



2010 ALOHA STATE GAMES TEN-K (6.2 Miles) ROAD RACE



Sunday, June 20, 2010, 7 am (6 - 6:45 am Check-in)

KAPIOLANI PARK

The 2010 Aloha State Games Ten-K Road Race is open to all running and fitness enthusiasts. Entry fee is \$30 per person; children under 12 as of June 15, 2010, may enter for \$15. All persons registering before the **June 15 deadline** will receive a T-shirt. Every effort will be made to supply T-shirts in the size noted on the entry forms; if this size is not available, the next available size will be substituted. **Entry fee for participants registering after June 15 – including walk-up registrations on race day – is \$35, including T-shirt.** No packet pickup – t-shirts and bib numbers will be given out at check-in on race day. Organized by Mid-Pacific Road Runners Club.

PARTICIPANT'S NAME _____ Gender _____ T-SHIRT: S M L XL XXL

Mailing Address _____

Phone (day) _____ Phone (evening) _____ Age: _____ Date of Birth _____

E-Mail Address _____

ENTRY FEE -- \$30 (\$15 for children under 12 as of June 15) \$ _____

ORDERING XXL T-SHIRT (Add \$2 \$ _____

ENTRY TOTAL *Make checks payable to Mid-Pacific Road Runners Club* \$ _____

**SEND TO Mid Pacific Road Runners Club
C/O Joan Davis
626 Coral Street, #1603
Honolulu, HI 96813**

**For information, call Joan Davis at 808-535-9070
E-mail: jrdva4vp@hotmail.com**

***(READ BEFORE SIGNING)* AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY**

I, (enter your name) _____, the undersigned and maker of this entry form, in consideration of being allowed to participate in any way in the 2010 Aloha State Games, do hereby acknowledge, appreciate, and agree that:

1. **The risk of injury from the activities** involved in these Games is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist; and
2. **I knowingly and freely assume all such risks**, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation; and
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **hereby release and hold harmless Mid Pacific Road Runners Club and Hawaii Pacific Sports, Inc., (dba Aloha State Games)**, their officers, directors, officials, agents and employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the Games ("releasees"), with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise.

I have read this release of liability and Assumption-of-Risk agreement, and I fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Participant's Signature _____ **Age:** _____ **Date** _____

FOR PARTICIPANTS under 18 years of age at time of registration:

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the "releasees" and, for myself, my heirs, assigns and next of kin, I release and agree to indemnify and hold harmless the "releasees" from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, **even if arising from the negligence of the "releasees,"** to the fullest extent permitted by law.

Parent/Guardian's Signature: _____ Emergency phone No. _____ Date: _____