

zero waste



SATURDAY
JUNE 22
6:30-10 AM
KAPA'A BEACH PARK
NEXT TO KAPA'A LIBRARY

sponsored by



PRE-REGISTER FOR FREE AT GETFITKAUAI.COM BEGINNING JUNE 1ST!

SCHEDULE

6:30AM CHECK-IN

T-SHIRTS FOR THE FIRST 500 PRE-REGISTERED. BRING YOUR HEALTHY FOOD ITEMS TO THE HEALTHY FOOD DRIVE TENT.

7:00AM WELCOME + WARM-UP

7:15AM EVENT BEGINS

WALK, BIKE, RUN, STROLL OR JOG BETWEEN ONE AND EIGHT MILES — YOUR CHOICE!

8:00AM BREAKFAST OPEN UNTIL 10AM

(SPONSORED BY HMSA), DANCING, GAMES, PRIZES, ZUMBA AND SO MUCH MORE!

9:45AM GRAND PRIZE DRAWING

YOU MUST BE PRESENT TO WIN PRIZES.



BRING HEALTHY FOOD ITEMS FOR THE KUPUNA HEALTHY FOOD DRIVE AND RECEIVE FREE SUNGLASSES

[FOOD IDEAS HERE](#)

FREE TRANSPORTATION AVAILABLE VIA THE KAUAI BUS FROM WESTSIDE AND NORTH SHORE. FIND SCHEDULE AT <https://www.kauai.gov/Transportation>



If you need an ASL Interpreter, materials in an alternate format, or other auxiliary aid support, or an interpreter for a language other than English, please contact Bev Brody at 808-212-4765 or bev@getfitkauai at least seven calendar days before the event.