



The Mid-Pacific Road Runners Club  
presents the

# Old Pali Road 4+ Mile Run

Sunday, September 8, 2019, 6:30 am

## Location

The annual Old Pali Road 4+ mile run is a scenic experience starting on Kionaole Street in Kaneohe near the Koolau Golf Club. If you're driving from the Kailua direction turn left from Kamehameha Highway onto Kionaole Street just past the H-3 underpass. Driving from the opposite direction, turn right off of Kamehameha Highway onto Kionaole. From either direction, after making the turn, bear left and park on the roadside leading uphill toward 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.

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 volunteer, please call 808-295-6777.

You may also register at [runsignup.com](http://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.***

**Old Pali Road 4Mile 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 \_\_\_

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](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