



Lava Lava Race

Sunday March 11, 2007 Lanikai Park

Race Starts at 8:45 AM

Deadline: Postmark by March 5, 2007

Course: 1.5 mile run begins at intersection of A'alapapa Drive and Kaiolena Drive and continues counter clockwise around Lanikai Loop to Mokulua Drive and Kaiolena Drive Beach access. Runner collects Lava Lava during run, middle of the loop (where A'alapapa Drive and Mokulua Drive meet).

Transition area for one/two man canoe is marked with cones. Relay partners must hand Lava Lava in coned area. 3 mile paddle counter clockwise around buoys placed: by Wailea (Smith's) Point, in front of Mokulua Islands, in front of Flat island, to conclude at Lanikai Canoe Club paddle site. Water course contingent upon conditions.

More Information: Amber 255-1245 or Kris 223-4600

Entry Fee (no refunds): Teams: \$35 (includes 2 hats), Individual: \$20, Two-man Relay: \$70 (includes 4 hats)

Make checks payable to: **LANIKAI CANOE CLUB**

Mail entry to: Amber Kuhlmann, 410 Ilimano St., Kailua, HI 96734

Late Entry: 7:30-8:30 am - Lanikai Park - Race Day

Team: \$40, Individual: \$25, Two-man relay: \$80 (no hat guarantee)

Race Number: All entrants must report for numbering on race day 8:00-8:30am.

Age Group: Check the correct age group in the entry below. Team age group is determined by adding ages of team members together. **Age groups may be changed based on participation.**

Divisions: check one

Individual: \$20
☐ 13-17
☐ 18-24 ☐ 30-39 ☐ 50-59
☐ 25-29 ☐ 40-49 ☐ 60+

Team: (add ages together) \$35
☐ 26-48 ☐ 60-79 ☐ 100-120
☐ 49-59 ☐ 40-99 ☐ 121+

Two-man Canoe: \$35

☐ Two-man Youth 13-17
☐ Two-man 2 participants (Both Run both Paddle)
☐ Two-man Relay \$70
4 participants (2 Runners, 2 Paddlers)

Relay Runner or Individual:

Last Name	First Name	M F Sex	Age	Date of Birth
Street Address				
City		State	Zip Code	Phone

Relay One/Two Man Paddler:

Last Name	First Name	M F Sex	Age	Date of Birth
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Signature of Runner: _____ **Date:** _____
(I have read and understand the waiver below)

Signature of Paddler: _____ **Date:** _____
(I have read and understand the waiver below)

Parent signature if entrant is under 18 years of age: _____ **Date:** _____

Waiver & release statement: I Agree to comply with the rules, regulations, and event instructions of the Lava Lava Race. I know that running a road race and canoeing in the ocean are potentially hazardous activities. I am aware of and assume all risks with running and canoeing this event, including, but not limited to, contact with other participants, traffic conditions, the effects of weather, including surf conditions and currents, and the conditions of the ocean. In consideration of my accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release from any and all claims for injuries and damages I may have against Lanikai Canoe Club, the City and County of Honolulu, State of Hawaii, United States of America, the sponsors, their agents and representatives arising out of my participation in this event, including pre-and post-race activities. I ATTEST that I am physically fit and have sufficiently trained for competition in the Lava Lava Race. I have read the particulars on this race application and understand that this race is a physically demanding event. I CONSENT to receive medical treatment which may be advisable in the event of illness or injury suffered by me during this event. I GIVE PERMISSION for free use of my name, voice or picture in any broadcast, telecast, advertising promotion and other account of this event.