



# Honolulu Rainbow EKIDEN

## ADDRESS

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Runners are allowed to carry, or wear, hydration backpacks, hydration vests and/or fuel belts while completing 5K, Hawaii's scenic landmark course.

Runners and spectators cannot bring glass containers to any event site. Flammable liquids are also prohibited from being carried into any event location. 2 medical doctors will be at site on event day. S/he may be contacted immediately upon the occurrence of an incident, or injury and then be able to go directly to the scene.

## PERSONAL BELONGINGS

Runners and spectators should never leave bags unattended anywhere near a course or the start and finish areas. There will be NO lockers or bag drop services, please arrive ready to run and plan to keep any items you bring on you or have your teammates hold them.

## COURSE

The course will NOT be sealed off completely. Please follow directions by the police officers and volunteers.

"Fun Run and Walk" will walk the same course as the EKIDEN relay runners. Please be aware of other runners as they will be coming from behind. We ask for walking participants to stay on the right side of the course and share the road, so that the runners can go pass you.

## KOKUA(=support)

Runners and spectators are asked by the Organizer and its law enforcement partners to actively observe their surroundings while also supporting the procedures put in place to ensure the safety of all. If something suspicious is observed, individuals should report it immediately,

Event status updates, weather and news alerts will be disseminated on social media and the event website.