



10th Annual Stomp Out Hunger 5K and 1 Mile Walk

SATURDAY OCTOBER 25th

5K Run & 1 Mile Walk 8AM

<https://runsignup.com/Race/HI/Kihei/halekaukau>

ALL PROCEEDS GO TO HALE KAU KAU

Feeding the Hungry with Compassion & Aloha

PLACE: Hale Kau Kau, 25 W Lipoa Street Kihei, HI

HALLOWEEN COSTUME CONTEST AT THE AWARDS CEREMONY!

**Participants and non-Participants can also support Hale Kau Kau
and its mission by being a**

SPONSOR:

Short Order Cook Sponsor \$10-\$30

Line Cook Sponsor \$31-\$60

Chef de 'Cuisine \$61-\$150

Executive Chef Sponsor \$151-\$499

GOLD MEDAL SPONSOR \$500-\$999 PLATINUM SPONSOR \$1,000- \$4,999

Title Sponsor \$5,000 +

**HALE KAU KAU DELIVERS A HOT NUTRITIOUS MEAL EVERY DAY OF THE YEAR TO
OUR SOUTH MAUI HOMEBOUND ELDERLY AND DISABLED AS WELL AS SERVING
FROM THE KITCHEN WINDOW TO ALL WHO COME FOR DINNER. NO QUESTIONS
ASKED. IN 34 YEARS, HALE KAU KAU HAS SERVED OVER 1.6 MILLION MEALS.**

Mahalo to our 2024 Platinum Sponsors:

Keller Williams, Don & Kris Wilson; Tim Welsh-Garco Construction;
Lynn Propeak; Marco's Grill and Deli; Goodfellow Bros.; Dennis Costa; Dr. Mary;
Doug Monforton -Austin Sales Group; on behalf of Margarita Parulen;
Ernestine Hedrich; William Cittadino; Carol & Bob Phaneuf; Hawaiian Airlines;
Hawaii USA FCU; John & Stephanie Koraleski; Starbucks Foundation;
Alexander Neuhooff; Fred & Janice Tompkins; Mr Cameron Clark;
Thomas Coopat Jr; LPL Financial



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5K RACE APPLICATION AND 1 MILE WALK

Runner, walker information: please write clearly and circle all specifics

NAME: _____ AGE (FOR 5k ONLY) _____

PHONE HOME/CELL _____ PLEASE PRINT EMAIL: _____

CIRCLE HERE FOR 1 Mile WALK

For 5K PARTICIPANTS:

Male or Female (circle one)

5K PARTICIPANTS CIRCLE ONE AGE GROUP: YOUTH: 10 & under 11-14 15-19

OPEN: 20-24; 25-29; 30-34; 35-39 MASTERS: 40-44; 45-49; 50-54; 55-59

SENIORS: 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90 + WHEELCHAIR

TEAM CATEGORY: NAME OF TEAM _____

Corporate Team Challenge: 4-person team from any hotel, business, club or group

CIRCLE ONE: WOMEN'S TEAM MEN'S TEAM MIXED TEAM-MUST HAVE 2 WOMEN

CONTACT Dr Mary For details and payment – team fee = \$160

CIRCLE T shirt size – XS, SMALL, MED, LARGE, XL, XXLARGE

EVENT WAIVER:

I know that running a road race is potentially hazardous activity. I attest that I am adequately trained and conditioned to run this event. I agree to abide by the decision of the race director to participate. I assume all risks associated with running this 5k/1mile walk including but not limited to tripping and falling, contact with other participants, the effects of hot and humid conditions, traffic and all other conditions of the road. Having read the waiver and knowing these risks and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf waive and release HKK, the county of Maui, and the State of Hawai'i from all claims of liability of any kind arising out of my participating in this event

Signature: (of participant OR Guardian for those under 18) _____

FEES: Early Bird before Sept 1st \$30. \$20 for under 15 or over 65; From Sept 2nd to Oct. 20th. \$40; \$25 for youth UNDER 15 & seniors OVER 65

After Oct 21st = \$50 for all no discounts - all proceeds go to Hale Kau Kau

Make Checks payable to Hale Kau Kau – SOH

Or Call 808-875-8754 for credit card payment,

Send the completed application form to Dr Mary 25 W Lipoa Street Kihei, HI 96753

Attn: SOH or sign up online: <https://runsignup.com/Race/HI/Kihei/halekaukau>



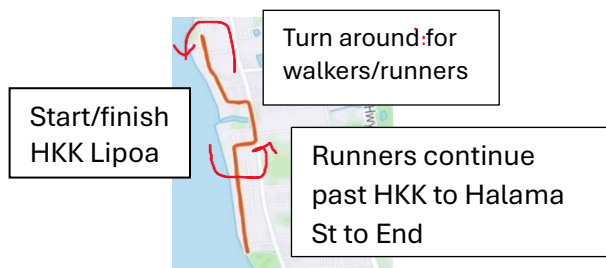
T Shirt & PACKET pick up: FRIDAY OCT 24th AT HALE KAU KAU

5:00PM-7PM or DAY OF RACE 7- 7:45 AM AT HALE KAU KAU 25 Lipoa Street Kihei

Breakfast for all WALKERS/RUNNERS/VOLUNTEERS at the awards ceremony

Awards for THE 5K 1st, 2nd & 3rd in every 5-year age group & overall; 1,2,3 in 1 MILE

WALK Plus the Corporate Challenge AWARD = Monkeypod Bowl



START ON Lipoa St. Go north on Ulinui to turn around, Go back to start - Walkers are finished, Runners continue to South Kihei Road, turn RT. follow the arrows and cones and turn right at the first street (marshal at turn). Run is all on back roads, well-marked, **FAST AND FLAT COURSE!**

For more information: Contact Dr Mary at 808- 875-0178; email: mary.trotto@liu.edu

HALE KAU KAU IS A MINISTRY OF ST. THERESA CHURCH 501c3 Tax ID 99-0222548