

Friday, 19 March 2010

ST. PATRICK'S 5K RUN

MCAS Beaufort



In conjunction with National Nutrition Month
FREE Heart-Healthy BREAKFAST
and health education immediately following the run
provided by Semper Fit Health Promotion

Open to all registered military & civilian participants.
Start 0700, Officers' Club, MCAS Beaufort; Finish at same.

Divisions & Awards (Both Genders)

Ages 19 & Under • Ages 20-24 • Ages 25-29 • Ages 30-34 • Ages 35-39 • Ages
40-44 • Ages 45-49 • Ages 50-54 • Ages 55-59 • Ages 60-64 • Ages 65+

Entry Fee: Active Duty & Family Members \$5; All Others \$15
includes registration, event T-shirt, heart-healthy breakfast & refreshments.
Please use this form to register. Drop off completed form & payment at either
Fitness Center. Checks or money orders are payable to MCCS Fitness Center.

More Information: 228-1561 or 228-7192



St. Patrick's Run REGISTRATION



First Name _____ Last Name _____ Age _____

Address _____ Date of Birth _____ Sex (circle) **M** **F**

City _____ State _____ Zip _____ T-Shirt Size (circle) **M** **L** **XL** **XXL**

Day Phone _____ Evening Phone _____ Amount Enclosed \$ _____

Liability and Publicity Release

For considering my entry's acceptance in the St. Patrick's Run, I understand, intending to be legally bound, waive and release for myself, my heirs, executors and administrators, any and all rights and claims for damages, demands and any other actions, which I may have against all participating supports and those entities' representatives, successors and assignees, from my participation in this event, including any and all injuries suffered by me because of my participation in this event. I verify I have full knowledge of the rigors of these events and the risk involved in participation, and I am physically fit and sufficiently trained to complete this event. I realize medical support for this event will consist primarily of volunteer medical personnel prepared to administer first-aid type assistance along the race course and at the finish line. PARTICIPANT'S RACE NUMBER WILL NOT BE RELEASED UNLESS A SIGNED LIABILITY RELEASE IS ON FILE WITH St. Patrick's Run. I hereby grant permission to the St. Patrick's Run and its sponsors, to use all information submitted in my application, and any photograph, videotape, motion picture, recording and any other record of this event including race results, my likeness, name, and completion time for any purpose, including pre-race and post-race publicity.

Signature of Participant _____ Date _____

The Department of Defense (DoD) and the Marine Corps neither endorse nor favor any commercial supplier, product, or service.