HILO SERVICE AND SPEED

BIG ISLAND RUNNING CO.

The Onomea Bay Run: 5K/10K Road Race

The Big Island Road Runners (BIRR) with support from your Hawaii Island United Way (HIUW) is excited to announce the inaugural running of The Onomea Bay Run: 5K/10K Road Race to benefit the HIUW. The run follows the scenic route through Onomea Bay starting and finishing at the Papaikou Hongwanji. There will be a post-run reception for the runners.

WHEN: ***Saturday, July 4, 2009***.
10K starts at 7:30 a.m. followed by the 5K at 7:35 a.m.

COURSE: Start near the parking area of the Papaikou Hongwanji. Runners and walkers will proceed north on the old Mamalahoa Highway (4 Mile Scenic route) and make your way toward the Hawaii Tropical Botanical Garden for the 5K return or proceed to the What's Shakin' Smoothie Stand for the 10K return. Both turnaround areas will have a water station. This is a challenging and yet a very scenic course traversing the old Hawaii coast.

PURPOSE: Proceeds from the event will benefit HIUW's 35 partner agencies that administer 50 vital programs that help build a healthy Hawaii Island community. This will be a "run green" event as there will be no T-shirts.

ENTRY FEE: $15 for kids 12 and under, $20 for all others (BIRR members receive a $5 discount). Entries must be post marked by June 19th. Registration will be taken from 6:00 a.m. to 7:00 a.m. race morning with a $5 surcharge fee. Entry includes: Premium numbered running bib with Onomea Bay scene (this will be a collector's item) and post run reception

AWARDS CEREMONY: Starts as soon as results are available at the Papaikou Hongwanji. Prizes given to top three runners in each race.

PARKING: Available in the Papaikou Hongwanji parking lots and other areas as deemed safe.

NUMBER PICK UP: Morning of the race from 6:00 to 7:00 a.m.

Mail your completed entry with your check made payable to: →→→→→→→→→→→→→→

BIRR
P.O. Box 1381
Hilo, HI

For more information contact: **Gregory Lum Ho at 987 - 5224**

Go to www.bigislandroadrunners.org for information on other runs and activities.

.... ✂ .....✂ .... ✂ .....✂ .... ✂ .....✂ **cut your form here** .....✂ .... ✂ .....✂ ... ✂ .... ✂ .....✂.....✂ .... ✂ .....✂

First Name (Print)	Last Name (Print)	Age	5K Run	10K Run	Entry Fee

Street Address	City	State	Zip code	Phone

Additional runners:

First: _____ Last: _____ Sex: M / F Age ___ Run: 5K / 10K Entry Fee _____
First: _____ Last: _____ Sex: M / F Age ___ Run: 5K / 10K Entry Fee _____
First: _____ Last: _____ Sex: M / F Age ___ Run: 5K / 10K Entry Fee _____

EVENT WAIVER:

I know that running and/or walking a road race is potentially a hazardous activity. I should not enter and run/walk 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 the run. I assume all risks associated with running/walking in the event including but not limited to: falls, contact with other participants, 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, for myself and anyone entitled to act on my behalf, waive and release the Big Island Road Runners Club, the County of Hawaii, the State of Hawaii, and all sponsors, their representatives and successor 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. Resolution of appeals is the decision of the race director. The BIRR is registered under the RRCA.

ALL participants must sign and date on the lines below. Signature of parent/guardian required if under 18

Signature of participant	Parent or legal guardian if under 18	Date