



Mid-Pacific Road Runners Club

Presents the



Kailua 10-Miler



5K and 1 Mile Fun Run



In support of the
Oahu 4-H
Organization



Kailua 10-Miler, February 23, 2020, at 6:30 am. Boys & Girls Club, 145 S. Kainalu Dr., Kailua. Parking & Restrooms available next door at Kailua Middle School. The **10-Miler** starts at 6:30. The **5K** starts at 6:45. The **1 Mile** fun run starts at 7:45 and will not be timed.

Packet Pick-up: Saturday, February 22, 2020, Running Room, 819 Kapahulu Avenue, 10:00 am to 3:00 pm

Awards for the 10-Miler and the **5K** for the top three male and female finishers as well as 5-year age groups. For more information visit www.mprrc.com **You may also register at 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 Series shirts are \$25 each.

10 Miler Fees	Up to 2/21/20	Race Day
Non-Member	\$35	\$45
Member	\$20	\$30
Life-Member	Free	\$30
5K Fees	Up to 2/21/20	Race Day
Non-Member	\$30	\$40
Member	\$15	\$25
Life-Member	Free	\$25
1 Mile Fun Run (untimed)	Up to 2/21/20	Race Day
For individual participant or primary family member	\$15	\$25
Each additional family member (Add names below)	\$5	\$15

Kailua 10-Miler, 5K and 1 Mile Fun 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 _____ Gender _____

If you ordered a shirt - Circle Shirt (adult sizes): S M L XL (youth sizes): S M
Circle: Member non-member Life Member Race Day entry
10-Miler 5k 1 Mile Fun Run

Include additional family members names for 1 Mile Fun Run _____

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: \$ _____

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