



# ALOHA READINESS SERIES



## Combined Entry Form

### Bob & Ron's 5K - Harold Chapson 8K - Johnny Faerber 10K Run

Series price for all 3: \$30 for MPRRC Members, \$60 for non-members.  
(MPRRC life members free without shirts, \$15 with shirts)

**\*Prepare for the Kaiser Permanente Great Aloha Run on February 21, 2011**

**For more information on this race go to [greataloharun.com](http://greataloharun.com)**

#### Individual races and fees are:

**\*Bob & Ron's 5K**, \$10 for members, \$20 for non-members, Sunday Jan. 9, 2011, race starts 7 a.m. at Monsarrat Ave. entrance to Waikiki Shell parking lot.

**Packet pick-up** Saturday, Jan. 8, Running Room, 819 Kapahulu Ave., 10 a.m.-2 p.m. Late entries, \$15 and \$25 postmarked after Jan. 3. Race day entry \$30 for everyone.

**\*Harold Chapson 8K**, \$10 for members, \$20 for non-members, Sunday January 23, 2011, race starts 7 a.m. on Monsarrat Ave. between Kapiolani Park and Honolulu Zoo.

**Packet pick-up** Saturday, Jan. 22, Running Room, 819 Kapahulu Ave., 10 a.m.-2 p.m. Late entries, \$15 and \$25 postmarked after Jan. 17. Race day entry \$30 for everyone.

**\*Johnny Faerber 10K**, \$15 for members, \$25 for non-members, Sunday February 6, 2011, race starts 6 a.m. on Kalakaua Avenue beyond Kapiolani Park tennis courts, facing Diamond Head.

**Packet pick-ups: (1)** Friday Feb. 4, Running Room, 819 Kapahulu Ave., 4 p.m.-7 p.m. **(2)** Saturday Feb. 5, Runners HI, 98-390A Kamehameha Hwy., Aiea, 10 a.m. -3 p.m. Late entries, \$20 and \$30 postmarked after Jan. 31. Race day entry \$35 for everyone.

Enter online for series or individual races at [active.com](http://active.com). Visit [MPRRC.com](http://MPRRC.com) for course descriptions. No refunds. Entry fee includes a T-shirt and chip-timing.

Awards to top three elite male and female finishers plus 5-year age-group awards.

For more information, call 295-6777. To volunteer, e-mail [halina@hawaii.edu](mailto:halina@hawaii.edu) or call 349-1984.

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**Please use ink and print legibly. Fill out form completely. Check the races you wish to enter.**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Make check payable to MPRRC

Address \_\_\_\_\_

**Mail entry form with payment to:**

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

TIMELINE Hawaii  
PO Box 25566  
Honolulu, HI 96825

Phone (day) \_\_\_\_\_ Phone (eve.) \_\_\_\_\_

Email: \_\_\_\_\_ Gender: M F Date of Birth \_\_\_\_\_ Age, Last Race \_\_\_\_\_

Select race(s): All 3 Races Bob & Ron's 5K Chapson 8K Johnny Faerber 10K

Amount enclosed \_\_\_\_\_ T-shirt (adult sizes) S M L XL

Circle one: member non-member lifemember late entry race day

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, 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 purpose.

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

Date