



Epilepsy Foundation of Hawaii Presents the 2010 Annual Freedom Run/Walk

To Benefit the programs and services of
The Epilepsy Foundation of Hawaii

FREEDOM

Freedom for America
Freedom from Epilepsy



SUNDAY, July 4, 2010 7:00 a.m.
Race starts at Kailua High School
451 Ulumanu Drive, Kailua

COURSE

Run: 5K (3.1 miles) or 10K (6.2 miles)

Walk: 1 mile

All courses start at the south entrance of Kailua H.S.
Both running courses with view of Enchanted Lake
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)
see www.HawaiiEpilepsy.com for age group details

DRAWINGS

Random drawings for prizes

RACE PACKET PICK-UP - Times and Locations

July 2 3:00 pm – 6:00 pm at Running Room 819 Kapahulu Ave, Honolulu

July 3 Noon – 3:00 pm at Kailua Running Co. 17 Aulike Street, Kailua

July 4 6:00 – 6:30 am Kailua High School on race morning.

REGISTRATION

Mail-in entries must be received by June 28, 2010.
No guarantee of t-shirt for late entries.
Register online at Active.com

MAKE CHECKS PAYABLE TO:

Epilepsy Foundation of Hawaii

MAIL TO:

Epilepsy Foundation of Hawaii
1240 Ala Moana Blvd., Suite 225
Honolulu, HI 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

Last Name _____
First Name _____
Address _____
City _____
State _____ Zip _____ Phone _____
Email _____

Event 5K run 10K run 1 mile walk

ENTRY FEE: \$25 with T-shirt (June 15 or earlier)
 \$30 after June 15 (with T-shirt if available)
 \$60 Family Rate (up to 5 members)
 \$10 T-shirt only \$5 coupon code? _____

SEX (circle one) M F
AGE on race day (7/4/2010) _____

T-SHIRT (Circle one) Adult: S M L XL Child: M L
If size is not indicated, Adult Large will be given.

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. I grant permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

X _____
Signature

Signature of parent or guardian if under 18 years of age