



FORT RUCKER POLAR PLUNGE 5K

JANUARY 11TH 2020

Circle One: 5K ONLY

5K & PLUNGE

PLUNGE ONLY

****If taking the plunge into Lake Tholocco all are encourage to bring towels and blankets ****

\$10 Commemorative Polar Plunge Fleece Blanket

RELEASE OF LIABILITY AND HOLD HARMLESS AGREEMENT

**DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION (DFMWR) UNITED STATES AVIATION CENTER
OF EXCELLENCE FORT RUCKER, ALABAMA**

I, desire to participate as a participant in the Fort Rucker Polar Plunge 5K to include, but not limited to run/walk and plunge into cold water activities. By my signature on this document, I acknowledge that I am aware of the risks posed by my participation in these activities. I understand that this activity can be both physically rigorous and entail substantial risks. I hereby certify that my physical health is such that I am able to participate in these activities.

In consideration for the privilege of participating in these activities or using the installation's facilities/equipment and run route, a benefit I will receive, I agree to indemnify and hold harmless the United States of America, the Department of the Army, DFMWR and its agents and employees, from any and all claims, demands, suits, and causes of action asserted by, or which may be asserted by, any person, firm, corporation, or entity, for any personal injury or property damage arising from my participation in these activities or any act or omission of the undersigned during participation in the aforementioned activity, or in any way related to this activity.

The undersigned does hereby release and forever discharge the United States of America, the Department of the Army, DFMWR and its agents, and employees, from any and all claims for personal injury or property damage premised on negligence or other tort liability arising out of the undersigned's participation in the aforementioned activity. The undersigned understands the risks from hazards associated with the running/walking activity and hereby voluntarily assumes the risks of any and all damage or injury that may occur.

Participant grants permission to DFMWR to use media of Participant for the purpose of education and publicity of DFMWR without further permission from Participant. The forms of media include, but is not be limited to, photographs; video; audio recordings; social media such as Facebook and Twitter; Instagram; military installation website; Fort Rucker MWR website.

I HAVE READ AND UNDERSTAND THIS DOCUMENT. BY SIGNING BELOW, I AGREE TO THIS WAIVER OF RIGHTS, RELEASE OF LIABILITY, AND HOLD HARMLESS AGREEMENT.

Last Name: _____ **First:** _____

Gender: **M** **F** **Date of Birth:** _____

Phone: _____ **Email:** _____

Signature: _____ **Date:** _____

(If participant is under 18 years of age, this form must be signed by one of the parents or legal guardians before participation will be allowed.) I hereby give, as parent or legal guardian of the above participant, my permission for him or her to participate in this event by affixing my signature below. I agree that neither I, nor my child will ever prosecute or in any way aid in prosecuting any claim, or suit against the United States of America, the Department of the Army, DFMWR or its agents, and employees for any loss, damage, or injury to my child's person or property that may occur from any cause whatsoever as a result of participation in this activity.)



**FORT RUCKER
POLAR PLUNGE
5K
JANUARY 11TH 2020**

WHERE: Fort Rucker West Beach Lake Tholocco

WHEN: Saturday, January 11th 2020

Run begins at 1000

Plunge: 1100 BRRRRace yourselves as you sprint and plunge into Lake Tholocco

DETAILS: Race Day registration begins at 0900-0945

Entry Fee: FREE!!!! FREE!!!! FREE!!!!

\$10 Commemorative Polar Plunge Fleece Blanket

Pre-registration encouraged.

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

Hot Chocolate, water, and Fruit will be provided for participants.

Questions Contact: PFC Front Desk at 334-255-2296/3794