



Castle Medical Center

Adventist Health

Exceptional Medicine by Exceptional People



# Hele On Kailua

## CYCLOVIA HAWAII



### Sunday, August 26th, 2012 Hekili Street and Pali Lanes 10:00 a.m. - 3:00 p.m.

Come Play in the Street during Hawaii's 1st Cyclovial  
10:00 a.m. Hele On Kailua 5K run starting at Hekili Street  
Register online at [www.active.com](http://www.active.com)  
11:00 a.m. - 3:00 p.m. all other activities.

#### Escorted bike rides

- To the Marine Corps Base Hawaii departing Hekili Street at 11:45 p.m. and 1:45 p.m. For experienced riders. Helmets and waivers required.
- To Enchanted Lake Community Park departing Hekili Street at 11:45 a.m., 12:45 p.m. and 1:45 p.m. Returns on the hour starting at 12:00 noon. Helmets required.

#### Activities at Enchanted Lake Community Park:

Jump Rope, Hula Hoop and other kids' games, Bicycle Skills 123, and Bike Maintenance.

#### Activities at Hekili Street:

- Bike maintenance and Helmet and bike fit demonstrations.
- Cycle On Runway spotlighting local bike shops and clubs.
- Zumba, Boot Camp and Yoga.
- Special visit by Gary Toth, national expert on healthy and active transportation.
- Informational booths and wellness tests.
- Food, Entertainment and more!
- Random prize drawings throughout the day. Must be present to win. Something for everyone!

**Mahalo:** Mayor Peter B. Carlisle, Senator Pohai Ryan, Rep. Cynthia Thielen, Rep. Chris Lee, Councilmember Ikaika Anderson.

The event will be taped and broadcast on Olelo.

Follow us on Facebook:  
Cyclovial Hawaii or Visit  
[www.CyclovialHawaii.org](http://www.CyclovialHawaii.org)

Contact:  
Natalie Iwasa, aka Bike Mom at 395-3233 or  
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