



GREEN BANANA CAFE
ORGANIC ECO INTERNET CAFE



Green Banana 5 & 10 K Fun Run For Women Helping Women SATURDAY, MARCH 28TH, 2009 Run Begins 8AM Sharp

COURSE:

A flat 10k/5K course starting fronting The Green Banana Cafe in Paia. Both races will head toward Kahului Airport and loop back to the start.

AWARDS:

Awards will be given to the top three male/female finishers. No age divisions

REGISTRATION:

- *PRE-REGISTRATION POSTMARKED 3/25/2009
- 10K** - \$25-Adults & \$20 -Youth Under 18
- 5 K** - \$20-Adults & \$15- Youth Under 18
- *RACE DAY –Add \$10 to entry fee for late registration.

PACKET PICK-UP

*RACE DAY

IMPORTANT NOTICE:

*COMPLETE FORM BELOW, AND INCLUDE CHECK OR MONEY ORDER WHEN MAILING..

Make Checks Payable to: WOMEN HELPING WOMEN

*MAIL TO: **ATTN: FUN RUN**, 1935 MAIN STREET SUITE 202, WAILUKU, HI 96793

GENDER: MALE FEMALE **AGE:** _____ **DATE OF BIRTH:** ____/____/____

LAST NAME: _____ **FIRST NAME:** _____

STREET ADDRESS _____ **CITY** _____ **ST** _____ **ZIP** _____

PHONE# () _____

WAIVER STATEMENT: IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY, I, INTENDING TO BE LEGALLY BOUND DO HEREBY FOR MYSELF, HEIRS, EXECUTORS, AND ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES AND CASES OF SUIT OR ACTION, KNOWN OR UNKNOWN, THAT I MAY HAVE AGAINST WOMEN HELPING WOMEN, GREEN BANANA CAFE, COUNTY OF MAUI THROUGH WHICH THIS RACE IS ROUTED AND ANY SPONSORS, DIRECTORS, VOLUNTEERS, OFFICERS, AND AGENTS FOR ANY AND ALL INJURIES RESULTING FROM MY PARTICIPATING IN THE CENTRAL VALLEY 12K RACE . I ATTEST THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THIS EVENT. I ALSO GRANT PERMISSION FOR A DOCTOR OR NURSE TO TAKE ANY REMEDIAL ACTION IN CASE OF EMERGENCY. I ATTEST AND VERIFY THAT I KNOW THE RISKS OF ENTERING THIS RACE AND I ASSUME ALL EXPENSES IN THE EVENT OF AND ACCIDENT.

SIGNATURE: _____ **DATE** _____

If under 18: Signature of Parent / Guardian _____ **Date:** _____