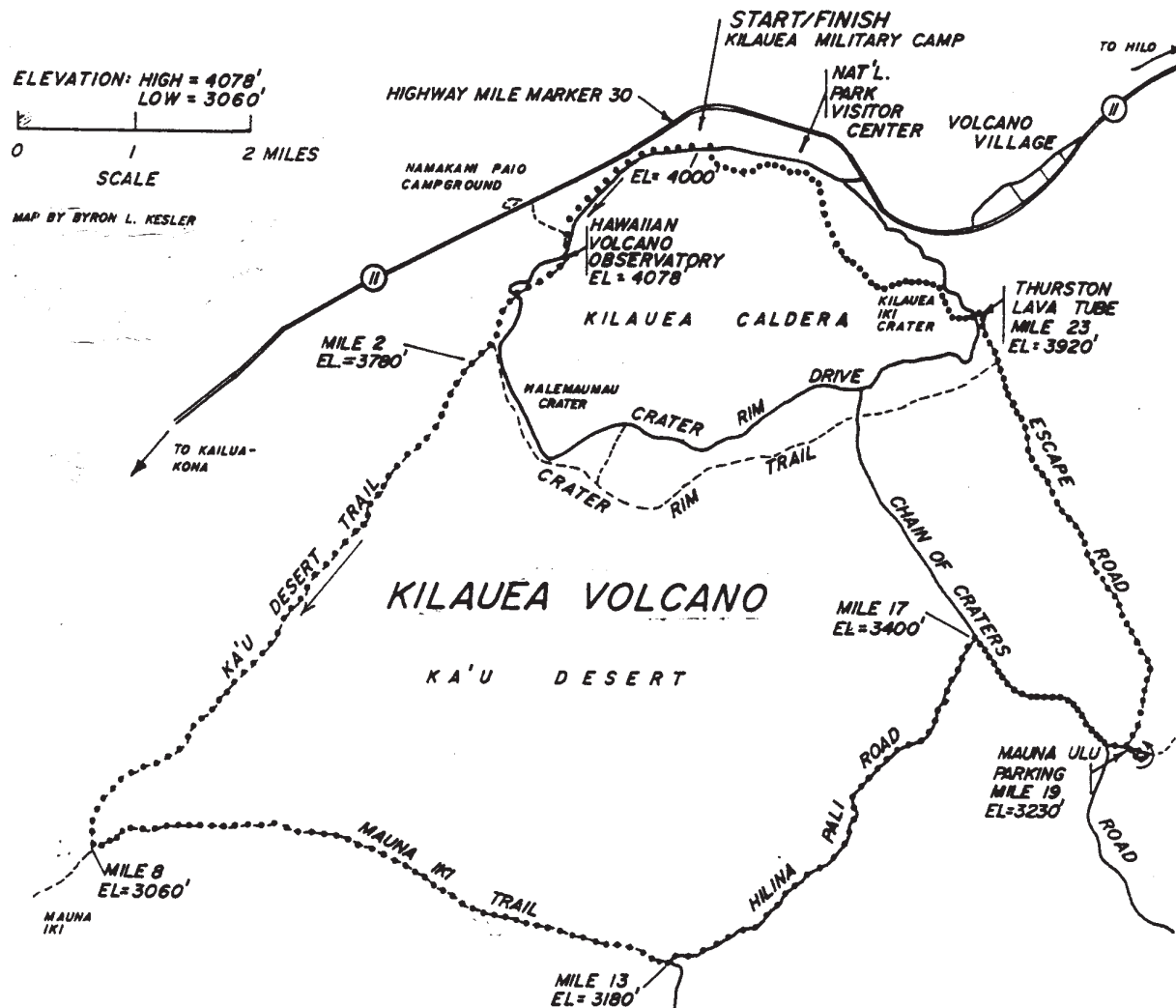


VOLCANO ART CENTER - ATHLETES FOR THE ARTS

23RD ANNUAL - KĪLAUEA VOLCANO WILDERNESS RUNS

JULY 30, 2005

Hawai'i Volcanoes National Park, Island of Hawai'i



WILDERNESS MARATHON 26.2 miles Start: 6:00 a.m.

Called "one of the world's toughest measured marathons," this race challenges the most advanced and hardy endurance runners. The course covers extremely tough and uneven terrain, lava fields in the Ka'ū Desert and 1,000 foot elevation changes. From the start, proceed counterclockwise to Hawaiian Volcano Observatory, take the right fork to the Ka'ū Desert Trail (7.1 miles over lava), left onto Mauna Iki Trail (6.3 miles over lava), and left again on Hilina Pali Road (rough pavement, uphill). Turn right onto Chain of Craters Road (1.5 miles), then left into Mauna Ulu parking lot. Follow course marshal's directions to "Escape Road" (unpaved, uphill) to Thurston Lava Tube. Last leg is along Crater Rim Trail (narrow, steep) to finish at KMC.

RIM RUN 10 miles Start: 7:00 a.m.

This course circles the caldera of Kilauea mostly along the rim (lava and wooded trails). Proceed from the KMC start line counterclockwise to the Hawaiian Volcano Observatory. Take the left fork onto Crater Rim Trail past the Southwest Rift Zone, over the 1982 flow, behind Keanakako'i Crater and over the 1974 lava flows. Turn left on Chain of Craters Road to the Devastation Trail parking lot. The trail winds behind the cinder cone of Pu'u Pua'i down to Byron's Ledge. Course marshals will direct runners left onto Crater Rim Trail, past Waldron's Ledge to the finish line at KMC.

KĪLAUEA CALDERA RUN 5 miles Start: 7:15 a.m.

This beautiful run takes you down into Kilauea Caldera, along the caldera floor and then back out again. Leave the KMC start line going clockwise on Crater Rim Drive past Steam Vents and onto Sandalwood Trail. Descend the trail to the floor of Kilauea Caldera, climb up to Byron's Ledge. Course merges with the 10-mile runners. Course marshals will direct runners onto Crater Rim Trail, past Waldron's Ledge to the finish line back at KMC.

KĪLAUEA CALDERA WALK 5 miles Start: 7:15 a.m.

This non-competitive event enables participants of all ages and abilities to take part in the festivities of race day. Walkers will start as a separate group. They will share the same spectacular scenery, wonderful scents of the rainforest and native birdsongs as the 5-mile runners.

RACE INFORMATION

Race numbers will not be mailed. Your cancelled check, credit card bill or website transaction record is confirmation of entry. ~ NO REFUNDS!

All routes begin in front of Kilauea Military Camp (KMC) flagpole in Hawai'i Volcanoes National Park.

LODGING

Lodging information can be found at www.volcanoartcenter.org. Information can also be mailed to you. Please provide a self-addressed, stamped envelope. Limited lodging is available at Kilauea Military Camp for military personnel, DOD civilians, and sponsored guests. For reservations, call (808) 967-8333 or 438-6707 direct from O'ahu; www.kmc-volcano.com. For Namakani Paio campground information, call Volcano House at (808) 967-7321. Aloha Airlines, official carrier for the race, can be reached from the U.S. mainland and Canada at (800) 367-5250; www.alohaairlines.com.

CARBO-LOAD DINNER

Friday, July 29, 5:00 to 8:00 pm at KMC Dining Room. \$13.50. Open to all. Pick up carbo-load tickets during Late Registration at the Ohia Room at KMC from 5:00 to 7:00 pm. Park entrance fees may be incurred.

RACE SIGN-IN / SHOE SCRUB

Saturday, July 30, 5:00 to 7:00 am at KMC Theater. Arrive at least one hour prior to your start time to park, pick up race number, and have volunteers scrub your shoe soles.

This is mandatory to avoid introduction of alien weeds to the Park's fragile ecosystems.

PARKING

Enter from 5:00 to 8:00 am through KMC BACK GATE OFF HWY. 11 (Milepost 30). From Hilo, continue on Hwy. 11 two miles past the Park Entrance. Please CAR POOL. Exit via the Park Entrance. Do not park near finish line.

AID STATIONS

Located about every 3 miles along the marathon course, and at mile 2 and mile 7 of the 10-mile course.

Water, energy bars, electrolyte replacement drinks and medical supplies will be at the aid stations.

It is highly recommended that marathon runners bring a filled water bottle and energy gels/bars with them.

Further consideration should be given to wearing gloves and other protective clothing to reduce the chance of injury from hardened lava along the course.

FINISH

You must cross the finish line with race number pinned to the front of your shirt. Awards given to the first 3 finishers (open, military, and age division), male and female, of each race except 5 mile walk which is non-competitive. Over 200 prizes for winners. Age divisions: 13 and under; 14-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+.

T-SHIRTS

Given to finishers only; no-shows/no-runs = no shirts. A limited number of souvenir race shirts will be available on race day. Late entrants (after July 1, 2005) WILL NOT be guaranteed a finisher's shirt on race day. Finishers who do not get a finisher shirt on race day will receive one by mail. Please allow four weeks for printing and shipping.

MARATHON

Limited to 225 runners. Time Limit: Must be able to finish the marathon in 7 hours & 30 minutes.

No Walkers for marathon or 10 mile run

CONTACT INFORMATION

Volcano Art Center • P.O. Box 129 • Volcano, HI 96785 • Phone: (808) 985-8725 • Fax (808) 967-8512

E-mail: race@volcanoartcenter.org • Register online at www.volcanoartcenter.org or www.Active.com.

For up-to-date race information including course maps and volunteer forms, go to www.volcanoartcenter.org.

Race Rules

1. Participants must sign a release form waiving all claims for injury or damages that occur during the race. If this waiver is not signed, the runner will not be allowed to participate in this event.
2. Runners participating in the marathon should have trained on trails or participated in trail running events.
3. For safety reasons, no walkmans or other devices may be used during the race.
4. The sponsors for the event are not responsible for any items left at the aid stations, along the course, or at the lost and found table.
5. Runners must follow the directions of all race officials, course marshals and security personnel.
6. Medical personnel have the final authority to remove participants from the race if they are judged to be physically incapable of continuing the race without risk of serious injury.
7. No contestant may use alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants or other such substances with the intent to improve performance.
8. Inappropriate behavior or abusive treatment of volunteers or others acts of poor sportsmanship are grounds for immediate disqualification.
9. If a runner changes races without notifying the race registrar, he/she will be disqualified and will not receive a finisher t-shirt.
10. If a participant decides to withdraw from the race at any time, it is essential that the participant notifies the race director and turns in their race number immediately.



Volcano Art Center

For over a thousand years, Kilauea volcano has been a cultural and creative catalyst. Since 1974, the Volcano Art Center (VAC) has kept this tradition alive. A non-profit organization, VAC's mission is to promote, develop, and perpetuate the artistic and cultural heritage of Hawai'i's people and environment through activities in the visual, performing and literary arts.

While in Volcano, we invite you to visit our gallery, located in a historic building near the Kilauea Visitor Center in Hawai'i Volcanoes National Park. Inside, you will find an outstanding selection of artwork inspired by the Kilauea region. Gallery hours are 9-5 daily. Registered runners receive a 10% discount on gallery purchases (excluding books and music) from July 28 - August 2, 2005.

Visit our new Niaulani campus site in Volcano Village to find out more about the area and the programs of the Volcano Art Center. Check out www.volcanoartcenter.org for additional information and a calendar of upcoming events.

CONTRIBUTING SPONSORS ~ Coca Cola Bottling Co., Creative Arts Hawai'i, Hawaiian Natural Water Co., Hawaiian Sun Products, HUBS Hawai'i, Kea'au Banana Plantation, Ki Mana Academy of Massage, Kona Lua, KTA Super Stores, McDonald's, Meadow Gold Dairies, Petroglyph Press, Punalu'u Bake Shop, Tropical Sun Products, Volcano House, Volcano True Value, The Water Man

YOUR CANCELLED CHECK, CREDIT CARD BILL OR WEBSITE TRANSACTION RECORD IS CONFIRMATION OF ENTRY ~ NO REFUNDS ~

MAIL TO: RACE REGISTRAR / 73-4158 KAALA PLACE / KAILUA-KONA, HI 96740 Kilauea Volcano Wilderness Runs - Official Entry Form

Last Name

First Name

Mailing Address

Phone

City

State

Zip Code

Country

E-Mail

SEX: (circle) M F / BIRTHDATE: / Age on 7/30/05 / Official Use:

LAW ENFORCEMENT / MILITARY DIVISION? (circle) YES NO / T-Shirt Size: (circle) S M L XL XXL

RACE: (circle one) Marathon @ \$45.00 10 Mile Run @ \$40.00 5 Mile Run @ \$35.00 5 Mile Walk @ \$30.00

LATE ENTRY FEE: Add \$5.00 Late Entry Fee if mailed after July 1st (Do not mail after July 22, 2005)

CARBO-LOAD DINNER: Number of persons ____ x \$13.50 = \$ _____ (include this amount with entry fee)

TOTAL ENCLOSED: \$ _____ MAKE CHECKS PAYABLE TO: ATHLETES FOR THE ARTS

Is this your first time participating in the Kilauea Volcano Wilderness Runs? (circle) Yes No

Number of previous Kilauea Volcano Wilderness Runs? _____

How did you hear about us?

- Mailing of race application
- Marathon & Beyond
- Athletes Hawai'i
- www.Active.com
- www.volcanoartcenter.org
- Other: _____

**Register Early
Limited to
1,200 Entries**

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the United States Government, the Volcano Art Center, Athletes for the Arts, Kilauea Military Camp, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race, and my physical condition has been verified by a licensed medical doctor. I understand and agree to the use of my name, pictures and interviews in association with the Kilauea Volcano Wilderness Runs for use in broadcast, telecast, advertisements, books, films, videotape or any other reproduction thereof, with no monetary or other consideration to me.

Signature

Date

Signature of Parent / Guardian if Entrant is under 18



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