

OPEN TO THE PUBLIC

14TH ANNUAL

5K GRUELER

**Camp H. M. Smith
Friday
10 September
2010**

**Start Time 1130
Bordelon Field
Camp Smith**



Bios Life™



No USMC or Federal Government endorsement of sponsors.

Register & Pay Online at

www.mccshawaii.com/cgfit.htm

ENTRY FEE

- Individuals \$20.00
- Late registration starts September 1 at 1630 (A late fee will be assessed for registration after deadline – Individual is \$25.00.) Online registration closes on September 7 at 1630.

PACKET PICK-UP

Wednesday (September 8) at K-Bay Semper Fit Center 0900-1600; Thursday (September 9) at Camp Smith Semper Fit Center, 0900-1600.

COURSE

The race begins and ends at Bordelon Field, Camp Smith.

AWARDS

- Top finisher in each age group: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 & above.
- Top 3 Finishers Overall (Men & Women)

RACE DAY SHUTTLE BUS

FREE bus transportation for K-Bay personnel will be provided to and from the race. 1000 pick-up at the K-Bay Semper Fit Center and following the race pick-up at original drop-off. **Sign up by September 9, 2010 at Semper Fit Center.**

For further information call the Race Coordinator at 254-7590.

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REGISTER & PAY ONLINE!
www.mccshawaii.com/cgfit.htm
 Online registration closes on September 7 at 1630

PLEASE PRINT CLEARLY IN INK & COMPLETE FULLY

LAST NAME _____ FIRST NAME _____ GENDER _____

ADDRESS _____ AGE AT TIME OF RACE _____

CITY _____ STATE _____ ZIP _____

WORK PHONE _____ HOME PHONE _____

ENTRY FEE: INDIVIDUAL \$20 T-SHIRT SIZE: S ___ M ___ L ___ XL ___

LATE ENTRY FEE: INDIVIDUAL \$25 (AFTER SEPTEMBER 1 AT 1630)

NUMBER OF **EXTRA** T-SHIRTS @ \$10 EACH (ALL ADULT SIZES): S ___ M ___ L ___ XL ___

TOTAL ENCLOSED \$ _____

MAKE CHECKS PAYABLE TO: **MCCS 0910** All checks must have Name, Address, Phone Number, SSN and Rank

MAIL TO: MCB HAWAII • BOX 63073 • KANEOHE BAY, HI 96863-3073 • ATTN: ATHLETICS/FITNESS

MCBH MAJOR COMMAND:

- | | | |
|----------------------------------|---|--------------------------------------|
| <input type="checkbox"/> HQBN | <input type="checkbox"/> CAMP SMITH | <input type="checkbox"/> CLB-3 |
| <input type="checkbox"/> 1/12 | <input type="checkbox"/> MCAS | <input type="checkbox"/> 3D RADIO BN |
| <input type="checkbox"/> CPRW-2 | <input type="checkbox"/> HQ 3D MARINE REG | <input type="checkbox"/> MAG-24 |
| <input type="checkbox"/> 1/3 | <input type="checkbox"/> 2/3 | <input type="checkbox"/> 3/3 |
| <input type="checkbox"/> MAIS-24 | <input type="checkbox"/> HMH-362 | <input type="checkbox"/> HMH-363 |
| <input type="checkbox"/> CMO-2 | <input type="checkbox"/> OTHER _____ | GRADE _____ |

WAIVER (Must be signed): In consideration of this application being accepted, I, the undersigned intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for personal injury, including death or property loss, I may have against the United States Marine Corps, race officials, volunteers and sponsors, or their designees or agents, resulting from involvement in this event. I further grant full permission to the United States Marine Corps to use any photographs, videotapes, recordings or any other records of this event for any purpose.

Date _____

Signature _____

(Signature of parent or guardian if under 18)