Carole Kai Charities, Inc. Presents
HAWAII PACIFIC HEALTH
GREAT ALOHA RUN
KE KUKINI ME KE ALOHA PAU'OLE

SIGN UP NOW!
THE RACE FOR HAWAII’S PEOPLE

MAHALO TO OUR SPONSORS!

HAWAI'I PACIFIC HEALTH
PRESIDENTS’ DAY
February 18, 2019

GREAT ALOHA RUN
35 YEARS
healthier
with aloha

GreatAlohaRun.com

KRATER 96.3

MAHALO TO OUR SPONSORS!

HAWAI'I PACIFIC HEALTH
TITLE SPONSOR | BENEFACTOR

Commercial Plumbing Inc.
COMMERCIAL SPONSORS

THE QUEEN’S HEALTH SYSTEMS
LEGACY SPONSOR

HARRY & JEANETTE WEINBERG FOUNDATION, INC.
KAMA'AINA SPONSORS
Get Your FREE Limited Edition In-Training T-Shirt!

SIGN UP BY NOVEMBER 30

The first 6,000 entrants receive a FREE Limited Edition In-Training T-Shirt! Eligible registrants will receive a confirmation email and/or postcard. Pick up shirts at The Running Room, 819 Kapahulu Avenue, Honolulu. For an additional $8 shipping and handling, your shirt can be mailed directly to you.

FREE 9-WEEK IN-TRAINING WORKSHOP AT KAPIOLANI PARK, SUNDAYS, 6:45AM STARTING ON DEC. 16

Go online www.greataloharun.com for more information or call Amy Forsyth at 808-783-2558.

Join the ‘GAR Virtual Run’

Can’t make it to the race, but still want to participate? Join us virtually and get Healthier with Aloha! Do your personal Great Aloha Run wherever you are in the world and help us support Hawai‘i’s charities! Visit our website to learn more about how you can take part in the race for Hawai‘i’s people! Virtual participants will receive a race medal and a special Aloha Box of local island treats!

Lucky 7 Team and Presidents’ 100 Club

Form a team of seven with family, friends, co-workers or neighbors or as a larger group with your company or organization. Participate as a group, share goals, drive each other to greater fitness and fun. Strive for your best physical shape and have a great time as ONE TEAM!

To register and for more details, visit www.greataloharun.com or call 808-528-7388 and get your group started today!
1. Complete legibly and completely. Everyone on the course must be registered. One form per person, except a baby in a stroller must register on the adult's form.

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
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- Complete legibly and completely. Everyone on the course must be registered.

**Email Address**

**Best Contact Number**

**Address**

**First Name**

**Date of Birth:** Month Day Year

- **Sex:** Male Female

- **Apt No.**

**Address Line 2**

- City State Zip / Postal Code

- Country, if other than USA

2. Check box. Entry Donation is non-refundable and non-transferable

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<tr>
<th>2019 ENTRY DONATION LEVELS</th>
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<tr>
<td>Per Baby 4 years and younger, pushed in stroller. Under 2...</td>
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<tr>
<td>Baby name 1</td>
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<td>Baby name 2</td>
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<td>$25 Child 5-12 years and Senior 65 years and older</td>
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**MILITARY** (Must show ID at Packet Pick-up)

**BRANCH OF SERVICE** (check one): Air Force Army Coast Guard

- $30 Military Elite (for cash payments)
- $30 Military 13-64 Years

**INDIVIDUAL 13-64** (Includes President’s 100 Club)

- $40 Individual Early Entry July 27, 2018 – Nov. 30, 2018...
- $45 Individual Regular Entry Dec. 1, 2018 – Jan. 25, 2019...
- $60 Individual Late Entry at HPI GAR EXPO, Feb. 16, 2019...
- $80 Virtual Runner Entry Feb 15, 2019...
- $280 Lucky 7 Team (Must be age 21 or older, a Hawaii resident...

**OPTIONAL SELECTIONS** (Check all that apply)

- $8 In Training Shirt Mailing Fee (US address only)
- $9.95 Souvenir Coin (Must pick up at GAR Expo, Feb. 16-17, 2019)...
- $17.95 Souvenir Coin & Mailing Fee (US address only)...
- $9.95 Souvenir Pin (Must pick up at GAR Expo, Feb. 16-17, 2019)...
- $17.95 Souvenir Pin & Mailing Fee (US address only)
- $25 In Training Dri-Tech Shirt (US address only)
- $5 My Gift to GAR Charities

**TOTAL PAYMENT**

3. Please read and sign.

**PLEASE READ AND SIGN.**

Sorry, we cannot process without your signature.

Waiver and Release: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the condition of the road, all such risks being known and appreciated by me. If I am an operator or occupant of a stroller or assisted wheelchair, I agree that I am fully responsible for my own safety and the safety of the occupant of the stroller or assisted wheelchair. Safety is defined as doing everything reasonably necessary to avoid or prevent an accident including, but not limited to operation with safe speed and equipment and avoiding risks.)

I understand that in the event this race cannot be held as scheduled due to an act of God or circumstances beyond control, I cannot participate for any other reason, the race is not liable to refund any money donated by me to participate. I further understand that my entry donation is non-transferable.

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 covet日至 to sue, and waive, release, and discharge Carole Kai Charities, Inc., the City and County of Honolulu, including their Police Department, the State of Hawaii, the race officials, volunteers, any and all sponsors, and any and all agents, employees, assigns, or anyone acting for or on their behalf from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. I also hereby grant full permission to Carole Kai Charities, Inc. and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. This waiver and release extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

**Signature**

(You must sign here for processing) **Date**

Signature of parent/guardian if under 18 years. Applications for minors will be accepted only with signature above.

**Make non-refundable entry donation check or money order payable to:**

GREAT ALOHA RUN and mail to:

Great Aloha Run, P.O. Box 29750, Honolulu, HI 96820-2150

Postmark Your Entry by Jan. 25, 2019

**First Hawaiian Bank**

Banking services courtesy of First Hawaiian Bank. $20 assessed for returned check.
GAR TRAVEL INCENTIVES!

Alaska Airlines

Enterprise Rent-a-Car
Enterprise and National are offering exclusive rental car discounts while you are participating in the 35th Annual Great Aloha Run. Visit www.greataloharun.com/travel and click on the Enterprise link for discount!

New Collectibles for 2019!
Get your very own, special Collector’s Coin and Pin commemorating GAR’s 35th Anniversary. Hurry! Supplies are limited. See our website for more details.

MARK YOUR CALENDARS!
November 30 Downtown Kick-off
Includes a discount and Free In-Training Shirt

November 30 Early Entry Deadline

December 16 FREE In-Training Workshop at Kapiolani Park
Every Sunday starting on Dec. 16 thru Feb. 10

January 25 Regular Entry Deadline

February 4 Online Registration Closes

February 9 Hawai'i Pacific Health Keiki GAR - McCoy Pavilion

February 16 HPHGAR EXPO - Blaisdell Exhibition Hall

February 17 HPHGAR EXPO - Blaisdell Exhibition Hall

February 18 Hawai'i Pacific Health Great Aloha Run Race Day!