

Old Koloa Sugar Mill Run Kauai Reviews



Guest

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[Kauaikag](#) 1 posts since

Oct 24, 2009 1. **Re: Old Koloa Sugar Mill Run Kauai Reviews** Nov 1, 2009 6:34 PM

I was VERY disappointed in this year's event and hope that organizers are replaced/educated for future events. I have participated in this, and other 5K and 10K walks, in the past. There is only 1 walking event (5K), so many of us do the 10K or 10mile as a walk instead as it is more of a challenge and coincides with the training that we participate in (I did 10K). I've many comments, but will limit to the most serious which is.....what's up with the water situation???? The station @ 5K turnaround is several yards out of the way (why not make it more convenient for ALL participants on the outbound leg of the race??); the station at the 10K right turn (approx. 3 miles) was OUT OF CUPS and frantically filling 2 water bottles to offer people (YUCK). The 10K turnaround had no water station, yet you could see just a few hundred yards down the way a water station for the 10M runners!!! The return route I was hoping the station had been wise enough to call for more cups (which they didn't) and were still offering the same 2 water bottles (GROSS)!! Back at the 5K turnaround station I was lucky enough to get a cup of water, but by then it was too late for me as I had already lost so much in fluids that it was hard to go on. I finally had to stop at the turn back onto the bypass road. The police officer was very concerned, and was apologetic that he had no water to offer. A gentleman rode up on a small motorcycle (who I believe was part of the race organizing team?) and had no water; in fact, told me there wasn't any water at the finish line either as sponsors had just packed up the water and left. A friend ran back up from the finish line to help me, saw the condition I was in, and went to a local house to ask for water (thank you kind people). Rested about 15 minutes and slowly walked the remaining 1/3 mile or so. Nobody at finish line wanted to be accountable, as they all "had their jobs" to do. It was an EXTREMELY hot day and more thought should be given to additional water stations along the routes in such conditions, or at least race monitors out to make sure everyone is OK (none to be seen, of course). Should I have carried my own water and not depended on aid stations? Probably so; definitely so if I participate in THIS race again. I hope others write in with comments on other aspects of this race that were poorly run.



[lilikoimoon](#) 1 posts since

Oct 6, 2007 **2. Re: Old Koloa Sugar Mill Run Kauai Reviews** Nov 4, 2009 3:36 PM

This is the first time I am writing a race review, and I am only doing out of concern for the health and safety of the runners of the Old Koloa Sugar Mill Run. This was the 3rd year that I ran in the 10 mile race and I was incredibly surprised by the lack of volunteer support on the course. More than anything, though, was the lack of water. I have no problem carrying my own water, yet have never needed it in the past due to the well run race and water stops.

I felt like there were not enough volunteers to keep up with the runners coming to each station, as well, I think that the volunteers may not have been informed as to their duty.

One other item worth mentioning was the condition of the road coming into the 10 mile turn around. I do understand that this race is a volunteer driven race by the Rotary Club of Kauai, which I wholeheartedly support. However, a little forewarning as to how many water stations were going to be available, how many aid stations (I saw none) and the road condition may have helped in making this race run smoother.



[dmurraykauai](#) 2 posts since

Oct 29, 2009 **3. Re: Old Koloa Sugar Mill Run Kauai Reviews** Dec 9, 2009 4:46 PM

I'll post a good review since all the bad stuff has been outlined. This was my first time running this event. By living here and looking at the race map before hand, I knew where to go during the 10 miler, but I agree... there was some confusion. As for water, I grabbed a cup at each station. No problems at all. It's actually nice to have a few water stations on a 10 mile run, which I never have when out on my own. Big mahalos to Jim @ Kauai Springs for providing buckets and buckets of delicious h2o! I drank way too much at the end of the race but man, it was refreshing!

Good job all... some hiccups, but overall good times.



[clark_007](#) 1 posts since

Jan 20, 2009 **4. Re: Old Koloa Sugar Mill Run Kauai Reviews** Dec 9, 2009 5:10 PM

It's hard for me to rate this. I love the race course and the race. I live on Kauai and there are only 3 running events on Saturdays a year (Captain Cook caper, Ha'ena to Hanalei, Koloa Sugar Mill) so of course I want the race to be here every year. The race organization does need to improve mainly with the helpers out on the course. I did the 10 mile and went out in the lead at the start:

Problem #1 - The cop at the first road motioned for me to turn right which I did, then he yelled and said, "No, This way!" He was on his cell phone and was obviously distracted so I ran a little extra at this spot.

Problem #2 - At the 5k turnaround the lady said "Ok, now turn around and run back." I ran the 5K in 2008 so I knew for the 10 mile it wasn't time to turnaround. I told her I was running the 10 mile and asked where to go. She didn't respond.

Problem #3 - In the dirt roads at about mile 3.5 there is a fork in the road of 2 major roads. No arrow or person was present. I had to guess which way. I got lucky.

Problem #4 - THIS ANNOYED ME. I was still in the lead and kept running. I passed the mile 4 cone (which is close to where the turnaround should have been) and ran 3/4 mile further until my road just ended. I knew something was screwed up. I ran back the way I came and got to the turnaround for the 10-mile where there now was a cone and a race helper. I yelled (and I am sorry if I was mean but I was ticked) and asked where the helper was 10 minutes ago when I passed. The turnaround was not set up when I first passed. I was now 8-9 minutes behind. I did manage to push myself and ended up winning but my time was for approx 11.4 miles and not the advertised 10 miler. I did look at the map before the race but even then there is no way to know the exact turnaround spot on unmarked, unnamed dirt roads and nobody wants to guess short.

But like I said, there are only 3 races on Saturdays (I don't run on Sundays) so I will be back. And next year I know where the turnaround is for the 10 miler.

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[dmurraykauai](#) 2 posts since

Oct 29, 2009 5. **Re: Old Koloa Sugar Mill Run Kauai Reviews** Dec 9, 2009 10:41 PM

↑ in response to: [clarky_007](#)

awesome job clarky_007! Man, congrats on your time and actually winning! An extra 1.5 miles and STILL took it. Solid bro.

It's different when you're carving the initial trail instead of following the pack (like me).

aloha,

dave



[Leadville Fan](#) 1 posts since

Oct 8, 2009 6. **Re: Old Koloa Sugar Mill Run Kauai Reviews** Dec 20, 2009 11:41 AM

I had a good time on this course, but there were some things that amazed me.

~~This course was not quite out and back and the volunteers needed to be a little more on top of things. I have been a volunteer at a race and have been coordinators for many races and know this is always a hard area to have planned to a "T". There needs to be at least 2 more water stops preferably on the outbound and on the right side of the road. . . so there's no need to cross the road to get water. I couldn't believe there was no water on the outbound right side and passed the first station because i was sure there was water around the corner for the 10K.~~

I was further amazed that one could run out of water glasses at such an event. Kudos to the guy at the Y juncture East of the Mill who rinsed out gatorade bottles and filled them for us. I have a low immune system but was in such need of water I didn't care what anyone else had at that moment.

After the water station at the West side of the Mill (by the entrance) I turned around and started back to go down the gravel road. The two women who were at that aid station didn't

say anything, the elderly gentleman who was at the "T" of that road was very nice and shouted at me.

I also was amazed that we ran on volcanic gravel. I don't think that was part of the race description and I don't run on gravel so I had to walk most of that area. I thought the course was "out and back" and the outbound was all on pavement or dirt.

At the finish, I really wanted water, but there was none to be found. My husband had been waiting for me and said that there was a lot to be desired. That there was no one out on the race course when the 10mile and 10K started, that there was a rush to get people in place AND, the one that amazed me, that he overhead race promoters saying that it is each racer's responsibility to know the course, where the turn arounds are, etc. I was amazed at this attitude. Further, I was amazed that race coordinators/people could say that they weren't prepared for as many entrants as were there. How could you not be prepared for that? You had the race numbers ahead of time and the starting area person even said the race has grown in numbers each year it has existed.

I was disappointed that you had race day packet pickup--that was the opposite of what was advertised and actually we cut our Friday exploration of the island short because we had to get Lihu'e to get the packet.

The costumes were fabulous and it was nice seeing people in teams. I can say, from going from the Midwest to Hawaii in October, I was definitely not use to the humidity that you have and that more hydration on the course would have been great. The race was great in that I got the training run in I needed. If we go to Kauai again, I'll be sure to run with my own hydration!