

# VALLEY ISLE ROAD RUNNERS

<http://www.VIRR.com>



**A unique afternoon fun run. FREE for VIRR members and \$10 for non-members. Please bring Refreshments and food for potluck sunset BBQ after the race. Donations for door prizes are also welcomed.**

Where: Rice Park, Kula Course: Rice Park to Keokea Park & back

When: August 15, 2010 4:30 pm

Register from 3:30 - 4pm, run at 4:30 pm

t-shirt Design above \$15 each

For more information or to volunteer please call Eric at 214-8911

<b>ENTRY FEES (Select 1, 2, or 3)</b> 1) <input type="checkbox"/> FREE for <u>current</u> VIRR Member 2) <input type="checkbox"/> \$10 for Non-Member 3) <input type="checkbox"/> SIGN ME UP FOR MEMBERSHIP: Check either <input type="checkbox"/> Renewal or <input type="checkbox"/> New Member and check one of the following membership types:  <input type="checkbox"/> \$15 Student <input type="checkbox"/> \$25 Individual <input type="checkbox"/> \$40 Family   I am running <input type="checkbox"/> 5k <input type="checkbox"/> 10k  <b>T-shirts \$15 each # _____ = Total: _____</b> <b>PLEASE MAKE CHECKS PAYABLE TO: VALLEY ISLE ROAD RUNNERS</b> <b>P. O. Box 330099, Kahului, HI 96733</b>	For official use only      RACE # _____ Payment: CASH      CHECK # _____      TOTAL \$ _____
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**PLEASE MAIL ENTRY FORMS BY August 10, 2010 OR REGISTER ON RACE DAY.**

*Please print neatly and fill out completely*

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First Name								Last Name											
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Email Address																			

I, the undersigned intending to be legally sound, hereby of myself, my heirs, my executors and administrators waive and release any and all rights and claims for damages I may have against Valley Isle Roadrunners, the County of Maui, the State of Hawaii, Road Runners Club of America, all sponsors and their representative and successors, and volunteers assisting the directors, their representatives, assignees, and successors for any and all injuries suffered by me prior to, during or following participation in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of any running event.

I know that running a road race is a potentially hazardous activity. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road; all such risks being appreciated and understood by me.

✓ \_\_\_\_\_ Date \_\_\_\_\_  
 Signature REQUIRED (parent or guardian if under 18 years)