The Mid-Pacific Road Runners Club

*****presents the*

**Holiday 5K and Keiki Run**

**In Memory of Sylvia A. Martz**

**Angel Tree**

**Angel Tree**

Sunday, November 26, 2017, 7:oo am

The Angel Tree Program runs every holiday season to provide underprivileged children with gifts for Christmas. As part of the race, an Angel Tree will be at packet pick up and in the finish area. You are invited to pick an Angel Tag from the tree for a child with a special wish for Christmas. Pay the amount for the gift at packet pick-up, race day, or turn it in at a Salvation Army Angel Tree location. Your gift will brighten the holidays for a child in need.

Fees

$20 for MPRRC members (5K)

$30 for nonmembers (5K)

$20 for the Keiki Run

$45 for 5K race day entry (Please arrive by 6:30 am for race day entry) Credit cards accepted.

MPRRC Life members are free – no shirt, $10 with shirt (must complete an entry form or race day sign-up sheet with waiver)

No Refunds, shirts not guaranteed for race day entries.

Location

Kapiolani Park. Parking is available at the Waikiki Shell Parking Lot on Monsarrat Ave.

**5K Course**: Clockwise around Kapiolani Park twice to the marathon finish line.

**Keiki Run:** 7:45 a.m.

**Packet Pick-up**: Saturday, November 25, 2017, at the Running Room, 819 Kapahulu Avenue from 10:00 am to 3:00 pm.

**Please arrive early to secure your timing chip**. Wear the chip around your ankle. 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 at RunSignUp.com.

*Silvia A. Martz, “SAM,” was a long-time volunteer and office manager for the Honolulu Marathon Association. She was a champion for the average runner, cheering them at nearly every finish line on Oahu for many years. SAM died of cancer in 1992. This race is in memory of SAM and all that she contributed to running in our state.*

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**Angel Tree 5K Run in Memory of Sylvia A. Martz. Please use ink, print legibly, and fill out the form completely.**

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

Make check payable to:

**MPRRC**

Mail entry and payment to:

TIMELINE Hawaii

P.O. Box 25566

Honolulu, HI 96825

Amount enclosed:

$\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age on race day\_\_\_\_\_\_\_ Gender\_\_\_\_\_

Circle Shirt (adult sizes): S M L XL (child sizes) S M

Circle one: Member non-member Life Member 5K Race Day entry Keiki Race

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.

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