

Irwin Santos

From: Carole Kai/Great Aloha Run [carolekai@greataloharun.com]
Sent: Thursday, December 18, 2008 12:34 PM
To: Irwin Santos
Subject: Stay in Shape During the Holidays - News from Great Aloha Run

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December 18, 2008 - Thursday

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MESSAGE FROM CAROLE



We are thrilled that over 1,000 people voted in last month's Click-n-Win contest! And the winners are...



The Dragon of 2000 was the favorite GAR t-shirt design from the past 24 years.

The big winners, of course, were the lucky people who won \$3,000 worth of Chevron with Techron® gas cards.

The first 50 people who stayed up past midnight to vote in our Click-n-Win contest earned themselves a \$25 Chevron with Techron® gas card.

Congratulations to our overall winners who were selected at random:

- **Sherry Kahawaii of Laie** - Grand Prize Winner, \$1,000 Chevron with Techron® gas card
- **Daryl Arai of Ewa Beach** - 1st Prize Winner, \$500 Chevron with Techron® gas card
- **Carol Fujita of Mililani** - 2nd Prize Winner, \$250 Chevron with Techron® gas card

Their gas cards should buy them gas for a long, long time!



FOR YOUR HEALTH

'Tis the season to be jolly! Don't let those holiday parties throw you off your path to fitness. Let the Great Aloha Run come to your rescue

GAR's Official In-Training Workshop with Dr. Christ starts this Sunday, December 21, 7:20 a.m. at Kapiolani Park Bandstand. This 8-week Workshop is free for all registered GAR participants and meets every Sunday through February 8, 2009. With our GAR Workshop, you can do it! [Click for more information.](#)

[Dr. Christ](#), Director of the Acu-Power Clinic which offers Affordable Alternative Health

Care, has been the Great Aloha Run's In-Training Workshop Director for the past eight years.

GAR CHARITY

Lanakila Senior Center

Carole Kai and the Board of Directors of the Great Aloha Run donated \$10,000 to the Lanakila Multi-Purpose Senior Center last week after reading about the Center's financial difficulties in [The Honolulu Advertiser](#) and seeing it on the KGMB news. Lanakila, the largest senior center in Hawaii, serves more than 2,000 people ages 60 and older each year.



"I think it's important for all GAR participants to know that their entries contribute directly to our ability to help local charities. GAR is very responsive to the community's needs," said GAR co-founder, Carole Kai. Great Aloha Run's gift triggered a groundswell of support for the Senior Center. "After American Savings Bank saw our picture in the Advertiser, they pledged another \$10,000 and also challenged other companies to match their gift," said Kai. "The Great Aloha Run is truly a catalyst in our community."

GAR NEWS

2008 Lucky 7 Winners



Last year, the Great Aloha Run unveiled a new program to encourage small groups of

family, friends and neighbors to do the GAR together. This is the story of our 2008 Lucky 7 winners, Rainbow Connection. We hope their story will inspire more people to organize Lucky 7 teams. You can download the team form at the [Great Aloha Run website](#) and attach with 7 complete applications and qualify for the Lucky 7 entry of \$30 each.

Here's a little story of WHY the GAR is such a big part of this family's lives.

For many years, the Lee children would participate in the Great Aloha Run as individuals. A few years later, parents Juanita and Kimo Lee joined in and made it a fun family activity. Each year, the family would come together in the spirit of family bonding and health and fitness. They chose the Great Aloha Run because it was also important to instill the idea of giving back to the community.

Mr. Lee died in 2004. After his passing, the ohana sat out from the GAR. But in 2007, Juanita Lee rounded up her family again and entered them as a Lucky 7 Team.

2007 was a tough year for the Lee's. Despite the fact that some members were suffering from medical issues, the team made it to the start line on Race Day. From the beginning, the team/family supported and encouraged each other. At the Aloha Stadium, the family celebrated and cheered each other on as they triumphantly crossed the finish line.

"It was very special having my family return to do the Great Aloha Run. Finishing the Great Aloha Run is always exciting and heartwarming for my family. That is what it really is all about, " said Juanita. "The Great Aloha Run brings families together and, being the first recipients of the Lucky 7 contest was the icing on the cake!"

Due to the unforeseen closure of Aloha Airlines and the rising cost of travel, Rainbow Connection was not able to redeem last year's prize package. But through the generous support from two local businesses, this Lucky 7 team will be enjoying a fantastic prize after all. [Aqua Hotels](#) will be providing the team with 7 complimentary night stays and [California Pizza Kitchen](#) will host a pizza dinner for the team during their stay in Waikiki.

Through rain and shine, Team Rainbow Connection has endured!

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Ke Kukini Me Ke Aloha Pau'ole

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