

Presents the 3rd Annual

Women's 5K and Keiki 1 Mile Run

TRY FITNESS!
The Women's Fitness Experts

7:00 a.m., Sunday, February 2, 2014 • Kakaako/Waterfront Park

COURSE This one-of-a-kind course is a safe, contained and beautiful route around Kakaako Waterfront Park. Enjoy the views as you and your friends run around this little gem in Honolulu. 5K run open to all girls and women age 10 and over. **Keiki 1 mile run for boys and girls age 5-9.**

FEES & DEADLINES Early entry postmarked by Dec. 31, 2013 - Adult: \$35 / Keiki: \$25. Entry from Jan. 1, 2014 - Jan. 25, 2014 - Adult: \$40 / Keiki: \$30. Race Day Entry Adult: \$50 / Keiki: \$40. No t-shirt guarantees after Jan. 25, 2013. We reserve the right to refuse entry to anyone for any reason.

ON-LINE REGISTRATION at  Ends midnight on Jan. 30, 2014.

AWARDS & PRIZES Awards ceremony to follow the race. Prizes awarded to the top 3 finisher's, the top 3 finisher's in each age group. Women's Finisher Shirts

JOIN US FOR THESE POPULAR ALL-WOMEN'S EVENTS

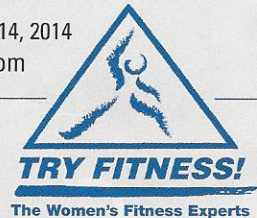
Hawaii Pacific Health Women's 10K - Mar. 2, 2014
www.hawaiipacifichealth.org/womens10K

Na Wahine Festival - Sept. 14, 2014
www.nawahinefestival.com



PACKET PICK-UP

Location: Island Triathlon & Bike,
569 Kapahulu Ave. Sat., Feb. 1, 2014,
10:00am - 3:00pm



NO REFUNDS • Make check payable & mail to: TRY FITNESS, PO Box 22422 Honolulu, HI 96823

PLEASE USE INK AND PRINT CLEARLY

INDIVIDUAL - Last Name

First Name

Age on 12/31/14

Birthdate

Address

City

State

Zip Code

Email (required for confirmation)

Phone (Day)

PHONE (Eve)

SIGNATURE* (Parent or guardian must sign if entrant is under 18 yrs. old)

Date

EVENT (check one box)

Women's 5K

S M L XL

T-Shirt Size (circle one)

Before Dec. 31, 2013: \$35

Jan. 1 - Jan. 25, 2014: \$40

Keiki 1 Mile Run

S M L XL

T-Shirt Size (circle one)

Before Dec. 31, 2013: \$20

Jan. 1 - Jan. 25, 2014: \$25

WAIVER INFORMATION

Waiver and Release Statement: By signing this form I release Team Try Fitness, staff and sponsors from claims or liabilities arising out of my participation in this event including pre- and post-race activities. I AGREE to comply with the rules, regulations and event instructions of the Women's 5K. I know that competing in the race may be hazardous, I am aware of and assume all risks with participation in this event. In consideration of the application being accepted, I, the undersigned intending to be legally bound hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against race officials, volunteers, sponsors, Try Fitness, Women's 5K, the City and County of Honolulu, the Hawaii Community Development Authority and the State of Hawaii resulting from my involvement in this event. I will additionally, give permission for free use of my name, voice or photo in any broadcast, telecast advertisement or promotion of Try Fitness.

DOWNLOAD APPLICATION at www.Womens5KHawaii.com or REGISTER ONLINE at 