



**SUNRISE ATHLETICS Annual 10K, 5K, & 1.5Mile Keiki Run/Walk and FAMILY FUN DAY-  
Supported by BioAstin**

“Celebrating 5 years with the Community”

**November 7, 2015 (Saturday)**

**Contact Info:** MJ Tominaga at ([sunrise\\_athletics@hotmail.com](mailto:sunrise_athletics@hotmail.com)) / 937-1930

**PACKET PICK-UP (the DAY BEFORE the race): FRIDAY, Nov. 6 at Big Island Running Company - Hilo from 3:30-5:00pm.**

**LATE REGISTRATION:** Accepting during packet pick-up on Friday and from 6:15am-7:15am on race day.

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

**Race Start:** 10K & 5K Run-Walk, and 1.5 Mile Keiki Fun Run starts at 7:45am

**RACE INFORMATION:**

- **Early Bird Rate, if postmarked by October 9, 2015** = Non-refundable fee of \$30 - 10K Race / \$25 - 5K Race / \$20 - 1.5mile race for all ages. Although all ages may participate in the 1.5mile race, only youths 13 and under will qualify for awards.
  - EARLY ENTRY: INCLUDES T-SHIRT
- **Late Registration Rate:** Fee for all races will NOT increase after postmarked date, but race t-shirts will NOT be guaranteed.
  - **Portion of funds will help defray cost for travel to competitions for Sunrise Athletics athletes, along with a designated amount given to EASTER SEALS & BIG ISLAND ROAD RUNNERS CLUB SCHOLARSHIP FUND.**
- **SPECIALS:** Post-race Refreshments & Snacks / Prize Giveaways / Interactive Activities – Bouncing Castle, Laser Tag, Trampoline / Rummage Sale / Glitter Tattoo & More to Enjoy
- **AWARDS:** A trophy and prize will be given to the OVERALL male and female winner for EACH race, along with medals for each age group, and top winners for the other categories noted below.
  - **“Race to the Top” Organization Winner** = \$200 award to the organization (sports team, school, company, etc.) with the most participants (no minimum participants required to qualify for award).
  - **5K Age Group Awards** = Ages 7 and under, 8-10, 11-13, 14-16, 17-19, 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** = 5 & under, 6-7, 8-9, 10-11, 12-13 (ADULT WALKERS welcome)
- View info about Sunrise Athletics at ([www.leaguelineup.com/sunrise-athletics](http://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 10K, 5K, & 1.5mile 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:** \_\_\_\_\_

**(Print) First & Last Name:** \_\_\_\_\_ / **Signature:** \_\_\_\_\_

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

**Name of Organization (Team, School, Summer Fun Program, etc. - If applicable):** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_ **Contact #:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

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

**Race Category(circle):** \*10K Race- \$30 / \*5K Race- \$25 / \*5K Baby Stroller- \$25 / \*5K Silver Fox- \$25 / 1.5Mile Race- \$20

**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)

- **Mail form & check written out 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**