

9TH ANNUAL



THE BEAST™ 10K RUN

Saturday, March 17 0700

OPEN TO THE PUBLIC

For more
info call
254-7590



REGISTER & PAY ONLINE!

(ONLINE REGISTRATION CLOSSES MARCH 14)

www.mccshawaii.com/cgfit.shtml

No USMC or Federal Government endorsement of sponsors.

WHERE Marine Corps Base Hawaii, Kaneohe Bay. The 10K course will start and finish at Pop Warner Field. The course winds throughout the Base, overlooking beautiful Kaneohe Bay.

ENTRY FEES \$25 for Individuals, all entries include a race T-shirt. (No T-shirt guaranteed after March 9, 2012.) \$140 for Formations composed of 10 Runners (T-shirts included). Additional Runners over the initial 10 must pay \$15 each. (Entries received after March 9, 2012 will be charged an additional \$5 per Individual Runner – or \$40 for a Formation.)

AWARDS Top three (3) finishers overall & top finisher in each age group. Only the 1st place finisher will be awarded for formations.

PACKET PICK-UP Packets may be picked up at the front gate on March 15, 1000-1700 and at the Semper Fit Center on March 16, 2012 (Friday) between 0900-1600.

RULES In order to qualify for formation awards, all formations must have 10 runners. Formation leader must be the last person across the finish line and 10 will go through a separate chute for timing. Formations MUST begin and finish together.

FUN RUN A one-mile Family Fun Run will be conducted at no charge. The fun run will begin at the conclusion (approx. 0800) of the 10K run (no T-shirt will be provided for the Fun Run). Registration will take place on-site on race day.

9TH ANNUAL THE BEAST 10K RUN ENTRY FORM

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"/> MAG-24 | <input type="checkbox"/> HQ 3D MARINE REG |
| <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"/> OTHER _____ | |

PLEASE PRINT CLEARLY IN INK & COMPLETE FULLY

T-SHIRT SIZE S M L XL

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

GENDER MALE FEMALE AGE ON RACE DAY _____

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

**Online Registration & Payment Available through March 14, 2012 at:
www.mccshawaii.com/cgfit.shtml**

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 – The Beast 10K Run
Box 63073
MCBH Kaneohe Bay, HI 96863-3073**

\$25 for Individual (received or postmarked before March 9, 2012.)

\$140 for 10-Person Formation (\$10 per extra Runner, received or postmarked before March 9, 2012.)

\$5 Late Fee (for all Individual Runners) and \$40 for Formations (received or postmarked AFTER March 9, 2012.)

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

TOTAL ENCLOSED \$ _____

Waiver & Indemnity Agreement (must be signed) In consideration for me and/or my son/daughter to participate in the Marine Corps Community Services (MCCS) **9th Annual The Beast 10K Run** at Marine Corps Base Hawaii, Kaneohe Bay (hereinafter call 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 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;

(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 and agents of the above;

(h) I further grant permission to MCCS the right to use any photograph/video/digital image/recordings taken of me or my child at this event, together with the right of reproduction, for MCCS marketing and promotional purposes.

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

Date