

HOMEWARD BOUND 5K

SUNDAY: DECEMBER 18, 2011

Manoa Valley District Park

[2721 Kaaipu Ave. Honolulu, HI 96822]

7 AM local time

ABOUT US: This is a **FUN** 5k run/walk! All proceeds from this event will go to benefit the Institute for Human Services (IHS); the largest homeless shelter on Oahu.

5K: The USATF certified course starts and ends at the Manoa Valley District Park.

PARKING: Limited parking at Upper and Lower Manoa Recreation parking lot. Also, limited behind Manoa School and by Manoa Gardens.

AWARDS: Prizes for top 3 finishers in each age group.

T-SHIRTS: Sold on race day for \$10.

TIMING: Chip timing provided by Pacific Sport Events & Timing.

SPONSORS: MAHALO to Coldwell Banker Pacific Properties, Philpott's & Associates, Green Fleet Hawaii, Lex Brodie's Tire Company, Topa Financial Center, Cronin, Fried, Sekiya, Kekina, and Fairbanks, D.R. Horton, Hoku Solar, Cardiology Clinic, APS Healthcare, Alexander & Baldwin, and many others!

PACKET PICK-UP: Friday, December 16 from 4 PM – 7

PM. and Saturday, December 17 from 10:30 AM – 2 PM @ the RUNNING ROOM; 819 Kapahulu Ave. Honolulu, HI 96816

* Race day packet pick-up available **BEFORE 6:30am.**

* Make checks payable to: **The Institute for Human Services (IHS), or pay online at www.ihshawaii.org.**

* Mail entries to: **IHS, 546 Ka'aahi St., Honolulu, HI 96817**

Need more information? Contact IHS at 447-2810 or 447-2811 for further details.

REGISTRATION

Name _____

Address _____

City _____

State _____

Zip Code _____

Phone _____

Email Address _____

Gender: Male Female

Birth Date ____/____/____ Age: ____

TIMING CHIP OPTION

Yes, I would like a timing chip.

* **Additional \$3 fee**

No, I do not want a timing chip.

ENTRY FEE

FREE – kids under 5

\$15 if postmarked by December 15

\$25 at packet pick-up (December 16/17)

\$30 on race day (December 18)

\$3 for timing chip

Additional tax-deductible donation to IHS

Total Enclosed: \$ _____

SIGNED WAIVER REQUIRED:

I hereby release the *Homeward Bound 5k* organizers; the City and County of Honolulu; the 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 this event. I will additionally permit the use of my name and picture in broadcasts, telecasts, newspapers, brochures, etc. I also understand that the entry fee 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 this event and certify my compliance by signature below.

Signature _____

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

Individuals under the age of 14 must have a parent/guardian/chaperone with them.