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., May 16, 2009

Richmond Times-Dispatch
inRich.com

PLACE: Fun Run and Road Runner 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, May 15, 2009 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 8M begin at Williams Stadium, Fort Lee and run through Battlefield Park. Water will be provided at three points along the 8M route and one point on the 5K.

1-Mile Fun Run, 5K & 8-Mile Races: Begin at 8:00 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+.

Army Ten Miler Team Qualifier

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. Active Duty military fee is $10. 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**, 1611 B Ave., Bldg 4005, Fort Lee, VA 23801-1799. For additional information, call the Sports Office, Devin Robinson, (804) 765-3896.

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 the 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): ARMY TEN MILER: YES or NO

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)

SORRY, NO REFUNDS

In consideration of acceptence of this entry, I hearby 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 sponser for participants under 18 years: _____