

Mid-Pacific Road



Runners Club

# The Tantalus 10-Miler

Sunday, October 8, 2016, 6:30 am, Makiki Heights

### Location

Makiki Park area near the water tank. Please park on Makiki Heights Drive roadside so that tires are off the road.

Course: The course is counterclockwise this year, heading downhill to left turn on Makiki Street, then left on Round Top Drive, up Round Top for about 5 miles to its merge point with Tantalus Drive. The course then is mostly downhill on Tantalus for nearly five miles to merge right with Makiki Heights Road, a short distance from downhill finish line at same site as start line.

### Fees

\$10 for MPRRC members  
\$20 for nonmembers  
Race Day entry is \$30  
MPRRC Life members are free (must complete entry form)  
No Refunds. MPRRC may impose an entry cut-off at 200.

This is a chip-timed race, but no T-shirts are issued. **Please arrive early to secure your bib and chip.** Awards for the top three male and female finishers as well as 5-year age groups. For more information visit [www.mprrc.com](http://www.mprrc.com) or call 808-295-6777. To volunteer, please call 808-295-6777. You may also register on Active.com.

**Tantalus 10-Miler. Please use ink, print legibly, and 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:  
\$ \_\_\_\_\_

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.

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