



**FORT LEE ARMED FORCES DAY**



**RUN THE CRATER  
1-MILE FUN RUN, 5K AND 8-MILE ROAD RACES  
Fort Lee, VA 8:00 a.m., 15 May 2010**

**PLACE:** Fun Run and Road Races begin and end at Williams Stadium, Fort Lee, VA

**PRE-RACE:** Packet pick-up in the Sports Office, MacLaughlin Fitness Center, Bldg. 4320, C & Lee Ave., Fort Lee on Friday, 14 May 2010 from 9 a.m. until 3 p.m.

**RACE DAY:** 6:30-7:45 a.m. will be late registration at Williams Stadium, corner of Lee and Mahone Avenues.

**COURSE:** The 1-mile Fun Run course will be on the Williams Stadium track. Both the 5K and 8-mile road races are USATF Certified, begin at Williams Stadium, Fort Lee and run through Battlefield Park. Water will be provided at two points along the 8-mile route and one point on the 5K. Splits will be given at 2- and 4-mile marks.

**1-Mile Fun Run, 5K & 8-Mile Races:** Begin at 8:10 a.m.

**AGE GROUPS:**

*Fun Run:* Open to all ages.

*Men:* 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+.

*Women:* 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+.

**AWARDS FOR 5K & 8-MILE RACES:** Presentations will be conducted near the finish line. Awards will be given to the top three male and female overall finishers, first-place male and female masters. In addition, awards will be given to the top three finishers in each age group.

**MILITARY AWARDS:** Team trophies to the top three male teams, female teams, and co-ed teams and the four individuals in each of these winning teams. Top three military units with the most participants will receive trophies.

**REGISTRATION:** For the Fun Run only: Registration will be \$2. For the 5K and 8-mile races only: Early Registration Fee is \$13. Race Day Registration Fee is \$15. T-shirts will be given to the first 200 who register! Send entry form with check payable to **DMWR Sports Office**, 1100 Lee Ave., Suite 119, Fort Lee, VA 23801-1799. For additional information, call the Sports Office, Devin Robinson, at 765-3896/734-6067.

**MILITARY TEAMS:** Registration fee for a military team is \$40. A team consists of four members same gender for the male and female teams. Co-ed teams must be 2 males and 2 females with the first three finishing times to score. The Team Registration Form must accompany the team registration fee along with team names and individual team-member names. No teams may register day of race and no changes are allowed on race day.

I WISH TO ENTER THE FOLLOWING EVENT(S):

CIRCLE ONE: FUN RUN                      8 MILE                      5K                      5K MILITARY TEAM

SHIRT SIZE (FOR 5K, 5K MILITARY AND 8-MILE ONLY):    S    M    L    XL    XXL

LIST TEAM UNIT NAME: \_\_\_\_\_(TEAM ENTRIES MUST BE SENT TOGETHER)

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**SORRY, NO REFUNDS**

In consideration of acceptance of this entry, I hereby release the sponsor(s) and all affiliated officials from any and all injuries and damages incurred or arising from my participation in this event. I also grant permission to the sponsor(s) for use of any photographs of this event.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

MALE: \_\_\_\_\_, FEMALE: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_ PHONE#: \_\_\_\_\_

Signature of sponsor for participants under 18 years: \_\_\_\_\_