



# The Mid-Pacific Road Runners Club

Presents the



## 2020 Great Aloha Readiness Series

This series is designed to prepare runners for the Great Aloha Run which will be held on February 17, 2020

**Bob & Ron's Manoa 5K**, January 5, 2020, 7:00 a.m. at Noelani Elementary School.

**Early entry deadline:** Dec. 29, 2019

**Packet Pick-up:** Saturday, January 4, 2020, Running Room, 819 Kapahulu Avenue, 10:00 am to 3:00 pm

**Chapson Diamond Head Dash 8K**, January 19, 2020, 7:00 a.m. at Kapiolani Park

**Early entry deadline:** Jan. 12, 2020

**Packet Pick-up:** Saturday, January 18, 2020, Running Room, 819 Kapahulu Avenue, 10:00 am to 3:00 pm

**Johnny Faerber 10K**, February 2, 2020, 7:00 a.m. at Kapiolani Park

**Early entry deadline:** Jan. 26, 2020

**Packet Pick-up:** Saturday, February 1, 2020, Running Room, 819 Kapahulu Avenue 10:00 am to 3:00 pm

### Fees – entry fees do not include a shirt.

A long sleeve Race Series shirt may be purchased separately during registration. There are no separate shirts for each race. Some shirts may be available for purchase on race day. **Race Series shirts are \$20 each.**

**Early entry deadline to register for the series** is Jan. 2, 2019: Members - \$40, Non-members - \$80, Life members – free

**Late entry** for series: MPRRC Members - \$50, Non-members - \$100, Life members – free

**Early entry** for a single race: MPRRC Members - \$15, Non-members - \$30, Life members – free

**Late entry** for a single race: MPRRC Members - \$20, Non-members - \$40, Life members – free

**Race day entry** for a single race: \$45

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.**

2019 Great Aloha Run Readiness Series. 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 Dec. 31, 2019 \_\_\_\_\_ Gender \_\_\_\_\_

### Checkmark the race(s) you are entering:

Bob & Ron's Manoa 5K     Chapson Diamond Head Dash 8K     Johnny Faerber 10K

If Purchasing a Shirt – circle size (adult sizes): XS    S    M    L    XL    XXL

**Circle:** Member    non-member    Life Member    Late entry    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.

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

Make check payable to:  
MPRRC

Mail entry & payment to:

TIMELINE Hawaii  
336 N. Kuakini Street #121  
Honolulu, HI 96817

Amount enclosed:

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

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

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

