

30th Silver Streaks Sunrise Walk for Seniors

Presented by **Hawaii Recreation & Parks Society**

Saturday, February 9, 2019 at 7:30 A.M.

The Silver Streaks Sunrise 2019 Walk is just for you! There'll be lots of encouragement along the course, plus you'll enjoy refreshments, entertainment, and an official 2019 Silver Streaks t-shirt when you reach the finish line!

DATE: Saturday, February 9, 2019

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

LOCATION:

Meet at Ala Mona Park Picnic site 11&12. Ewa side of concession (located across from Magic Island parking lot). This 1-plus mile walk is around Magic Island and will return to the picnic area. Please join us in the park for music and fun!

WHO CAN ENTER:

Anyone 55 years or older may participate. Encourage a friend to join you.

ENTRY FEE:

\$15 by Jan. 24, 2019. Mail in entries must be postmarked by Jan. 22 to guarantee t-shirt size

\$20 on or after Jan. 25, 2019. Mail in entries must be postmarked by Feb. 1.

Shirt size not guaranteed

Please make your check payable to:

Great Aloha Run

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

Great Aloha Run

418 Kuwili St., Suite 102

Honolulu, HI 96817

INFORMATION:

Leave a message at (808) 548-1108 and someone will return your call or email us at: hrps@hawaiiirecreationparksociety.com

**ONE application per person*



Please clip at dotted line and fill out form!

30th 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 (Circle One) S M L XL 2X AGE _____

Emergency Contact: _____ Emergency Contact Phone _____

Honolulu Park & Recreation Senior Citizen Club (check if applicable) Name of Club _____

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 Society, 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 _____