Aloha!

Thank you for signing up for our Making Strides Against Breast Cancer Honolulu 5k Walk 2017! We are happy you will be joining us at Ke'ehi Lagoon Beach Park for this event. We are only 5 days away! We want to thank all of you who came to our Team Leader meeting last Thursday. As promised here is the information from that meeting to prepare you for our event this Saturday! This is a longer email so please take a few minutes to read through it all.

What To Expect at Strides:

- **A Big Pink Party!** A fun and easy event to support the fight against breast cancer.
- Come out in your best pink outfit. Tutu’s and fun accessories are encouraged!
- Lively entertainment including Zumba
- Special Survivor activities for survivors of ALL Cancers.
- A 5k walk down lagoon drive and back
- Pink Merchandise tent
- Photo booth
- Pink out activities
- Information about what ACS does and how you can get involved.
- Coffee will be available for purchase from Nic’s Island Coffee.
- Light snacks will be provided after you complete the run.

Registration

All participants are asked to be registered for the event. That means every member of your team. Friends, family, bosses, co-workers and even children. They can register either online, by phone (1-800-227-2345) or by coming in to the ACS office to assist with registering. If not, we will have walk
up registration at the check in tent at the event. But pre-registering will expedite the process.

For more information on how to register click here for our easy handout.

Survivors

Please encourage ANY and ALL cancer survivors to come to this event. Though it is a Breast Cancer event, we celebrate All types of cancer survivors and caregivers. We will have fun activities for them to participate in.

Fundraising

There are several ways for a team to add funds towards their team’s goals.

- **In person:** We will accept cash/check donations at the check in tent until 9:30am the day of the event.
- **ACS Headquarters:** You may drop cash/check/credit donations off at the ACS Headquarters during normal business hours 8:30-4:30pm before the event.
- **ACS Fundraising App:** Download the ACS Fundraising App on Google Play or Apple Store on your mobile device to submit credit and check donations and see updated team totals in real time. Use this for any other fundraisers your team may have.
- **ACS Website:** log onto your team page and share through the dashboard email system to your friends and family asking to support you. You can also use the dashboard to share through your social media pages. Donations using credit card are super easy from the website
Event Timeline

6:00 AM  Registration Begins
6:00 AM  Hot Hula
6:25 AM  Welcome Announcements
6:45 AM  Jazzercise
6:55 AM  Oli, National Anthem
7:00 AM  ROLLING START
7:30 AM  Music
8:00 AM  Last time to start the walk.**
8:30 AM  Zumba
9:30 AM  Illiahi Group
10:00 AM Zumba
10:20 AM Closing Ceremony

What to Bring

- Your best Pink outfit
- Comfortable Clothes to do the walk/run in, Tennis shoes
- Your own Water bottle: we will have water stations along the run
- Sunscreen, sunglasses, hat
- Small backpack/fanny pack to hold items
- Registration forms if not already turned in
- Any Donations
- Money for the merch store
What NOT to Bring

- Do not bring tents
- There will be no picnics allowed in or around the park during the event.
- Pets. NO ANIMALS ARE PERMITTED ON THE PARK GROUNDS. ONLY EXCEPTION IS SERVICE ANIMALS WITH THEIR PROPER VEST/COLLAR IDENTIFYING THEM AS SUCH. Do not leave your animals in the car. If so HPD will be called.
- NO SMOKING OR VAPING IS ALLOWED AT THIS EVENT
- NO DRINKING ALCOHOL IS PERMITTED

2017 Map, Parking and Directions

Click here for a downloadable map
- There are two entrances to Keehi Lagoon Beach Park. The main gate at Lagoon Drive and the Nimitz Hwy entrance into the Keehi Lagoon Memorial Park will be open starting at 5am. Please follow the blue or yellow arrows directing you into the park to parking stalls.

- The Red No Parking box is for the Honolulu Rail Project as they are utilizing half of the mauka parking lot as well as the main drive through of the park. Thus blocking the main road through. We are going to stick to one way traffic in the morning to expedite the parking process.

- The red lines are road blocks.

- When you arrive please check in at the Check In & Information tent.

- Once you check in you may visit the other booths or participate in our entertainment.

- The Rolling start begins at 7am.

- The route starts and ends at the Arch in Keehi Lagoon Beach Park

- Runners will then follow the pink arrows on map for run route down lagoon drive and back.

- There will be shuttles for participants to use to get to the Memorial Parking lot.

**Parking**

- We have been notified that from 4am-8am ALL WESTBOUND LANES OF NIMITZ HWY UNTIL THE VALKENBURG H1 ON RAMP WILL BE CLOSED DUE TO ANOTHER TRIATHALON. NO LEFT TURNS OR CROSSING FROM SIDE STREETS WILL BE PERMITTED.
- It is very important that you plan ahead.
- We have identified alternative routes for the morning. See below.
- After 8 am all lanes of Nimitz should be open like normal.
- We have parking in the regular stalls of the park, In the overflow parking grass area as well as at the Keehi Lagoon Memorial Park.
- We ask that you try to carpool with any friends and family in attendance to allow for as many people to attend.
- Please follow the parking volunteers’ instructions.

**Alternative Driving Routes for morning (4-8am)**

Please note that Nimitz Hwy will be cleared out after 8am so exiting should be quick and easy. See our suggested routes below.

**COMING FROM H1 WESTBOUND (Waianae, Kapolei, Pearl City, Aiea, Central)**

- Take H1 eastbound until Exit 16 for AIRPORT.
- Keep left at the fork, follow signs for Paiea St/Aolele St and merge onto Aolele St
- Stay in Middle lane to Aolele St/ Lagoon Dr.
- Go straight through the first intersection
- Follow the road straight until you hit the intersection of Lagoon Dr. You will see the park entrance across the street
- Go straight into Keehi Lagoon Beach Park. Follow the parking volunteers instructions.
COMING FROM H3/H1 EASTBOUND (NORTH WINDWARD/ KANEHOHE/ Kailua)

- Take H3 Westbound towards Pearl City/ Harbor
Use the left lane to take the Interstate H1 E exit toward Pearl Harbor/Airport/Hickam AFB

- Merge onto H1 East

- until EXIT 16 AIRPORT exit.

- Keep left at the fork, follow signs for Paiea St/Aolele St and merge onto Aolele St

- Stay in Middle lane to Aolele St/ Lagoon Dr.

- Go straight through the first intersection

- Follow the road straight until you hit the intersection of Lagoon Dr. You will see the park entrance across the street

- Go straight into Keehi Lagoon Beach Park. Follow the parking volunteers instructions.

COMING FROM H1 EAST (TOWN/ HAWAII KAI)

- Take H1 Westbound towards airport

- Take exit for Airport

- Follow the ramp and stay Left at the fork. Follow signs for Departures.

- Stay in far left lanes and go straight through the airport

- Follow the signs for car rental return

- Follow the ramp down and take the first right for car rental return on Aolele St.

- Go straight until the intersection of Lagoon Drive

- Go straight into Keehi Lagoon Beach Park. Follow the parking volunteer’s instructions.

Updated 10/16/17
We want to thank all of our event sponsors, supporters and volunteers for helping us make this event happen. We really hope that you all have an amazing time at our event this Saturday. If you have any questions please feel free to contact us. Mahalo Nui Loa for your support in the fight against cancer.

For additional questions, contact:

**Tanya Brown**
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**Event Website:** [www.makingstrideswalk.org/hawaii](http://www.makingstrideswalk.org/hawaii)