



St. Patty's 5K/10K & Fun Run

Where: Festival Grounds
Fort Rucker, AL

When: Saturday March 20, 2010; *Race Start:* 0930 CDT

Details: Race day registration: 0800 – 0900, Race brief at 0920

Course: The 5K course starts on Division and heads to Fifth. Turn right on Fifth and proceed to the end at Andrews Avenue. Turn left onto Andrews Avenue. Proceed to Hatch. Turn right on Hatch. Continue to the small parking lot on the right (across from the golf course. Turn around in the parking lot. Proceed back down Hatch to Andrews. Turn left onto Andrews. Continue to Division. Turn right onto Division and continue to finish line. The 10K course starts at the same time as the 5K. It follows the same course as the 5K, but does not turn around. The 10K course continues to Engineer. Turn right onto Engineer to Dilly Branch. Follow to Quartermaster, then right and follow to Third. Turn right and head north on third. Turn left on Crusader. Turn right on Andrews. Turn left on Division to finish line. The Fun Run will start at the same location as the 5K/10K. Head to Fifth. Turn right. Go to next block and turn right onto Dean. Go to end of block and turn right onto Andrews. Go to next block and turn right onto Division to finish line.

Walkers are welcomed to participate!

Entry Fee:

Pre-registration fee is \$15 by March 13, 2010.

March 14 and up to race day, entry fee is \$20.

No T-shirt option fee: \$10.

Teams: Teams of 8 persons pay \$10 per team member, each additional person pays normal registration fee.

Fun Run registration is free to all children 12 and under, each child will receive a medal. T-shirts are \$10.

All pre-registered competitors and teams (by March 13) will receive a T-shirt.

****Competitors and teams registering after March 13 will receive T-shirts while supplies last****

Pre-Registration:

Pre-registration is highly recommended.

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

Entry forms will also be available to print off on the MWR website: <http://www.ftruckerfwr.com>

Entry forms can be processed and paid for at either Physical Fitness Facility.

If mailing in your registration form, please **DO NOT SEND CASH**, make check out to **IMWRF** and mail to:

St. Patty's 5K/10K

Physical Fitness Facility

Bldg. 4605 Andrews Ave.

P.O. Drawer 620189

Fort Rucker, AL 36362

Awards:

Trophies will be awarded to the Overall Female and Male, Master Female and Male, Grandmaster Female and Male. First Place trophies and 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, 50-59, 60-69, and 70 & up. A trophy will be awarded to 'Fastest Runner with a Dog', and 'Fastest Runner with a Stroller'.

1st place trophy will be awarded to the 1st place team. Streamers will be given to all finishing teams.

Team members may run as individual and qualify for age category awards.

Water and refreshments will be at the finish Line.

Questions? Please call 255-3794 or 255-0308





St. Patty's 5K/10K and Fun Run

Saturday March 20, 2010

ENTRY FORM

Circle Race: 5k 10K Fun Run (free 12 yrs and under)

Circle preferred shirt size: Youth M Youth L NO SHIRT

Small Medium Large X-Large ***shirt sizes will be on a first-come, first-served basis***

Team Name: _____ POC/phone number _____

RELEASE & HOLD HARMLESS AGREEMENT DIRECTORATE OF FAMILY AND 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 Directorate of Family and Morale, Welfare and Recreation 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.

Name: _____ Date of birth: _____

Status (circle one): Active Duty Dependent Reserve Retired Civilian

Phone: _____ Email: _____ Sex: _____ Age (as of Mar 20): _____

Address: _____

City: _____ State: _____ Zip code: _____

How did you find out about this event? (circle any that apply)

Flier Poster Marquee MWR website website (other) friend/word of mouth Ch.6 Other _____

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 at either Physical Fitness Facility. You can Mail this entry form and check (made out to IMWRF) to the address below:

St. Patty's 5K/10K
Physical Fitness Facility
Bldg. 4605 Andrews Ave.
P.O. Drawer 620189
Fort Rucker, AL 36362