

1st Annual

Ewa Pu'uloa Keiki 'Ohana



5K Run/Walk



*Brought to you by Ewa Pu'uloa Outrigger Canoe Club and Ewa Beach Lions Club Foudation
To Fundraise for Ewa Pu'uloa Outrigger Canoe Club Long Distance Junior Paddler Program*

When:

Saturday August 13, 2016

8:00am for Runners

8:05am for Walkers/Strollers

Babies in strollers start at the back of the pack and strollers must be walked through the entire course.

- Baby is not eligible for the T-shirt promotion, awards and/or random draw prizes

Where:

Pu'uloa (Ewa) Beach Park

Course:

5k Run/Walk from Pu'uloa Beach Park, through Ewa Beach and Ocean Pointe neighborhoods, ending at Ewa Pu'uloa District Park. **Only paid participants w/ bib# allowed on the course.**

Packet Pickup/Race Day Registration:

Race day registration and packet pickup will be held at Pu'uloa Beach Park at the following times:

Wednesday Aug. 10, 2016 4:00p – Sunset

Thursday Aug. 11, 2016 4:00p - Sunset

Entry Fee:

\$20.00 Registration by July 31, 2016

\$25.00 Late Registration Aug. 1, 2016

\$5.00 Baby in Stroller (no t-shirt or late fee)

Late Registration not guaranteed a t-shirt

The first female and male, the top 1st, 2nd, and 3rd, in the following categories will receive medals.

9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

Entry Form-Ewa Pu'uloa Keiki 'Ohana 5K Run/Walk

Mail registration and payment (money order or cashier's check only) made payable to EPOCC, 91-1045 Kualakai St., Kapolei, HI 96707 **NO REFUNDS**

Runner Walker Baby in Stroller Cadence Group (2-25)

Male Female Age on Race Day _____

Name: _____ Address: _____

City: _____ State _____ Zip _____ Day Phone _____

Email _____ T-Shirt Size: Adullt: XS _____ S _____ M _____ L _____ XL _____ XXL _____

Waiver: In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the Ewa Pu'uloa Outrigger Canoe Club, Ewa Beach Lions' Club, the City & County of Honolulu, the State of Hawaii, the race, and sponsors and their representatives, successors and assignees for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to post my race results online, use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature: _____ Date: _____

Parent or Guardian if under 18: _____
Print Name Signature Date