

33rd Annual Captain Cook Caper Runs

10K - 5K - 2K Races

Saturday, February 20th, 2010 @ 7:00 am Start Time

COURSES START

2K – Kikiaola Boat Harbor parking area
5K – Hwy 50 fronting Kekaha Neighborhood Center
10K – 1/3 mile East of Navy Housing gate

START SIGNAL TRANSPORTATION

KUAI 720 AM Radio News Countdown
From Finish area to starts by bus. **LAST BUS 6:30 am.**

REGISTRATION

Main Celebration Site on Friday, February 19 from 4:30 – 10:00pm
Late registration and t-shirt pick up, for those who pre-registered, at the Waimea Plantation Cottages on Saturday, February 20 from 5:30 – 6:00am

FEE

Adults - \$25.00 17 years & below \$20.00
T-shirts for all entries given Friday at registration.
Late entries collect t-shirts at Rainbow Screen Booth from 10am on Saturday. (Mail add \$6.00)

AWARDS

Top male and female in each Race, all others by RANDOM Selection

MAIL Check to: Menehune Boosters Club
P.O. Box 413, Waimea HI 96796

Information: Dave Walker 652-0616
Proceeds to Waimea High School Track Team
cut here

Name (please print neatly)	M/F	Age	size of t-shirt
Address	phone	2K__	5K__ 10K__

WAIVER: In consideration of accepting this entry, I the undersigned, do assume any and all risks attendant to my participation in the Captain Cook Caper Runs and I, on behalf of myself, my heirs, executors and administrator, hereby do waive and release and all rights and claims for damages I may have against the County of Kauai, the State of Hawaii, West Kauai Business & Professional Association, Kikiaola Land Co. Ltd., Waimea Plantation Cottages, Aston Hawaii, Waimea High School, their agents sponsors, volunteers, officers, and/or directors. I assure that I am physically fit and have sufficiently trained for this event and my physical condition has been verified by a licensed medical doctor. I realize that I am personally responsible for any liability that I may be involved in during this event. I permit free use of my name and photographs in the promotion of this event.

Signature (parent or guardian if under 18)

date