



Kailua Beach 4.4-mile Run



7am on Sunday, July 10, 2016
At the Kailua Beach boat ramp
Before the entrance to Lanikai

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

Race day registration: \$30 for non-members, \$20 for members, free for life members.

Please arrive by 6:30 am if registering on race day.

Entry fee includes chip-timing. NO refunds.

The wave-washed 4.4-mile course follows the beach shoreline (going north towards the Kaneohe Marine Corps Base) and comes back the same way. Shoes are optional. Potluck refreshments afterwards.

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

For more information, visit www.mprrc.com or call 295-6777.
Enjoy the beach with MPRRC!

Kailua Beach 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

Phone (day) _____ Phone (eve.) _____ PO Box 25566

Email: _____ Date of Birth _____ Age on Race Day _____ Honolulu, HI 96825

Gender: ___M___F Amount enclosed _____ Team _____

Member _____ non-member _____ life member _____

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