



along with Lavaman and Club Rehab
peaks

Family Fun Runs



What? **Monthly fun runs** for the whole family designed to inspire you to live an active and healthy lifestyle. Each session will start out with a guest speaker to bring you information on nutrition, staying motivated, stretching and more.

Come and learn from our upcoming speakers ~

January 16: Club Rehab - *How to avoid running injuries and how to take care of them*

February 19: Brooke Myers - *The benefits of breath awareness, healthy mindset, and positive thinking*

When? **On the 3rd Saturday** of each month.

- 7:00 am Registration, Guest Speakers and Warm-Up
- 7:45 am Keiki 100 Yard Dash & Activities (ages 4-7)
- 7:55 am Start 1 Mile Run/Walk
- 8:00 am Start 2 Mile Run/Walk and 5K Run/Walk



Where? **Ane Keohokalole Highway** - Meet at the Lavaman Tents between Palani Road and Kealakehe Parkway.

Cost? **FREE!**



Pre-register at lavakids.org and get an entry into the raffle for PRIZES!!

Questions? Email eventinfo@lavakids.org or visit our website at lavakids.org



LAVAKIDS REGISTRATION FORM

Event Date: _____

Athletes Name: _____

Gender: _____

Age on Race Day: _____

Parent Name: _____

Mailing Address: City _____ State: _____ ZIP: _____

Phone Number: _____

Email: _____

Emergency Contact: _____

Emergency Phone: _____

FOR RACE USE ONLY
BIB NUMBER
BIB NUMBER

Race Event(s)

100 Yard Dash

1 Mile Run

2 Mile Run

5K Run

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT (“AGREEMENT”)

IN CONSIDERATION of being permitted to participate in any way in any LavaKids Family Fun Run activity (“Activity”) at any time during the current calendar year I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Fun Run Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) Family Fun Run ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH (“Risks”); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE LavaKids, Hawaii Sports Connection, Lavaman LCC, PATH, Club Rehab Inc, County of Hawai`i, FHT, Forest City, and the State of Hawaii, its elected and appointed officials, officers and employees, its administrators, directors, agents, officers, members, volunteers, team members, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the RELEASEES herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signed _____ Date _____

(Parent must sign for participant under 18)