



CH-53D SUNDOWN



CEREMONY

5K FUN RUN



Sikorsky

A United Technologies Company

Friday, February 10, 2012

0800 • Hangar 101 • No Late Fee!

Marine Corps Base Hawaii

REGISTER & PAY ONLINE! (ONLINE REGISTRATION CLOSING FEBRUARY 1)

www.mccshawaii.com/cgfit.shtml

OR AT THE KBAY SEMPER FIT CENTER

No USMC or Federal Government endorsement of sponsors.

FOR OFFICIAL USE ONLY

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"/> CPRW2 | <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"/> MALS-24 | <input type="checkbox"/> HMH-362 | <input type="checkbox"/> HMH-363 |
| <input type="checkbox"/> HSL-37 | <input type="checkbox"/> HMH-463 | <input type="checkbox"/> OTHER _____ |



ENTRY FORM

PLEASE PRINT CLEARLY IN INK & COMPLETE FULLY

T-shirt Size: S M L XL

NAME _____ AGE (ON RACE DAY) _____ GENDER _____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

HOME PHONE _____ WORK PHONE _____ EMAIL _____

Category (Check one): 19 & Under 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55+

Online Registration & Payment Available through February 1, 2012 at: www.mccsbawaii.com/cgfit.shtml

\$10 per registration

Make checks payable to MCCS 0910 (include two phone numbers, current address, unit & rank)
 You may print this form and deliver with payment to the Semper Fit Center, Bldg 3037 or mail to:
 MCCS Athletics – CH-53D Sundown Ceremony Fun Run
 MCCS Athletics Box 63073
 MCB Hawaii Kaneohe Bay, HI 96863-3073

TOTAL ENCLOSED \$ _____

WAIVER & INDEMNITY AGREEMENT (MUST BE SIGNED)

In consideration for me and/or my son/daughter to participate in the Marine Corps Community Service (MCCS) **CH-53D Sundown Ceremony 5K Fun Run** on Marine Corps Base Hawaii, Kaneohe Bay (hereinafter called event), I hereby take the following actions for myself or anyone else who might claim or sue on my behalf:

- (a) I acknowledge that the event includes running activities and is an arduous test of a person's physical and mental limits and carries with it the potential for death, collision, serious injury and property loss;
- (b) I acknowledge that certain detrimental physiological changes may occur while I participate in the event, including but not limited to heat exhaustion and stroke; abnormal heart beat; abnormal blood pressure; and, in rare instances, heart attack;
- (c) I acknowledge that there may be other participants in the event and that their actions may be unpredictable;
- (d) I certify that I am physically fit and have not been advised against participation in the event by a qualified health professional;
- (e) I agree that, prior to participating in the event, I will inspect the event facilities, equipment, and areas to be used and if I believe any are unsafe, I will immediately advise a person supervising the event;
- (f) I assume all risks associated with the event, including, but not limited to adverse road conditions; falls; contact with other participants, effects of weather, my personal physical condition; motor vehicles on the event course; and lack of hydration; and
- (g) In connection with the event, I forever release from all liability under the Federal Tort Claims Act, acquit and discharge from all known obligations, losses, damages, liabilities, injuries, claims, demands, actions, causes of action and expenses, including without limitation, attorney's fees and costs, the following persons or entities: united States Government including MCCS and the United States Marine Corps, and the employees, representatives, sponsors and agents of the above.

Signature (signature of parent/guardian if under 18 years)

Date