

BIG ISLAND ROAD RUNNERS
Presents
HILO TO VOLCANO
50K ULTRAMARATHON AND RELAY
Saturday, January 6, 2018
Start: 6:00 AM (Ultra) 6:30 AM (Relay)
Moku Ola (Coconut Island) Parking Lot

IMPORTANT: Each runner must provide his or her own vehicle escort and be responsible for food, water and supplies. Reflective vest and blinking lights are highly recommended for the first hour. Be prepared for a variety of weather and running conditions. Temperatures range from 40 to 80 degrees.

Course: Point to point 31.1 miles from Moku Ola (Coconut Island) to Volcano, utilizing shoulder of highway 11. Sea level at start to nearly 4,000 ft. at finish. Ultra runners may start early, but are not eligible for prizes. Cut off time is 7.5 hours.

Teams: Relay teams alternate every 2 miles. If you have more than 3 team members, (Super Teams), you are not eligible for awards. For masters, all members must be over 40.

Entry fee (per person, non-refundable)

Early entry-- \$40 (\$30 for high school students) Late entry—after 12/9/17-- \$45(\$35)
BIRR members get \$5 discount

Make checks payable to Big Island Road Runners. Mail to P.O. Box 1381, Hilo, HI, 96721

Shirts: Long sleeve tech shirts for all participants. **Late entries (after 12/9/17) are not guaranteed a shirt or size.**

Packet pick-up: Location TBA - Friday, January 5, Hilo 12-5 PM

For more information, contact David Cotter at 808-339-7210 or visit our Facebook page for updates.

Circle:

ultra female	ultra male	ultra masters female	ultra masters male
ultra female relay	ultra male relay	ultra relay mixed	
relay masters female	relay masters male	relay masters mixed	
relay male high school	relay female high school	mixed high school	

Ultra Runner Name or Team Captain Name _____ age _____ shirt size _____

Team Runners Only:

Runner # 2 _____ age _____ shirt size _____

Runner #3 _____ age _____ shirt size _____

e-mail address of ultra runner or team captain _____ phone _____

Waiver must be read and signed before mailing: I know that running a road race is potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete and run. I assume all risks associated with running in the event, including but not limited to: falls, contact with other runners, the effects of the weather, including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting entry, I waive and release the Big Island Road Runners, the County and state of Hawaii, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are non-refundable. Resolution of appeals is the decision of the race director.

Signature 1	Signature 2	Signature 3	Date
Parent if under 18	Parent if under 18	Parent if under 18	