



BIG ISLAND ROAD RUNNERS

PRESENTS:

THE 22ND ANNUAL HILO TO VOLCANO 50K ULTRAMARATHON & RELAY

Saturday, January 21, 2012

Start: 6:00 AM (Ultra) 6:30 AM (Relay) Coconut Island Parking Lot



Read this first (before any other stuff):

Each runner (14 yrs or older) must provide their own vehicle escort and be responsible for their own food, water and supplies.

Reflective vests and Red blinking LED required in Ultra.

Be prepared for a variety of weather and running conditions.

Temperatures range from 40 to 80 degrees.

COURSE:

Point-to-point 31.1 miles from Coconut Island in Hilo to Cooper Center in Volcano utilizing the shoulder of Highway 11.

Sea level at Start to just under 4000 ft at Finish.

Relay teams of 3 run alternating 2 mile legs each.

Superteams of 4 or more are allowed but are ineligible for awards.

ENTRY FEE: (per entrant; Non-Refundable)

Early Registration ----- **\$35** (\$20 for HS Students)

After Jan 6th (hand carry) ----- **\$40**

\$5 DISCOUNT FOR 2011 BIRR MEMBERS

Mail entry with fee to: **BIRR P.O. Box 1381 Hilo, HI 96721**

Enter Early!!!

First come/First served: Long Sleeved Technical Shirts are special ordered and will not be available to entries after this date:

Friday, January 6, 2012

Tech shirt Quantity Available: 15 XS, 25 SM, 30 MED, 30 LG

Check-in and Bib Number Pickup: 4 – 6pm on Friday, January 20, 2012 at the Hilo Hawaiian Hotel.

Accommodations: Group Room Rates available at Hilo Hawaiian Hotel for entrants.

For more information: Contact Alan Ryan @ (808) 962-6044 or visit website: www.bigislandroadrunners.org



Circle Division: Ultra Male Ultra Female Ultra Masters Male Ultra Masters Female

Relay Male Relay Female Relay Mixed Relay Masters Relay Male HS Relay Female HS

Team Name:

ULTRAMARATHONER or TEAM CAPTAIN name below

email address (if needed, this is how we will contact you)

Last name (Print) First name (Print) Age Date of Birth LS Tech Shirt Size

Street Address City State Zip Code Phone

Signature of Participant or if under 18, Signature of Parent or Legal Guardian Date: (be sure to add your email above)

RELAY TEAM MEMBER #2

Last name (Print) First name (Print) Age Date of Birth LS Tech Shirt Size

Signature of Participant or if under 18, Signature of Parent or Legal Guardian Date:

RELAY TEAM MEMBER #3

Last name (Print) First name (Print) Age Date of Birth LS Tech Shirt Size

Signature of Participant or if under 18, Signature of Parent or Legal Guardian Date:

Waiver must be read and signed BEFORE mailing: I know that running a road race is potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting entry, I, for myself and anyone entitled to act on my behalf, waive and release the Big Island Road Runners, the County of Hawaii, the State of Hawaii, and all sponsors, their representatives and successor from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are non-refundable. Resolution of appeals is the decision of the race director.

Don't Delay! Mail in your entry today! When the Long sleeved Tech running shirts are gone - they are GONE.