



The Mid-Pacific Road Runners Club Windward Half Marathon and 5K



**With 1 Mile Fun Run
In Support of Scouts BSA**

Sunday, March 22, 2020, 6:00 am

Come join the fun at the Boys & Girls Club – Windward Clubhouse! Post-race expo with displays, shave ice, kids’ activities, and random prize drawings!

Where: Boys & Girls Club, 145 S. Kainalu Dr., Kailua. Parking & Restrooms available next door at Kailua Middle School

Half Marathon: 6:00 a.m. **5K Run:** 6:15 a.m. **Keiki Run:** 7:00 a.m.

Packet Pick-up: Friday, March 20, 2020, at the Running Room, 819 Kapahulu Avenue from 2:00 pm to 6:00 p.m.
Saturday, March 21, 2020, Hawaii Triathlon Center, 315 Ulunui St. Suite 105, Kailua. 10:00 a.m. to 2:00 p.m.

Race T-shirts are guaranteed to those who register by March 10 AND PICK UP THEIR SHIRT AT PACKET PICK-UP. Participants who fail to pick up their shirt at packet pickup are NOT guaranteed a shirt on race morning – leftover shirts that are not picked up at packet pick-up will be offered to late registrants.

Finisher medals will be awarded to the finishes of the Half Marathon and the 5K.

Awards for the top three male and female finishers as well as 5-year age groups for the Half Marathon and 5K. For more information visit www.mprrc.com.

Register on-line at RunSignUp.com/Race/Kailua/HI/WindwardHalfMarathon&5K



Windward Half Marathon, 5K and Keiki Run. Please use ink, print legibly, and fill out the form completely.

Circle the race and applicable fee:

FEES	Early (by 12-31)	Regular 1-1 to 2-28	Late (3-1 to 3-20)	Race Day
Half Marathon	\$50	\$60	\$70	\$75
5K	\$35	\$45	\$55	\$60
Keiki Run	\$20	\$25	\$25	\$30

Make check payable to:
MPRRC

Mail entry and payment to:

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

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone (day) _____ Phone (evening) _____

Email _____

Date of Birth _____ Age on race day _____ Gender _____

Circle Shirt (adult sizes): S M L XL (child sizes) S M



Fee \$ _____

Donation: \$ _____

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