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Ugly Sweater 5K & 1 Mile Fun Run

Where: Fort Rucker Physical Fitness Center Bldg 4605, Andrews Ave, Fort Rucker, AL

When: Saturday, December 9, 2017, 5K Race begins at 0900. Fun Run will start at 0945 or after the last runner of the 5K race has finished.

Details: Race day registration: begins at 0730 and ends at 0845

Pre-registration packet pick up on FRIDAY, December 8 from 1500-1700 at Fortenberry-Colton PFC

Race Course:

5K course:

Runners will start at the corner of Gladiator and 3rd Ave. Run up 3rd Ave toward the Daleville gate, left on Raider, right on Ave L, left on Quartermaster. The turnaround point will be on Quartermaster before the RR tracks.

Entry Fee:

Pre-registration fee is \$20 by December 3rd. December 4th and up to race day, entry fee is \$25. Registration includes a coffee mug and hot chocolate bar after the race. Run only option is (no coffee mug) is \$15. Teams: Teams of 8 runners pay \$120 (\$15.00 per team member), each additional person pays normal registration fee. Top 3 teams will be awarded streamers. After Dec 3rd all teams are \$160 (\$20 per team member). Fun Run registration is free to all children 12 and under, each child will receive a medal. Individuals may purchase the coffee mugs for \$10 (this does not include race registration fee).

Mugs are available while supplies last.

Pre-Registration:

Pre-registration is highly recommended.

Registration forms will be at Fortenberry-Colton Physical Fitness Center, Fort Rucker Physical Fitness Center and MWR Central. Entry forms are also available to print off on the MWR website: <https://rucker.armymwr.com/>. Entry forms can be processed and paid (with CASH, CHECK or Credit Card) at either Physical Fitness Center or MWR Central located at Bldg 5700. If mailing in your registration form, please DO NOT SEND CASH. Make check out to **IMWRF** and mail to:

Ugly Sweater 5k and 1 mile Fun Run
Physical Fitness Center
Bldg. 4605 Andrews Ave.
P.O. Drawer 620189
Fort Rucker, AL 36362

Awards:

Trophies will be awarded to the 5K Overall Female and Male, and Grandmaster Female and Male. First Place, Second and Third Place medals will be given for age categories. Eight (8) awards will be presented to the 1st place team. Streamers will be given to top 3 finishing teams. Team members may run individually and qualify for age category awards.

Refreshments:

A hot chocolate bar will be available after the race and water and fruit will be at the finish line for runners.

Ugly Sweater Contest:

Adult & children, first place trophies to Ugliest and Most Original Sweater winners. Contest begins at 0830.

Questions:

Please call the Fitness Coordinator at 255-1951 or email: kendra.d.santospena-collazo.naf@mail.mil



Ugly Sweater 5K & 1 Mile Fun Run

Saturday, December 9, 2017

BIB NUMBER
(Fitness Staff Only)

Pre reg
Late Reg
Same Day

RELEASE & HOLD HARMLESS AGREEMENT DEPARTMENT OF MORALE, WELFARE, AND RECREATION

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 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 this event including, but not limited to, falls, contact with other participants, the effects of the weather (including high heat and/or humidity), traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Department of Morale, Welfare, and Recreation Fund and the United States Government, from any liabilities or claims arising from my own participation. I agree that I will never prosecute, or in any way aid in prosecuting any demand, claim or suit against the United States Government for and loss, damage or injury to my person or property that may occur from any cause whatsoever as a result of taking part in this activity. I also understand and agree that I may be held liable for any damage or loss to the United States Government that is caused by my gross negligence, willful misconduct or fraud.

Please print clearly. All field must be completed in order to be processed to include phone and email

Last Name: _____		First: _____	
Date of birth: _____	Age: (as of Dec 9) _____	Sex: <input type="checkbox"/> M <input type="checkbox"/> F	
Status (circle one): Active Duty Dependent Reserve Retired Civilian			
Phone*: _____		Email*: _____	
Circle Race Type:	<input type="checkbox"/> 5K	<input type="checkbox"/> 1 Mile Fun Run	
Circle ONE:	<input type="checkbox"/> Coffee Mug	<input type="checkbox"/> No Coffee Mug	*Mugs available while supplies last*
Signature: _____		Date: _____	
Require only if competing on a team			
Team Name: _____		POC/phone number _____	

(Parent or Guardian must sign if under 18.)

United States Government, as used here, includes Morale, Welfare, and Recreation Activities (MWR) and officer, Agency or employee of the United States Government or MWR Activities acting officially or otherwise. Entry forms can be processed and paid for (with Cash, Check or CC) at either Physical Fitness Center or MWR Central. You can Mail this entry form and check (made out to IMWRF) to the address below:

Turkey Trot 10k/5K/1 Mile Fun Run
Physical Fitness Center
Bldg. 4605 Andrews Ave.
P.O. Drawer 620189
Fort Rucker, AL 36362

Please do not write below this line. To be completed by MWR Staff

<input type="checkbox"/> Information has been confirmed	_____ Staff name	_____ Date received
<input type="checkbox"/> Form is complete		