

# Naval District Washington

5th Annual

# Navy 5 Miler

Presented by SAIC

## September 28, 2008

West Potomac Park, Washington DC  
USATF Certified Course

The 2008 Navy 5 Miler is Proudly Sponsored by:



\*Naval District Washington MWR values the commitment and support of sponsors; however, U.S. Navy and Federal endorsements are not implied for sponsor, company or its products and services.\*

Register online at [www.charmcityrun.com](http://www.charmcityrun.com)

Search under Upcoming Event for **navy 5 miler**

No race day registration

**\$25 Before 1 July    \$30 From 1 July - 31 August    \$35 From 1 Sept. - 22 Sept.**

## Open to the Public

0750 Wheelchair Athletes

0800 Runners



Call the **Race Hotline** at **(202) 433-4686** for more information.



# September 28, 2008

**Mail-In registration must be postmarked by September 1, 2008**

Mail completed entry form with payment to:  
NDW Anacostia Annex  
Attn: Navy 5 Miler  
2770 Enterprise Way, SW, Suite 100  
Washington, DC 20373-5823

## Navy 5 Miler Mail-In Entry Form

Check One: Individual  Team

**Check all that apply:**

Status: Active  Reserve  Retired Military  Branch: Navy  Army  Air Force  Marines  Military Grade/Rank  Civilian  Government Employee

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ M.I. \_\_\_\_\_

Home Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Work Location: \_\_\_\_\_

Day Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Age on Day of Race: \_\_\_\_\_ Gender: M  F  Adult T-shirt: M  L  XL

### Team Section - Must be Filled Out By ALL TEAM Members

(This section only needs to be filled out by runners part of a Team Entry. Extra \$20 Entry Fee per team.)

#### Team Name (Must Be on Each Team Member's Entry):

Are you Team Captain? Yes  No

Team Divisions, Check One: Military (All active duty; any branch of service)  Open (2 male, 2 female; any mix of military and/or civilians)   
Masters 40+ (Members on this team must be older than 40 and can be any mix of military and/or civilians.)   
Captain's Challenge (All active duty from same branch of service.)

## IMPORTANT TEAM REMINDERS

Each Team Member must register for the race. Teams may consist of any number of runners. Minimum of 4 individuals on a team. The top 4 times will be combined to determine the total team time and the top 3 teams will receive awards.

### Liability & Publicity Release (Each runner MUST SIGN before submitting entry form)

Liability & Publicity Release: I, intending to be legally bound, do hereby, for myself, my heirs, executors, and assigns, waive, release and forever discharge any and all rights and claims for damages that I may have or which may hereinafter accrue to me against Navy Morale, Welfare and Recreation, the Navy Five Miler Fund, U.S. Navy, its employees, sponsors, their representatives or successors arising out of my association with or participation in the Navy Five Miler event. I know that participating in a road race is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. I understand that I do not need a physical examination to qualify to run the Navy Five Miler and that I participate at my own risk. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, the conditions of the road, and the danger of injury or even death, all such risks being known and appreciated by me. I hereby consent to emergency treatment in the event of my injury or illness. I understand that if I do not participate in this race or if this race cannot be held because of an act of God or circumstances beyond the Navy Five Miler Funds control, any expenses incurred or entry fees paid by me to participate will not be refunded. Information provided will be compiled and utilized for purposes of administering, scoring, and promoting the annual Navy Five Miler. I hereby grant the Navy Five Miler and its sponsors full use of all information submitted in my application. I release rights to all photographic material, motion pictures, recordings, and any other record of this event to the forgoing to be used for legitimate purposes without any obligation or compensation to me. All persons under 18 years of age, unless emancipated, must have the written consent of a parent or legal guardian to compete in the Navy Five Miler. I, the undersigned parent or guardian, hereby consent to the applicant's participation and waive and release all rights and claims for damages as is more fully set forth above. I understand that the Navy 5 Miler Race reserves the right to reject any entry.

Signature (parent or guardian, if under 18) ALL RUNNERS MUST SIGN HERE

Date

### PAYMENT INFORMATION

Entry Fee (No refunds) \_\_\_\_\_ Registration Fee before July 1: \$25 \_\_\_\_\_ Registration Fee July 1-Aug. 31: \$30

Registration Fee September 1-22: \$35 \_\_\_\_\_ Extra Team Entry Fee: \$15 (Entry Fee is non-refundable. Race number is non-transferable. Runner substitutions will not be accepted.)

Payment Methods: Check  Money Order

Make Check or Money Order Payable to: MWR

All mailed payments must be post marked by **September 1, 2008**

(Faxed entries will not be accepted for this event)

Total Payment Enclosed: \_\_\_\_\_