

Waikiki Swim Club



5K RUN/1K SWIM

Sunday, Jan. 17, 2010 • Ala Moana Beach Park

COURSE [Race starts at 7:30 am]

The run/swim course consists of a 5K run around Ala Moana Beach Park and a 1K swim fronting the park. The run is first, followed by the swim. The run starts at the Diamond Head Concession. Time Limit: 1 hour 15 minutes.

ENTRY FEE \$25/INDIVIDUAL OR \$50/TEAM

A non-refundable fee must accompany each entry form. Entries must be postmarked by Jan. 4. The entry fee includes one t-shirt for each participant. Make check or money order payable to: Waikiki Swim Club. Mail completed entry form and fee to: c/o Jackie Chappel. 818 S. King St., #1902, 96813

LATE ENTRIES \$40/INDIVIDUAL OR \$75/TEAM

Do not mail entries after Jan. 9. Go to Late Entries table on race day. Entries accepted on race day from 6:15 - 7:15 am. No shirt guarantees for late entries.

RACE NUMBERS

There is no packet pickup. Check-in 6:15 to 7:15 am on race day to receive race number & race instructions.

AGE GROUPS


INDIVIDUAL: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. TEAMS: Men, Women & Mixed in the following age groups: 34 & Under, 35-54, 55-74, 75-94, 95-114, & 115+. [Determined by adding the ages of teammates.]

AWARDS

1st - 3rd in each division. Awards ceremony will begin as soon as results are available.

INFO.:

email: meisuilan@yahoo.com or stowelld001@hawaii.rr.com or call Diane Stowell 955-3534

<input type="text"/> INDIVIDUAL or TEAM RUNNER (Last Name)		<input type="text"/> (First Name)	
<input type="text"/> INDIVIDUAL or TEAM RUNNER (Phone)	<input type="text"/> Birth Date	<input type="text"/> Age	<input type="text"/> Sex
		<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL Shirt Size	
<input type="text"/> TEAM SWIMMER (Last Name)		<input type="text"/> (First Name)	
		<input type="text"/> Birth Date	<input type="text"/> Age
		<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL Shirt Size	
<input type="text"/> Mailing Address		<input type="text"/> City	<input type="text"/> Zip
<input type="text"/> email Address			
TEAM DIVISION (check one only) Male <input type="checkbox"/> Female <input type="checkbox"/> Mixed <input type="checkbox"/>		TEAM AGE GROUP (check one only) 0-34 <input type="checkbox"/> 35-54 <input type="checkbox"/> 55-74 <input type="checkbox"/> 75-94 <input type="checkbox"/> 95-114 <input type="checkbox"/> 115+ <input type="checkbox"/>	
		 Check here if you are a Biathlon Series participant <input type="checkbox"/>	
<small>*\$60/INDIVIDUAL or \$120/TEAM EARLY entry (before Nov. 20) for all 3 races. *go to waikikiswimclub.org for more information.</small>			

Signature(s) _____ Date _____
I HAVE READ AND UNDERSTAND THE WAIVER BELOW

Parent's Signature if entrant is under 18 years of age. _____

RELEASE In consideration of this application being accepted, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against race officials, volunteers, sponsors, the City & County of Honolulu and the State of Hawaii resulting from involvement with this event. I will additionally permit the free use of my name, photograph and interviews in association with this event in broadcast, telecast, advertisements, films, videotapes or any reproduction thereof. Waikiki Swim Club reserves the right to refuse entry to anyone for any reason.