



HONOLULU, HI

Welcome to Glow Hawaii Glow 5K!

**Aug. 23, 2013
5-10pm**

Aloha Stadium

**99-500 Salt
Lake Blvd,
Aiea, HI 96701**

Thank you so much for joining our wild running adventure! We've put together this guide to provide you with all the information you need to make your race a Glowtastic experience!

Glow Hawaii Glow 5K is the wildest & brightest night time running event! We celebrate individuality, healthiness and good old fashioned family fun! This run is less about your speed and more about having a fun and memorable experience with your friends and family!

Packet Pick up

When:

Fri. Aug. 16, 2013 12-5pm

Sat. Aug. 17, 2013 10-4pm

Fri. Sept. 6, 2013 12-5pm

Where:

Running Room

819 Kapahulu Avenue

Honolulu, HI 96816

Bring to Packet Pickup:

- Driver's License/Photo I.D.
- Signed participant Glow Run Glow 5K Waiver. For those who were registered by someone else. (found at the bottom of this guide) or download [HERE](#).

What you get:

- Glow goodie bag
- Official Glow Hawaii Glow 5K t-shirt
- Official race bib (Bring on race day)
- Assorted glowing accessories (Bring on race day)

Packet pickup for a Friend:

- Friend's signed Participant Glow Run Glow 5K Waiver (found at the bottom of this guide) or download [HERE](#).

Registration will be available on the day of the event, but lines may be long.

If you absolutely cannot make it to packet pick up please arrive very early on race day (an hour or two before start time) and expect to wait in line.

We strongly recommend coming to packet pickup so that you can enjoy a glowtastic run!

GLOW RUN GLOW 5K GEAR

We will have some glowtastic Glow Run Glow 5K items for sale on race day to help you glow the night away! (only cards will be accepted:) Sorry no cash)

Day of the Run

- **CARPOOL!** Parking is limited, so please squeeze as many of your team members in as you can safely, abiding by the law.
- **ARRIVE EARLY.** Allow plenty of time (expecting traffic) to get to Pima County Fairgrounds to get prepped for the start time and enjoy the pre-run festivities.
- **BRING YOUR RACE BIB! (Your race bib is your ticket into the run)** You **MUST** have it pinned on the front of your shirt to be on the course. **We regret that we cannot give you another one if you leave it at home!** So do whatever you have to, to make sure that you have it!

The announcer will begin calling glow runners to the start line about 30 minutes before the official start time, waves will then be leaving every 5 minutes thereafter.

WHAT TO BRING CHECKLIST

- Fun!
- **Race bib** (This is your ticket to enter the run)
- White shirt or Best neon outfit
- Glowing accessories
- Change of clothes
- Camera/phone (with protective case)
- Credit/Debit card (glowing accessories will be available for purchase)

Pack the night before to ensure that nothing is left behind and that you leave the house plenty early.

START LINE

The official start of Glow Run Glow 5K is 7:00pm. Glow Runners will gather at the starting line in waves of 1,000 people. Waves will leave every five minutes thereafter. Once your wave has gathered, allow the speed demons to get to the front and the slowpokes at the back to ensure a safe and enjoyable run for everyone. Take your time and enjoy the Glow Run Glow 5K. Have fun with your friends and family!

***Please attached your race bib and make sure it is visible on the front of your shirt. This is how you will be allowed past security at the start.**

GLOW RUN GLOW 5K GLOW ZONES

Each kilometer of the event is associated with a designated Glow Party Zone. Each Glow Party Zone is unique and a party in itself filled with black lights, music and many more surprises (Which may include something messy and/or obstacles). Remember to keep moving forward as more runners will be following behind.

GLOWING AFTER PARTY

Congratulations! You finished the Wildest 5K of your life! The Glowing After Party is the finale of the Glow Run Glow 5K. The Glowing After Party will be filled with Fun, Black lights, Music and lots of Glowing! Prepare to Glow! To enter the Glowing After Party you must be wearing your race bib number so we can see it. Only Glow Runners are allowed in the Glowing After Party area. Friends and family are welcome to meet up with athletes in the general festival areas.

At the Glowing After Party, Glow Run Glow 5K Runners will receive water and nourishment provided from our awesome sponsors. Please take advantage of the snacks and remember to keep yourself hydrated. The Glow Run Glow 5K Store will also be set up for you to purchase Glowing accessories.

CLEAN UP

Glow Run Glow 5K is filled with surprises, some of which may leave you a bit messy. Please make sure that you bring a towel and change of clothes for the ride home. (Just in case :) Nothing should stain, but remember that the sooner your stuff gets washed the easier it will come out.

RULES AND SAFETY



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We have just a few rules to ensure that everyone has a Glowtastic Glow Run Glow 5K experience.

- Please be courteous and respectful to everyone around you. Everyone is here to have fun.
- Please follow the directions provided by race officials and volunteers.
- Alcohol is not permitted at The Glow Run Glow 5K.
- If you are running with a stroller, please start at the back of the pack. Be courteous to and aware of other Glow Runners.
- If you are running with small children, please watch and direct them through the race.
- If you are concerned at all with any part of the Glow Run Glow 5K experience or Glow Party Zones, feel free contact us, wear safety glasses, a bandana, dust mask or any other protective gear.
- No pets are allowed. :) Sorry.

COURSE MAP

Coming Soon

THANK YOU

Last but definitely not least we want to thank everyone who has helped to make Glow Run Glow 5K Run a success. The City of Honolulu, HI, the hundreds of volunteers who support us on Packet Pick Up and Race Day and YOU (our fearless Glow Runners.) Glow Run Glow 5K would not be possible without all of you.

Run Day Faq

-Is Glow Run Glow 5K a Rave? No, most definitely not. Glow Run Glow 5K is a promotion of health by enjoying a glow in the dark themed 5K Run. Glow Run Glow 5K is fun for the whole family!

-Will there be food or alcohol? Alcohol is not permitted at this event. There will be Drinks and refreshments for the Glow Runners at the end of the race provided by our sponsors.

-Is this race only for serious runners? NO, definitely not. The world is full of timed runs for the serious runner. Glow Run Glow 5K is about having a blast with friends and family. Walk, run, dance and party across the finish line anyway you like.



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-What do I get:

Entry to one of the greatest experiences of your life!

Official Glow Run Glow 5K Run t-shirt!

Assorted Glow Run Glow 5K Glowing accessories!

Access to the most rockin' Glowing After Party!

-How should I dress for this event? Dress just like you would to go for a run, only wear your brightest neon, glowing accessories and running shoes. (wear clothes that you don't mind getting messy! Some of the Glow Zone Surprises might get a little messy?!) If you are concerned, please CONTACT us and we will fill you in on the surprises.

-Are the Glow Zone Surprises dangerous? No. Safety is our number 1 priority! The surprises will be fun and safe for all ages.

-Should I bring a change of clothes? Yes. (at least a towel to protect your car for the ride home) You will probably be sweaty, and some of our surprises may leave you a little messy.

-Is the Glow Run Glow 5K timed? Glow Run Glow 5K is not a timed event. We encourage Glow runners to take their time out there enjoying the lights and music with family and friends and we realized no one really cares about their Glow Run Glow 5K speed. We suggest self-timing for anyone desiring a finish time.

-Are kids invited? Yes! We love kids! Children 6 and under are free!

-Do I need to register my kids under the age of 6? No. Children 6 and under do not need to register. You will just need to sign a waiver for them at packet pickup. Children above the age of 6 must register.

-Can I bring a stroller? Yes please do! Dress it up and make it glow! As a general rule, don't bring anything you don't want to get messy.

-Are cameras and phones safe to have in the Glow Zones? We will have official race photographers who will be shooting from a medium distance of 25-50 feet, but if you want to get shots right in the action, we recommend covering cameras/phones with a waterproof case.

If you have any additional questions please [contact us](#).

Email: glowhawaiiglow@gmail.com

GLOW RUN GLOW 5K WAIVER

PLEASE CAREFULLY READ THIS DOCUMENT (WAIVER and RELEASE OF LIABILITY), AS IT AFFECTS YOUR FUTURE LEGAL RIGHTS. ADDITIONALLY, PLEASE PROVIDE YOUR INITIALS ON EACH LINE AFTER READING. BY SIGNING BELOW, YOU (ON BEHALF OF YOURSELF OR YOUR MINOR CHILD/WARD AND ANY PERSONAL REPRESENTATIVES, ASSIGNS, HEIRS AND NEXT OF KIN) ACKNOWLEDGE, AGREE AND REPRESENT THAT



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YOU HAVE CAREFULLY READ AND FULLY UNDERSTAND THE WAIVER AND AGREE TO ITS TERMS.

The Waiver must be carefully read and signed in consideration of being permitted to enter (for any purpose) Glow Run Glow 5K and associated property (Aloha Stadium). As used herein, the term Releasees is defined to include the following: (i) ClearVu LLC, its subsidiaries, affiliated companies, owners, members, managers, directors, officers, past and present employees, agents, representatives, successors and assigns (collectively, ClearVu); (ii) the Premises owner; (iii) any event volunteers; (iv) any Event sponsors and (v) security.

1. I understand that the Glow Run Glow 5K Event is an inherently dangerous activity that presents extreme obstacles, including, but not limited to; running, jogging, walking, climbing, sliding, jumping, dancing, obstacles, darkness, barriers, colored powder, colored water, and uneven terrain.
2. I expressly acknowledge and agree that the activities of the Glow Run Glow 5K Event involves the risk of serious injury and/or death and/or property damage and/or loss.
3. I am fully aware of the risks and hazards inherent in participating in the Glow Run Glow 5K Event and I voluntarily, knowingly and freely assume all risks associated with participating in the Glow Run Glow 5K Event and entering the Premises, including, but not limited to, my own actions or inactions (or the actions or inactions of my minor child/ward), the actions or inactions of others (including Event attendees, staff, event directors, security or volunteers), falls, injuries, illnesses, infections, contact with others (including Event attendees, security, staff or volunteers), navigating any and all obstacles, Premises defects and the effects of weather, including, but not limited to, heat, cold, wind and/or humidity.
4. I represent and warrant to Release that I am in good physical condition, am able to safely participate in the Glow Run Glow 5K Event and have no medical condition that would make my participation in the Glow Run Glow 5K Event more hazardous.
5. I understand, agree and accept that some of the obstacles may go through water that has not been treated for chemicals, disease or contamination.
6. I understand that the Glow Run Glow 5K Event course may contain wild animals, insects and plants.
7. If I am pregnant or disabled in any way or have recently suffered an illness or injury, I should have or did consult a physician before participating in the Glow Run Glow 5K Event.
8. I understand that it is my responsibility to obtain any insurance needed to cover personal injury or death and any liability I might incur to other Glow Run Glow 5K Event participants, volunteers, security, staff and/or spectators.
9. I consent to medical care and transportation in order to obtain treatment in the event of injury to me as Glow Run Glow 5K Event staff, volunteers or medical professionals may deem appropriate and understand that the Waiver extends to any liability arising out of or in any way connected with such medical treatment or transportation.
10. I agree to observe and obey all posted rules and warnings, to follow any instructions or



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directions given by Glow Run Glow 5K through its volunteers, employees, representatives or agents and to abide by any decision of any Event official relative to my ability to safely participate in or attend the Glow Run Glow 5K Event.

11. I understand and agree that I am expected to exhibit appropriate behavior at all times while at the Glow Run Glow 5K Event or on the Premises and to obey all local, state and federal civil and criminal laws. This includes, generally, respect for other people, equipment, facilities or property. Glow Run Glow 5K Event may dismiss me, without refund, should my behavior endanger the safety of or negatively affect the Glow Run Glow 5K Event, Premises or any person, facility or property. I also agree to indemnify the Releasees from any and all third party claims caused in whole or in part by my negligent or intentional acts or omissions.

12. I agree not to consume alcohol prior to the Glow Run Glow 5K Event or use any medicine or substance that will inhibit my mental or physical ability to safely participate in the Event. If I choose to consume alcoholic beverages after the Event, I will do so responsibly and only if I am over the age of twenty one (21).

13. I understand and agree that the Releasees are not responsible for any personal item or property that is lost, damaged or stolen at the Glow Run Glow 5K Event or on the Premises.

14. I understand and agree that pets, are not permitted on the Glow Run Glow 5K Event course.

15. I consent to the use of my image in photographs, motion pictures or recordings taken at the Glow Run Glow 5K Event for use in Event advertising, marketing or promotion.

16. I assign to Glow Run Glow 5K all rights, title, and interest in any photographs, motion pictures, recordings or other records of the Event. I may take or capture to Glow Run Glow 5K. Glow Run Glow 5K grants to me a limited, non exclusive right and license to use the Records for noncommercial purposes only.

17. I understand and agree that the sale of unauthorized merchandise is not permitted and I may be dismissed from the Glow Run Glow 5K Event for selling such merchandise.

18. I understand and agree that I may not bring weapons, fireworks or illegal substances to the Glow Run Glow 5K Event or the Premises.

19. I understand and agree that all ticket purchases are final and non refundable.

20. I understand and agree that Glow Run Glow 5K reserves the right to cancel the Event in the event of weather (including, but not limited to, heat, cold, rain, heavy winds, tornadoes, earthquakes, fires, storms, lightning and floods), accidents, acts of war or terrorism, military conflicts or riots or for any reason that will affect the safety and security of Event participants and attendees. In the event of such cancellation, there will be no refund of my ticket purchase.

21. I recognize and acknowledge that there are hazards and risks of physical injury or illness to Glow Run Glow 5K Event participants and that not all such hazards or risks can be fully eliminated. I freely and voluntarily agree to assume the full risk of death, bodily injury or property damage, regardless of severity, that I (or my child/ward) may sustain as a result of my participation in the Glow Run Glow 5K Event, whether or not caused by the active or passive negligence of the Releasees.



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22. I indemnify and hold harmless the Releasees from any loss, liability, damage or cost they may incur while I am at the Glow Run Glow 5K Event or on the Premises, whether or not caused by the active or passive negligence of the Releasees.

23. I agree, on my own behalf and on behalf of my heirs, estate, successors and assigns, to indemnify and hold harmless Glow Run Glow 5K any/all related Contributing Entities under any name associated with the Event Organizers, Glow Run Glow 5K, glowrunglow.com, glowrunglow5k.com, glowhawaiiglow.com, glowhighlow.com, all landowners, producers, sponsors, co-sponsors, advertisers, organizers, material suppliers, vendors, concessionaires, volunteers and/or contractors of any of the Event in which I may participate and/or attend, and all employees, principals, directors, shareholders, agents, members, managers, affiliates, representatives, attorneys and insurers of each of the foregoing (collectively, the Released Parties) against, any lawsuits, demands, claims, or expenses (including attorneys fees and legal costs), arising from or in any manner related to my attending the Glow Run Glow 5K Event; and to the fullest extent permitted by law, I fully and forever waive, release, discharges and covenants not to sue Released Parties for and from any and all demands, claims, actions, suits, damages, losses, liabilities, costs and expenses arising, directly or indirectly, in related to, in connection with or relating to my participation or attending the Glow Run Glow 5K Event from any cause whatsoever (including, but not limited to, damage or loss of property, bodily injuries, medical treatment and death), whether or not foreseeable or contributed to by the negligent acts or omissions of others. I release, waive, discharge and covenant not to sue the Releasees from all liability to me, my personal representatives, assigns, heirs and next of kin, for any claims, causes of action, obligations, lawsuits, charges, complaints, controversies, damages, costs or expenses of whatsoever kind, nature, or description, whether direct or indirect, in law or in equity, in contract or in tort, or otherwise, whether known or unknown, arising out of or connected with my (or my minor/wards) participation in the Event or while on the Premises, whether or not caused by the active or passive negligence of the Releasees.

24. I expressly agree that this Waiver is intended to be as broad and inclusive as permitted by the law, and that if any portion is held invalid, the balance shall continue in full legal force and effect.

I UNDERSTAND THAT THE GLOW RUN GLOW 5K EVENT IS AN EXTREME TEST OF MY PHYSICAL AND MENTAL LIMITS. I HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND ITS TERMS. I UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING BELOW, INCLUDING THE RIGHT TO SUE THE RELEASEES. I ACKNOWLEDGE THAT I AM SIGNING THIS AGREEMENT FREELY AND VOLUNTARILY AND INTEND MY SIGNATURE TO BE A WAIVER AND COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY DUE TO THE NEGLIGENCE OF RELEASEES OR THE INHERENT RISKS OF PARTICIPATING IN THE EVENT.

SIGNATURE: _____

PRINTED NAME: _____



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DATE: _____

(CHECK ONE)

____ I am at least 18 years old OR ____ My Parent or Guardian has reviewed this Waiver and signed below.

ONLY COMPLETE SECTION BELOW IF YOU ARE A PARENT OR GUARDIAN OF A PARTICIPANT UNDER THE AGE OF EIGHTEEN (18)

I, the parent or guardian of the above-named participant ("Minor") give my approval for Minor's participation in the Glow Run Glow 5K Event, represent that the Minor is in good physical condition and acknowledge that I have reviewed, understood and agreed to the terms herein (such terms being interpreted as if they applied both to me and the Minor) and have the legal authority to enter into this Agreement on behalf of the Minor.

SIGNATURE: _____

PRINTED NAME: _____

DATE: _____