

OPEN TO THE PUBLIC



THE 18TH ANNUAL

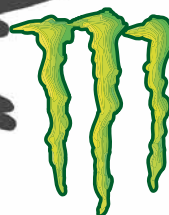
SWAMP RAMP



Saturday, February 25, 2012
7:00 AM • Marine Corps Base Hawaii



HALE KOA HOTEL.



MARTINSBURG INSTITUTE

HAWAII'S DIRTIEST RACE RETURNS!

Six-Person Team Event

*Entry fee per team is \$135 • \$150 after February 17, 4:30 pm • Entries will not be taken after Feb 24, 2:00 pm
Come to the packet pick-up at the Health & Fitness Expo, Feb 24, 3:00 pm Kahuna's Ballroom, MCB Hawaii
Signed waivers must be submitted to receive a packet*

REGISTER & PAY ONLINE! (ONLINE REGISTRATION CLOSSES FEBRUARY 17)

www.mccshawaii.com/cgfit.shtml

No USMC or Federal Government endorsement of sponsors.

18TH ANNUAL SWAMP ROMP

February 25, 2012 • Marine Corps Base Hawaii

DIVISIONS Teams may enter in the following divisions based on team-members accumulative ages. **YOUNG MEN:** Total age not greater than 120 yrs. **WARRIORS MEN:** Total age more than 121 yrs., but less than 210 yrs. **MEN MASTERS:** Total age greater than 211 yrs. **WOMEN OPEN:** Total age not greater than 210 yrs. **WOMEN MASTERS:** Total age greater than 211 yrs. **MIXED:** 3 men/3 women, any age. **NOTE:** Each team member must sign the entry form. Incomplete forms will be returned as unacceptable. Any changes in team members due to deployment can be corrected at check-in. Participants must wear utility/long trousers or sweat pants, and some sort of high-top shoe.

ENTRY FEES \$135 for all teams (non-refundable.) T-shirt included with entry. Those registering after February 17, 2012 are not guaranteed a T-shirt on race day. If paying by personal check, please include two (2) phone numbers and a current address. (No registration will be accepted after 2:00 PM, February 24, 2012.) **LATE ENTRY FEE** is \$150 after February 17, 2012. Mail application and entry fees to MCCS Athletics Office Box 63073, MCBH Kaneohe Bay, HI 96863-3073. Make checks payable to MCCS 0910. * **NO DAY-OF REGISTRATION!**

Pre-Race Expo/PACKET PICK-UP Packets and timing chips may be picked up on February 24 between 3:00 PM - 7:00 PM at the Kahuna's Community Ballroom, MCBH Kaneohe Bay. Stay for the expo and visit sponsor booths. Late entries may be accepted at the expo, openings permitting.

CHECK-IN/RACE 5:30 AM on Saturday, February 25, 2012 at The Boondocker, aboard Marine Corps Base Hawaii, Kaneohe Bay. The course is relatively tough, out and back, taking you over, under and through several obstacles. The course is flat, sandy and REALLY muddy.

Teams will consist of six (6) members. Teams must start and finish with all six (6) members to qualify for awards without being penalized. Teams may finish with five (5) members but the team will be penalized 60 seconds from their finishing time.

POST-RACE AWARDS Medals for 1st, 2nd and 3rd place teams will be awarded to qualifying team members. A trophy will be presented to the Major Command (USMC only) whose team finishes 1st place overall. The Major Commands will be awarded Fitness Series points based on the percentage of assigned personnel participating. Refresh-ments & showers will be available to all race participants.

MORE INFORMATION Contact the Semper Fit Center at 254-7597 during normal business hours Monday through Friday.

REGISTER ONLINE AT
www.mccshawaii.com/cgfit.shtml



PLEASE PRINT CLEARLY IN INK & COMPLETE FULLY

ENTRY FORM

DIVISIONS (Circle one)

YOUNG (MEN) (Not Greater than 120 yrs.)
 WARRIORS (MEN) (Greater than 121 yrs. less than 210 yrs.)
 MEN (MASTERS) (Greater than 211 yrs.)
 WOMEN (OPEN) (Not Greater than 210 yrs.)
 WOMEN (MASTERS) (Greater than 211 yrs.)
 MIXED (N/A)

NOTE: MIXED TEAMS WILL CONSIST OF 3 MEN AND 3 WOMEN

Waiver & Indemnity Agreement (MUST BE SIGNED)

In consideration for me and/or my son/daughter to participate in the Marine Corps Community Service (MCCS) SWAMP ROMP on Marine Corps Base Hawaii, Kaneohe Bay (herein after 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 and swimming activities and is an arduous test of a person's physical and mental limits and carries with it the potential for death by drowning or 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 and the equipment that they operate 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, defective equipment, water conditions, 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.

Team Name _____ MCB Hawaii Major Command _____

AGE	PRINT NAME	SIGN NAME	MCBH COMMAND	SHIRT SIZE	DAY PHONE
TEAM CAPTAIN	_____	_____	_____	_____	_____
2ND MEMBER	_____	_____	_____	_____	_____
3RD MEMBER	_____	_____	_____	_____	_____
4TH MEMBER	_____	_____	_____	_____	_____
5TH MEMBER	_____	_____	_____	_____	_____
6TH MEMBER	_____	_____	_____	_____	_____

Order Extra T-shirt(s) here: (write number of shirts desired in blanks) ___XXL ___XL ___L ___M ___S x \$10 each = \$_____

Entry Fee \$_____ + Extra T-shirts \$_____ = Total Enclosed \$_____

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