



**KAISER PERMANENTE
GREAT ALOHA RUN**



22nd Annual Silver Streaks

SATURDAY, FEBRUARY 13, 2010 * 7:30 A.M.

SUNRISE WALK FOR SENIORS

The Silver Streaks Sunrise 2010 Walk is just for you! There'll be lots of encouragement along the course, plus you'll enjoy refreshments, entertainment, a goodie bag, door prizes, and an official 2010 Silver Streaks t-shirt when you reach the finish line!



DATE: Saturday, February 13, 2010

TIME: 6:45 a.m. - Walk numbers distributed, 7:15 a.m. - Warm-up, 7:30 a.m. - Walk begins

LOCATION: Meet at McCoy Pavilion, Ala Moana Beach Park. The 2-plus mile course is around Ala Moana Park.

WHO CAN ENTER: Anyone 55 years or older may participate. Encourage a friend to join you.

ENTRY FEE:

* \$15 before January 25, 2010. Mail in entries must be postmarked by January 26 to guarantee t-shirt size.

* \$20 after January 26. Shirt size not guaranteed.

* You may also sign up day of the event.

Please make your check payable to "HRPA."

HOW TO ENTER: Fill out the entry form below, sign it, and send with your entry check to:

**Silver Streaks
P.O. Box 235855
Honolulu HI 96823**

INFORMATION: Leave a message at 733-7371 and someone will return your call.

*ONE application per person



Presented by
**HAWAII RECREATION
& PARK ASSOCIATION**
Affiliate of the National Recreation & Park Association

SILVER STREAKS SUNRISE WALK ENTRY FORM

Please print clearly.

LAST NAME _____ FIRST NAME _____

STREET ADDRESS _____ SEX (CIRCLE ONE) M F

CITY _____ STATE _____ ZIP _____

PHONE _____ T-SHIRT SIZE (Circle One) M L XL 2X AGE _____

WAIVER AND RELEASE STATEMENT: I agree to comply with the rules, regulations and event instructions of the "Silver Streaks Sunrise Walk," a part of the Great Aloha Run. I know that running or walking in a running/walking event is a potentially hazardous activity. I am aware of and assume all risks associated with running/walking this event, including but not limited to falls, contact with other participants, the effects of weather, including heat and humidity, traffic, and the conditions of the road. In consideration of your accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release from any and all claims for injuries and damages I may have against the Hawaii Recreation and Park Association, Carole Kai Charities, Inc., Great Aloha Run, the City and County of Honolulu, the State of Hawaii, the Sponsors, their Agents and Representatives caused by the negligence of any of them arising out of my participation in this event, including pre- and post-walk activities. I attest that I am physically fit and have sufficient conditioning for participation in the walk. I consent to receive medical treatment which may be advisable in the event of illness or injury suffered by me during the event. I give permission for the free use of my name, voice or picture in any broadcast, telecast, advertising promotion or other account of this event.

SIGNATURE _____

DATE _____

(You must sign here for processing)