

Epilepsy Foundation of Hawaii presents the Eighth Annual Bill Emerson Memorial FREEDOM RUN / WALK

CELEBRATE JULY 4TH ALL DAY!!!
7:30 a.m. EFH Freedom Run/Walk
10:00 a.m. Parade on Kainalu Drive
8:00 p.m. Fireworks at Kailua Beach
Fireworks & Parade presented by
Kailua Chamber of Commerce

To benefit the programs and services
of the Epilepsy Foundation of Hawaii



COURSE

Run: 5K (3.1 miles) or 10K (6.2 miles)
Starts south entrance of Kailua H.S. both courses with
view of Enchanted Lake

Walk: 1 mile – Starts south entrance of Kailua H.S. South on
Akiohala St. Continue south on Keolu Dr. to the marked turn-
around point. Follow the same route back to finish line at Kailua
H.S. gym. Walkers with pets welcome.

AWARDS

- 1st Place male & female overall (5K/10K Run course only)
- Top 3 age group finishers (5K/10K Run course only)

DRAWINGS

Random drawings for valuable prizes

RACE PACKET PICK-UP

Sat, 6/27 Noon - 3pm at McCully Bicycle, 2124 King St.
Fri, 7/3 Noon - 3pm at Fleet Feet, 17 Aulike St., Kailua, and race morning beginning 6:00 a.m.

Saturday, July 4, 2009 • 7:00 a.m.
Race starts at Kailua High School
451 Ulumanu Drive, Kailua

REGISTRATION

- Mail-in entries must be postmarked by June 22, 2009.
No guarantee of t-shirt for late entrants.
- Register online at *Active.com*

Refreshments provided by
**The Honolulu
Baking Company**
&

MAKE CHECKS PAYABLE TO:
Epilepsy Foundation of Hawaii

MAIL TO:
Epilepsy Foundation of Hawaii
1240 Ala Moana Blvd., Suite #225
Honolulu, Hawaii 96814

FOR MORE INFORMATION:

Ed Kemper at 524-0330 or 225-2965
Email us at *efh@hawaiiepilepsy.com*
Visit our website at *www.hawaiiepilepsy.com*



SEX (circle one) M F

AGE on race day (7/4/09) _____ __5k. __10k.

T-SHIRT (Circle one. If size is not indicated, Adult Large
will be given.)

Adult: S M L XL Child: M L

Last Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

AGE GROUP (Circle one): 6-12, 13-19, 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+

- Regular** (postmarked by Jun 22) **Late** (after Jun 22)
- \$25 with t-shirt \$30 with t-shirt
 - \$10 t-shirt only _____ Donation

\$60 Family Rate - up to 5 (five) participants (\$80 Late) - Call 528-3058

Waiver & Release Statement: I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I know that there will be traffic on the course route. I assume the risk of running in traffic. I assume any and all other risks associated with this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the Epilepsy Foundation of Hawaii, this event's officers, directors, members, volunteer-agents, successors, assigns or anyone acting on their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind the nature whatsoever arising out of or in the course of my participation in this event.

X _____
Signature

Signature of parent or guardian if under 18 years of age