

Sign up now for the
Recovery Walk & Dry Run, and
Volleyball Tournament
September 18 at Kapiolani Park

Schedule:

7 am Run/Walk,
7:30 Medal Ceremony
8 am Entertainment,
Recovery Meeting,
Volleyball registration
10 am Volleyball
Tournament

Location Kapiolani Park

Run/Walk Course The Starting line is at the Waikiki Shell parking lot, the finish line is at the Bandstand.

Start Time 7am, 6am check-in at the bandstand

Distance USATF Certified 5 km (3.1 miles)
2 mile route available for the Walk.

Standard and Late Entries

\$25 if postmarked by (September 10) last day to mail
\$30 at packet pickup see below
\$50 on race/walk day (September 18th)

Register online at RecoveryWalkHawaii.org

Packet Pick-up

Sept. 14 - Tuesday (4pm – closing)
Fleet Feet Sports, 17 Aulike St., Kailua (262-3278)
Sept. 15 - Wednesday (4pm – closing)
Runners HI, 98-390 Kamehameha Hwy, Aiea (488-6588)
Sept. 16 - Thursday (4pm – 8pm)
Runners Route, 1322 Kapiolani Blvd., Honolulu (941-3111)
Sept. 17 - Friday (4pm – 7pm)
Running Room, 819 Kapahulu Ave., Honolulu (737-2422)

Awards

Top 3 men and women over all
Top 3 men and women in age groups

Proceeds The Recovery Walk and Dry Run 5k is an event to celebrate National Drug and Alcohol Recovery Month. Proceeds will benefit the Hawaii Substance Abuse Coalition and participating agencies.

Volleyball Registration

Team Captain: _____
Team Name: _____
Phone number: _____
Email: _____
Address _____
City _____ State ____ Zip _____

- \$30 per team on-site registration
- \$25 if you mail in your registration info by September 10, 2010, but pay on-site

ON-SITE, CASH ONLY

List team members here:

Print Name	waiver signature (see waiver below)
1. Captain:	
2.	
3.	
4.	
5.	
6.	
Alternate 1.	
Alternate 2.	

Volleyball WAIVER

REQUIRED FOR EACH PARTICIPANT

(Note: Parents must sign the waiver for each child under 18 years of age)
I hereby release The Hawaii Recovery Walk organizers; Hina Mauka, the City and County of Honolulu; State of Hawaii; and all governmental agencies whose property and/or personnel are used, and other sponsoring or co-sponsoring company (ies), agency(ies), volunteers, or individual(s) from responsibility for any injuries or damages I may suffer as a result of my participation in the Recovery Walk and Dry Run 5k Volleyball Tournament. I hereby certify that I am in good condition and am able to safely participate in this event. I will additionally permit the use of my name and picture in broadcasts, telecasts, newspapers, brochures, etc. As a participant, I certify that all information provided in this form is true and complete. I have read the entry information provided for the event and certify my compliance by signature above.

Mail entry form to:
Recovery Walk
c/o Hina Mauka
45-845 Po'okela St.
Kaneohe, HI 96744

Run/Walk Registration

Mail in this form with your payment by Sept. 10,
Or register online at RecoveryWalkHawaii.org.

Please use ink and print clearly

Please indicate: Runner Walker

Last Name _____ First _____

Address _____

City _____ State _____ Zip _____

Phone: _____

Email: _____

Sex: (circle) M F Birthday ____/____/____

Shirt Size: (circle) S M L XL

2XL add \$1, 3XL add \$2, 4XL add \$3

Total Fee Enclosed (\$_____) (No refunds)

\$25 Fee includes runner timing & t-shirt

(Anyone may walk the walk for free—no t-shirt though. Please sign waiver or register online as a 'virtual walker' (no fee))

Make check payable to: Recovery Walk

Mail check and signed entry form to:

Recovery Walk
c/o Hina Mauka
45-845 Po'okela St.
Kaneohe, HI 96744

For information call: (808) 447-5261

SIGNED WAIVER REQUIRED FOR EACH Runner/Walker

(Note: Parents must sign the waiver for each child under 18 years of age) I hereby release The Hawaii Recovery Walk organizers; the City and County of Honolulu; State of Hawaii; and all governmental agencies whose property and/or personnel are used, and other sponsoring or co-sponsoring company(ies), agency(ies), volunteers, or individual(s) from responsibility for any injuries or damages I may suffer as a result of my participation in the Recovery Walk and Dry Run 5k. I hereby certify that I am in good condition and am able to safely participate in this event. I will additionally permit the use of my name and picture in broadcasts, telecasts, newspapers, brochures, etc. I also understand that the t-shirt purchase is non-refundable. As a participant, I certify that all information provided in this form is true and complete. I have read the entry information provided for the event and certify my compliance by signature below.

Signature _____ Date _____

*Parent or Guardian must sign if participant is under 18 years old.