



# Old Pali Road 4.4-mile Run



7 am- Sunday, September 13, 2015

Kionaole Road, Kaneohe

By entrance to Koolau Golf Course

Pre-registration: \$20 for non-members, \$10 for members, life members – free, but must register. Registration is available on [active.com](http://active.com).

Race day registration: \$30 for non-members, \$20 for members, \$10 for life members. Please arrive by 6:15 am if registering on race day.

Entry fee includes chip-timing. This is an informal race – no t-shirts. NO refunds.

A hilly out and back course on the Old Pali Road (mostly closed).

Awards will be given to top three elite M&F finishers plus 5-year age-group awards.

For more information, visit [www.mprrc.com](http://www.mprrc.com) or call 295-6777.

-----  
Old Pali Road Run. Please use ink and print legibly. Fill out form completely.

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: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Gender: \_\_\_ M \_\_\_ F      Amount enclosed \_\_\_\_\_

Member \_\_\_\_\_ non-member \_\_\_\_\_ lifemember \_\_\_\_\_ race day \_\_\_\_\_.

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. Anyone pushing a child in a stroller assumes full responsibility for that child and the club takes no responsibility for the child in a stroller. 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