

Warmup for the PROBOWL at ...
Sharon's Ride/Run/Walk

SUNDAY JANUARY 30, 2011



COURSE

Walk: 1 mile Start 8:30 am
Bike: 35K Start 8:00 am, 75K or 100K Start 7:00 am
Run: 5K (3.1 miles) or 10K (6.2 miles) Start 7:30 am
Keiki Bike Course: Bike safety and Obstacle Course Ride for ages 3-6 or kids just learning to ride a bike Start 10:00 am



REGISTRATION

Mail-in entries must be received by January 23, 2011.
No guarantee of t-shirt for entries received after Jan 15
Register online at Active.com

MAKE CHECKS PAYABLE TO:
Epilepsy Foundation of Hawaii

MAIL TO:
Epilepsy Foundation of Hawaii
1240 Ala Moana Blvd., Suite 225
Honolulu, HI 96814

FOR MORE INFORMATION:
EFH office at 808-528-3058
Email us at efh@hawaiiepilepsy.com
Visit our website at www.hawaiiepilepsy.com



Courses start at Kapiolani Community College
Runs go into Diamond Head Crater and Back
Walkers with pets welcome.
Bike rides go to Kalama Valley and then optionally continue to Kailua/Kaneohe

AWARDS

1st Place male & female overall (5K/10K Run course only)
Top 3 age group finishers (5K/10K Run course only)
see www.HawaiiEpilepsy.com for age group details

RACE PACKET PICK-UP - Times and Locations

January 29, 2011 10:30am to 2:30 pm
The Running Room 819 Kapahulu Ave (808) 737-2422
January 30, 2011 6:00 – 7:30 am
Kapiolani Community College on race morning.

Mail in form below or register online at Active.com

For more information call 808-528-3058 or 866-528-3058 (toll free)

Last Name _____
First Name _____
Address _____
City _____
State _____ Zip _____
Phone _____
Email _____
GENDER M F AGE on1/30/2011 _____

Event 5K run 10K run 1 mile walk
 35K Bike 75K Bike 100K Bike Keiki Course

ENTRY FEE: Run/Walk \$30 (\$35 after January 15)
 Bike Ride \$35 (\$40 after January 15)
 \$70 Family Rate up to 5 people (\$80 after Jan 15)
 \$20 Keiki Bike Course
Do you have a \$5 coupon code? _____

T-SHIRT SIZE Adult: S M L XL Child: M L **No guarantee of T-shirt for entries received after January 15, 2011**

Waiver & Release Statement: Helmets are required for riders. Entries from minors will only be accepted with a parent or guardian's signature. I know that biking is a potentially hazardous activity. I should not enter and ride unless I am medically able and properly trained. I know that there will be traffic on the course route. I assume the risk of riding in traffic. I assume any and all other risks associated with this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the Epilepsy Foundation of Hawaii, this event's officers, directors, members, volunteer-agents, successors, assigns or anyone acting on their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind the nature whatsoever arising out of or in the course of my participation in this event. I grant permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event

X _____
Signature ver1.web

Signature of parent or guardian if under 18 years of age