



BOB and RON's 5K



7am
Sunday, March 14, 2010
Kapiolani Park

\$20 for non-members, \$10 for members, Life members – free without shirts, \$5 with shirts, but must submit entry form to be registered.

Late Entries (received after March 8th) are \$25 and \$15

Race day costs \$30 for everyone.

You can also register on active.com.

Entry fee includes T-shirt and chip-timing. NO refunds. T-shirts are not guaranteed for late entries.

Packet pick-up is on Saturday, March 13th, from 10am-2pm at the Running Room, 819 Kapahulu Ave.

Course starts on Monsarrat Avenue (Waikiki Shell parking lot) and proceeds clockwise for 1¾ laps around the park, finishing at marathon finish line.

Awards will be given to top three elite M&F finishers plus 5-year age-group awards.

For more information, visit www.mprrc.com or call 295-6777.

To volunteer, please call Joan at 535-9070.

Please use ink and print legibly. Fill out form completely.

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: _____ Date of Birth _____ Age on Race Day _____

Gender: M F Amount enclosed _____ Team _____

Member _____ non-member _____ lifemember _____ late entry _____ race day _____

T-shirt (adult sizes) S M L XL

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 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 legitimated purpose.

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

Date