



SUNRISE ATHLETICS Annual 5K, 1.5Mile, & 0.5Mile Keiki Run/Walk and FAMILY FUN

DAY- Supported by BioAstin

“Focused on Building Community Relationships”

November 5, 2017 (Sunday)



Contact Info: MJ & Lance Tominaga at (sunrise_athletics@hotmail.com) / 937-1930/ 937-4415

PACKET PICK-UP (the DAY OF the race): Sunday, Nov. 5 at Panaewa Gym from 7:00am - 8:00am.

LATE REGISTRATION: Accepting during packet pick-up on Sunday (DAY-of-RACE) from 7:00am-8:00am.

VENUE: Pana'ewa Park & Gymnasium (located close to the mall)

Race Start: 0.5mi. Keiki Fun Run @ 8:00am/ 5K (3.1mi) Run-Walk & 1.5 Mile @8:30am

RACE INFORMATION:

· **Early Bird Rate, if postmarked by September 30, 2017** = Non-refundable fee of \$20 - 5K Race / \$15 - 1.5mi Race / \$10 - 0.5mile race for all ages. Although all ages may participate in the 1.5mile race, but only youths 14 and under will qualify for awards.

- EARLY ENTRY: INCLUDES T-SHIRT
 - The HALF-MILE participants DO NOT RECEIVE FREE t-shirts, but ALL KEIKIS receive MEDALS & TROPHIES for the top three male and female athletes.

· **Late Registration Rate:** Fee will increase by \$5 for the 5K & 1.5mile race, AND race t-shirts will still be guaranteed up until registration day. However, two weeks prior to and on race-day registration may have limited sizes available. Access to all activities will still be available.

- Portion of funds will help defray cost for travel to competitions for Sunrise Athletics athletes, and benefit KAPIOLANI MEDICAL CENTER, EASTER SEALS-HAWAII, BIRR CLUB SCHOLARSHIP FUND, & HAWAII RUSH U-10 & U-12 Boys.

SPECIALS ADDITIONS: Emcee by Eddie O., Post-race Refreshments & Snacks / LOTS of Prize Giveaways / FREE Interactive Activities - Bouncing Castle, Waterslide, Slip-n-Slide / Rummage Sale / Silent Auction / Glitter Tattoo/ Puna Taiko & more

AWARDS: Trophies will be given to the top three OVERALL male and female winner for EACH race, along with medals for each age group, and top winners for the other categories noted below.

- 5K Age Group Awards = Top 3 male & female overall/ Age group divisions: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59
- 5K Baby Stroller Awards = Top 3 male and female pushing a baby stroller
- 5K Silver Fox Awards = Top 3 male and female ages 60+
- 1.5mile Age Group Awards = 8 & under, 9-10, 11-12, 13-14 (ADULT WALKERS welcome, but do not qualify for awards)

· View info about Sunrise Athletics at (www.leaguelineup.com/sunrise-athletics)

-----Mail Registration Form and Check to: Sunrise Athletics/ P.O. Box 5558 Hilo, HI 96720 -----

WAIVER: I/We hereby declare, assert and affirm that participation in the **Sunrise Athletics Annual 5K, 1.5mile, & 0.5mile Fun Run/Walk and Family Fun Day- Supported by BioAstin** is done voluntarily and I/we knowingly assume ALL RISKS involved in this event. I/We understand the immediate physical risks & hazards associated with vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardiorespiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing my participation in the above stated event and intending to be legally bound thereby, I/we hereby for myself, my heirs, executors, administrators and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies, Pana'ewa Park Recreation Center, Department of Parks and Recreation, Sunrise Athletics Club, Big Island Running Company, BioAstin, King Integration, Big Island Road Runners Club, other sponsors, and their respective employees, agents, representatives, successors and assigns, from any and all activities connected with the above event. I hereby give my permission to the media to use my name and photograph in the newspaper, and broadcast or telecast of this event without limitation or obligation. I certify that I am physically fit and understand the risks involved with participation in this event. **DATE:** _____

Supporting Organization Name: _____ or athlete/student _____ (if applicable)

(Print) First & Last Name: _____ / **Signature:** _____

Parent First & Last Name: <participant is under 18> _____ / **Signature:** _____

Mailing Address: _____ **Contact #:** _____

Email Address: _____

Birthdate: _____ **Age (on day of race):** _____ **Gender (circle):** Male Female

Race Category(circle): *5K Race- \$20 / *5K Baby Stroller- \$20 / *5K Silver Fox- \$20 / 1.5Mile Race- \$15 / 0.5Mile Race- \$10

T-shirt size (circle): Youth-Med / Y-Large / Adult-Sm / A-Med / A-Large / A-XL / A-2XL / A-3XL

Amount Enclosed: \$ _____ (non-refundable fee) *Check written to: Sunrise Athletics / P.O. Box 5558 / Hilo, HI 96720*

- Or REGISTER and make PAYMENT ON-LINE via a secured site www.leaguelineup.com/sunrise-athletics

ADDITIONAL DONATION (tax-deductable) to Kapiolani Medical Center or Easter Seals-Hawaii: ENCLOSED: \$ _____

(check written to organization)