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COACH RON GUNN'S
ANNUAL (*INCREDIBLE*)
ALOHA HANG LOOSE
HAWAIIAN FANTASY
RUN/WALK
Dowagiac, Michigan
FRIDAY
JANUARY 1
9-11AM
open start

- DISTANCES:** 7.7 Mile Feature (for those who can handle the hot sun).
5.2 Mile Novice (for those who need a trailing trade wind).
3.2 Mile Fun (for those who had too many *Mai Tais*).
- DIVISIONS:** Run or walk for *Kane*, *Wahine* and *Keiki* (men, women, and children).
- COURSE:** Flat, scenic course that winds it's way through the Hawaiian Islands, including Volcanoes National Park, Diamond Head, Haleakula, and Kaanapali (hilly, treacherous roads and trails around the Dowagiac area).
- ENTRY FEE:** Donations to the *Track Coaches Retirement Center* on Kaanapali Beach (voluntary donation to the *Food Bank* of St. Paul's Episcopal Church in Dowagiac).
- AWARDS:** *Leis* for those who run *wiki wiki* in their division. (*Leis*, really!)
- REGISTRATION:** Race is limited to the first 50,000 to appear at Ala Moana Park in Nike flip flops. (Meet at St. Paul's Episcopal Fellowship Hall-directions on reverse side)
- SOCIAL DISTANCE START:** This year there will be an open start between 9:00 and 11:00AM.
- WAIVER:** All participants must use a sun lotion with SPF of at least 30 and bring a certificate for falling coconut insurance (sign waiver for treacherous conditions).
- SPONSOR:** Hawaiian Airlines (St Paul's Episcopal Church Food Bank Program)
- REHYDRATION:** Unfortunately this year's run/walk will not have a post race *luau* and *puu puus*. However, Windmill cookies, hot chocolate, and bottled water will be provided.
- PURPOSE:** This is a fun and positive way to start the New Year on an upbeat fitness note before settling down to watch that minor sport on TV. This is a lowly organized fun run and walk. There will be no traffic control and probably no aid stations. No results will be recorded and times will be called if the race director isn't busy doing the *hula*.
- DIRECTIONS:** See reverse side for directions and a beautiful explanation of "Aloha."

FEDI FE!

[French Creole (Haitian) for *Fire up!*]

(TURN OVER)

— DIRECTIONS —

The *Aloha Hang Loose Fantasy Run & Walk* starts and finishes at **St. Paul's Episcopal Fellowship Hall** in Dowagiac. Their address is **306 Courtland, Dowagiac, MI 49047**. Once in Dowagiac follow M-51/ M-62 through town to Green Street (two blocks east of the hospital) and turn north. Go one block to Courtland, turn east and go ½ block to the church. Parking is limited and it would help if you parked at the *Lyons Medical Center* parking lot (about 1.5 blocks west of the church).

If the weather allows we will have the courses include a portion of the beautiful trails surrounding Dowagiac. I also plan to add to the course a tour of the 15 beautiful sculptures and the Lee and Gardner mansions. In case of a tsunami we will use the old *Run for Hungry Children* road course.

Sorry, but no potluck this year! We expect everyone will mask and social distance at the beginning and the finish of the course. Keep good separation while on the course and everyone should be safe.

If you are unable to attend but wish to donate to the Food Bank please send a check payable to **St. Paul's-Dowagiac** with **Food Bank** on memo line and mailed to the address above.

Mèsi! [Haitian Creole for *Thank You!*]

The Spirit of Aloha

During my first trip to the Hawaiian Island many years ago I was hiking with young son Jeff along the Black Sand beach. We stopped to rest at a bench and out of nowhere a Hawaiian woman appeared and gave Jeff a bird figure woven of a reed-like plant and then she simply walked away. This was my first real experience with the spirit of *Aloha*.

***Aloha* is the most beautiful word in the Hawaiian language.** It means many things depending on how it is said. Most visitors to the Islands think that it means hello, good-bye, love or friendship. However, the real meaning goes much farther. Perhaps the best way to describe the meaning of *Aloha* is listed below:

Aloha means welcome, what I have you may have, share with me.

Loko maikai means what I say comes from my heart. I have good intentions.

Olu olu means happy, happy doing for others, a Hawaiian heritage.

Ha aba a means humility and meekness, we are happy to serve.

Aloha means love, near or far, you are always in my heart.

According to the old *Kahunas* (priests) *Aloha* literally means “Divine breath of life.” What a beautiful expression! So the next time someone tells you *Aloha*, remember what the original meaning is:

“God has breathed in us the ultimate Aloha, *His Holy Spirit*,” how wonderful!