



# The Mid-Pacific Road Runners Club presents the



## Lanikai "Be Ready" 8K Run

*In memory of Thomas & Carolyn Lewis and, Carolyn Adkison*

Sunday, July 14, 2019, 7:00 am



### Location

Check-in and race day sign-up is in beautiful Kailua Beach Park near the Boat Ramp.  
*Course:* Start at the Lanikai Monument on the hill entering Lanikai, then two counterclockwise loops of the Lanikai Bike Path with the finish near the Lanikai Boat Ramp.

### Fees

\$15 for MPRRC members  
\$30 for nonmembers  
\$45 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](http://www.mprrc.com) or call 808-295-6777. To register go to [runsignup.com](http://runsignup.com). To volunteer, please call 808-295-6777.

*This race is held memory of Tammy Bautista's family, Thomas & Carolyn Lewis and daughter, Carolyn Adkison and generously supported by their family and friends.*

**Lanikai 8 K 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 \_\_\_\_\_

If you ordered a shirt - Circle Shirt (adult sizes): XS S M L XL XXL

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

Race(s): \$ \_\_\_\_\_

Shirt: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

You may also register on [runsignup.com](http://runsignup.com)

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.

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

Date \_\_\_\_\_