



**RACE LOCATION:**

Schofield Barracks, Weyand Field. Saturday, September 29th, 2018. **4:00 PM start.**  
REGISTER AT ANY ARMY PFC or online at [HiMWR.com/race](http://HiMWR.com/race) (fees apply online)

**ENTRY FEE:**

\$20 early, through September 9th, 2018.  
\$25 late, September 10th - 27th.  
Race day check-in and registration from 2:45pm - 3:45pm. (cash/check only on race day)

**Registered runners will receive a custom Finishers Medal!**

All ages welcome. Youth 12 years of age and under must be accompanied by a guardian at all times. Pets not permitted.

# "The WURST 5K Run"

**Entry fee includes  
One post-race  
adult beverage  
sampler**

**CHECK IN:**

Starting at 2:45 PM on race day, Weyand Field. Mandatory race brief at 3:45 pm. 5K total distance. Route will take participants up and back on Trimble Rd.

**ADDITIONAL INFORMATION:**

Race includes **THREE FOOD STATIONS**. Runners must personally consume the food items to be eligible for awards. Post-race root beer for under 21 yrs old. DoD ID card holders, sponsored guests, and general public welcome.

**AWARDS:**

The TOP 3 MEN and the TOP 3 WOMEN to complete the course, and personally consume all the designated food items.

**CONTACT:**

Call 808-655-5975 or visit [HiMWR.com/race](http://HiMWR.com/race) for more information and future MWR races.

**PLEASE PRINT LEGIBLY. REGISTRATION FEE IS NON-REFUNDABLE.**

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE: \_\_\_\_\_ SEX: M / F STATUS: AD / FM / RET / DOD / CIV

## ENTRY FEE: \$20 EARLY / \$25 LATE

**HOLD HARMLESS RELEASE. READ CAREFULLY (MUST BE SIGNED)**

I am aware that participation in the DFMWR 5K Run is potentially hazardous. I should not enter unless I am medically able and properly trained. I assume all risks associated with participation in this event including but not limited to falls, contact with other participants, traffic, weather variations to include high heat and humidity and the condition of the road. Having read this waiver and knowing these factors and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, release the sponsors of the 5K Run, the USAG-HI/Directorate of Family and Morale, Welfare and Recreation, the United States Government, Run officials and volunteers from all claims or liabilities of any kind arising from my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use photograph, motion picture or any recording of this event for any legitimate purpose. Please keep in mind the course is subject to change due to construction and/or circumstances beyond our control. By acknowledging this waiver I agree to the rules and regulations of the 5K Run.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18: \_\_\_\_\_

DATE: \_\_\_\_\_

