



Hilo Bay 5K

A SALUTE TO OUR VETERANS

VFW Post 3830

Support Veterans and Celebrate America's 250th birthday!

RUN/WALK/SUPPORT Registration

Date: July 4

Time: 7:00 a.m.- 9:00 a.m.

Location: Liliuokalani Gardens Park Hilo, Hawaii

Registration Fee: Early Bird: \$40.00 til 5/1, then \$45

*Packet pick up and registration will be at Liliuokalani Gardens Park July 3 from 11:00 p.m.- 5:00 p.m. and July 4 6:00 a.m.- 6:45 a.m.

Registrations after July 2 will be \$50

VIRTUAL Registration

Date: June 20 - July 3

You will have 2 weeks to complete run and log your time.

Registration Fee: \$45.00

Shirt will be mailed to you.

SHIRTS

Please register before May 15 to be able to pick your shirt size and style, after that shirt and sizes are not guaranteed.

MAILING ADDRESS

Mail forms and payment to: VFW Post 3830 5K Run, PO Box 13 Pahoia, HI 96778

PAYMENT

Make checks and money orders payable to: Veterans of Foreign Wars Post 3830. Payment may be included for more than one person. Please do not send cash.

QUESTIONS

Please contact: VFW Post 3830: runcoordinator@vfwpost3830.org

WEBSITE ADDRESS

More information and online registration:

<https://runsignup.com/Race/HI/Hilo/ASalutetoOurVeteransHiloBay5KRunWalk>

Please do not mail after June 20. Please hand carry registration (or register online) and deliver to the post or the registration team

REGISTRATION FORM

Each adult must fill in and sign their own registration form.

NAME : _____

ADDRESS : _____ **CITY :** _____ **STATE :** _____ **ZIP :** _____

PHONE NUMBER : _____ **AGE (on race day) :** _____

MALE FEMALE RUN WALK SUPPORT VIRTUAL

T-shirt Tank

SHIRT Size

SMALL MEDIUM LARGE XL 2XL 3XL + \$2

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non transferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

Signature

Date

Email