



The Mid-Pacific Road Runners Club
presents the



Tantalus 10-Mile Challenge

Sunday, October 13, 2019, 6:30 am, Makiki Heights

Location

Makiki Park area near the water tank across the street from Halau Kumanamana School, 2101 Makiki Heights Drive. Please park on Makiki Heights Drive roadside so that tires are off the road.

Course: The course is clockwise this year, heading uphill on Makiki Heights Drive, branching onto Tantalus Drive uphill for about five miles, then onto Round Top Drive heading downhill for more than four miles to a right turn onto Makiki Street, and another right on Makiki Heights Drive, finishing uphill near the starting point.

Fees

\$15 for MPRRC members
\$30 for nonmembers
\$45 for race day entry. Credit cards accepted.
MPRRC Life members are free (must complete an entry form)
No Refunds.
MPRRC may impose an entry cut-off at 200.

This is a chip-timed race, so **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 on runsignup.com.

*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.***

Tantalus 10-Miler. 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 ___

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

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

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