Stride for Kauai 100-Mile Challenge

Final Instructions

STRIDE FOR KAUAI 100-MILE CHALLENGE GENERAL INFO
May 1 - August 31, 2022
www.thekauaimarathon.com

HASHTAG/SOCIAL MEDIA
Stay connected with our TKM 'ohana, as well as your fellow runners by using #strideforkauai on all social media posts! Be sure to follow @thekauaimarathon on Instagram where we will help motivate you to your finish line!

Virtual Dates

From May 1 - August 31, 2022 virtual race participants can complete the 100-Mile Challenge mileage on the route and time of their choosing.

Print Race Bib

Are you ready to run? Print your race bib!
You can easily print your 2022 Stride for Kauai 100-Mile Challenge race bib. Simply click on your confirmation email, select "manage your registration" and then print race bib. If you cannot find your confirmation email, please click **HERE** and resend yourself a new confirmation email using the email address that you signed up with.

Safety Tips

1. Plan for a safe and successful challenge. Make sure that you have plenty of hydration and snacks to keep you going, as well as choose routes that have a public restroom.
2. Choose safe routes that you are familiar with. Since the roads will not be closed like a typical live event, you need to obey traffic laws and signage in that area.
3. If you are running in a group, fantastic. However, if you are solo, please let someone know when you start and finish your runs, as well as the courses that you plan to take.
4. Check the weather for the dates and times that you are planning to run and dress accordingly.
5. Choose the time of day that your body is most used to running… keep to your typical routine.
6. If it is comfortable for you, bring a cell phone. It's a great way to document your virtual journey or useful if you are feeling sick, twist an ankle or feel unsafe.
7. Wear bright or reflective clothing.
8. Call 911 if you have an emergency and please carry ID.
9. Most importantly, listen to your body! Stay hydrated and take a break and rest if you need.

Upload Daily Mileage

Upload daily mileage!
- There are two ways to upload your daily mileage. One is manually and the second is using the Race Entry Experience app.
- For step by step directions, click here.
- All mileage should be submitted to raceentry.com by the end of the day HST on August 31, 2021.

Finisher's Certificate

Congrats! You have done it! Print your finisher's certificate and celebrate! You finished your Stride for Kauai 100-Mile Challenge! You can download your finisher's certificate on your personal results page. Simply click print finisher's certificate.

Race Swag

Your super comfy t-shirt, finisher's medal and logo'd race bag will be mailed to you upon completion of the challenge.

Disclaimer

The Kauai Marathon and Half Marathon and its sponsors are not responsible for your safety while running virtually. Please use common sense, be aware of your surroundings and use caution at all times.