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CELEBRATE JULY 4TH ALL DAY!!!
7:00 a.m. EFH Freedom Run/Walk
10:00 a.m. Parade on Kainalu Drive
8:00 p.m. Fireworks at Kailua Beach
Fireworks & Parade presented by Kailua Chamber of Commerce

Epilepsy Foundation of Hawaii

presents the Fourth Annual

Bill Emerson Memorial FREEDOM RUN / WALK

To benefit the programs and services of the Epilepsy Foundation of Hawaii

EPILEPSY FOUNDATION

FREEDOM

5K/10K Run
1 Mile Walk
For America
From Epilepsy

Tuesday, July 4, 2006 • 7:00 a.m.
Race starts at Kailua High School
451 Ulumanu Drive, Kailua

COURSE

Run: 5K (3.1 miles) or 10K (6.2 miles)
Starts South Entrance of Kailua HS
and goes by Enchanted Lake

Walk: 1 mile – Starts south entrance of Kailua H.S. South on Akiohala St. Continue south on Keolu Dr. to the marked turn-around point. Follow the same route back to finish line at Kailua H.S. gym. Walkers with pets welcome.

AWARDS

- 1st Place male & female overall (Run course only)
- Top 3 age group finishers (5k./10k. Run course only)

DRAWINGS

Random drawings for valuable prizes

RACE PACKET PICK-UP

Saturday, July 1 from Noon-3 pm at McCully Bicycle & Sporting Goods, 2124 S. King St., and race morning beginning 6:00 a.m.

REGISTRATION

- Mail-in entries must be postmarked by June 24, 2006. No guarantee of t-shirt for late entrants.
- Register online at *Active.com*

MAKE CHECKS PAYABLE TO:

Epilepsy Foundation of Hawaii

MAIL TO:

Epilepsy Foundation of Hawaii
501 Sumner St. PH 4
Honolulu, Hawaii 96817

FOR MORE INFORMATION:

Call Julie Meier 371-3221 or
Ed Kemper at 524-0330
Email us at *efh@hawaiiepilepsy.com*
Visit our website at *www.hawaiiepilepsy.com/efh*

Refereshments provided by
The Honolulu Baking Company
&
jamba juice
STARBUCKS COFFEE

SEX (circle one) M F

AGE on race day (7/4/06) _____

T-SHIRT (Circle one. If size is not indicated, Adult Large will be given.)

Adult: S M L XL Child: M L

AGE GROUP (Circle one): 6-12, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75, 76+

Regular (postmarked by Jun 24)	**Late** (after Jun 24)
❑ $20 with t-shirt	❑ $25 with t-shirt
❑ $15 no t-shirt	❑ $20 no –t-shirt
❑ $10 t-shirt only	❑ $15 t-shirt only

$50 Family Rate Call Julie Meier @ 371-3221

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

Waiver & Release Statement: I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I know that there will be traffic on the course route. I assume the risk of running in traffic. I assume any and all other risks associated with this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the Epilepsy Foundation of Hawaii, this event's officers, directors, members, volunteer-agents, successors, assigns or anyone acting on their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind the nature whatsoever arising out of or in the course of my participation in this event.

Signature or signature of parent or guardian if under 18 Date