



# Silvia A. Martz Memorial 5K Run

Sunday, November 27, 2016, 7:00 am, Kapiolani Park

### Course

Monsarrat Avenue (Waikiki Shell Parking Lot) proceeding clockwise for 1¾ laps around the park to the marathon finish line.

### Awards

Given to the male and female top three overall finishers plus 5-year age group awards

### Fees

\$15 for MPRRC members  
\$25 for non-members  
Free for MPRRC Life members (no shirt), \$5 with shirt  
Race day costs \$30 for everyone  
Entry fee includes t-shirt and chip timing. No Refunds  
T-shirts are not guaranteed for late entries.  
You may also register on Active.com.

**Packet Pick-up: Saturday, November 26, 2016**, at the Running Room, 819 Kapahulu Avenue. To volunteer email [jrdva4vp@hotmail.com](mailto:jrdva4vp@hotmail.com) or call 808-295-6777. For more information visit [www.mprrc.com](http://www.mprrc.com) or call 808-295-6777.



This race is the 2016 *Road Runners Club of America* Hawaii State Championship 5K. Championship awards will be presented to the male and female winners in the Open category, Masters (40+), Grand Masters (50+), and Senior Grand Masters (60+). These awards are in addition to the race awards.

**Silvia A. Martz Memorial 5K Run. Please use ink, print legibly, & fill out the form completely.**

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

Address \_\_\_\_\_

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

Phone (day) \_\_\_\_\_ Phone (evening) \_\_\_\_\_

Email \_\_\_\_\_

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

Choose one: Member \_\_\_ non-member \_\_\_ Life Member \_\_\_ Race Day entry \_\_\_

Make check payable to:  
**MPRRC**  
  
Mail entry and payment to:  
TIMELINE Hawaii  
P.O. Box 25566  
Honolulu, HI 96825  
Amt enclosed: \$ \_\_\_\_\_

T-shirt size (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 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, State of Hawaii, 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 purposes.

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