



The Outrigger/USO Hawaii 10K/5K Base Race

Marine Corps Base, Hawaii at Kaneohe • Sunday, August 8, 2004

The sixth annual Outrigger/USO Hawaii 10K/5K Base Race will be run August 8, 2004, on Marine Corps Base, Hawaii at Kaneohe. Individual and team awards; team members eligible for individual awards. Team competition (5-10 runners) will be limited to the 10K in one of six categories: military, police/fire, corporate, male, female or mixed. Five best times will determine team rank; mixed teams must have at least one male and female finish in top five or be disqualified. This race has been designated as part of the Mid-Pacific Roadrunners Club "Championship Series."

- **Course:** 10K (6.2 miles) and 5K (3.1 miles). Race will begin and end near Hangar 101, MCBH
- **Time:** 10K and 5K both start at 7:00AM. Timing by Timers Plus.
- **Registration:** Entry Fee (Per person): \$18 before 1 August// \$20 late entry// \$15 if in military formation. Mailed entries must be received by August 1, 2004 to guarantee race T-shirt. Late entries accepted August 7 at packet pickup locations or on August 8 at the race site. T-shirts for entries received after August 1 not guaranteed. List of team members must be submitted with team application. All fees non-refundable.
- **Military Formations:** A formation must consist of at least 25 individuals from the same military organization. T-shirts will be provided for formations registrations received by 1 August. Registration must identify the number of runners in the formation and name of representative who will pick up registration packets/shirts. No individual times will be recorded for military runners in formations.
- **Packet Pick-up:** 10AM to 3 PM, Saturday, August 7 at The Running Room, 819 Kapahulu Avenue and at "Semper Fit" Fitness Center, Marine Corps Base, Hawaii at Kaneohe and at Scholfield Barracks, Martinez Gym from 10AM to 1 PM. Mail applications received by August 1 will receive a confirmation card. No packets issued without ID or postcard. Race packet will consist of race number, T-shirt, safety pins, and course map. Packets not picked up on August 7 will be available at sign-in location beginning 6 AM on race day.
- **Awards:** Overall: Top three male and female individuals. Age groups: Top three male and female 14&under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. Teams: Top team in each category.
- **Post-race Activities:** Entertainment and refreshments following race, including presentation of awards and drawings for great prizes (random draw, must be finisher and present to win door prizes).

ENTRY FORM (Print Clearly- Mail to arrive no later than August 1, 2004)

Sex: ☐ M ☐ F Date of Birth _____ Age _____ (on August 8, 2004)

Last Name _____ First Name _____

Address _____ City _____ State _____

Phone (day) _____ (evening) _____ email _____

Race you are entering (check) ☐ 10K ☐ 5K Shirt size (check one) ☐ S ☐ M ☐ L ☐ XL

Active Duty Military? ☐ Yes ☐ No If YES, branch of service _____ Military Dependent? ☐ Yes ☐ No

If running on a team, choose one Team Category:

☐ Military ☐ Police/Fire ☐ Corporate ☐ Male ☐ Female ☐ Mixed Name of Team _____

Branch of Service/Corporate Affiliation (If any): _____ (All applications for teams must be submitted with a team roster.)

If running as Military Formation: Name of representative to pickup race packets _____ Number of runners in formation _____

Choice of Packet Pick-up Location: (Check) ☐ Semper Fit Center or ☐ Running Room or ☐ Schofield Barracks (If no choice indicated, packets will be available at the Running Room.)

Checks Payable to:

USO Hawaii

Entry Fee: \$18 (Before 1 August)

\$15 per person for military formations

\$20 Late (Received after 1 August)

No Shirt guarantee for late registrations

Mail entries to:

USO/Timers Plus

91-1035-C Ho'omaka Street

Ewa Beach, HI 96706



ALL PARTICIPANTS MUST READ AND SIGN THIS WAIVER: For and in consideration of the permission granted by the USO-Hawaii on August 8, 2004 to participate in the Outrigger/USO-Hawaii 10K/5K Base Race Race, and being informed of all the activities I will engage in, to include, but not limited to road racing, I acknowledge that this event is an extreme test of a person's physical and mental limits and carries with it the potential for death and property loss. I hereby assume the risks of participating in this event and certify that I am physically fit, have sufficiently trained for participation in this event and have not been advised otherwise by a qualified medical person. I acknowledge that this form will be used by the USO Hawaii as the sponsor of this event. I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: a) WAIVE, RELEASE, AND AGREE NOT TO SUE, from any and all liability for my death, disability, personal injury, property damage, property theft, or action of any kind that may hereafter accrue to me as a result of any participation in or my traveling to and from this event THE FOLLOWING PERSONS OR ENTITIES: USO Hawaii, Outrigger and Ohana Hotels & Resorts, the United States Government, United States Marine Corps, Marine Corps Base Hawaii, and all of their respective officers, personnel, employees, representatives, successors, and assigns; b) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in this paragraph from any and all liabilities or claims made by other individual or entities as a result of any of my actions during this event.

I HEREBY CERTIFY THAT I AM 18 (EIGHTEEN) YEARS OF AGE OR OLDER. I HAVE READ THIS DOCUMENT AND I UNDERSTAND ITS CONTENTS.

Signature (parent or guardian if under 18) _____ Date _____

For hotel information contact: Outrigger Hotels and Resorts (808) 921-6888