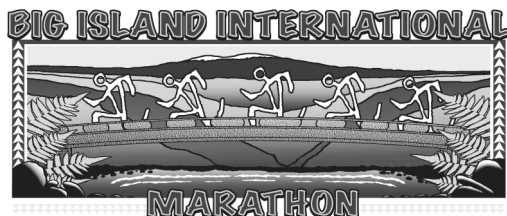


# Train to the Big Island International Marathon



## Run 3 training Runs 10K, 20K and 30K

All Runs start at Bay Front and use the Marathon Course  
1 part of a 3 part finishers medal will be given out at each event

### 10K August 25, 2019

*Starts at Bay Front and goes up the Coast to Honolii Beach Park turn off and stay on that road to the HWY Bridge. Turn around and back the same way to Bay Front.*

**Before 7/26/19 - \$30.00**

**After 7/26/19 - \$35.00**

**Race Day - \$40.00**

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### 20 K October 20, 2019

*Goes the same as the 10K but continues past the bridge to the half marathon turn around back the same way.*

**Before 9/21/2019 - \$45.00**

**After 9/21/2019 - \$50.00**

**Race Day - \$55.00**

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### 30K January 26, 2020

*Goes the same way out as the 20K but continues to the 6 mile marker on the marathon course and then comes back the same way and continues past the start line to Manono Street, turns right to Banyan Drive to Banyan Way to Kalaniana'ole Avenue and down Onekahakaha Beach Park and returns to the Start Finish Line.*

**Before 12/27/2019 - \$60.00**

**After 12/27/19 - \$65.00**

**Race Day - \$70.00**

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## Enter All 3 Races

**Before 7/26/19 - \$115.00**

**After 7/26/19 - \$130.00**

**CIRCLE RACE and AMOUNT enclosed - Make checks payable to BIIMA**

**Mail Entries to BIIMA, PO Box 11211 Hilo, Hawaii 96721**

**1 T-Shirt will be given out for all three events after completion of third event**

**Circle one:      Small      Med      Large      X-Large      2XLarge**

**Waiver and Release statement:** I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Big Island International Marathon Association, the County of Hawaii, the State of Hawaii, and all volunteers, Independent contractors and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I consent to receive medical treatment which may be advisable in the event of illness or injuries suffered by me during this event. I agree to leave the race course within a time of seven hours. I hereby grant permission to the Big Island International Marathon Association and its sponsors to use all information submitted in my application, and any photograph, videotape, motion picture, recording and any other record of this event including race results, my likeness, name and completion time, for any purpose, including pre-race and post-race publicity. In addition, due to any unforeseen circumstances regarding protecting the safety and wellness of all the runners in all races, the Race Director may cancel the event entirely with no refund. These circumstances may be beyond our control, such as any natural disasters, ex: Hurricane, Tsunami, or severe weather as noted by Civil Defense.

**Print Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature** (Parent or Guardian if entrant is under 18) \_\_\_\_\_

**Email Address** \_\_\_\_\_

**For more information go to [www.HiloMarathon.org](http://www.HiloMarathon.org) or Email: [biimabob@yahoo.com](mailto:biimabob@yahoo.com)**