



The Mid-Pacific Road Runners Club presents the 2017 Aloha Readiness Series



Prepare for the Kaiser Permanente Great Aloha Run (greataloharun.com) on February 20, 2017

Combined entry form for
Bob & Ron's 5K – Harold Chapson 8K – Johnny Faerber 10K

Bob & Ron's 5K

Sunday, January 8, 2017, 7 a.m. at Kapiolani Park.

Packet Pick-up: Saturday, January 7, 2017 at the Running Room, 819 Kapahulu Ave., 10 a.m. – 2 p.m.

Harold Chapson 8K

Sunday, January 22, 2017, 7 a.m. at Kapiolani Park.

Packet Pick-up: Saturday, January 21, 2017 at the Running Room, 819 Kapahulu Ave., 10 a.m. – 2 p.m.

Johnny Faerber 10K

Sunday, February 5, 2017, 7 a.m. at Kapiolani Park.

Packet Pick-up: Saturday, February 4, 2017 at the Running Room, 819 Kapahulu Ave., 10 a.m. – 2 p.m.

Entry Fees

Individual Races: MPRRC Members - \$20, non-members - \$35, Life Members - free (no shirt), \$10 with shirt (must complete an entry form).

Late entry (Packet pick-up day) MPRRC Member - \$25, non-members -\$40. Race day entry is \$45. Life members are free (no shirt). Credit cards accepted.

Price for all 3 races: MPRRC Members - \$50, non-members - \$80, Life Members – free (no shirts), \$30 with shirts.

Entry fee includes t-shirt and chip-timing. **Please arrive early to secure your chip.** Late entries are not guaranteed shirts. Online entry at active.com. Visit MPRRC.com for course descriptions.

Awards

Awards for the top three male and female finishers as well as 5-year age groups.

For more information visit www.mprrc.com or call 808-295-6777. To volunteer, email jrdva4vp@hotmail.com or call 808-535-9070.

Aloha Readiness Series. 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 Jan. 8, 2017 _____ Gender _____

Circle race(s): All 5K 8K 10K Circle Shirt (adult sizes): S M L XL

Circle 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

Amount 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.

_____ Sig
nature/Signature of parent or guardian if entrant is under 18