



# Kailua High School Surfriders

## 5k | 10k | 1 mile Run/ Walk

### 21st Annual Event

### Sunday, November 4th, 2018 at 7:00 AM



Brought to you by Friends of Kailua High School, a non-profit that helps Kailua High School's programs

#### 2017 Winning Times

#### Race starts at Kailua High School Gym

**451 Ulumanu Drive, Kailua, HI 96734**

- REGISTRATION:** Register online at Active.com or Register using form below.  
Mail- in entries must be postmarked by Oct. 30, 2018  
Race Day registration accepted til 6:30AM
- PACKET PICK UP:** Saturday, Nov. 3rd at Kailua High Gym from Noon to 3PM  
Sunday, Nov. 4th, at Kailua High Gym from 6AM until 6:55AM.  
Race starts at 7AM.
- SCORING:** Chip timing, pick up on race day
- AWARDS:** Trophies for 1st place male and female overall winners  
Medals for 1st, 2nd, and 3rd place male/ female finishers in all age-categories.  
The awards are for 5K and 10k only, excludes the 1 mile entries
- PRIZES:** Random drawings for prizes after the race
- Further Information:** Visit [friendsofkailuahigh.com](http://friendsofkailuahigh.com)  
or call Anne Higashi 223-5750 or Ed Kemper 225-2965
- Mail In Registration:** Attn: K. Kemper 1047 Apokula Street Kailua, HI 96734  
Make Check Payable to: Friends of Kailua High School

10k FEMALE	5k FEMALE
Overall	Overall - Larua Grossart 24:21.1
Jill Thompson 39:57.7	7-12 Quinn Gilman 29:14.1
19-24 Alivia Bell 58:51.3	13-16 Gabriella Trujillo 31:02.0
25-29 Georgia Lunan 56:19.7	17-18 Sophia Wilson 27:08.8
30-34 Liliani Stanco 1:05:54.6	19-24 Alannah Wetherley 29:07.4
35-39 Heather McDermott 46:10.1	25-29 Vanessa Olsen 34:26.1
40-44 Lisa Reyes 59:14.6	30-34 Mathilde Fontaine 26:36.0
45-49 Worreen Hamoon 47:05.8	35-39 Connie Liu 28:51.2
50-54 Kimberly Hailer 54:49.9	40-44 Sarah Desilva 27:52.8
55-59 Linda Okita 1:03:30.7	45-49 Cheryl Miram 26:55.6
60-64 Debi Halcro 1:16:44.5	50-54 Lori Matsusuhita 31:58.9
	55-59 Trish Furtado 32:34.2
	60-64 Lynn Muramaru 28:03.5
	65-69 Melanie Lillam 30:53.5
	70-74 Paula Jech 32:29.4
	80+ Carolyn Laum 55:14.8
<b>MALE</b>	<b>MALE</b>
Overall	Overall - Brian Slusser 19:25.4
Kengo Yoshimoto 38:35.8	7-12 Kai Fraser 22:06.2
13-16 Tanner Matsushita 42:51.1	13-16 Keaton Matsusuhita 22:14.2
17-18 Max Andro Juarez 57:24.5	17-18 Andrew Nakashima 26:25.4
25-29 Cheyne Tribbey 58:19.4	19-24 Brent Wakuzawa 21:10.2
30-34 Martin Muench Ahlo 39:46.2	30-34 Nazih Benhenda 29:16.1
35-39 Cory Reeves 48:38.6	35-39 Alex Horton 37:55.8
45-49 Bryan Anderson 49:33.0	40-44 Ray Wilson 22:25.2
50-54 John Vipianna 59:48.2	45-49 Eric Gilman 21:50.2
55-59 Ted Leon 47:04.9	50-54 Stan Matsusuhita 24:47.0
60-64 Les Omura 53:30.7	55-59 David Christopher 22:20.2
65-69 Alan Quintana 1:02:45.6	60-64 Ron Heller 27:53.6
70-74 Ken Best 1:08:22.1	65-69 Andrew Liu 47:01.6
	70-74 Ed Kemper 29:30.8
	75-80 Bob Gardner 31:21.0

## 2018 Entry

Name: Last, First \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

#### DISTANCE:

- 1 MILE  
 5K  
 10K

#### Age Division on Race Day:

- 7-12       45-49  
 13-16       50-54  
 17-18       55-59  
 19-24       60-64  
 25-29       65-69  
 30-34       70-74  
 35-39       75-79  
 40-44       80+

#### Registration Donation Enclosed:

Regular, Postmarked by Oct. 30:

\_\_\_\_\_ \$30 with T-Shirt  
\_\_\_\_\_ \$20 NO T-Shirt  
\_\_\_\_\_ \$12 T-Shirt Only

Late, Postmarked after Oct. 30:

\_\_\_\_\_ \$35 with T-Shirt  
\_\_\_\_\_ \$25 NO T-Shirt  
\_\_\_\_\_ \$15 T-Shirt Only

No guarantee of T-Shirt for Late Entries  
All donations are non-refundable

#### Kailua High School

Students ONLY:

\_\_\_\_\_ \$12 with T-Shirt  
\_\_\_\_\_ \$8 NO T-Shirt

#### Shirt Size:

- if applicable  
 S  
 M  
 L  
 XL  
 XXL

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 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 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 behalf, covenant not to sue, and waive, release, and discharge the Friends of Kailua High School, Kailua High School, the Department of Education, State of Hawaii, City and County of Honolulu, this events 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: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or guardian if under 18: \_\_\_\_\_