



ALOHA READINESS SERIES



Combined Entry Form for:
SAM's 5K - Harold Chapson 8K - Johnny Faerber 10K Run
 Sign up for all three races at a series-race discount:
 \$30 for MPRRC Members, \$60 for non-members.
 (Life MPRRC members free without getting shirts, \$15 with shirts,
but you must pre-register)

***Series designed to help runners prepare for the Kaiser Permanente Great Aloha Run which takes place on February 15, 2010. For more information on this race go to greataloharun.com**

Individual races and fees are:

***SAM's 5K**, \$10 for members, \$20 for non-members, Sunday December 6, 2009, race starts 7 a.m. at Monsarrat Ave. entrance to Waikiki Shell parking lot.

Packet pick-up Saturday, Dec. 5, Running Room, 819 Kapahulu Ave., 10 a.m.-2 p.m. Late entries, \$15 and \$25 postmarked after Nov. 30. Race day entry \$30 for everyone.

***Harold Chapson 8K**, \$10 for members, \$20 for non-members, Sunday January 10, 2010, race starts 7 a.m. on Monsarrat Ave. between Kapiolani Park and Honolulu Zoo.

Packet pick-up Saturday, Jan. 9, Running Room, 819 Kapahulu Ave., 10 a.m.-2 p.m. Late entries, \$15 and \$25 postmarked after Jan. 4. Race day entry \$30 for everyone.

***Johnny Faerber 10K**, \$15 for members, \$25 for non-members, Sunday January 31, 2010, race starts 6 a.m. on Kalakaua Avenue beyond Kapiolani Park tennis courts, facing Diamond Head.

Packet pick-ups: (1) Friday Jan. 29, Running Room, 819 Kapahulu Ave., 4 p.m.-7 p.m. **(2)** Saturday Jan. 30, Runners HI, 98-390A Kamehameha Hwy., Aiea, 10 a.m. -3 p.m. Late entries, \$20 and \$30 postmarked after Jan. 25. Race day entry \$35 for everyone.

Enter online for series or individual races at active.com. Visit MPRRC.com for course descriptions. No refunds. Entry fee includes a T-shirt and chip-timing. Awards to top three elite male and female finishers plus 5-year age-group awards. More information, call 295-6777. To volunteer, call Joan at 535-9070.

Please use ink and print legibly. Fill out form completely. Check the races you wish to enter.

Last Name _____ First Name _____ Make check payable to MPRRC

Address _____ **Mail entry form with payment to:**

City _____ State _____ Zip _____ TIMELINE Hawaii
 PO Box 25566
 Honolulu, HI 96825

Phone (day) _____ Phone (eve.) _____

Email: _____ Gender: ___ M ___ F Date of Birth _____ Age on Race Day _____

All three races ___ or, individually, SAM's 5K ___ Chapson 8K ___ Johnny Faerber 10K ___ Amount enclosed _____

Member _____ non-member _____ lifemember _____ late entry _____ race day _____.

T-shirt (adult sizes) S M L XL

WAIVER: I know that walking/running in a road race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to complete the race safely. I assume all risks associated with running this event including but not limited to, falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release any and all rights and claims for injuries and damages I may have against and agree to hold harmless the Mid-Pacific Road Runners Club, Road Runners Club of America, the City and County of Honolulu, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising from my participation in this event, including pre- and post-race activities. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimated purpose.

Signature/ Signature of parent or guardian if entrant is under 18. _____ Date _____