



# 2015 ALOHA READINESS SERIES

## Combined Entry Form

**Bob & Ron's 5K - Harold Chapson 8K - Johnny Faerber 10K Run**  
Series price for all 3: \$50 for MPRRC Members, \$75 for non-members.  
(MPRRC life members \$10 per race or \$25 for the series but must submit entry form to reserve bib and chip.)



To receive series price, please turn in application by Dec 26

**Prepare for the Kaiser Permanente Great Aloha Run on February 16, 2015**

**For more information on this race go to [greataloharun.com](http://greataloharun.com)**

### Individual races and fees are:

**Bob & Ron's 5K**, \$20 for members, \$30 for non-members, Sunday Jan.4, 2015, race starts 7 a.m. at Monsarrat Ave. entrance to Waikiki Shell parking lot.

**Packet pick-up** Saturday, Jan. 3, Running Room, 819 Kapahulu Ave., 10 a.m.-2 p.m. Late entries, \$25 for members and \$35 non-members for postmarked after Dec 26. Race day entry \$40 for everyone.

**Harold Chapson 8K**, \$20 for members, \$30 for non-members, Sunday January 18, 2015, race starts 7 a.m. at Kapiolani Park.

**Packet pick-up** Saturday, Jan. 17, Running Room, 819 Kapahulu Ave., 10 a.m.-2 p.m. Late entries, \$25 for members and \$35 for non-members postmarked after Jan. 12. Race day entry \$40 for everyone.

**Johnny Faerber 10K**, \$20 for members, \$30 for non-members, Sunday February 1, 2015, race starts 7 a.m. on Kalakaua Avenue beyond Kapiolani Park tennis courts, facing Diamond Head.

**Packet pick-up:** Saturday Jan. 31, Running Room, 819 Kapahulu Ave., 10 a.m. -2 p.m. Late entries, \$25 for members and \$35 for non-members postmarked after Jan. 26. Race day entry \$40 for everyone.

*This is an RRCA state championship race.*

Enter online for series or individual races at [active.com](http://active.com). Visit [MPRRC.com](http://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, e-mail [jrdva4vp@hotmail.com](mailto:jrdva4vp@hotmail.com) or phone 535-9070.

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

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ Phone (eve.) \_\_\_\_\_

Email: \_\_\_\_\_ Gender: M F DOB \_\_\_\_\_ Age on Jan 4, 2015 \_\_\_\_\_

Select race(s): All three races    Bob & Ron's 5K    Chapson 8K    Johnny Faerber 10K

Amount enclosed \_\_\_\_\_ T-shirt (adult sizes) S M L XL

Circle one: Member    Non-member    Life member

Late entry    Race day

**Make check payable to MPRRC. Mail entry form with payment to:**

TIMELINE Hawaii  
PO Box 25566  
Honolulu, HI 96825

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 and 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 legitimate purpose.

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