



Triathlon 5K Division

Where: West Beach, Lake Tholocco Johnston Rd., Ft Rucker, Alabama

When: Saturday, June 15th, 2019 Race start 0730

Details: Race day registration: 0530-0630

Pre-registration packet pick up will be Friday, June 14th, 1500-1700 on site at West Beach, Lake Tholocco.

Entry Fee:

Pre-registration fee is \$25 by June 9th; June 10th- Race Day entry fee is \$30 (includes t-shirt and run series medal)

No T-shirt option fee is \$15 at all times (includes run series medal)

Teams: Teams of 8 people pay \$160 (\$20.00 per team member), each additional person pays normal registration fee. On June 10th – Race Day, all teams are \$180. (\$ 22.50 per team member).

Pre-Registration:

Pre-registration is highly recommended.

Registration forms will be at both the Fortenberry-Colton Physical Fitness Center and the Fort Rucker Physical Fitness Center

Entry forms can be processed and paid for (with CASH, CHECK or Credit Card) at either Physical Fitness Center or

If mailing in your registration form, please DO NOT SEND CASH. Make check out to **FMWR** and mail to:

Triathlon 5K Division

Fort Rucker Physical Fitness Center

Bldg. 4605 Andrews Ave.

P.O. Box Drawer 620189

Fort Rucker, AL 36362

Awards:

5K Run: Trophies will be awarded to the 5K Female and Male, and Grandmaster Female and Male, First Place, Second and Third Place medallions will be awarded for age categories. Male and Female, 9 & Under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & Over.

TEAMS: 1st place Medals will be awarded to the 1st place team (top 8 runners).

Streamers will be given to top 3 finishing teams. Team members may run individually and qualify for age category awards.

Sports drinks, water and fruit will be provided for participants.

Contact the Race Director for questions and more info by phone (334) 255-1951 or email nicole.r.crowley4.naf@mail.mil.

Triathlon 5K Division

5K Run

Saturday June 15th 2019

0730

ENTRY FORM

Circle preferred shirt size:

Small

Medium

Large

X-Large

NO SHIRT

shirt sizes will be on a first-come, first-served basis for the first 200 participants

Team Name: _____ POC/phone number _____

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, and 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: _____

Gender: M F Age: (as of June 15th) _____ Date of Birth: _____

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. You can Mail this entry form and check (made out to IMWRF) to the address below:

Triathlon 5k Division
Fort Rucker Physical Fitness Center
Bldg. 4605 Andrews Ave.
PO Box Drawer 620189
Fort Rucker, AL 36362

