



Green Banana 5K & 10K Fun Run

Saturday 3/13/2010: Run Begins at 8 AM Sharp

Day of Registration: Table available from 6:00AM

Pre Registration: deadline 3/10/2010

Available at: www.whwmaui.net or Green Banana Cafe

Run Because you want to not because you HAVE to. Maui's 5 & 10 K Fun Run for Domestic Violence Services on Maui.

A community fun run providing a 5 & 10K Fun Run through the scenic Heart of Paia Town to Kanaha Beach Park encouraging community awareness and intention for Women Helping Women, Maui's Emergency Shelter and Programs for victims of domestic Violence.

Event Description: A community fun run providing a 5 & 10K Friendly Fun Run raising funds and awareness for Women Helping Women. The Friendly Run travels through the Heart of Paia Town starting and ending at The Green Banana Café on Hana Hwy at the Shops at Paia Bay. The run is on pavement and is flat terrain heads west on Hana Hwy past Paia Bay and Baldwin Beach Parks, at Kaunoa Senior Center heads down the old Stable Road behind the airport to Kanaha Beach Park and back for the 10K racers. All routes start and end at the race sponsor The Green Banana Café, racers finishing will be rewarded with a restorative smoothie from the café at the finish line. Aid: A water station will be provided. First Aid supplies and a trained support staff will be available the day of the race. Awards: Awards will be given to the fastest overall male and female finishers in the 5 & 10K runs. Ribbons will be given to the top three finishers in each of the age categories in the 5 & 10K runs. All participants will be eligible for our prize drawings during and after the awards. Awards will be also given for Best Overall Team with Team Spirit, Best Advocacy for Women Helping Women presentation, Best Green Ensemble or Costume. Although we love both bears and dogs—please leave your furry loved ones at home.

For more information and registration visit

www.whwmaui.net or visit www.greenbananacafe.com

Or drop in at Green Banana Café in Paia to pick up a registration form.

Women Helping Women is Maui County's Emergency shelter and programs for victims of domestic violence. The mission of Women Helping Women is to end domestic violence through advocacy, education and prevention; and to offer safety, support and empowerment to women and children, victims of domestic violence.

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