



# 10



## Ft Rucker 10 Mile Run Off and Team Relay

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

**When:** Saturday, May 12<sup>th</sup> 2018; race start: 0700

**Details:** Race day registration/ packet pick-up begins at 0600 and ends at 0645  
Pre-registration packet pick up on FRIDAY, 11 May from 1500-1700 at Fortenberry-Colton PFC

**Race Course: (out and back course)**

Runners will start at the corner of Gladiator and 3<sup>rd</sup> Ave; advance towards the Daleville gate, and turn left on Raider, take the first right, left on Quartermaster, right on Dilly Branch, right on Pet Cemetery, left on Dilly Branch, slight left on Engineer and then right on Dilly Branch toward Knox field. Continue around Knox field to Hatch Rd. Right on Hatch to the 5 mile turnaround point. The route is clearly marked with signs and arrows.

**Entry Fee:**

Pre-registration fee is \$20 thru May 6<sup>th</sup> and \$25 on May 7<sup>th</sup> and after, a t-shirt is included while supplies last. No T-shirt option fee is \$15.

**Teams:** Teams of 5 people pay \$60 (\$12.00 per team member). All teams must pay total amount at one time. All paid competitors will receive a T-shirt while supplies last. Individuals may compete as a part of ONE team and one team only. Individuals may run more than one leg for their team. If an individual wishes to run the entire 10 mile race but also complete as a member of a team they may do so. That individual must run the opening leg for their team, hand off the baton and continue to complete the 10 mile race as an individual.

**ALL RELAY TEAM MEMBERS MUST ARRIVE BY 0615 IN ORDER TO BE BRIEFED AND TRANSPORTED BY BUS TO HAND OFF ZONES.**

**Interested active-duty participants may request information about representing Fort Rucker at the Army 10 Miler in Washington, D.C.**

**Pre-Registration:**

***Pre-registration is highly recommended.***

Registration forms will be at both the Fortenberry-Colton Physical Fitness Center, the Fort Rucker Physical Fitness Center, and MWR Central or available to print from the MWR website: <http://rucker.armymwr.com/us/rucker> Entry forms can be processed and paid for (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:

Ft Rucker 10 mile run off and team relay

Physical Fitness Center

Bldg. 4605 Andrews Ave.

Fort Rucker, AL 36362

**Awards:**

Trophies will be awarded to Overall Female and Overall Male race Winners, 2nd thru 10<sup>th</sup> place male & female finishers, & 1<sup>st</sup> Place Relay team will receive medals. Refreshments will be provided at the finish Line.

Questions? Contact: Nicole Crowley (334) 255-1951; email: [Nicole.r.crowley4.naf@mail.mil](mailto:Nicole.r.crowley4.naf@mail.mil)

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## Ft Rucker 10 Mile Run-Off and Team Relay

Saturday May 12, 2018

### ENTRY FORM

Circle preferred shirt size:

Small

Medium

Large

X-Large

NO SHIRT

**\*\* Shirts available while supplies last\*\***

Team Name: \_\_\_\_\_

POC/phone number \_\_\_\_\_ POC/Email: \_\_\_\_\_

### RELEASE & HOLD HARMLESS AGREEMENT DIRECTORAE 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.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Gender:    M            F

Date of birth: \_\_\_\_\_ Age: (as of May 12) \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(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:

Ten mile run off and team relay.  
Physical Fitness Center  
Bldg. 4605 Andrews Ave.  
Fort Rucker, AL 36362