

Captain Cook Caper Run

10K – 5K - 2K Races Saturday-Feb 24

START TIME: 7:00AM

COURSES START

2K – Around Waimea Plantation Cottages – WALKERS WELCOMED
5K – Hwy 50 fronting Kekaha Neighborhood Center
10K – 1/3 mile East of Navy Housing Gate

TRANSPORTATION** From Finish Area to Starting Area by bus. **LAST BUS DEPARTS 06:30 AM.**

**Subject to change due to availability

REGISTRATION

Online Registration: www.flpreister.com (online fees apply)
Old Mill Site on Friday (2/24) from 04:30pm – 10:00pm
Late registration @ Waimea Plantation Cottages on Saturday (2/24) from 5:15am-6:15am

FEES

Adults - \$30.00 17years & Below \$25.00 LATE Registration - \$ 40.00

AWARDS

Top Male and Female in Each Race & Age Division Winners

PAYMENTS

- 1) Mail payments :Pay to the order of " Waimea High JROTC "
PO Box 339 , Waimea Hi, 96796
- 2) Online registration
- 3) On site – Cash or Check ONLY

FOR FURTHER INFORMATION, PLEASE CONTACT VICTOR AGUILAR @ 808-651-4876

NAME (PRINT CLEARLY)	M/F	AGE	SHIRT SIZE	RACE 2K-5K-10K
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FULL ADDRESS	EMAIL	CONTACT PHONE#
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EMERGENCY CONTACT NAME & PHONE # _____

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 Run and I, on behalf of myself, my heirs, executors and administrator, hereby do waive and release all rights and claims for damages I may have against the county of Kauai, the State of Hawaii, West Kauai Business & Professional Association, Kikioala 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 signature if participant is under 18)

Date