hwy (37), then mauka onto Haleakala hwy(377) which then loops back down to Kula hwy finishing at Rice Park.

8.6 mile run: Starts at 8am at Rice Park, proceeds south on Kula Hwy (37), then left on Thompson Road turn around at cattle guard and route back to Rice park.

2.6 mile run/walk: Starts at 8:30am at Rice Park, Proceeds north on lower kula road then left just past Calasa Garage onto Kula Hwy(37) then back to Rice park. This run never crosses a road.

ENTRY FEES: Valley Isle Road Runner members: FREE! before 11/15
Non members: \$15

Non-VIRR members are encouraged to join the VIRR on race day. The annual fee to join Valley Isle Road Runners is \$25 for an individual or \$40 for a family. There is no pre-registration. Just come on up to Rice Park and register on race day.

YOU CAN REGISTER ONLINE TO BECOME A MEMBER AT http://www.virr.com/join/

AWARDS: The challenge is to PREDICT your finishing time! Prizes to the three people in EACH race who come closest to their predicted time (no watches allowed during the race if you want to be eligible to win!) Awards start promptly at 10am.

For more information please visit http://www.virr.com or e-mail Eric Gerdes at csyntax@gmail.com or call 214-8911