



Straub/Kapi'olani Women's 10K

SUNDAY, MARCH 7, 2010, 7 A.M.

33rd Annual Hawaii's Premiere Women's Race

For 33 years, women of all ages have come together in a celebration of fitness and good health at the Straub/Kapi'olani Women's 10K. Elite runners, serious runners, race walkers, beginners and recreational walkers participate in this race. Mothers and daughters, students, the military, and visitors have made the Straub/Kapi'olani Women's 10K a tradition.



COURSE: 6.2 mile race begins at Kapi'olani Park, goes through Diamond Head and Kahala and back to the park for an awards ceremony at about 8:15 a.m.

Entry fee:

- *\$20 for entries received by February 5
- *\$20 for Hawai'i Pacific Health employees
- *Group discounts: \$20 for groups of 10+
Must be received together by February 26
- *\$30 for entries received by February 26
- *\$35 thereafter mail-ins accepted until March 3 by 4 p.m.
- *\$40 on packet pick-up day and on race day morning, starting at 6 a.m.

Make checks payable to: Straub/Kapi'olani Women's 10K - Mail payment and application below to: Hawai'i Pacific Health, Marketing & Communications, 55 Merchant Street, 25th Floor, Honolulu, Hawai'i, 96813.

Divisions/Awards: To be presented to top three in the following divisions: Elite, Stroller, School Challenge, Corporate Challenge, Hawai'i Pacific Health Employees and Age: 5-year groups - starting from 14 and under to 80 and over. Awards to be presented to age groups with five or more entrants.

Drawings: Finishers are eligible for prizes on race day. Must be present to win.

Deadline: All mail-in entries must be received by March 3. Late registration fee is \$40 at packet pick up and on race day, starting at 6 a.m. **NO REFUNDS.**

Packet Pick Up Date:

Saturday, March 6 from 10 a.m. to 3 p.m. / Straub Cafe, 888 South King Street / PARKING IS FREE!

Or, on race day morning at Kapi'olani Bandstand from 6 a.m. - 6:45 a.m.

Training Clinic: Tryfitness - an all female training group, "We put fun in fitness" visit www.tryfitnesshawaii.com.

Register online: REGISTER ON-LINE at eventsonline.ca or print a mail-in form from www.straubhealth.org or www.kapiolani.org. For more information call 808-522-4479.



Affiliates of Hawai'i Pacific Health

33rd Annual STRAUB/KAPI'OLANI WOMEN'S 10K • Sunday, March 7, 2010 • 7 A.M.

Age on race day Last name First name

Street address City State Zip Code Occupation

School Name for School Challenge or Company Name for Corporate Challenge

Phone E-Mail Date of birth T-shirt Size (circle one): S M L XL

Please mark the division you are participating in (only mark one). Not marking or marking more than one box, will register you as "Age Division".

Age Division Elite Stroller Corporate Challenge School Challenge Hawai'i Pacific Health Employee Challenge

Have you done all 32 races? Yes No How many years have you participated in the Straub/Kapi'olani 10K? _____

Waiver and Release Statement: I agree to comply with the rules, regulations and event instructions of the Straub/Kapi'olani Hawai'i Women's 10K. I am aware of and assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, weather (heat and humidity), traffic and road conditions. In consideration for acceptance of this entry, I, for myself and anyone entitled to act on my behalf, waive and release Straub Clinic & Hospital and its affiliates, City and County of Honolulu, State of Hawai'i, the sponsors, agents, volunteers and representatives of this event from any and all injuries suffered by me in this event, including pre-and post-race activities. I attest that I am physically fit for participation and consent to receive medical attention, if necessary, during this event. I give permission for free use of my name, voice or photo in any broadcast, telecast, advertisement or promotion of this event.

Signature / Signature of parent or guardian if under age 18

Date