



# Mogadishu Mile 5K Run

**Where:** Fort Rucker Physical Fitness Center

**When:** Saturday, October 5<sup>th</sup> 2019 5K Race begins at 0800

**Details:** Race day registration: begins at 0630 and ends at 0745

**Pre-registration packet pick up on FRIDAY October 4<sup>th</sup> from 1500-1700 at Fortenberry-Colton PFC**

## Entry Fee:

Pre-registration fee is \$25 by September 29th. September 30th- Race Day entry fee is \$30 registration include 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 September 30th – Race Day, all teams are \$180. (\$ 22.50 per team member). Only 8 medals per team

**Top 3 teams** will be awarded streamers.

## 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, MWR Central and also available to print off on 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 If mailing in your registration form, please DO NOT SEND CASH. Make check out to **IMWRF** and mail to:

Mogadishu Memorial 5K Run 2019  
Fort Rucker Physical Fitness Center  
Bldg. 4605 Andrews Ave.  
Fort Rucker, AL 36362

## Awards: 5k run

Medals will be awarded to the 5k Overall Female and Male, First Place, Second and Third Place medallions will be awarded for the following age categories: 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 & older for both males and females.

**TEAMS:** 1<sup>st</sup> place Medals will be awarded to the 1<sup>st</sup> 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.

Questions? Contact: Nicole Crowley phone 255-3794; email: Nicole.r.crowley4.naf@mail.mil



Bib Number

## ENTRY FORM

Circle preferred shirt size:

Small

Medium

Large

X-Large

NO SHIRT

**\*\*First 250 Registered Guaranteed T-shirt & Medal\*\***

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.

**\*\*PLEASE PRINT CLEARLY\*\***

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

Gender:      M      F      Age: (as of Oct 5th) \_\_\_\_\_ 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 or MWR Central. You can Mail this entry form and check (made out to IMWRF) to the address below:

Battle of Mogadishu Memorial 5K Run  
Fort Rucker Physical Fitness Center  
Bldg. 4605 Andrews Ave.  
Fort Rucker, AL 36362

- ☐ Information has been confirmed
- ☐ Form is complete

Staff name \_\_\_\_\_

Date received \_\_\_\_\_