



NEWS RELEASE

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Stretch Out and Sign Up for the 7th Annual Honolulu Ekiden & Music

*For the first time solo runners can register to take part in the full
26.2 mile scenic course along Oahu's east shore.*

Honolulu Ekiden & Music Photos: bit.ly/HonoluluEkiden2019Photos

Photo Credit: Ross Hamamura & SONY

HONOLULU (March 14, 2019)—Runners from around the world only need to race to their computers to sign up for this year's 7th Annual [Honolulu Ekiden and Music](#) held on Sunday, May 19, 2019. This is the first year that individual runners can participate in the 26.2 mile run, that starts and ends at Kapiolani Park and will take participants past many iconic Oahu sights, including Diamond Head, Waikiki Beach, Hanauma Bay, and Sandy Beach.

Participants can register online at <http://hnl ekiden.org>. Entries for individuals in the team category cost is \$60 per person, and are \$99 per person for those running individually. The last day to sign up online is May 15, 2019. Participants can also sign up on Packet Pick Up Day, May 18, 2019 at a higher fee of \$70 per person for ekiden teams or \$119 per person for individual entries.

"We are delighted to continue to bring the popular tradition of 'ekiden' races to Hawaii with the celebration of our annual Honolulu Ekiden and Music event." said Honolulu Ekiden Foundation President, Tomohiro Murakami. "What makes this race so special is not only the fact that it is the only race that takes participants all the way to Sandy Beach, past Hanauma Bay, but many of our runners from Japan also love returning year-after-year to soak up the sun and beautiful aloha spirit here in the islands."

Ekiden—which loosely translates to long-distance relay race—are popular in Japan. For those participating in the "ekiden" race, the course is divided into six sections and runners can create a team of up to six people. Ekiden originally started in Japan when important news needed to be relayed from distant provinces to the capitol using a series of messengers, each carrying the message for a different leg of the journey. Today the tradition continues to promote unity and perseverance.

Throughout the race, free entertainment will be provided by top local and Japanese artists including Brother Nolan, Na'ehu, Shawn Garnett, Tegan & Kaylen, Halau Hula Kawai'ulaokala, and more at the Kapiolani Bandstand stage.

Committed to giving back to the local community, proceeds from the event will go to the Honolulu Ekiden Foundation, which each year makes a donation to a local nonprofit. In 2018, the Honolulu Ekiden Foundation donated a total of \$13,000 to the following nonprofits:

- 808 Basketball League
- Anchor International Church
- Eastsidaz Basketball
- Hawaii Bicycle League
- Kauai Lani
- Oahu Baseball

For more information, visit <http://hnlekiden.org>, or follow them on Facebook, www.facebook.com/hnlekiden.hi, Instagram, www.instagram.com/hnlekidenhi/, or Twitter, <https://twitter.com/hnlekidenhi>.

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About Ekiden Foundation

The Honolulu Ekiden Foundation was formed on January 3, 2013. Its mission is to promote the advancement of peace and social welfare among people of the Pacific Rim, Hawaii and Japan, in particular, through amateur sports and cultural activities. The Ekiden and concert will provide recreation, exercise, entertainment, cultural exchange, and an economic boost to the local community.