



# LAVAMAN SUNSET 5K RUN/WALK

## ALOHA FRIDAY MARCH 30TH, 2012 !

### 5:00PM START - QUEEN'S MARKETPLACE ENTRANCE

**Pre-Registration** Sign up online at active.com or download an application form at www.pathhawaii.org and mail in or drop it off at Bike Works Beach and Sport or at Bike Works in Kona at 74-5583 Luhia Street. *NOTE: Snail mail entries must be received by Wednesday, March 28th in order to be processed.*

**Registration Fees** \$20 Adults, \$10 Kids 14 & Under - Includes athlete gift. \$5 late fee if received after Wednesday, March 28th.

**Make checks payable to PATH or Peoples Advocacy for Trails Hawaii**  
**MAIL TO:** PATH PO BOX 62 KAILUA-KONA, HI 96745

This event is a benefit for PATH - Peoples Advocacy for Trails Hawaii and the Aloha Tri Sport's Goodwill Mission and MS 2012 Ride Team. Your entry fee will go to support efforts to create safer and healthier places to train, play and live here on the Big Island and around the world!

**Number Pick Up & Event Day Registration** begins at 3:30pm in front of Bike Works Beach and Sport store.

**Course:** A fun loop through the beautiful Waikoloa Beach Resort, starting and finishing at the gateway to the Queen's Marketplace.

**Special Events:** Come for the run, stay for the fun! Enjoy the wide variety of dining options at any one of the many restaurants of the Kings' Shops and Queen's Marketplace! Get a head start on your Lavaman weekend by staying at the Outrigger Marriott and Hilton Waikoloa Village! For special deals, visit www.lavamantriathlon.com.

**Questions about the run?** Visit www.pathhawaii.org or call 326-PATH (7284) or email sharetheroad@pathhawaii.org to find out more.

## LAVAMAN SUNSET 5K RUN/WALK REGISTRATION FORM

\_\_\_\_\_  
Last Name First Name Initial Date of Birth (mm/dd/yy) Age Female Male

\_\_\_\_\_  
Address City State Zip Code Country

\_\_\_\_\_  
Phone (Area Code + Number) Email

YES! I would like Hawaii to be more bike & walk friendly! →  
Check here if you are a PATH member or want to be. It's FREE!

**Waiver must be read and signed:** I agree to comply with the rules and regulations of Lavaman Sunset 5K Walk/Run. I know that running is a potentially hazardous activity. I am aware of and assume all the risks associated with running/walking this event, including, but not limited to, death, serious injury and loss, related to: falling, cardiac arrest, contact with other participants or objects along the course, insect stings, animal bites, abrasions, sprains and breaks. I certify that I am physically and mentally fit, have trained sufficiently in similar conditions to participate in this event, and have not been advised otherwise by a qualified medical person. Having read and understood this waiver, I and anyone acting on my behalf, waive and release Hawaii Sports Connection, Bike Works Beach and Sport, PATH and all sponsors, facility owners, donors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of negligence or carelessness. I am solely responsible for any injury I may receive during my participation in the Lavaman Sunset 5K Walk/ Run.

**CHECK OUT** -----  
Entry Fees (\$20 adult, \$10 child)   
Add \$5 late fee after 3/29  
Charitable Donation to: (circle one)   
Aloha Tri Sport / PATH  
Total Amount   
Mail to PATH PO Box 62 Kailua-Kona, HI 96745

Signature of Athlete or if under 18, signature of parent or guardian

Date