



PACIFIC GATEWAY CENTER



5K Run/Walk for Kūpuna

Sunday, November 25, 2018, 7:00 am

Pacific Gateway Center (PGC) is a community-based non-profit organization and is Hawaii's official Refugee Resettlement Agency whose mission is to empower immigrants, refugees and low-income in building skills so they may access opportunities to achieve self-sufficiency. PGC's key operations include social services, economic development, education and training with integrated strategies and interventions that address the critical needs of our targeted populations.

Location

New Location – Ala Moana Bch Park

Course: Around Magic Island, left onto Ala Moana Park Rd., right on Ala Moana Blvd (inside path), right back into the Park and loop Magic Island to the finish.

Packet Pick-up: Friday, November 23, at Nā Kūpuna Makamae Center, 653 Ala Moana Boulevard, from 3-6 pm. Saturday, November 24, 2018, at the Running Room, 819 Kapahulu Avenue from noon to 3:00 pm. Race Day from 5:30-6:30 am.

Fees

\$35 before November 11, 2018.

\$45 before November 25

\$50 for 5K race day entry (Please arrive by 6:30 am for race day entry) Credit cards accepted.

Shirts are guaranteed to all those who register by Nov.1! After that it's first come first served on any extra shirts we order for late registrants. Register NOW to guarantee your shirt!
No refunds.

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 pacificgatewaycenter.org or call 808-851-7010. You may also register at runsignup.com.

5K Run/Walk for Kūpuna, 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 _____

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

Make check payable to:
Pacific Gateway Center

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 Pacific Gateway Center, 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