

# 12TH ANNUAL FORT DERUSSY ADULT & KEIKI BIATHLON



## The Hale Koa Hotel Proudly Sponsors the 12th Annual Ft. DeRussy Biathlon and Keiki Run-Swim-Run SATURDAY, MARCH 6, 2010

Choose between our long course 5K run followed by a 1K swim or short course 2.5K run / 500M swim along Waikiki's finest beach. Keiki distance course will be a run, swim, run format, with distances varying with age groups (12-11 = 200 yds, 10-9 = 175 yds, 8-7 = 150 yds, and 6 & under = 50 yds). All races start and finish on Ft. DeRussy Beach.

**CHOOSE ADULT BIATHLON** (individual or relay)  
**or KEIKI RUN, SWIM, RUN**  
**Ft. DeRussy Beach**  
**Adults @ 7:00 a.m. & Keiki @ 8:20 a.m. (approximately)**

### ENTRY FEES

Individual \$22, Student \$20, Military \$18,  
 Two-Person Relay Team \$40 per team, Keiki \$15.  
 Fee includes official race shirt, refreshments,  
 and a chance to win awards & prizes.

### AWARDS

**Top three in each group, Male/Female:**  
 Elite, Military, 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39,  
 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79  
 80 & older. **Relay:** Men, Women, Mixed & Master  
 (entrants must be 45 years or older to qualify as master.)  
**Keiki, Male/Female:** 6 & under, 7-8, 9-10, 11-12

### ENTRY DEADLINE

Postmark Feb. 20, 2010 (Late entries add \$7)  
 Limited to a maximum of 400 entrants. Sign up today!  
 No guarantee of T-shirt/size for late entries.

### PARKING

Affordable parking available in Hale Koa Hotel parking garage for military and general public.

### MANDATORY PACKET PICK-UP

10 a.m. to 2 p.m. Saturday, February 27 &  
 4 p.m. - 8 p.m. Wednesday, March 3  
 at the Hale Koa Hotel POINT Health Club.  
**To apply online visit [www.active.com](http://www.active.com)**

MAKE CHECKS PAYABLE TO HALE KOA HOTEL...MAIL TO ATTN: BIATHLON 2010, 2055 KALIA RD, HONOLULU, HI 96815-1998

Mail-in entry deadline February 20! Relay team members must fill out separate entry forms. For more information, call (808) 955-9151.

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_  
 Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (day) \_\_\_\_\_ Phone (Eve) \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on race day \_\_\_\_\_  
 E-Mail \_\_\_\_\_

**Sex:**  Male  Female **Shirt size:** S M L XL Youth: M L  
**Entering:** Choose One Category  \$22 Individual  \$20 Student  \$18 Military  \$15 Keiki Run-Swim-Run  
**Status:** Choose One Category  Active Duty Military  Retired Military  DoD  Dependent  Civilian  
**\$40 per team:**  Relay Male  Relay Female  Relay Mixed  Masters Relay  
**Adult Course:**  5K Run / 1K Swim  2.5K Run / 500M Swim  Keiki Course

Relay Swimmer Name \_\_\_\_\_ Relay Runner Name \_\_\_\_\_

**Credit Card:**  VISA  Mastercard  American Express  Discover

Card# \_\_\_\_\_ Expiration \_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

### PLEASE READ THE FOLLOWING BEFORE SIGNING

I understand all entries are final, with NO REFUND, and that the race organizers reserve the right in the event of an emergency or local or national disaster, to cancel the race or to change the day/time of the event and there is no refund of entry fee. I agree to comply with the rules, regulations, and event instructions of the Ft. DeRussy Biathlon. I know that participation in this event is a potentially hazardous activity. I am aware of and assume all risks associated with running and swimming in this event including but not limited to falling, contact with other participants, and the effects of all course and weather conditions. Having read this waiver and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Ft. DeRussy, the Hale Koa Hotel, the United States Army, the state of Hawaii, all volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind. I consent to receive medical treatment which may be advisable in the event of illness for injuries suffered by me during this event. I give permission for free use of my name, voice, or picture in any broadcast, advertising, or promotion of this event.

Signature (Signature of parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

