



The Mid-Pacific Road Runners Club presents the

Kailua Beach 4+ Mile Run

Sunday, July 7, 2019, 7:00 am



Location

Come to *Kailua Beach Park* to enjoy the challenge of sand, surf, and sun along the beautiful Windward shoreline in this “*shoes optional*” race on the (hard-packed sand) beach.

Course: Start near the Kailua Beach Park Boat Ramp. The wave-washed course follows the shoreline to a turnaround point near the Kaneohe Marine Base, then back to the start area.

Party! All participants are invited to an awards gathering with potluck refreshments afterwards. Though not required, you are encouraged to bring a dish or snack to share! Coolers will be available for items that need to be kept cold.

Fees

\$15 for MPRRC members
\$30 for nonmembers
\$40 for race day entry (Please arrive by 6:30 am for race day entry) Credit cards accepted.
MPRRC Life members are free (must complete an entry form or race day sign-up sheet with waiver)
No Refunds.

A Race shirt may be purchased below or separately on-line during registration. Some shirts may be available for purchase on race day. **Race shirts are \$15 each.**

This is a chip-timed race, **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 or call 808-295-6777. To volunteer, please call 808-295-6777.

You may also register at runsignup.com.

Kailua Beach 4.4-Mile Run. 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 ___

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.

Make check payable to:
MPRRC

Mail entry and payment to:

TIMELINE Hawaii
P.O. Box 25566
Honolulu, HI 96825

Amt enclosed:

\$ _____

Signature/Signature of parent or guardian if entrant is under 18

Date