



Kailua High School Surfriders

5k | 10k | 1 mile Run/ Walk

22nd Annual Event

Sunday, November 3rd, 2019 at 7:00 AM



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

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. 29, 2019
Race Day registration accepted til 6:30AM

PACKET PICK UP: Saturday, Nov. 2nd, at Kailua High Gym from Noon to 3PM
Sunday, Nov. 3rd, 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 or call Anne Higashi 223-5750 or Ed Kemper 225-2965

Mail In Registration: Attn: Ed Kemper 1188 Bishop Street, Suite 2504 Honolulu, HI 96813
Make Check Payable to: Friends of Kailua High School
Go to Active.com to register online

2018 Winning Times by Race and Age Group

10k	5k
FEMALE	FEMALE
Overall	Overall
Molly Neal 46:17.8	Rosemarie Delacruz 23:17.9
7-12 Madison Balatico 2:02:37.0	7-12 Kaia Matsuoka 36:00.3
13-16 Emily Naylor 49:58.5	13-16 Mahealani Inciong 23:51.2
19-24 Pilar Green 1:00:06.4	17-18 Kelci Hooker 30:45.0
25-29 Lacey Evans 58:44.9	19-24 Ciarra Joie Yap 54:08.6
30-34 Vanessa Campos Pereira De Ol 55:55.5	25-29 Kayla Dunn 28:43.7
35-39 Yun Higashi 51:11.6	30-34 Juliana Yaste 24:43.1
40-44 Jennifer Smith 50:32.4	35-39 Suzanne Bright 25:00.8
45-49 Denise Asato 1:09:30.02	40-44 Liz Salerno 25:44.8
50-54 Stacy Luke 54:24.4	45-49 Laura Grossart 25:07.4
55-59 Jenny Quinn 59:31.2	50-54 Sylvia Brosien 29:11.3
60-64 Yvette Flynn 1:03:21.4	55-59 Kathy Watarai-Smith 33:17.9
	60-64 Lynn Muramaru 28:21.6
	65-69 Melanie Killam 30:28.6
	75-79 Beverly Csordas 35:13.0
	80+ Ramona Manson 51:20.5
MALE	MALE
Overall	Overall - Mark Butcher 17:11.1
William Ho 37:48.7	7-12 Kai Fraser 23:03.8
7-12 Noah Balatico 2:01:49.0	13-16 Irie Gray 20:10.8
13-16 Makoa Inciong 42:46.7	17-18 Caleb Jones 26:09.1
17-18 Tanner Matsushita 39:47.3	19-24 Brent Wakuzawa 17:56.0
19-24 Dillen Quitugua 48:18.1	25-29 Roy Aviles 24:51.4
25-29 Sebastian Inderst 38:28.2	30-34 Leigh Trask 27:16.8
30-34 Erick Bannar 46:10.0	35-39 Steve Olukaka 23:11.8
35-39 Ronnie Barit 59:46.0	40-44 Kenwynn Goo 29:08.3
40-44 Trivikram Pujar 51:08.4	45-49 Anthony So 35:25.9
45-49 Michael Garrison 41:08.4	50-54 Stan Matsushita 23:52.0
50-54 Peter Lee 48:19.7	55-59 Doug Tonokawa 24:22.3
55-59 Timothy McKeithen 40:31.5	60-64 Paul Meyer 31:51.2
60-64 Richard Quinn 48:50.5	65-69 Denis Tanigawa 30:52.6
65-69 Michael Shiach 58:51.5	70-74 J.B. Nation 34:59.9
70-74 Karl Heinz Dovermann 1:25:47.7	75-80 Ed Kemper 30:04.4
75-79 Alfred Chun 1:02:32.8	

2019 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. 31:

- _____ \$20 NO T-Shirt
 _____ \$30 with T-Shirt
 _____ \$35 Dri Weave Shirt

Late, Postmarked after Oct. 31:

- _____ \$25 NO T-Shirt
 _____ \$35 with T-Shirt
 _____ \$40 Dri Weave Shirt

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

Kailua High School

Students ONLY:

- _____ \$17 with Dri Weave T-Shirt
 _____ \$12 with T-Shirt
 _____ \$8 NO T-Shirt

Shirt Size:

- 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: _____